

# Import image data to OMERO

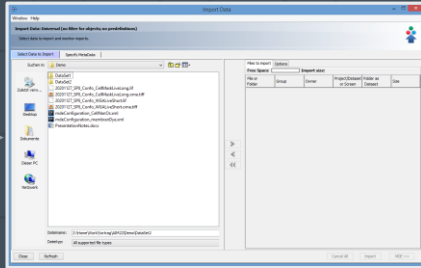
1 Open OMERO.insight OR OMERO.importer and login (in case of trouble, [click here](#))

OMERO.insight:

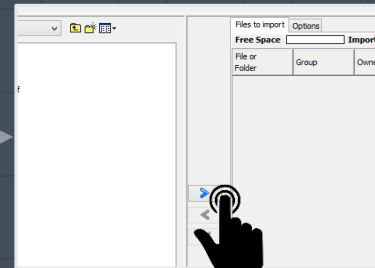


Click on the OMERO.importer button in the toolbar

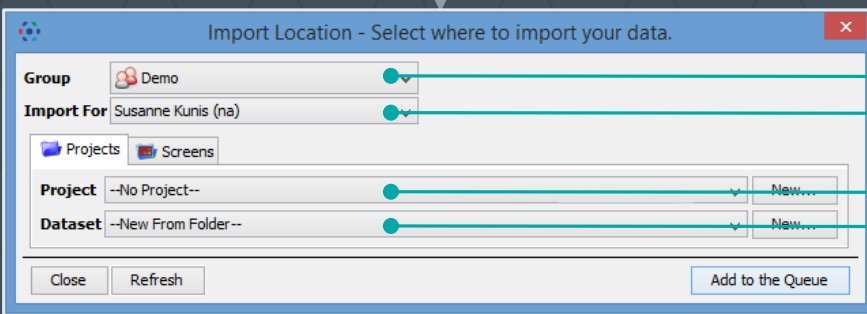
OMERO.importer:



2 Select your data files or directories for import



3 Click the right ADD arrow



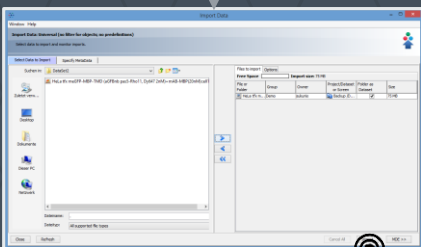
Target group

Target user

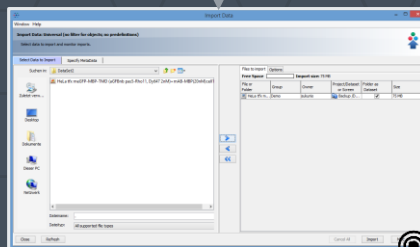
Target project

Target dataset

4 Specify location for saving imported data



5 Click: *Import*



OR Click: *MDE* to insert Metadata before import