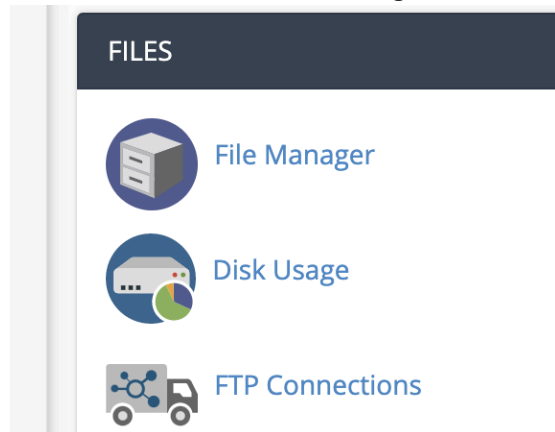You will need to add the plugin through your CPanel. You can find different plugins by Googling the plugin title and Omeka (e.g. "CSV Import Omeka") and download the latest version as a zip file.

Then go to your VT Domains dashboard/cpanel and scroll down to the section titled "Files" and click "File Manager"
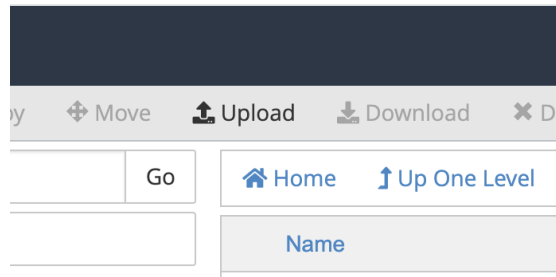

From there it will open a new window. In the new window you'll see a file directory, from here click "Public HTML"
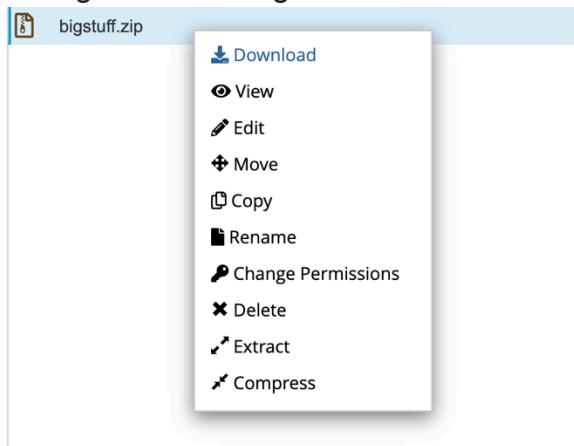

If you want to add a theme to your Main Site you can stay in this folder, if you want to add one to a subdomain, open the folder titled with your subdomain (e.g. "omeka"). From here click "plugins"

Once you are in this folder you can upload the zip file of the theme you downloaded, by clicking "Upload" at the top of your page

Once the file has uploaded you will need to unzip the file, which you can do by right clicking and selecting "extract"

Once you have the extracted folder you can go back to your Omeka and that plugin should be there for you to install and configure.