COLLEGE of CHARLESTON
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Communication Department Media Lab MPEG Exporting Instructions

1. **In the Adobe Premier editing program, you can easily convert and export your video from an AVI file into a more compressed (and "uploadable") MPEG2 file.**
2. **Follow these steps: One you finish editing your project, go to:**
   - **File---Export---Adobe Media Encoder**
3. **When you click on Adobe Media Encoder, a new Export Settings window comes up**
4. **In Export Settings, go to Format and change this setting from Adobe Flash Video to MPEG2 which is on the drop down menu (as is Windows Movie--.wmv). Once you change to MPEG2 click OK**
5. **A new My Videos screen will come up and you'll be asked to name your file/project. Enter a name then click OK, and the rendering/exporting will begin. Once finished, your MPEG2 file will be in the My Videos folder under Documents**

The AVI files are quite large and can take very long to upload to You Tube. In reading through some of the Adobe Premier Help tips (do an "MPEG" search) you can find out that exporting via "Movie" is meant more for re-editing the project rather than uploading it. MPEG, on the other hand, is for exporting for distribution. It's much more compressed, but without losing video/audio quality.

As an example of this compression, 30 plus minutes of your TV newscasts was 7.8 GB, which is just a huge file. But when I exported or rendered it as MPEG2 it's down to 900 MB.

---Patrick Harwood/December 2008

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