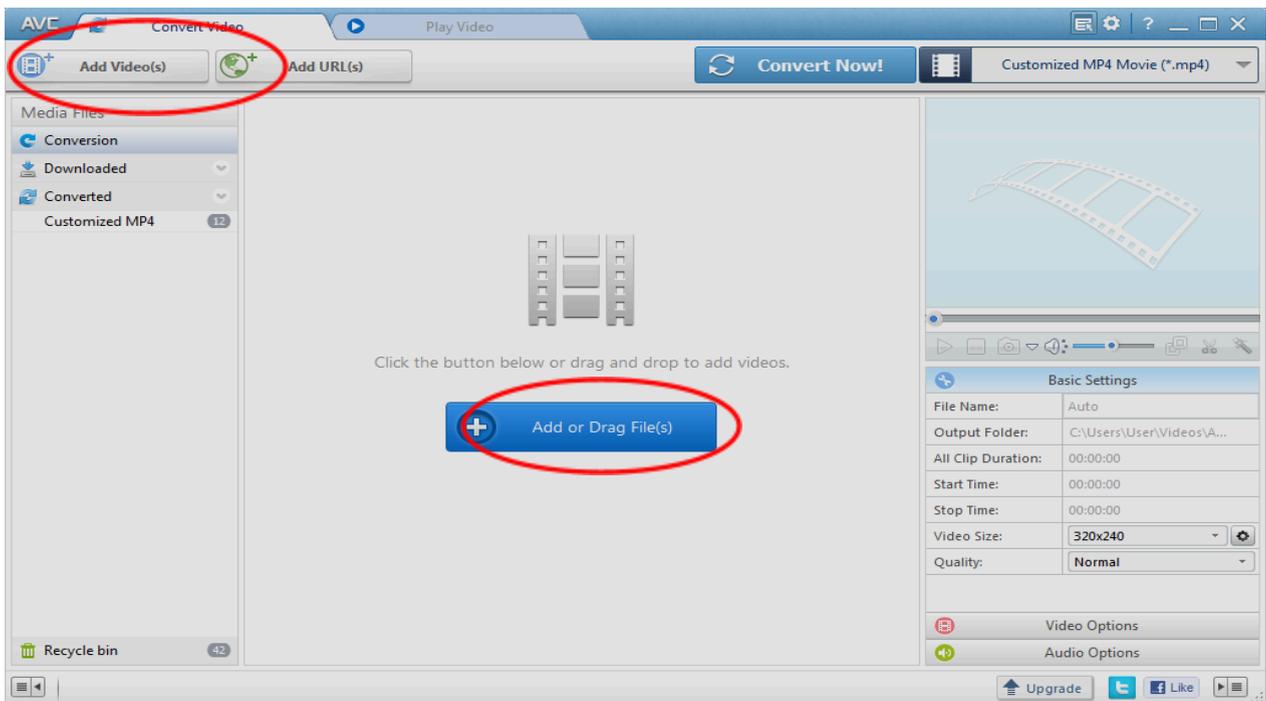


How to reduce video size before sending - UK 2025

As a student in the practicum, you may need to send your videos through the internet to your supervisor. Your video is likely to be larger than 2GB which is the limit for free transfers with [WeTransfer](#) so you will need to compress your video first to reduce its size. Here's how:

