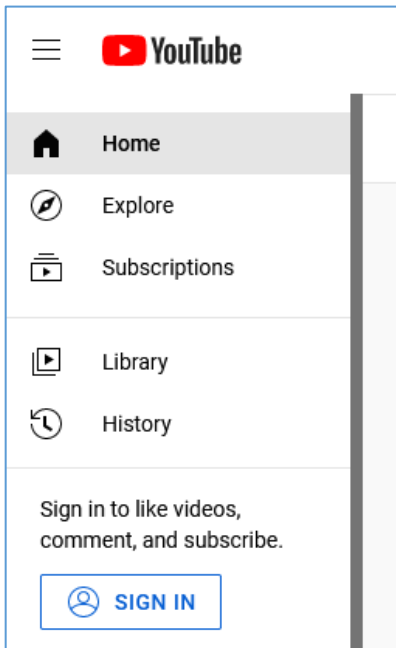


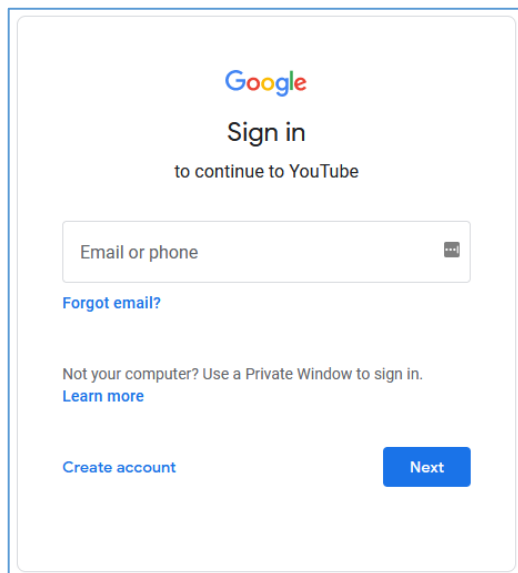
ATTUD World No Tobacco Day (WNTD) Video Contest

How to upload a video to YouTube

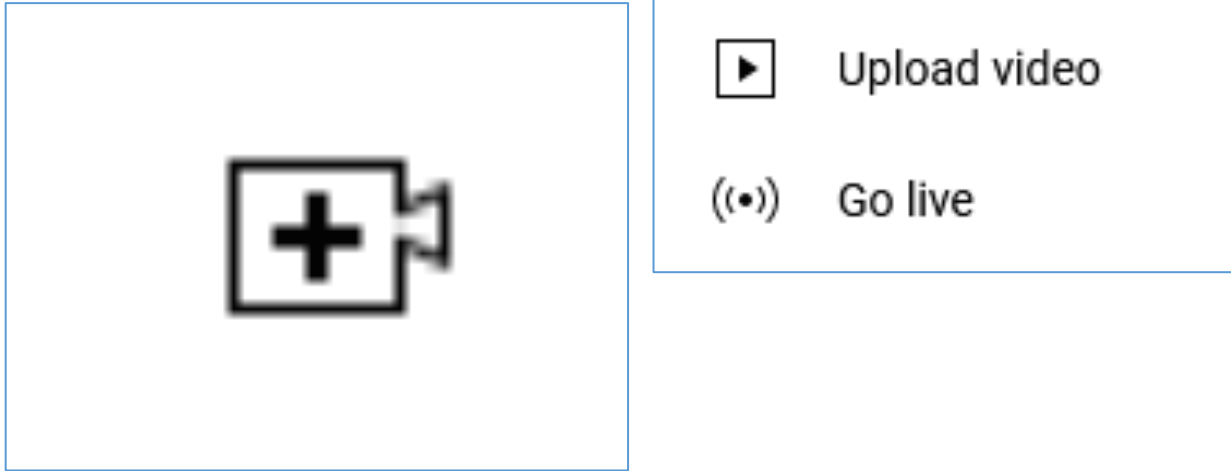
Step 1: You will need a Google account in order to log into YouTube. (Visit this [Create a Google Account support page](#) to learn how to set up a new Google account.)



