To upload your VS Code project to GitHub, follow these steps:

**Step 1: Initialize a Git Repository**

1. Open your VS Code project.
2. Open the terminal in VS Code (Ctrl + \ or from the menu: Terminal > New Terminal).
3. Initialize a Git repository by running

git init

**Step 2: Add Your Files to Git**

1. Add all your project files to the staging area:

git add .

The . adds all the files in your project.

1. Commit the changes:

git commit -m "Initial commit"

**Step 3: Create a New Repository on GitHub**

1. Go to your GitHub account and click on **New** to create a new repository.
2. Name your repository (e.g., my-vscode-project), add a description, and choose if you want it to be public or private.
3. **Do not** check the box to initialize the repository with a README, as your project already contains files.

**Step 4: Push Your Project to GitHub**

After creating the repository, GitHub will show you instructions. Follow the "push an existing repository" steps:

* 1. Add the GitHub repository as a remote to your local repository:

git remote add origin https://github.com/<username>/<project>.git

* 1. Push your changes:

git branch -M main

git push -u origin main

**Step 5: Verify the Upload**

Go to your GitHub repository in the browser to see if your files are successfully uploaded.