

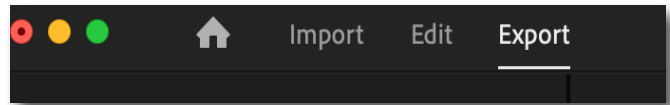
Exporting from Premiere Pro 2022

Exporting your final sequence in Export Mode



When you are ready to export your completed sequence, place an “In” point at the first frame of your video, and an “Out” point at the final frame of your film.

With the sequence you wish to export selected, from the top left Premiere menu switch from Edit Mode to Export Mode.



The new window helps you easily navigate your exporting options.

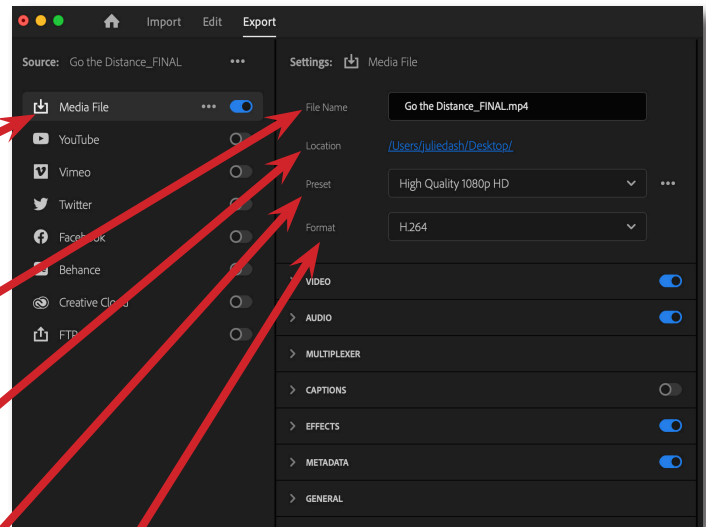
In the left column, only the Media File option is selected, indicating we are only exporting a file to a local location, such as the edit computer.

In the *File Name* window, you can rename your exported file, if your sequence name is not descriptive enough.

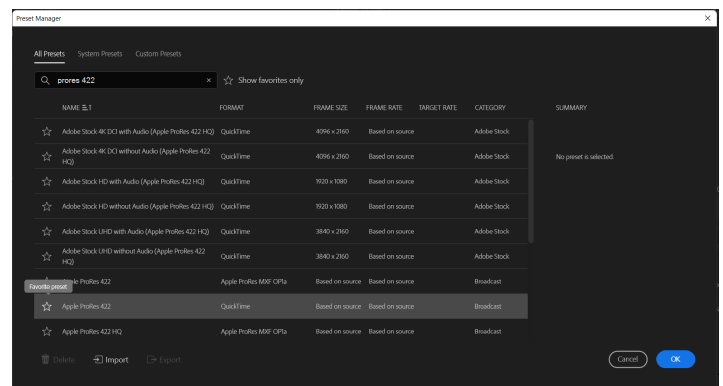
Click on the blue url for *Location*, and you can specify where your exported file will save to. In this case it will go to the Desktop of edit station Julie Dash.

On the dropdown menu, choose High Quality 1080p HD, which is an excellent viewing file size.

And the Format is H.264, which will result in an mp4 file, a high quality, minimal size file.



