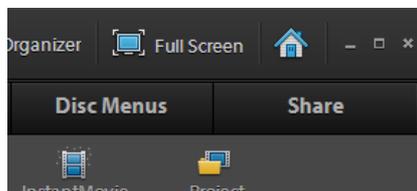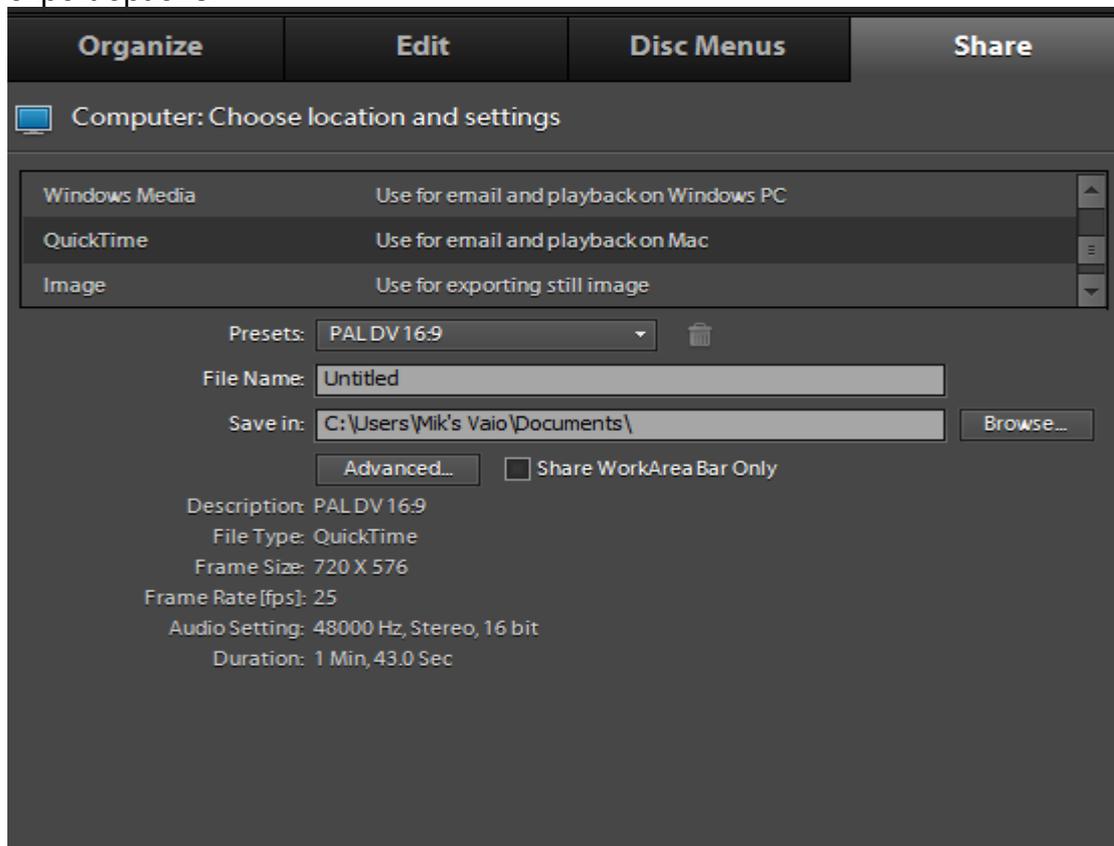# Compressing Video for Submission Using Premiere Elements.

Once you have completed your edit in Premiere Elements and are satisfied with it you'll need to export a compressed video for submission.
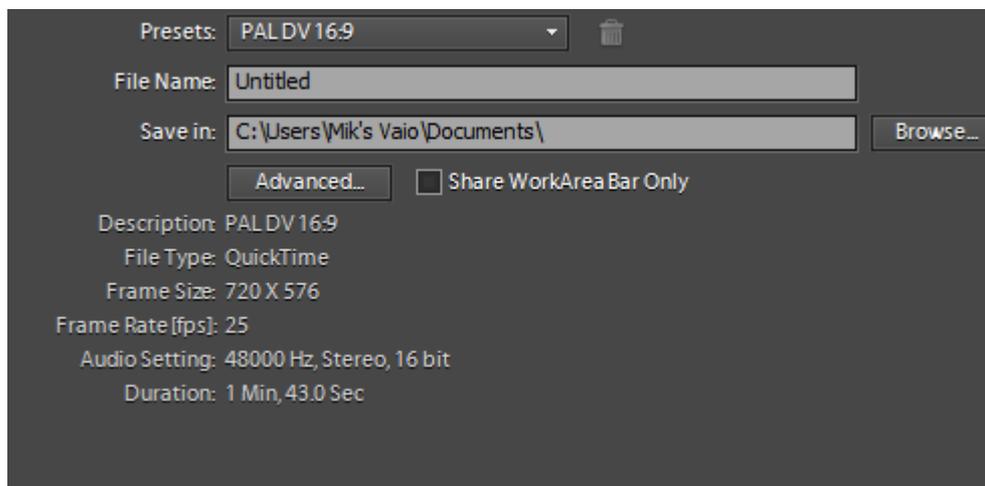

