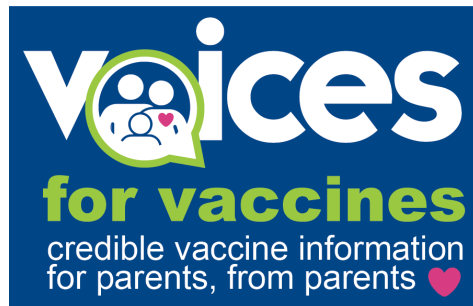


The information on this page is a simple primer on how to download and post Instagram Reels from Google Drive. Last updated 7/7/25.

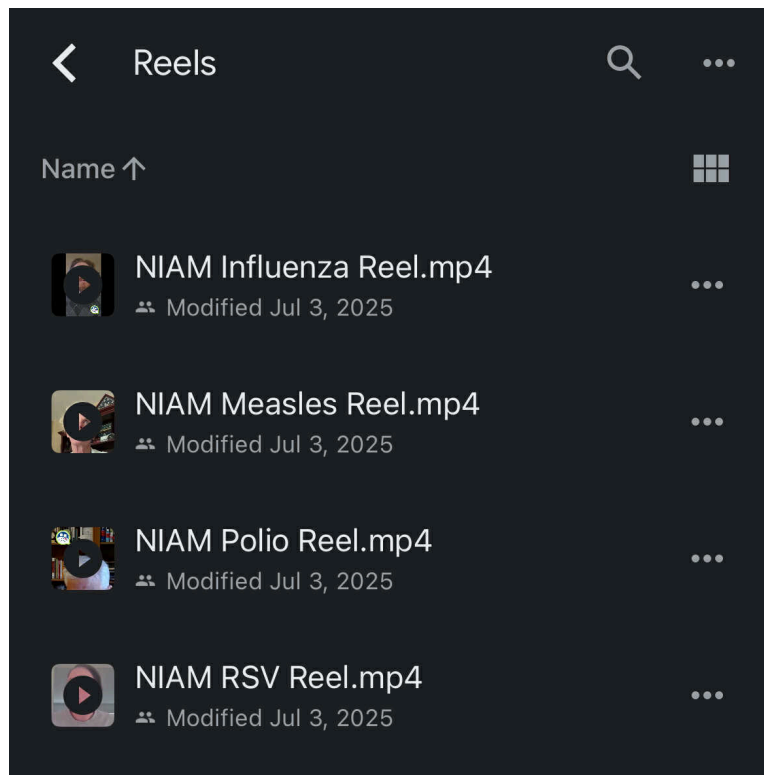


## **NIAM 2025 REELS**

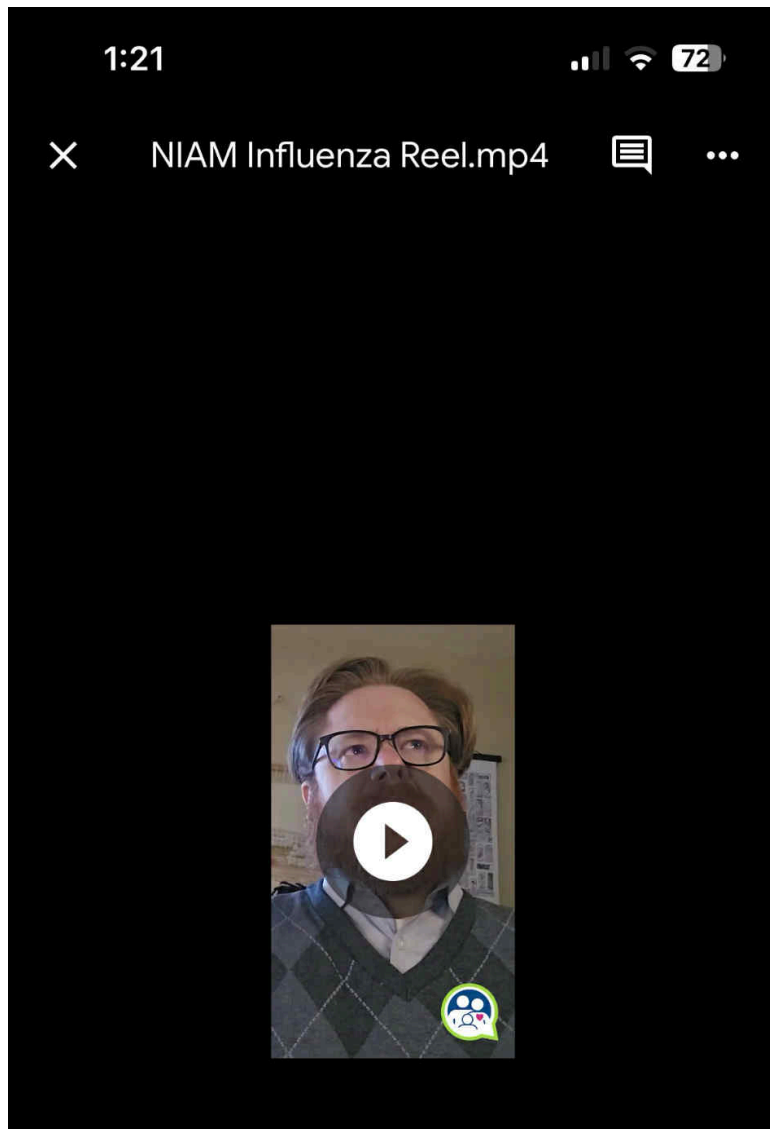
### **1. Posting From Your Phone (Easier)**

When you click on the link to one of our Reels from your phone, it should take you to Google Drive. You'll either be looking at the video itself or the folder with the videos in it.

