When passing video to the Video Intelligence API, you can either pass a Google Cloud Storage URI, or you can embed video data directly within the request's content field, which must be base64 encoded.
Video data is binary data. Within a gRPC request, you can simply write the binary data out directly; however, JSON is used when making a REST request. JSON is a text format that does not directly support binary data, so you will need to convert such binary data into text using Base64 (https://en.wikipedia.org/wiki/Base64) encoding.
To base64 encode a video file:

The base64-encoded data is written out to the specified destination file. Pass the data in a
Video Intelligence API request as the value of the content field:
Copying encoded video data manually into your requests is not always practical; the preferred
method is to embed base64-encoded files into client code. All supported programming languages have built-in mechanisms for base64-encoding content: