

GUIDELINE FOR CONTENT SUBMISSION

Video content competition 'My World of Rowing'

[Wetransfer](#) (for files under 2GB, no registration required, up to 2GB per upload):

Open www.wetransfer.com

Click on the sign encircled in *pic.1*

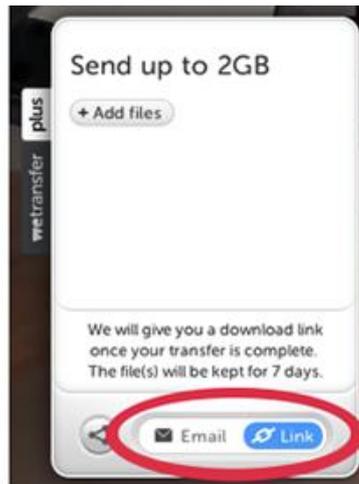
Click on "Link" as indicated in *pic.2*

Add the video file by clicking "+Add files" and push "Transfer"

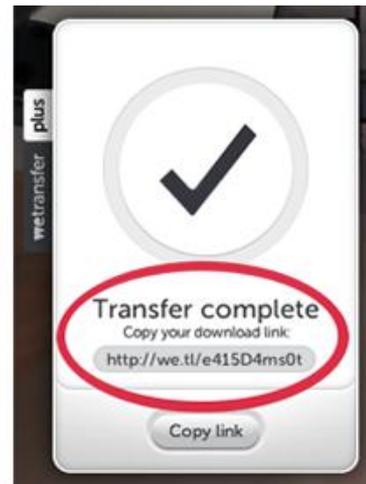
Copy the link (*pic. 3*) and email it to video@fisa.org



pic. 1



pic. 3



pic. 2

[Filemail](#) (for files over 2GB, no registration, up to 30GB per upload):

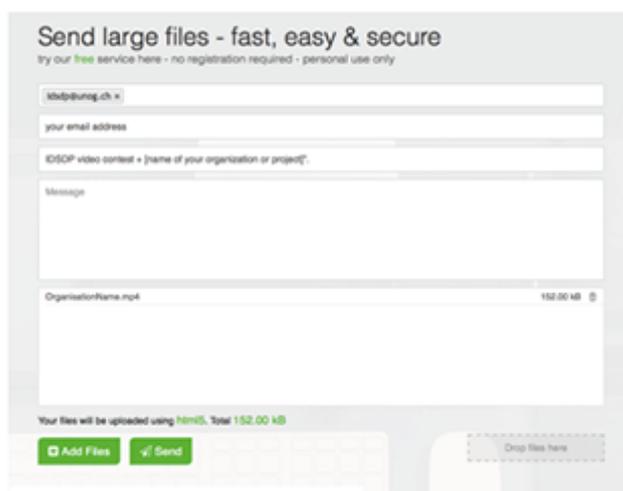
Open www.filemail.com

Fill out the upload form as indicated in *pic.4* and add the video file by clicking "Add Files"

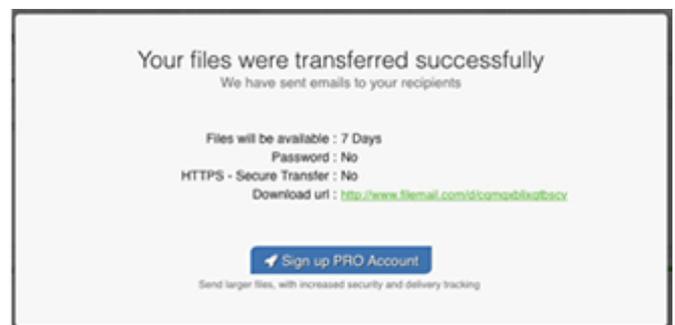
Push "Send"

Once your file is uploaded, a pop up window will appear confirming the transfer and displaying the Download url (*pic.5*). Copy this url and email it to video@fisa.org

Alternatively, you can copy the download link from the email confirmation of the transfer, which will arrive at the email address you indicated once the upload is complete.



pic. 4



pic. 5

[Google Drive](https://www.google.com/drive) (for files over 2GB, available to owners of Google accounts, up to 5TB per upload depending on the capacity of your Drive):

Open www.google.com/drive and log in with your Google Account

Upload the video file and click “Share” (pic.6)

In the pop-up window, click on “Get shareable link” (pic.7)

Copy the link (pic.8) and email it to video@fisa.org

