

## How to upload 23andMe results to FamilyTreeDNA and MyHeritage

The first stage is to download your raw data file from 23andMe to your computer and the second stage is to upload this file to FamilyTreeDNA and/or MyHeritage.

The following describes how to access and download your autosomal raw data from 23andMe:

1. **Sign In** to 23andMe.
2. Click on your name (in top right), and from the drop-down menu select '**browse raw data**'.
3. Press **Download**.
4. Scroll down the page.
5. In the *Request your raw data download* section, tick the box and press '**submit request**'.
6. Enter your password in the empty field.
7. Check your email for an email from 23andMe (usually arrives within a few minutes).
8. Just follow the instructions provided in the "Your 23andMe raw data download is ready!" email.
9. Click **Download DNA Raw Data** to download your raw data file. Note where you save the file on your computer (save it, don't open it).

### **Uploading to Family Tree DNA**

Go to <https://www.familytreedna.com/autosomal-transfer>

and register the name of the tester, your email address and indicate if the DNA you are uploading is for a male or female. When you do this, you will be asked to attach the file that you have just downloaded from 23andMe.

Make sure you also sign the release form.

Write down your kit number and your password will be emailed to you. You will need both of these to log on to see your results.

Once you have done this you should have results within a few hours.

You can upload the DNA of multiple people if you manage more than one DNA account but each one must be uploaded under the name of the tester and will be allocated a different kit number and password.

## Uploading to MyHeritage

1. Go to <https://www.myheritage.com/> and log in if you already have an account. If you cannot remember your password this can be reset.
2. Create an account on MyHeritage if you do not already have one. Depending how you do this, it sometimes requires you to record the names of your parents and grandparents.
3. Once you have an account created click on 'family tree' then 'my family tree' - from the menu at the top of the page.
4. Once the tree is open you will see a profile bar open at the left hand side of the screen.
5. Select the person on the tree whose DNA you want to upload. If the person is not already on your tree add them to your tree (in the correct position) before proceeding.
6. On the profile bar of the person whose DNA you want to upload click 'upload DNA data'.
7. Scroll down the page and tick boxes to accept terms and conditions, consent agreement etc.
8. Press 'upload DNA data' button and attach the file you downloaded from Ancestry. Remain on the page until you see a message that the upload was successful.
9. You will receive an email from My Heritage in a few days' time to say your results are ready.

*If anything goes wrong you can contact one the administrators of the North of Ireland DNA Project for assistance on [dna@nifhs.org](mailto:dna@nifhs.org)*

## North of Ireland DNA Project

Once you have results on Family Tree DNA you are welcome to join the North of Ireland DNA Project if you have ancestors from Ulster. To join the project just log into your FTDNA account and, without logging out, navigate here: <https://www.nifhs.org/dna/>

Towards the bottom of the page you will see a link to join our project – just follow the instructions and we will approve you asap. Once approved you will be able to see who you match that also has Northern Irish ancestors and you will also be able to see our project message board.