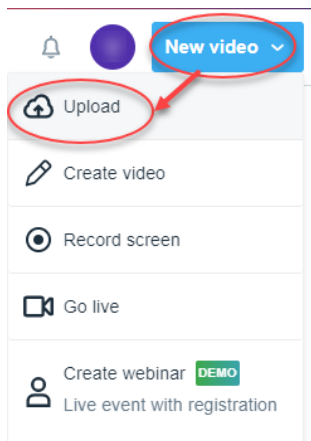# IGCS 2025 ⟫ CAPE TOWN

How to upload your surgical film to VIMEO
for abstract submission to IGCS 2025

**Step 1: Access VIMEO and create an account or log into your existing account**

https://vimeo.com/

Step 2: Select "New Video" and then "Upload" from the upper right corner of your screen.

.

Step 3: Select the film you wish to upload
Please ensure that the film is created following the Surgical Film Submission Requirements for the IGCS 2025 Meeting: *https://igcsmeeting.com/submit-an-abstract/*
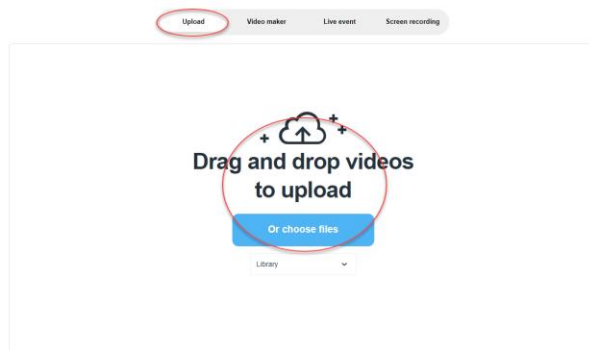
Step 4: Set up the film for sharing

Please ensure that the Privacy settings – Content are adjusted to "All audiences". Under Sharing, please select "Public" for the Link Settings and "Anywhere" for the Embed Settings.

Step 5: Copy the link and paste it into the specified field within the abstract submission site

*Please note – a way to test whether the film is properly set up for public access is to open the link in an incognito window of your browser.
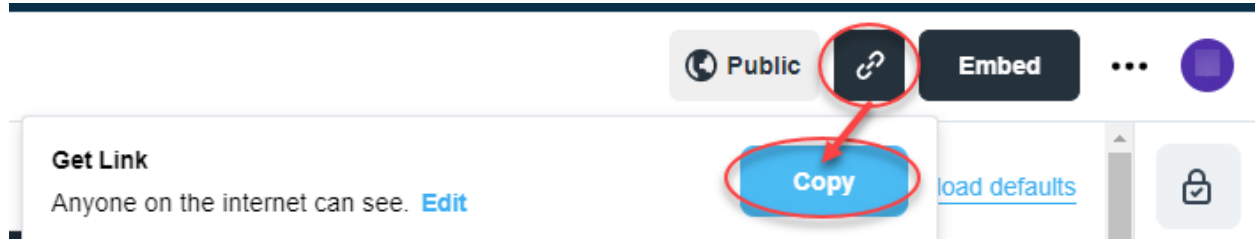
Abstract Submission site:

Please contact igcs_abstracts@kenes.com if you have any questions.

Thank you for your surgical film submission!