First you'll need to click on the SHARE tab in the top right corner.

Once you've clicked on the SHARE tab you'll be presented with a series of export options.

Here we want to create a file which can be opened and viewed easily by others without having to be viewed in Premiere or watched on a DVD.   So we'll select Quicktime.


Under the Presets tabs select PAL DV if your project is in 4:3 or PAL DVD 16:9 if it's a widescreen project.   Enter the file name.   This should be presented as Centre Number followed by a dash, then the candidate number followed by another dash and then the type of video coursework.
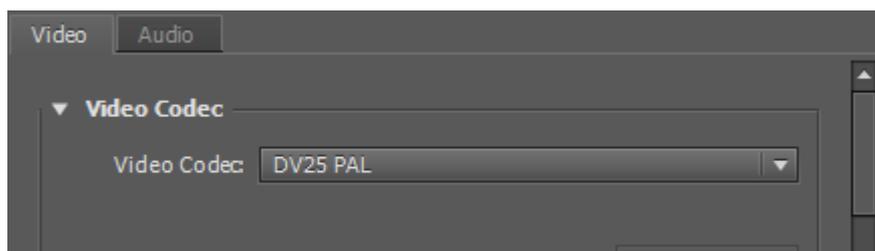
For example, 71000_0000_Film.   Or 71000_0000_Exp1.