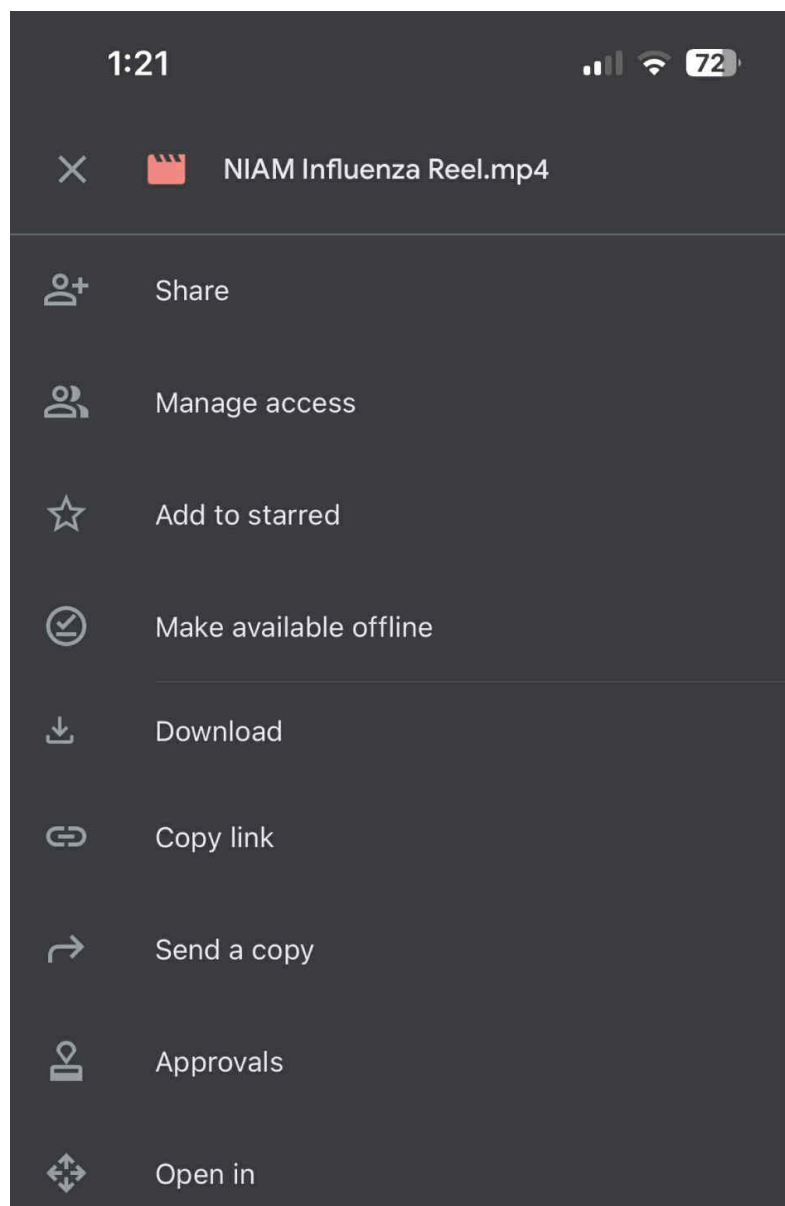
### **The folder**



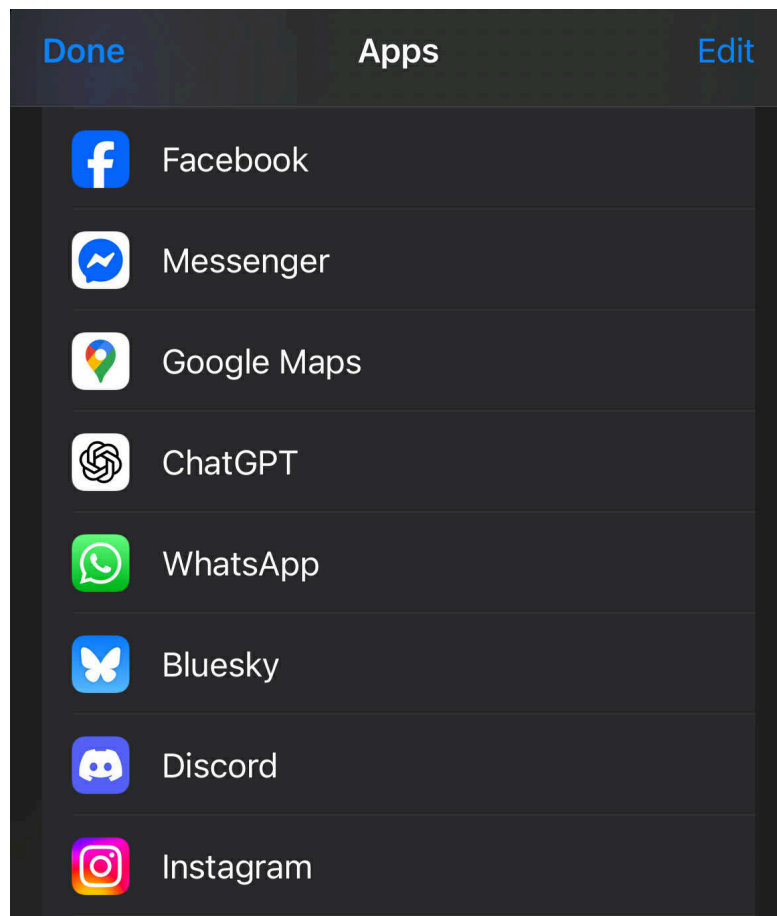
## One of the videos



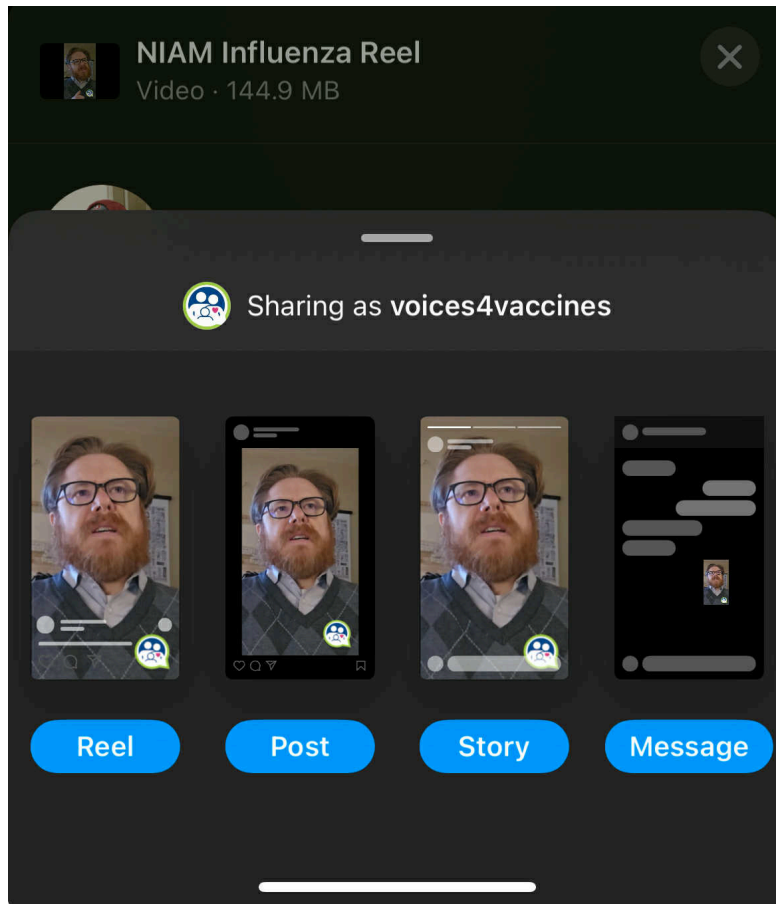
