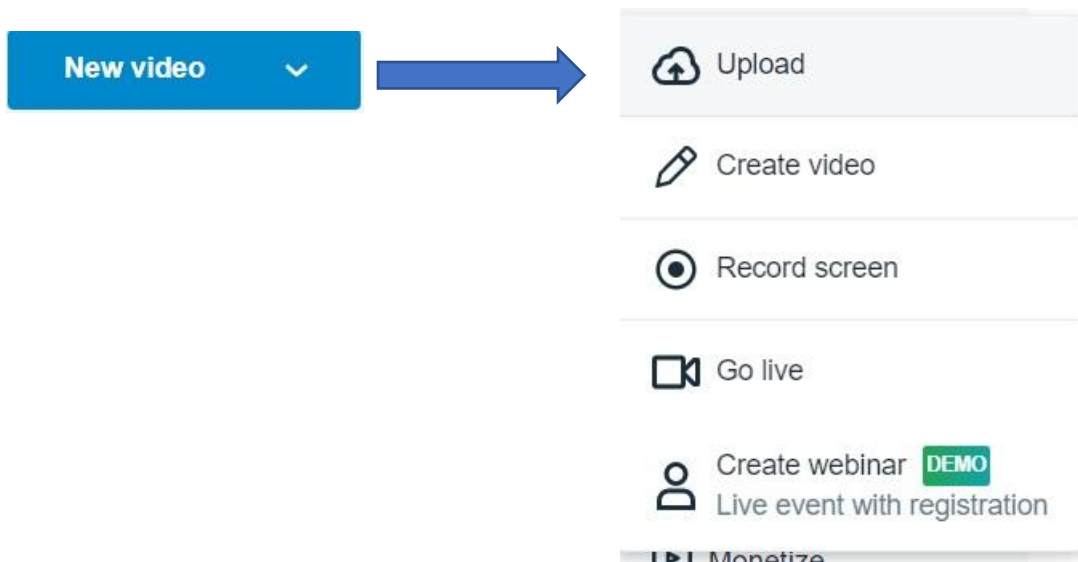# How to upload your Squeeze it video clip on Vimeo
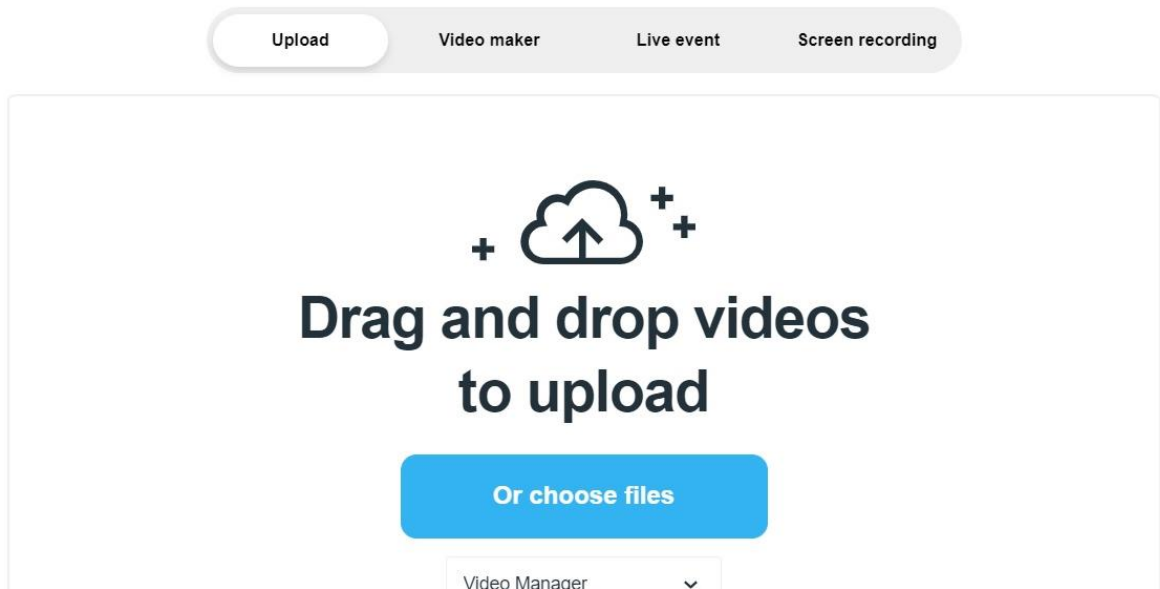
1. Go to vimeo.com and **login** with your username and password.
   If you are not registered, you can sign up here: vimeo.com/join

2. Click on **new video** on the top-right corner of the window, then click on "Upload " in the menu.
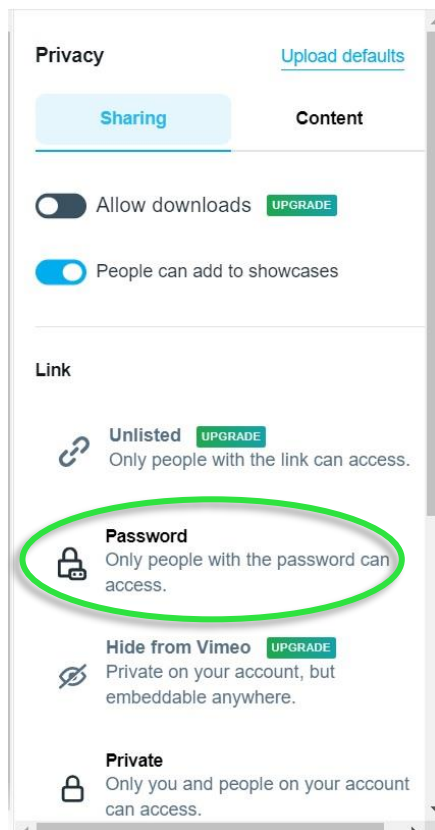
3. Drag and Drop your video inside the window or click on "or choose files" button.

Select your video from your computer and click on "open" button.

4. Now your file is uploading on Vimeo (it may take some time according to the file's size and your Internet connection speed).
   While you are waiting, click on "**Sharing**" in privacy menu on the right of the window.

5. Select **Only people with a password**, type squeezeit in the **password** field and press "enter" on the keyboard of your computer.
In this way, your video clip will not be public nor listed on Vimeo channels. Insertion of this password is mandatory.

   Please note that **it's very important to set the privacy and the password of your video** otherwise it cannot be considered unpublished as required by the Squeeze it notice.
   Remember also not to share your video on the web or social media.

6. When your video has been uploaded, open it and copy the URL you see in the address bar of your browser.
   You can also find your link in the Share window.

7. Paste your video's URL in the Squeeze it application form.