

## Exporting from Premiere Pro 2023

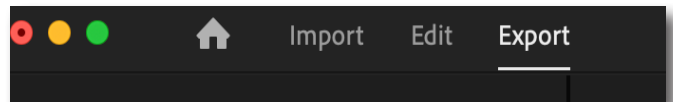
### *Exporting your final sequence in Export Mode*



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.

This is an opportunity to place a few seconds of black video at the start and end of your video, so that your exported file won't begin and end so abruptly when it is played.

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

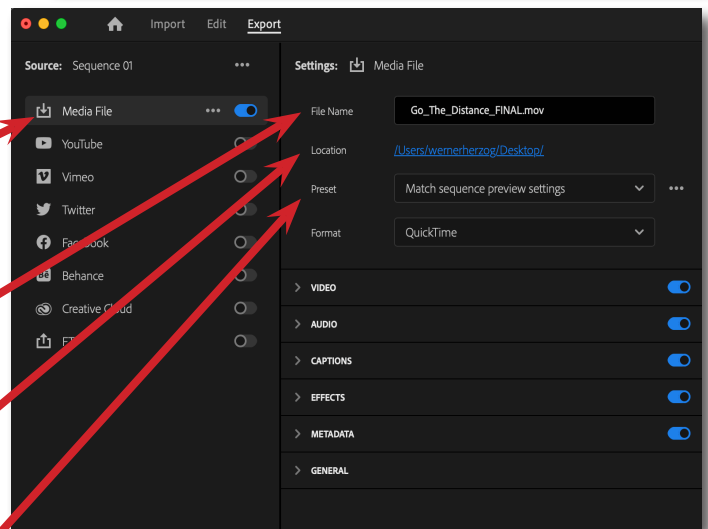


The new window helps you easily navigate your exporting options.

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.

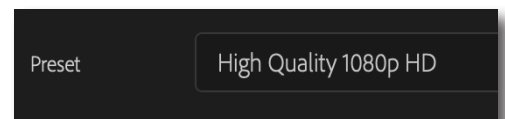
In the *File Name* window, you can rename your exported file, if your sequence name is not descriptive enough.

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 “*wernerherzog*”.



Using the *Preset* pulldown menu, select **Match sequence preview settings**, which will insure that your exported file has the same resolution and frame rate as your sequence.

An exception: if you have been working in a higher resolution than 1920 x 1080, then select the High Quality 1080p HD setting for viewing in class or final screenings.



For your own archive, you may choose to also export a full-resolution version of your file.

You'll note that the *Format* is H.264, which will result in an mp4 file— a high quality, minimal size file.