

## To save a video onto a memory stick

Find the video on the Us website:  
[www.weareUs.org.uk](http://www.weareUs.org.uk)

Right click once on the image of the video. Left click on 'Watch on Vimeo'. You may need to 'unblock' the Vimeo website on your computer; options to do this should come up as you click through.

On the Vimeo website, there is a 'download' option under the main image. Left click once to reveal more options below. 'HD' is high definition so will be better quality, but 'SD' (standard definition) is a much smaller file so won't take so long to download.

Left click on your preferred file. Options may come up asking if you want to save or open the file. Select 'Save As' (you may have to click on the arrow to find that option) and then save it to your memory stick following the instructions above.