In either case, click the three dots icon (...) to the right or top-right, and select the 'open-in' option (shown at the bottom in the following screenshot).



Then select Instagram (this also works for TikTok). You may have to click more (...) to find it.



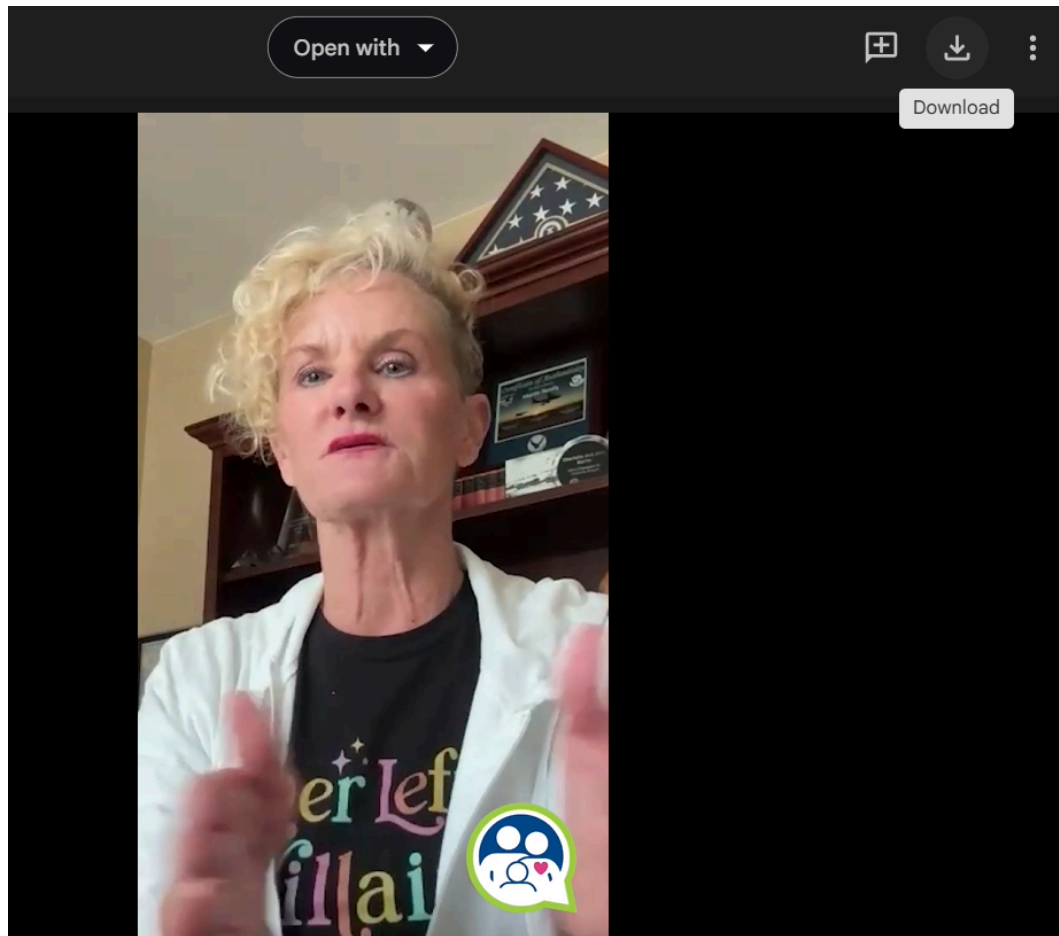
Finally, select Reel when prompted, and you should have a ready made video to post in the app.