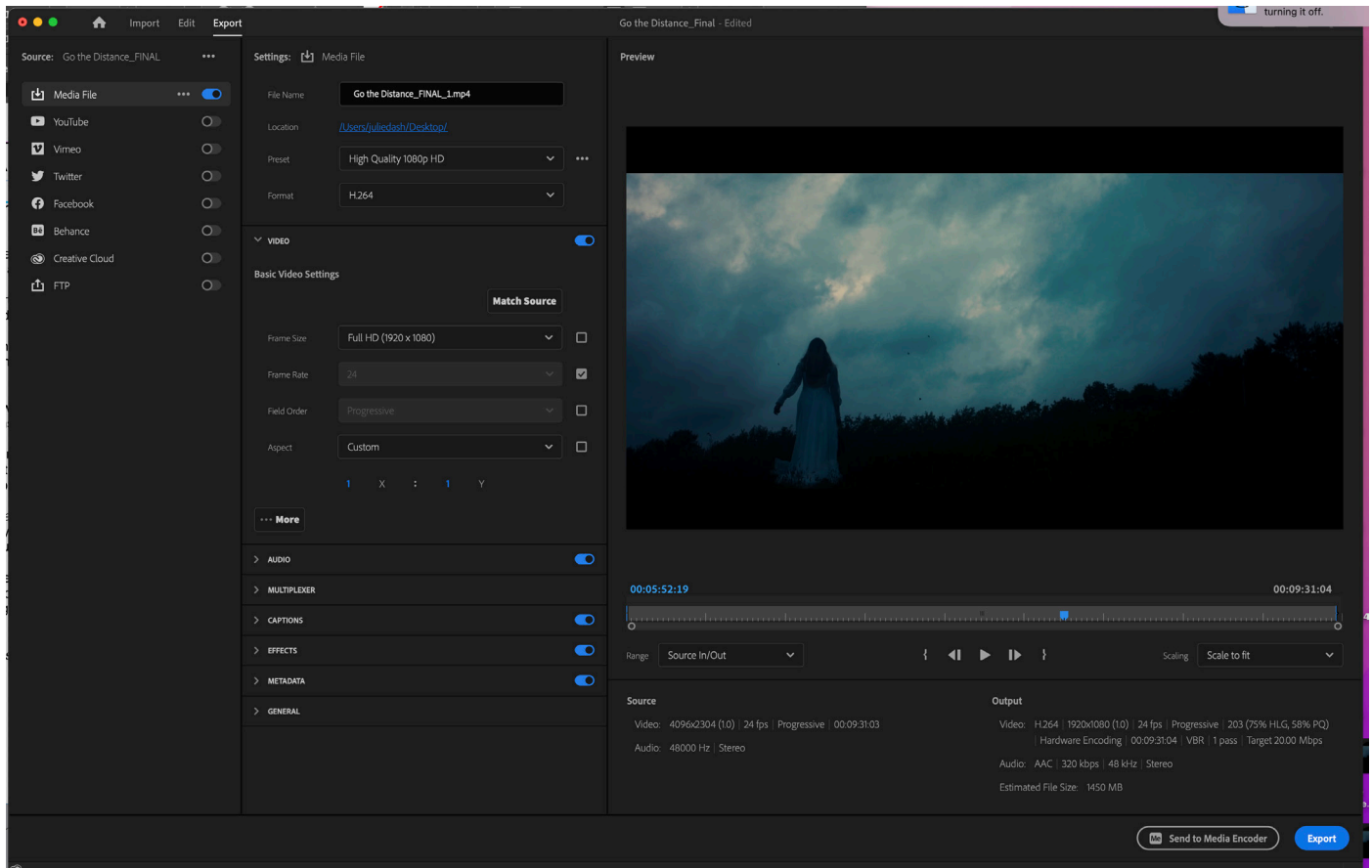
You can change the preset, or add extra presets to the dropdown menu by selecting “More presets” at the bottom. This brings you to the Preset Manager, where you can “favorite” specific presets using the star, such as Vimeo 1080p HD or Apple ProRes 422 with the format Quicktime (which is a different format and a large high quality file).



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Make sure that both “Video” and “Audio” toggle switches are on.
If you have captions included in your final product, make sure “Captions” is also toggled on.
You can also customize any preset by twirling open any of the menus.



On the right side of the screen, you can see a preview of the file you will be exporting.
Underneath the preview you can change the range of your file that will export (which should say Source In/Out if you’ve added in and out points).

If your intended export is not the same size as your footage you can change scaling options on the right hand side of the preview. Scale to fit will likely cut off parts of what you’ve shot, while the other two options will squish or squash your footage to fit the new proportions.

Below the range and scale is the summary, and double check that your settings look like what you’ve chosen, and that the estimated file size is within reason.

In the bottom right you have two options, “Send to Media Encoder” and “Export.”
“Send to Media Encoder” is recommended because it will allow you to continue using Premiere while it works, whether that’s just to save the document or make more edits.
In Media Encoder in the top corner of the upper right window, press the green arrow to start your export.

Make sure to watch your exported video to spot mistakes before you submit.