

**NIA Statement of Purpose Project**  
**[www.niastatement.net](http://www.niastatement.net)**

**YOUTUBE VIDEO UPLOAD INFORMATION**  
**General support: <http://www.google.com/support/youtube/>**

**Getting Started: FILE FORMATS**

- Windows Media Video (.WMV)
- .3GP (cell phones)
- .AVI (windows)
- .MOV (mac)
- .MP4 (ipod/psp)
- .MPEG
- .FLV (adobe flash)
- .MKV (h.264)

**About Uploading**

- **Capture and Upload in High Definition!**
- Upload up to 10 videos at a time
- Best video formats for YouTube (see below)
- Up to 2 GB in size.
- Up to 10 minutes in length.

Need more help? Visit the [YouTube Handbook](#)  
[Upload problems? Try without the progress bar.](#)