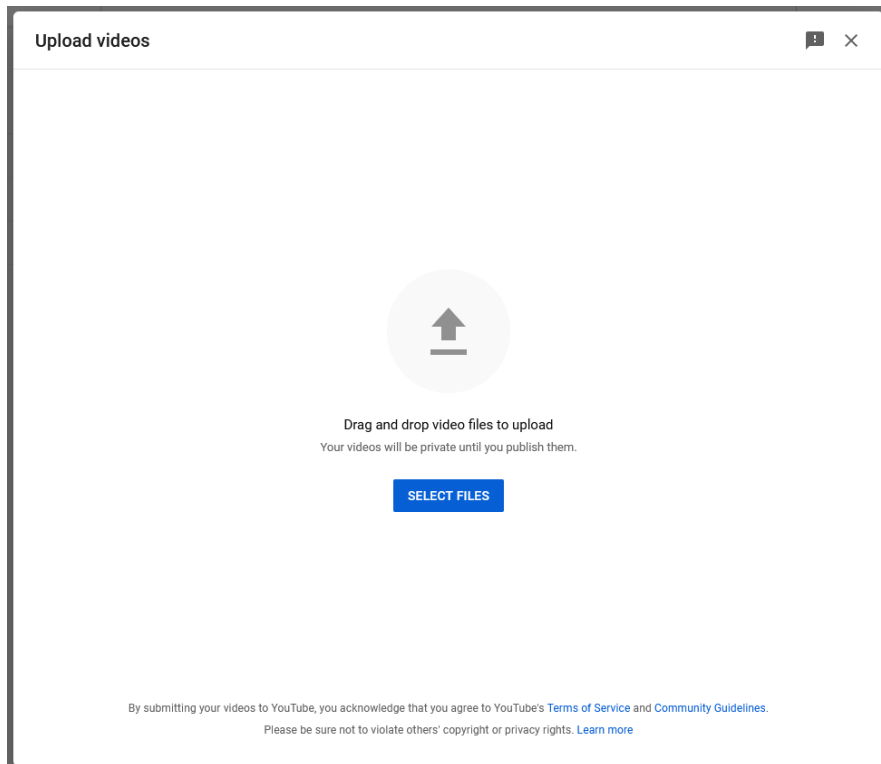
Step 2: Log into YouTube (www.youtube.com) with your Google account credentials.



Step 3: Click on the Create icon in the top right hand corner of the screen, then select Upload Video from the drop down options.



Step 4: Select the video file that you would like to upload from your device.



Step 5: Your video will begin to upload. Take time to fill in information about your video. There are 3 fields that we require for this contest:

- **Video Title**
- **Video Description** (a short description of what your video is demonstrating)
- **Thumbnail** (choose a picture taken from your video that you think represents the focus of your video. YouTube will auto populate some options for thumbnail photos after the video finishes uploading.)

You may also need to select **Audience** (either “Yes, it’s made for kids” or “No, it’s not made for kids”) to continue to the next step.

Note: If you are submitting a video in another language besides English, you will need to add translations. Visit YouTube’s help page [How to Insert Subtitles and Captions](#) for directions on adding translations.

WNTD Video

Details Video elements

Details REL

Title (required) ?
WNTD Video

Description ?
Tell viewers about your video

Thumbnail
Select or upload a picture that shows what's in your video. A good thumbnail sta

Step 6: Click Next until you get to the Visibility page. Select PUBLIC.

Anyone with the video link can watch your video

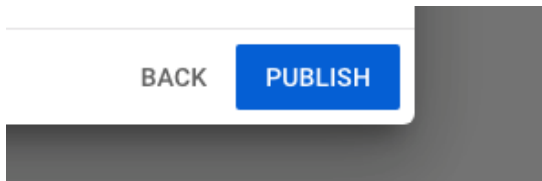
Public
Everyone can watch your video

Set as instant Premiere ?

Step : IMPORTANT: Please click the “Copy video link icon” to copy and paste the video link into the ATTUD WNTD Video Contest Submission Form. Click Save.



Step 8: Click “Publish.”



Step 8: Return to the ATTUD WNTD Video Contest submission form to paste the video link and complete your entry.