

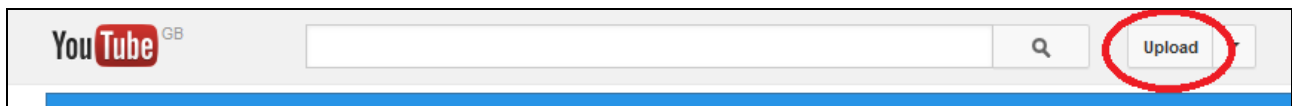
Step-by-step guide for video submissions

Videos should be uploaded to YouTube and the URL should be copied into the online submission form. If you cannot access YouTube, please use another video hosting service or contact us for further advice.

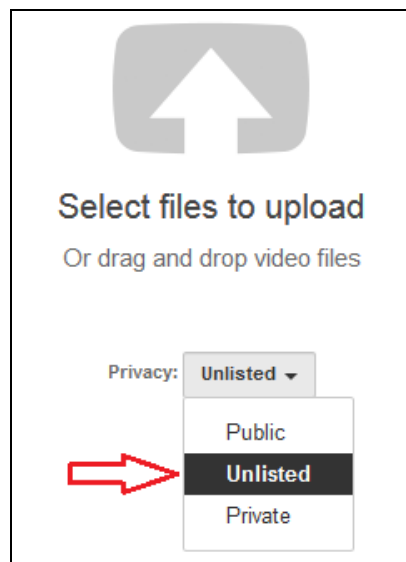
Before submitting your video, please check that it adheres to the [submission criteria](#).

To upload and submit your video, complete the following steps:

1. Login to your YouTube account. (This is the same as a Google account. If you do not have one, create one - it is free and does not take long!)
2. Start uploading your video by clicking the 'Upload' button next to the search bar.



3. **IMPORTANT:** Before selecting the video file, make sure you set the privacy options to 'unlisted'.

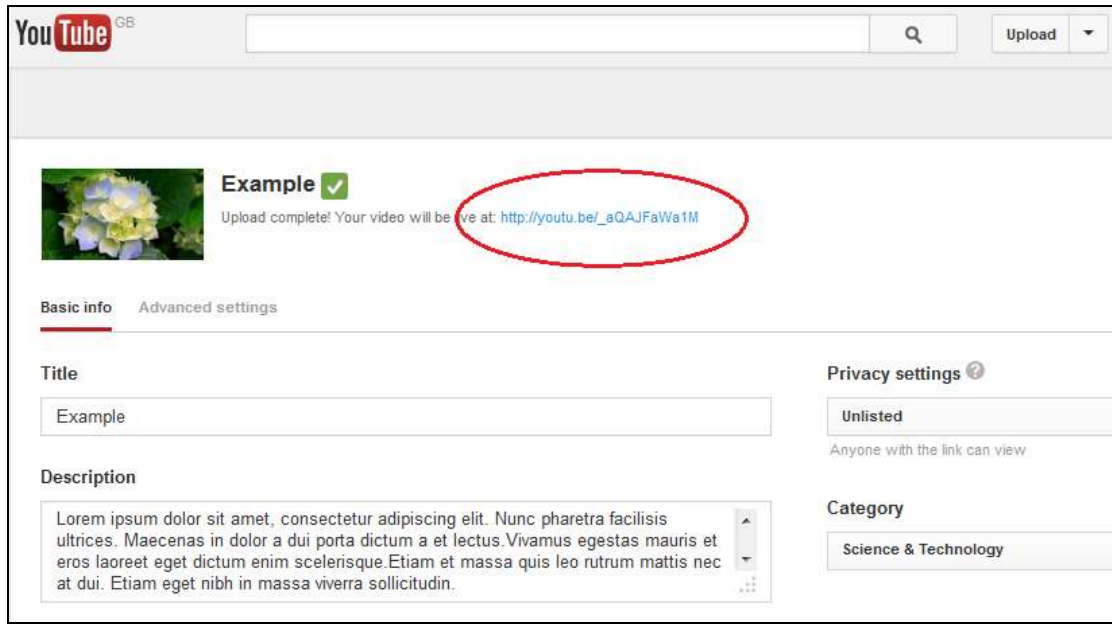


4. Select your video file and upload. Videos should be in one of the following file formats:

.MOV .MPEG4 .AVI .WMV .MPEGPS .FLV 3GPP WebM

Depending on the size of the file, it may take some time to complete the upload.

5. Once your video has loaded, make sure that you have filled in the basic details: giving the title for your submission and a short description. You may also wish to edit the advanced settings.
6. Copy the URL (web address) from the address line that is listed next to the thumbnail image of your video. It should look something like this: http://youtu.be/_aQAJFaWa1M



7. Go to the Video Surgery submissions form on the [ESCP website](#) and complete the details for your submission.
8. In the 'URL' box, paste the URL that you copied from YouTube. You should not enter any other text in this box.
9. Complete the remainder of the form and submit.