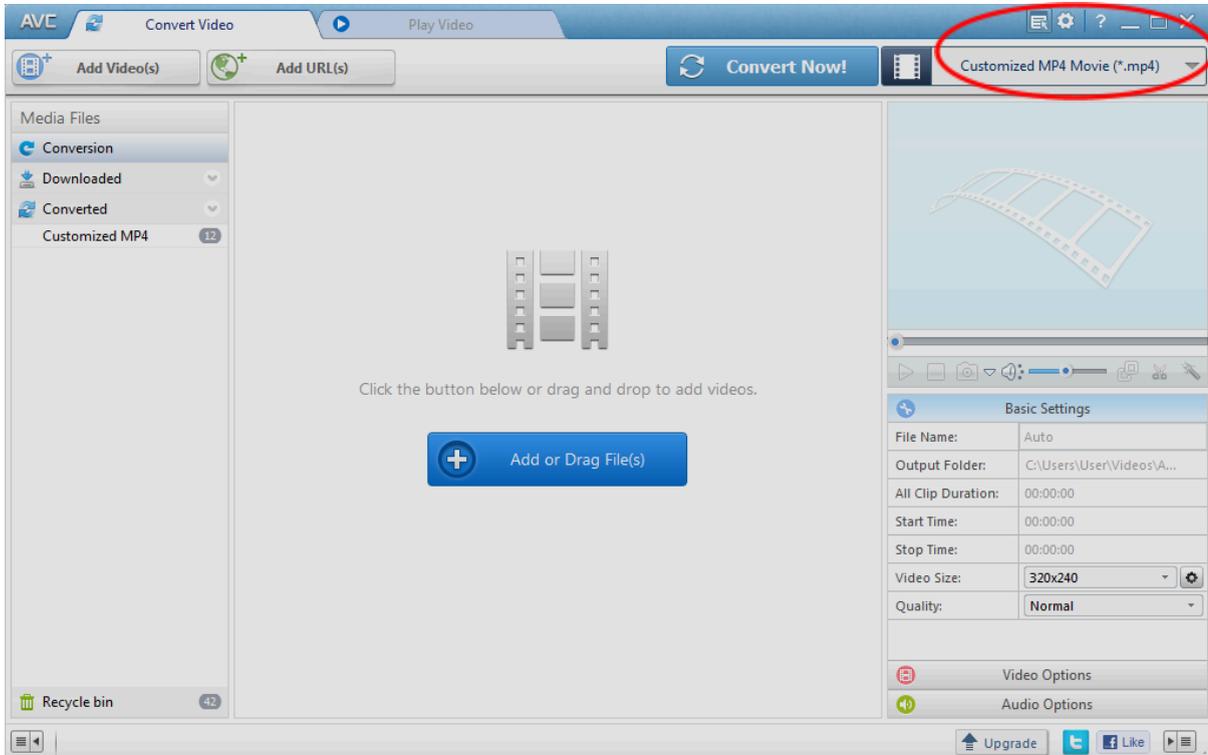
First, download a free video compressor - below are instructions for [Any Video Converter](#). 

Step 1. Click **Add Video(s)** and then **Add or Drag File(s)** to add the video file(s) from your computer that you would like to compress/convert.