Now you'll need to click on the ADVANCED button to adjust the screen resolution and sampling rates.
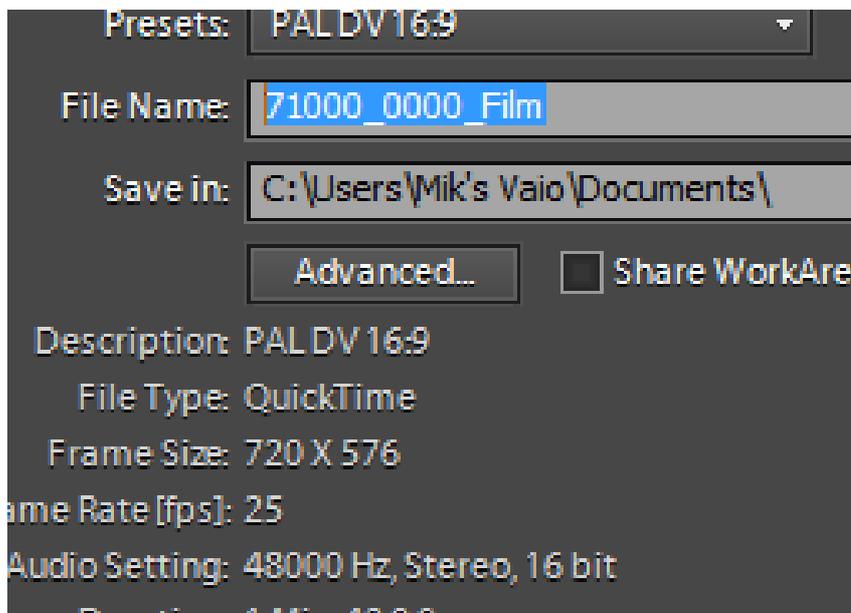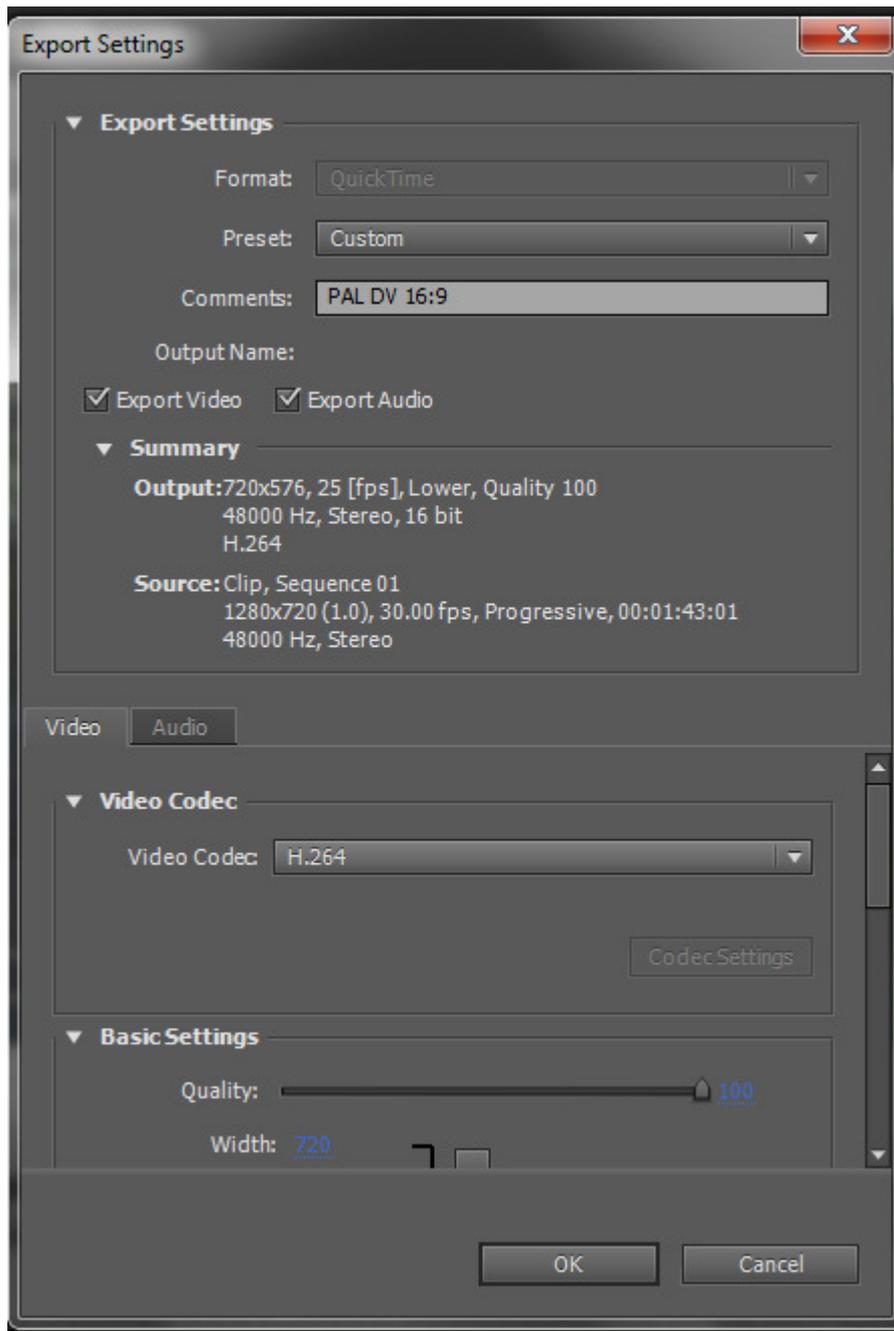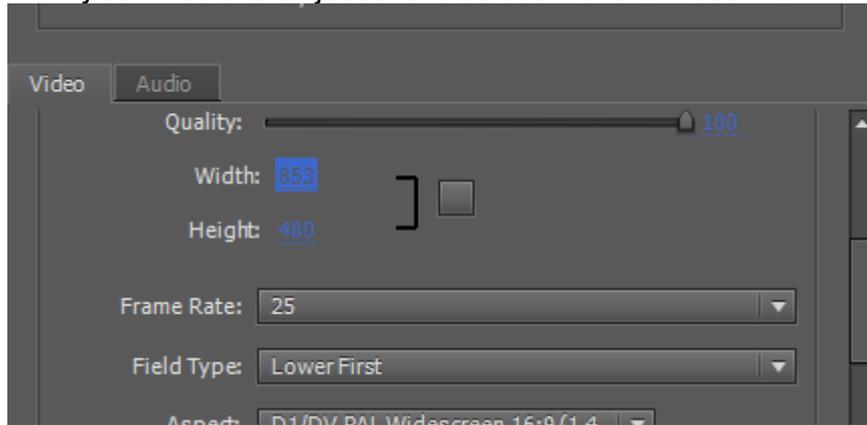
Here you'll be presented with the Export Settings Window.   First of all we'll want to change the Video Codec.

Change it to H.264

Now you'll need to adjust the resolution of the video file.

