

# Video compression and upload tutorial

If you are recording videos to upload to the internet you might find that they are uploading very slowly. This is caused by a combination of two factors. Firstly, many newer phones and tablets record video at extremely high quality, which means that the resulting files can be extremely large. Secondly, your home internet connection may be slow. Even if it's pretty quick when you are wanting to download stuff, it is likely to be much slower when you want to upload stuff: that's just how home internet connections are built.

The solution to this is pretty simple: **reduce the size of your video file**. You can do this easily using free software, and without much if any noticeable loss of quality. The process has three steps:

1. Get your video file onto a computer
2. Use the free "Handbrake" software to reduce the size of the video file
3. Upload your new, smaller video file onto a video sharing site on the internet. **The instructions below also cover the occasions when your internet connect is unreliable and might cut out completely during the upload process**

The way that you do each of these steps will depend on the device you recorded the video on, the type of computer you have, and where you want to upload your video once its size has been reduced. We can't cover every possible permutation in these instructions, so we've assumed that you're going to be recording video on an iPad or iPhone, reducing the size of the video on a Mac, and uploading the video to the Vimeo video sharing site by using the Dropbox service. If that's not exactly how you are working, then these instructions should still be useful: Handbrake is pretty similar on a PC to how it is on a Mac, for example. If you get stuck, please get in touch so that we can help out!

## Transfer the video from an iPhone or iPad to a computer

It is easier to reduce the size of a video on a computer than it is on an iPhone or iPad. Therefore, the first step is to get your video onto a computer. The quickest way to do this is to use a cable to physically connect your iPhone or iPad to your computer. Apple provides full instructions on how to do that here: <https://support.apple.com/en-us/HT201302>

## Use Handbrake to compress the video

1. Go to <https://handbrake.fr/downloads.php> and download Handbrake
2. Install Handbrake on your Mac
3. Run Handbrake. When it opens, it will show you a file navigation box. Navigate to your video, click it, and click the "Open" button
4. Click the "Preset" box, click "General", and then click "Very Fast 480p30" - it should be fourth from the top

5. Click the green “Start” button at the top of the window. A progress bar will appear at the bottom of the window which will tell you how long the compression process is going to take
6. Just above that progress bar, Handbrake will tell you whereabouts on your computer you can find your finished video. You can change this to be anywhere you like, but by default on a Mac it will be in your “Movies” folder

If you want to compress another video, click the “File” menu towards the top left of screen and then click “Open Source”. Then go through steps 4 and 5 above.

### 3. Uploading to Vimeo via Dropbox

These instructions are intended for people who are uploading their videos on unstable internet connections: that is, internet connections that might drop out entirely while a video is being uploaded. If you are confident that your internet connection will not drop out in this way, then it will probably be simpler for you to upload your video directly to YouTube, Vimeo, or one of the other video sharing sites.

1. Create an account on Dropbox
2. Create the account
3. Install the Dropbox software on your Mac - this will create a Dropbox folder
4. Copy your video -- the smaller version, which you created with Handbrake -- to your Dropbox folder. This will start the upload process; keep your computer connected to the internet until this is complete
5. While your video is uploading to Dropbox, go to [vimeo.com](http://vimeo.com) and create an account
6. When you have created an account at [vimeo.com](http://vimeo.com), click the blue “New video” button
7. In Vimeo’s upload page, click the “Dropbox” button on the right of the screen
8. This should show you a list of files that are stored in your Dropbox. If your video has finished uploading it will be one of them. Click it, and then click the blue “Choose” button
9. Your video will start to upload. Vimeo might try to sell you a paid for account: just ignore this by clicking “No thanks”
10. Once your video has uploaded, Vimeo may take a little while to process it. If this is the case, Vimeo will email you when the video is processed and ready to share.