Zoom is a video conferencing and web conferencing platform to allow multiple people to have remote meetings and events. It is accessible from a computer desktop, mobile device, or tablet. You can also create a fun virtual background to hide your background and pretend like you are someplace else.

What you will need

- Zoom account with open/active meeting
- Saved image(s) on your computer

How to add a virtual background to your Zoom video

1. While in the Zoom meeting, click on the arrow next to the “Stop Video” button (bottom left hand side of the Zoom window).

2. Select “Choose Virtual Background”
3. The Settings window will open. Under **Choose Virtual Background** you can select from default images, including the Golden Gate Bridge, grass, and space. **Select one of the options.**

Example of what your virtual background may look like

![Example of virtual background](image)

**How to upload your own virtual background**

If you want to use your own photo, select the “+” **icon** and upload a photo of your choosing.

Perhaps you want to pretend you’re at your favorite restaurant, favorite park, or hanging out with friends.

**How to change your background back to normal setting**

Select the **“None”** option if you want to revert back to no background.

Once you have found your perfect virtual background image, you can close the window and you are ready to go!
Tips

Depending on your computer’s operating system, this feature may not be available.

Be sure you are in a well-lit room with minimal objects behind you. Sometimes the camera may have difficulty distinguishing between you and objects behind you.

Impress your friends by changing up your background periodically.