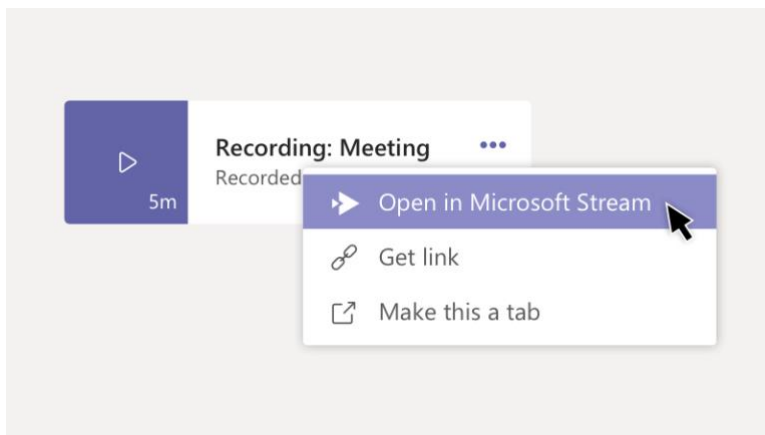


Download a Teams meeting recording

Recording owners can download and distribute their meeting recordings.

1. Go to the meeting recording in the chat history and select **More options** **⋮** > **Open in Microsoft Stream**.



2. On the Microsoft Stream portal, select **⋮** > **Download original video**.
3. Add the video to a Teams conversation by selecting **Attach** **📎** beneath the compose box. Or share the recording any other way you choose.