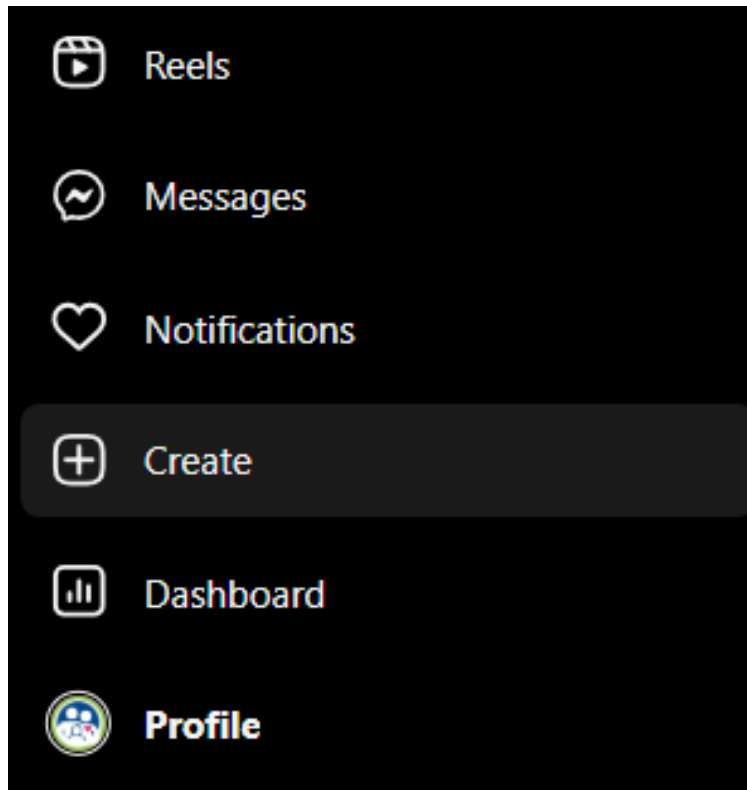
## [2. Posting From Your Computer](#)

First, make sure you are logged in to Instagram on your computer. IG often makes you take extra steps to verify your identity when logging in on a new device.

