

will be in MP4 format, a format that can be inserted in PowerPoint, uploaded to an iPod, or played in Quicktime or Windows Media Player.

Video Download Helper for YouTube, Dailymotion, Metacafe and other sites

If you use the Firefox browser (free and highly recommended), you can download a very useful add-on called **Video Download Helper** from this site: <https://addons.mozilla.org/en-US/firefox/addon/3006>. After you download and install this add-on, you'll have an additional icon on the Firefox toolbar.

This add-on can download videos from a large number of websites, including YouTube. It can download video clips that otherwise cannot be downloaded easily. (Note: it can also download audio files that or otherwise not downloadable.) The Video Download Helper icon becomes animated when you're on a website where downloading audio or video is possible.

Downloading with Video Download Helper:

1. Download and install in Firefox Video Download Helper.
2. Find an online video that you want to download.
3. On the video page, click on the Video Download Helper icon on the Firefox toolbar. (Note: the icon will be animated if a video can be downloaded.)
4. In the drop-down list, click on the video that you want to download and choose where to save it.
5. The video will download to your computer.

Now, you have the video, but unfortunately, it'll likely be downloaded in the .flv (Flash Video) format. At this point, you need a digital video converter software program that will convert the .flv files to MP4 or AVI. Here are some flash video converter software options that you can download and install from the Internet:

- **Flash Video Converter (for PC; free):** http://www.shareup.com/Flash_Video_Converter-download-49256.html
- **Videora (for PC; free):** <http://www.videora.com/en-us/Converter/iPod/>
- **AVS Video Converter (for PC; free):** http://www.download.com/1770-20_4-0.html?query=AVS+Video+Converter&tag=404&searchtype=downloads
- **iSprint (for Mac; free):** <http://www.versiontracker.com/dyn/moreinfo/macosx/28250>

There are other options for obtaining online videos, including the website Vixy (vixy.net) that will convert and download online videos for you on a webpage without you having to install any software. Vixy can be slow, however.