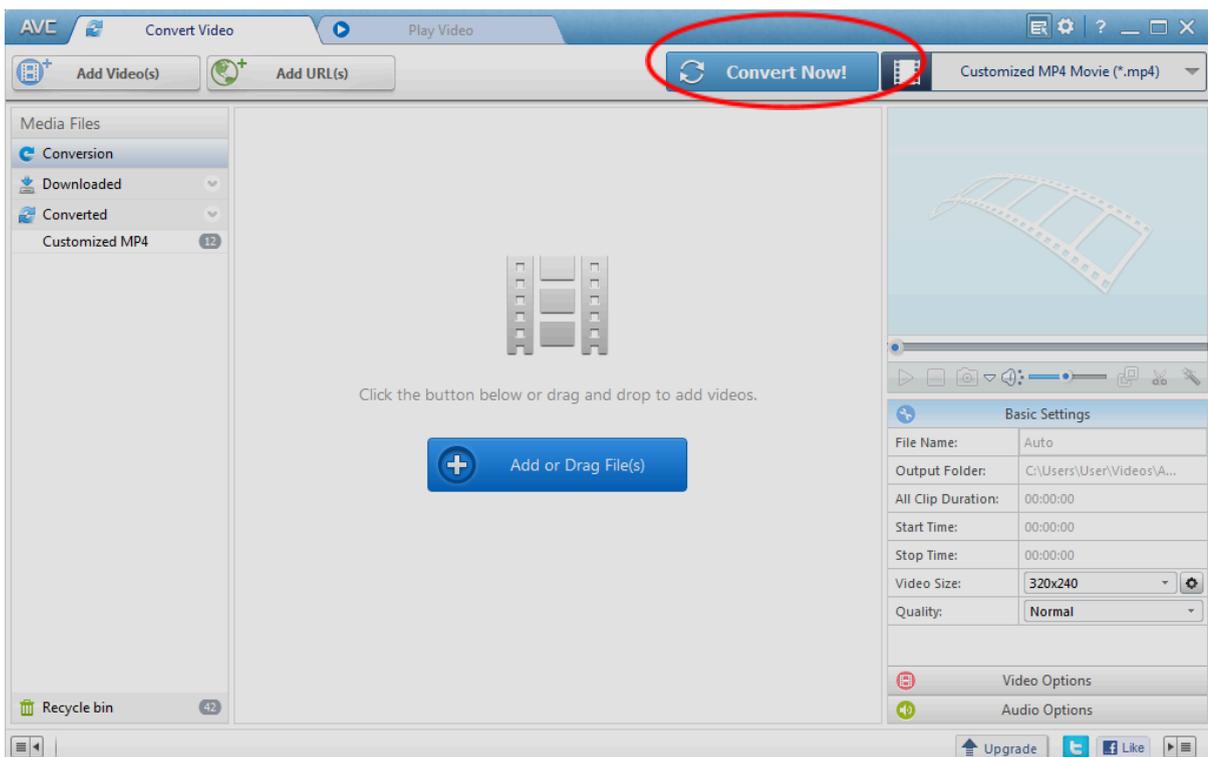


Step 2. Select output video format from the **Drop-down** list next to the **Convert Now** button. Scroll down until you find the **video** files image 

On the right hand side, scroll down to **Common Video Formats** and then to **Customized MP4 Movie**.

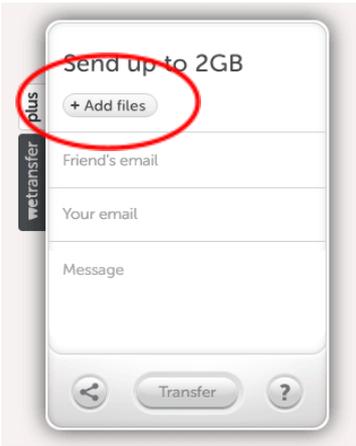


Step 3. Click **Convert Now!** to start conversion. This can take some time (up to an hour) depending on your internet speed.



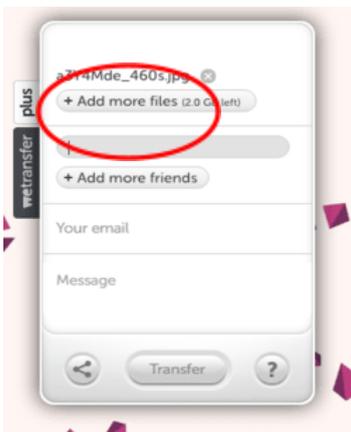
The compressed video will go into the **Download** or **My Videos** folder of your computer. This smaller version of your video is the one to select when uploading to **WeTransfer**.

How to send a video via WeTransfer

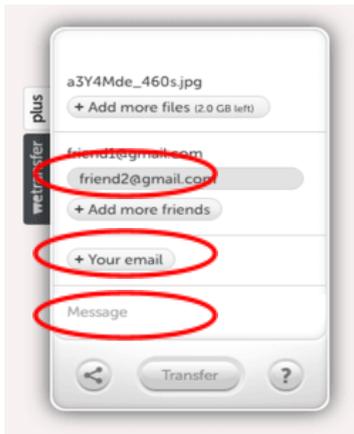


Go to WeTransfer. You will be prompted to accept the terms of use and the WeTransfer cookie policy. Click on **I Agree** to proceed. Please note that the sending of documents under 2GB is free - anything above incurs a charge.

Click on **Add Files** and select the video from its location on your computer. Once you've found it, click on **Open** to add it to your WeTransfer.



You can add more files to your email by clicking on the **Add more files** option. WeTransfer will automatically keep track of how much more data you have available to send. The limit per free transfer is 2GB.



Click on **Email to Friend** and type in your supervisor's email address.

Click on **Your email** field and enter your email address. This will allow your supervisor to see who the sender is when they receive your transfer.

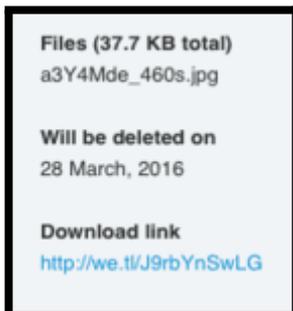
Add any comments such as 'Video of session with KH for supervision on Thursday' in the **Message** box.



Press the **Transfer** button.

When finished, the files are uploaded from your hard drive to wetransfer.com site (this can take approximately 45 minutes depending on size of file(s) and your bandwidth). Wait for the download to finish before exiting your page or shutting down your computer.

An email is sent to your supervisor containing a link to the video you sent. A confirmation email is sent to you when the your supervisor receives your video.



Your supervisor clicks on the **Download link** and the video will begin to download. This can take some time depending on your supervisor's broadband width.

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