Under the VIDEO Tab scroll down until you can see the Width and Height settings.

For a widescreen 16:9 file the settings should be changed to Width 853 and Height 480.

For a regular 4:3 project the settings should be changed to Width 640 and Height 480.

The Frame Rate should remain at 25.

Now scroll down and adjust the bitrate setting
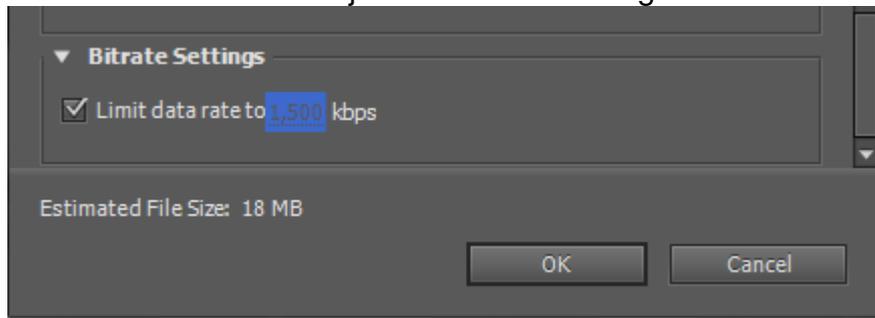
This should be set to 1,500 kbps.

When you click OK you'll be offered a chance to save these export settings as a Preset.   Choose a name appropriate to the type of file, for example "AS Film 16x9."   Now you can export future files just by clicking on that preset.

