ITS Resource Center Home

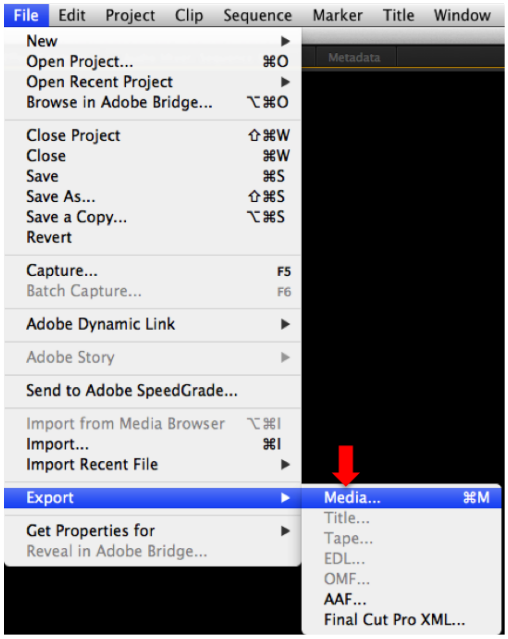
Exporting Video from Adobe Premiere

Contact Information

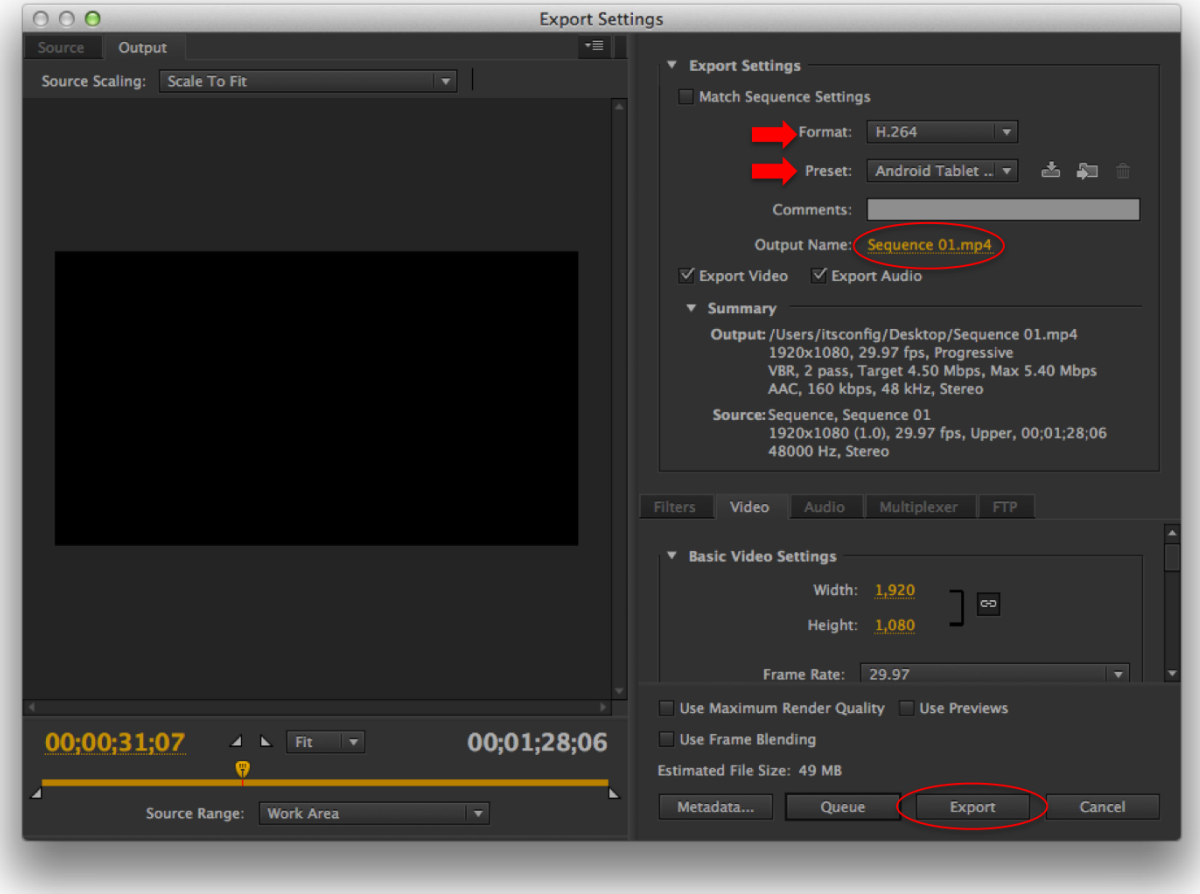
Educational Technology Support
315-859-4877
course-support@hamilton.edu

Exporting will create a self contained movie file that will be easy to transfer and play on different computers. However, there are multiple ways to export your video and the one you choose will depend on your needs and intended use. Here's a quick walkthrough of the process.

