Browse to your video (hold shift key down if you want load multiple videos) – currently Contour and Miufly spatial video cameras are supported – though any video (patrol eyes) can be compressed with GPS being reattached later.
The default is to compress the number of frames per second – 6 per second – you can increase the frames, or shift to reducing image quality. I suggest go with the default.
It will compress video, extract the audio, and extract the GPS (as CSV and GPX).
A folder will be created that contains the compressed video, audio, and GPS files. (Don’t delete the original video – that’s still vital, but this compressed video is easier to upload to the server).
Browse to the following link to start upload your data:

http://geovisuals.cs.kent.edu/