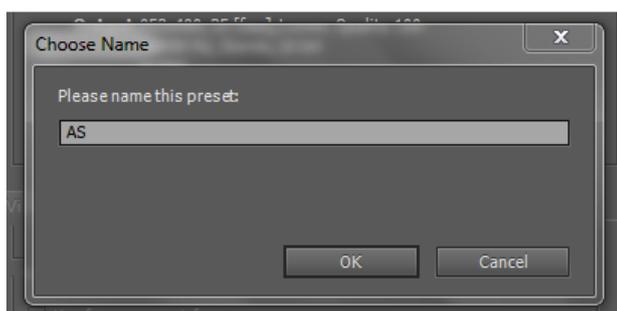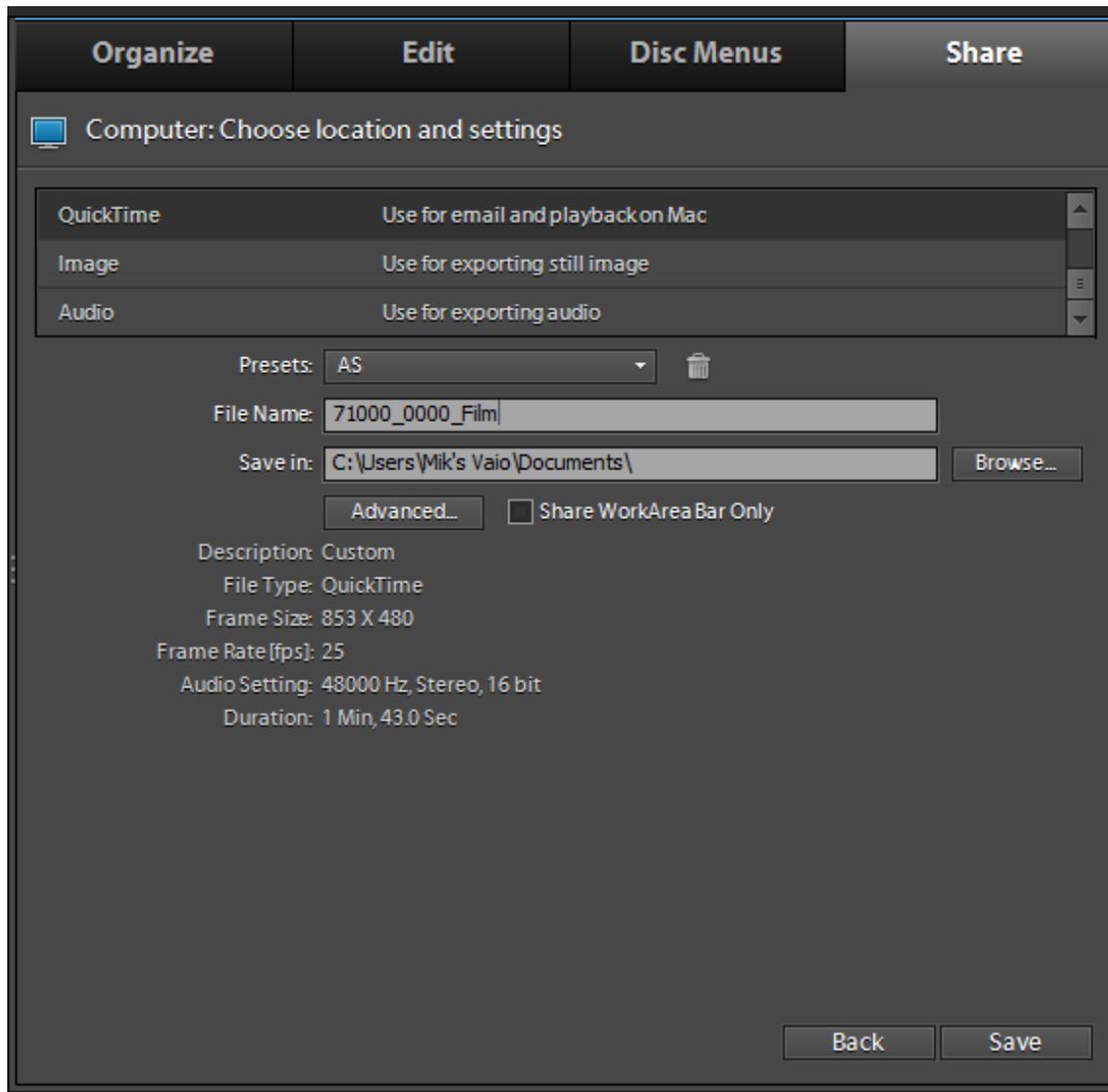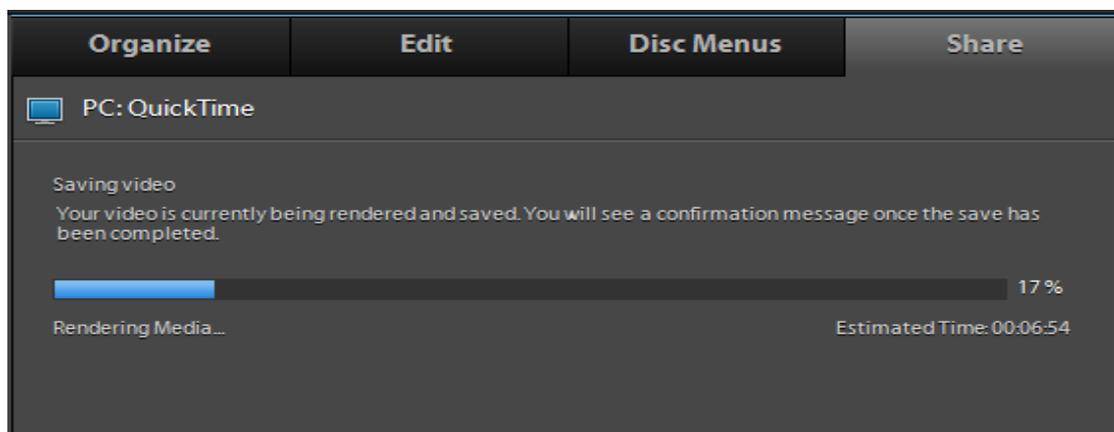This will bring you back to your basic export window. Check that the name and resolution settings are accurate.   Then click SAVE.

Organize	Edit	Disc Menus	Share

Computer: Choose location and settings

QuickTime	Use for email and playback on Mac
Image	Use for exporting still image
Audio	Use for exporting audio

Presets: AS

File Name: 71000_0000_Film

Save in: C:\Users\Mik's Vaio\Documents\   Browse...

Advanced...   ☐ Share WorkArea Bar Only

Description: Custom
File Type: QuickTime
Frame Size: 853 X 480
Frame Rate [fps]: 25
Audio Setting: 48000 Hz, Stereo, 16 bit
Duration: 1 Min, 43.0 Sec

Back   Save

This will bring up the Rendering Media message telling you how long the file will take to complete.

Organize	Edit	Disc Menus	Share

PC: QuickTime

Saving video
Your video is currently being rendered and saved. You will see a confirmation message once the save has been completed.

17%

Rendering Media...   Estimated Time: 00:06:54

If faced with lengthy rendering times you should close all other applications on the computer.

Completed files should be checked before submission.   If encoded correctly they should open and play in Quicktime or VLC Media Player.

Quicktime is available at http://www.apple.com/quicktime/download/

VLC Media Player can be downloaded from http://www.videolan.org/vlc/