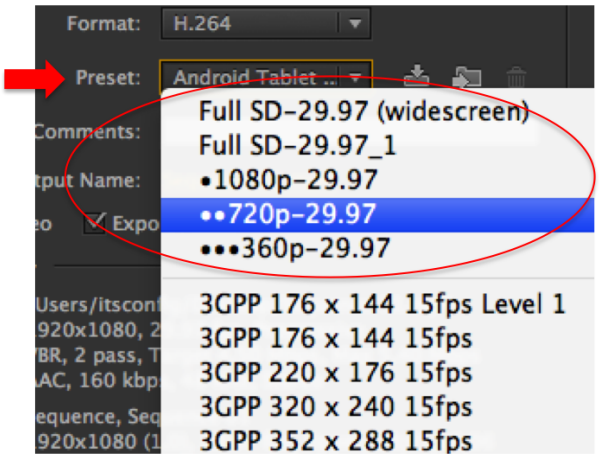
1. Making sure the timeline of your project is active, go to the **File** menu in Premiere and select **Export -> Media**.



2. Now, the **Export Settings** window will appear. Here is where you set up how you want your video to be exported. For our purposes, you only have to worry about the *Format, Preset,* and *Output Name* fields. To start, make sure the *Format* field is set to **H.264**.



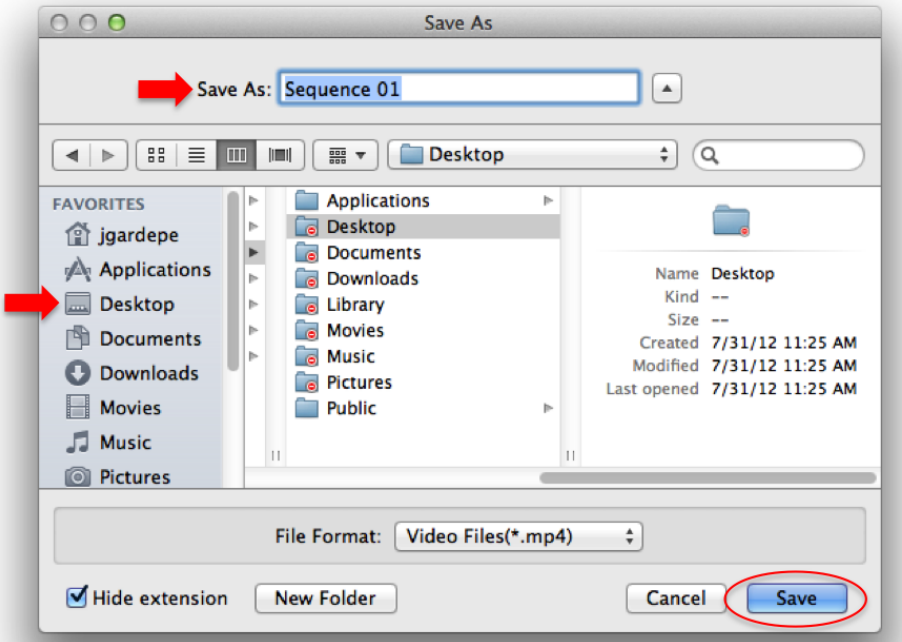
3. Next, click the dropdown menu next to *Preset*. In this menu, there are five selections that are separated from the rest and shown at the top. If you shot your footage in standard definition (SD), then select one of the top two options depending on whether what you capture is in widescreen or not. If your footage is high definition (HD), than you will want to choose one of the 3 bottom options.



The numbers *1080p* and *720p* are referring to the height, in pixels, of the final video. This width makes a difference in the resolution, or quality of the final video. Keep in mind however, that more pixels leads to a larger file size. So *1080p* video takes more storage space than *720p video*.

NOTE: If you did not capture HD footage, you don't want to output in one of the HD settings. Use one of the top two SD settings.

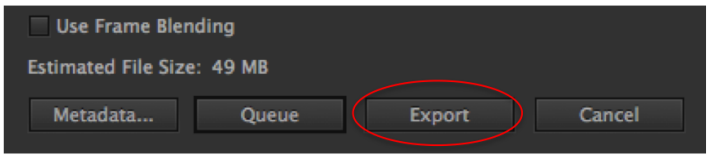
4. Once you've chosen the appropriate *preset*, you need to change the save location and file name. Doing this is not inherently obvious. Click on the item in the *Output Name* field, which will be shown as your sequence name followed by .mp4. This will open up the following window.



5. From here, give your movie a name in the *Save As* field, and change the location to an appropriate one, like the **Desktop**. Then simply click **Save**.

Note: The default save location will not work. You must select a new location!

6. When you're all finished changing the settings mentioned above, simply click the **Export** button in the **Export Settings** window.



Note: The file size of your final video will be previewed in the *Estimated File Size* field, located above the **Metadata** button.

Last Updated: November 7, 2013