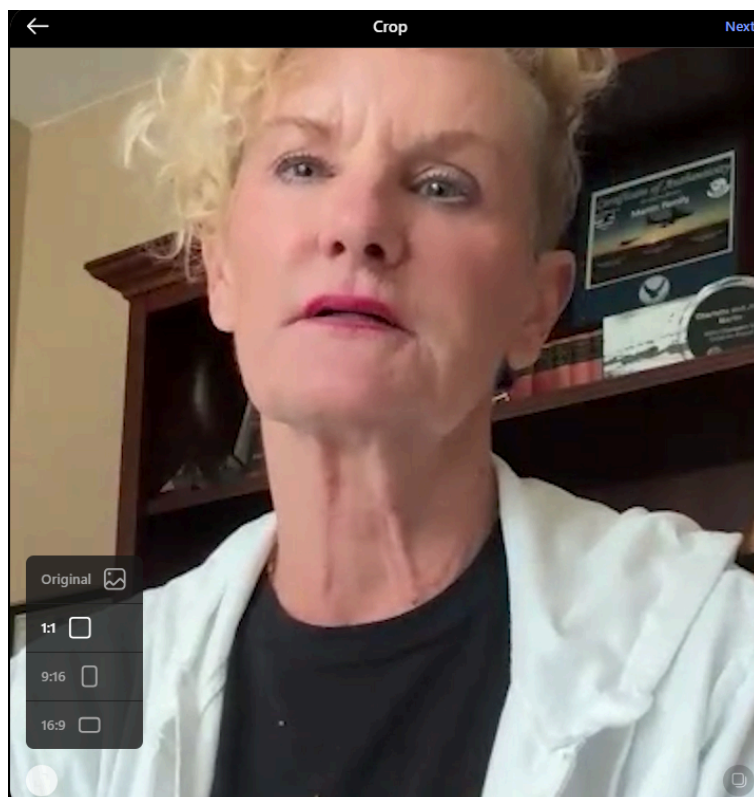
Once you've gone to the Reel link, select download.



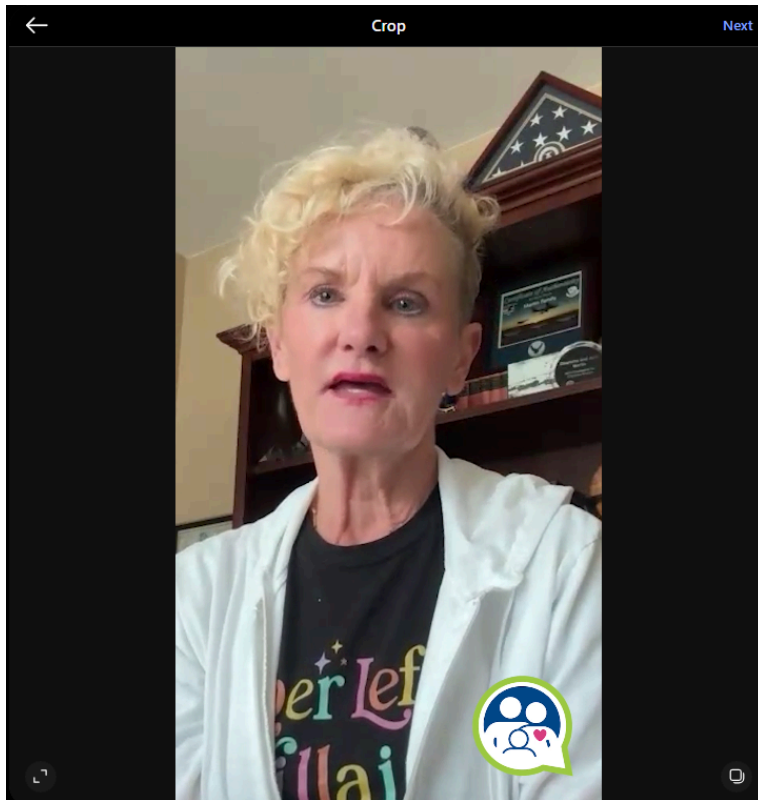
Go to Instagram (or TikTok), and select 'create.'



Once you upload the file you downloaded, you'll be moved to a cropping screen.



Click the bottom left icon, and select 'Original.' It will look odd on desktop, but much better when viewed on mobile, which is where most people are browsing Instagram.



You can select any frame for the cover photo, as most people will not see it. You don't need to trim the video.



