



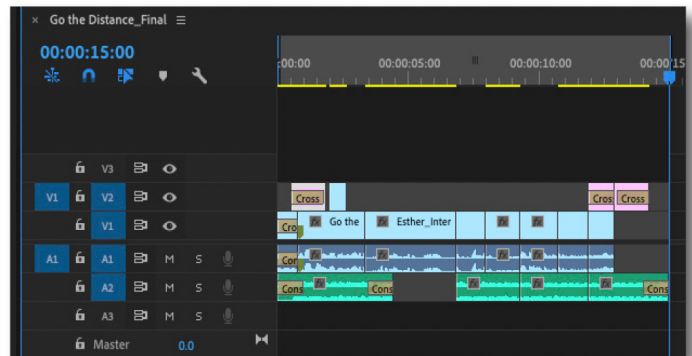
Exporting from Premiere for Upload

Exporting your sequence using a high-quality compressed codec

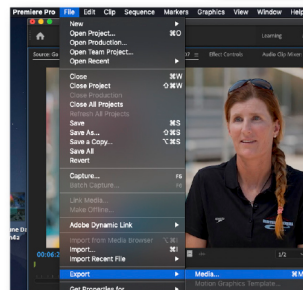
When you have finished editing, you are ready to export your sequence.

It's helpful to activate the tracks you plan on exporting, and highlight them by placing In and Out points at the beginning and end of what you plan to export.

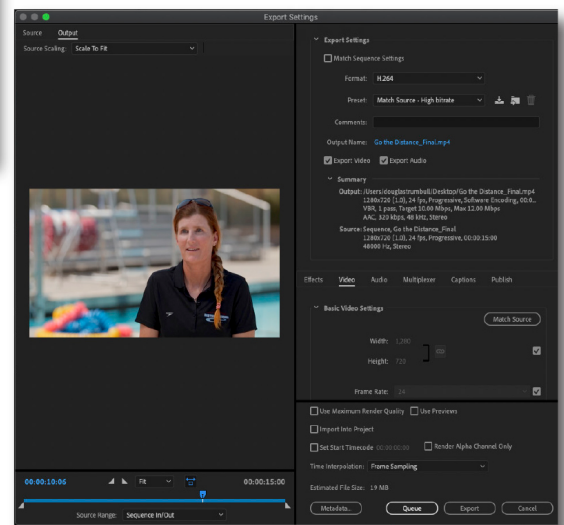
Place an In point (the "I" key) at the first frame of your sequence, and an Out point (the "O" key) at the last frame of your sequence.



Having made those selections, with your Sequence Window active, select File>Export>Media



This will open the Export Settings Window.

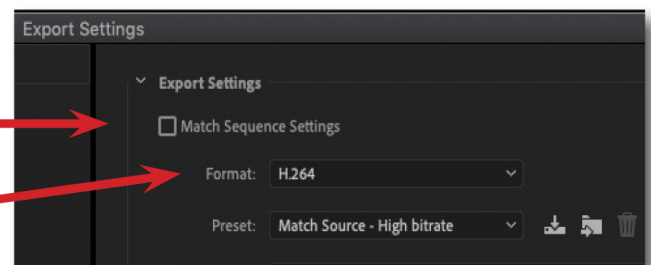


We will be exporting to a compressed codec, creating a file that maintains image quality but is small enough to allow it to be uploaded a bit more easily.

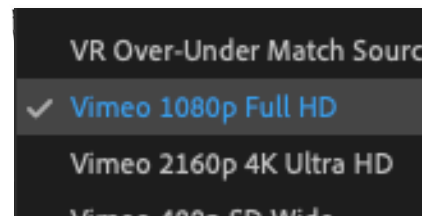
We will be using preset options from the pull-down menus.

We are turning our file into something else, so we don't want to Match the Sequence Settings, so make sure that box is unchecked.

Select H.264 from the "Format" pull-down menu



From the "Preset" pull-down menu, scroll down (they are listed alphabetically) and select "Vimeo 1080p Full HD"





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Click next on the “Output Name” of your sequence- it is highlighted in blue. A new window will open, and you will choose where you save your exported video file.

You can also re-name your file at this point, if you’d like.

Make sure that both the “Export Video” and “Export Audio” boxes are checked.

In the Summary and Basic Video Settings area, we see the details of our exported file.

We selected the *Vimeo 1080p HD* preset so our video file will be 1920x1080; the larger of regular HD settings.

If we had selected the *Vimeo 720p Full HD* preset, our file would be 1280x720- slightly lower quality, but would result in a smaller file size too.

Having made all these selections, we are now ready to Export your Sequence.

At the bottom of the Export Settings window, click on the “Export” button.

Your file will be begin exporting.

When this process is finished, **watch the exported file** that you have created: make sure that it looks and sounds the way you intended. If not, delete the file, go back into Premiere and make any necessary corrections, and then repeat the export process.

