

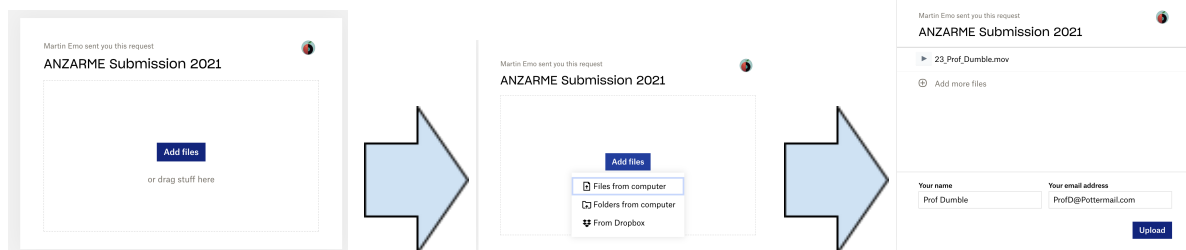
## Video upload process ANZARME 2021

1. Record your video and use the slide template provided [here](#) for your first slide.
2. Ensure your video is named in the following format

*Abstract#\_Firstname\_Lastname.suffix*  
23\_Prof\_Dumble.MP4

(Do not change the suffix on your video. It could be MP4, MOV, WMV, AVI, and FLV. The above is just an example)

3. Upload to this dropbox link [here](#).
4. Follow the prompts as outlined in the pictures below



5. You will see this message when you are successful



Thanks! You're all done.  
We'll let Martin Emo know you submitted files.

[Add more files](#)

### TIPS

- The time it takes to upload will depend on your internet speed and the size of your video.
- Do not close the window or attempt to run a video chat/streaming at the same time.
- Pick a time when there are not many internet users on your network.
- I recommend uploading over a lunch hour or over a cup of tea.
- If you do not see the message seen in step 5, it has not worked. Try again tomorrow.
- If you follow the above process and need help, please email tech support [ANZARMECONFERENCE@gmail.com](mailto:ANZARMECONFERENCE@gmail.com) with "Video submission problem" in the subject line.