There are several options you can choose between. At my work we are using VLC to stream video captured by [Raspberry Pi Camera](http://rads.stackoverflow.com/amzn/click/B00E1GGE40) from our server-rooms to the office. One downside of this is that there are about 5 seconds delay and I haven't found a solution to this. The following is our setup:

1. Have raspbian installed and updated and make sure your camera is enabled (you enable this by running sudo raspi-config and choose Enable Camera)
2. sudo apt-get update
3. sudo apt-get upgrade
4. Install vlc
5. sudo apt-get install vlc
6. Create a script to start the stream with the following content, or run the command (you can't do anything else if you just run the command).
7. sudo nano myscript.sh
8. raspivid -o - -t 0 -hf -w 640 -h 360 -fps 25 | cvlc -vvv stream:///dev/stdin --sout '#rtp{sdp=rtsp://:8554}' :demux=h264
9. Make the script runable
10. sudo chmod +x myscript.sh
11. If you want to start the stream automatically you have to add the script to crontab. To make this work I had to make another script runned by cron (OBS! VLC can't be run as sudo so make sure you're in the right cron). sudo nano myscript2.sh:
12. #!/bin/bash
13. /path/to/myscript.sh

Then:

sudo chmod +x myscript2.sh

crontab -e

@reboot /path/to/myscript2.sh

1. To watch the videostream, open VLC on a computer on the same network as the raspberry pi you are using for streaming. Press Media -> Open Networkstream and paste the following in the field:

rtsp://[IP].[TO].[THE].[PI]:8554/