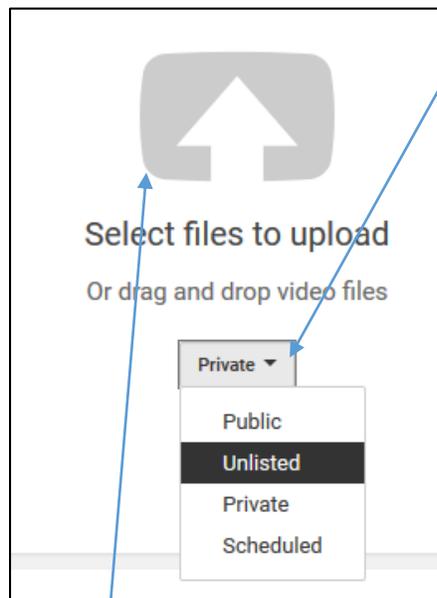


Uploading a video to You Tube:

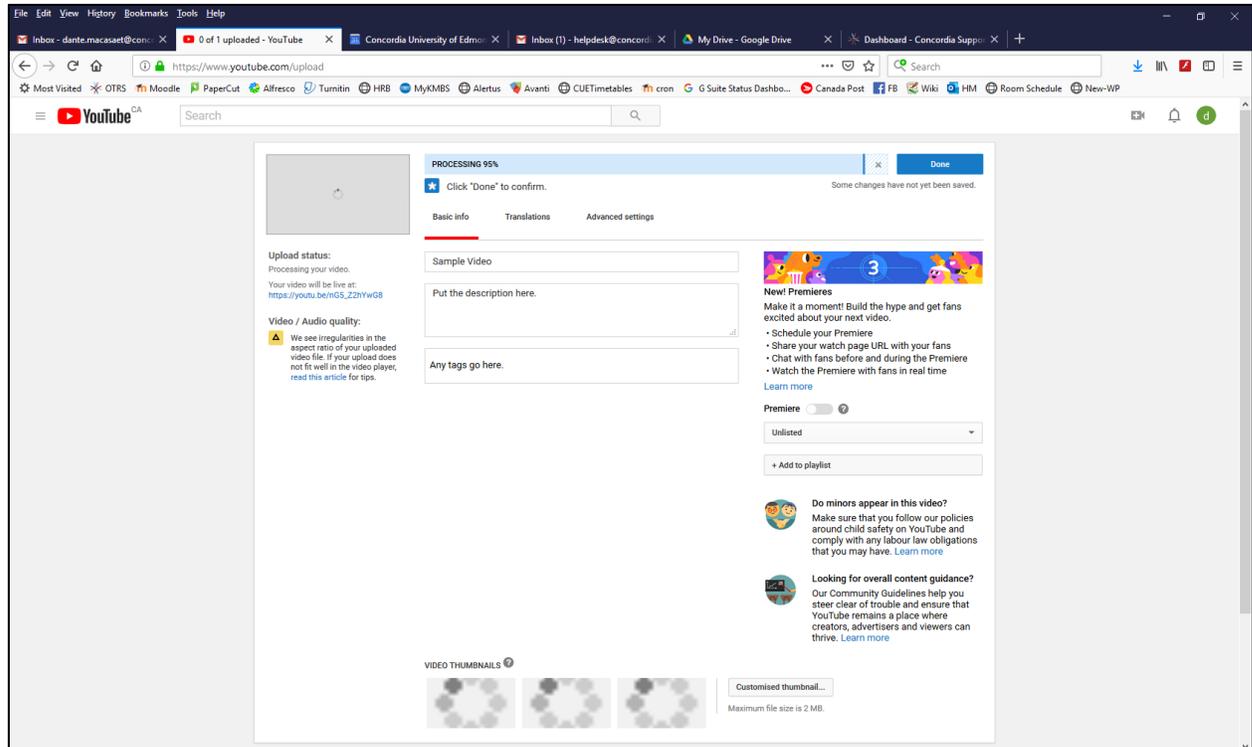
1. Log in to your Gmail account.
2. Click on the **Google Apps** icon. 
3. Click on **YouTube**. If it is not visible on the initial apps list provided, click on **More**.
4. On the upper right-hand section of the You Tube screen, click on **Create a video or post**, then choose **Upload video**.



5. For privacy reasons, before uploading your video, make sure that the setting on your video upload is set to **Unlisted**.



6. Click on the **Select files to upload**. Go to the location of your video file, select it, and click on **Open**.
7. While your video is uploading, under the **Basic info** tab, provide some details about your video (Video name, description, tags, or thumbnails) and wait until your video completes the upload process.



8. Click on **Done** to confirm upload.
9. **[IMPORTANT]** On the next screen, you will get a link to your video. This is the URL that you should provide in the competition form.
10. Additional information about uploading videos into YouTube can be found here:

https://support.google.com/youtube/topic/9257439?hl=en-GB&visit_id=636918106393268398-1146987742&rd=1