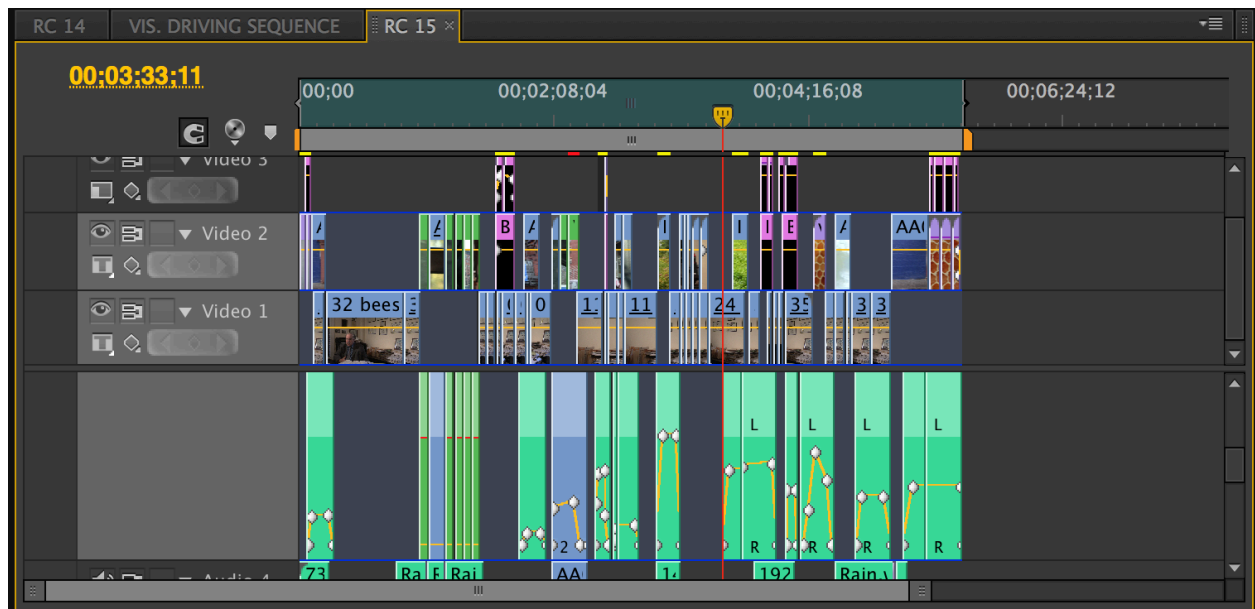


EXPORTING YOUR PROJECT

When you are finished your project and ready to upload it to your Vimeo or YouTube account, you must first export the project out of the editing software.

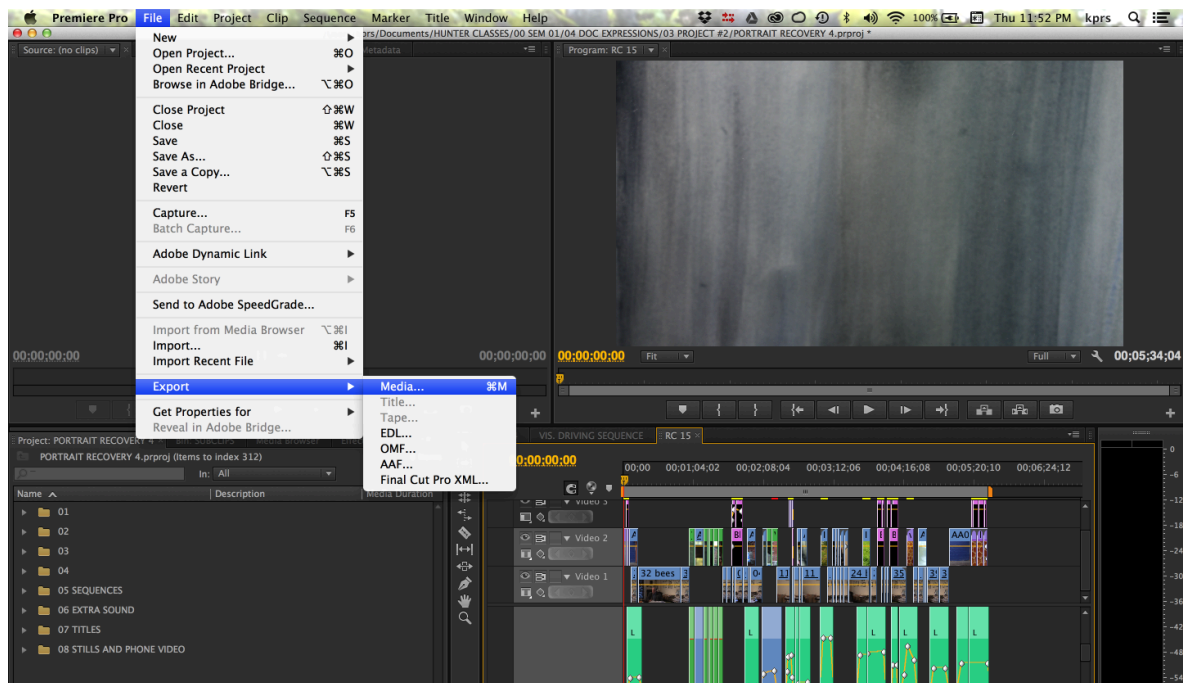
STEP ONE:

The first step is to put an “In” point at the beginning of your sequence, and an “out” point at the final frame of your video. This will highlight your sequence and ensure that all the contents you want exported will be included, and nothing extra.



STEP TWO:

Go to File>Export>Media
or \mathbb{M}



Set your exporting settings in the dialog box.

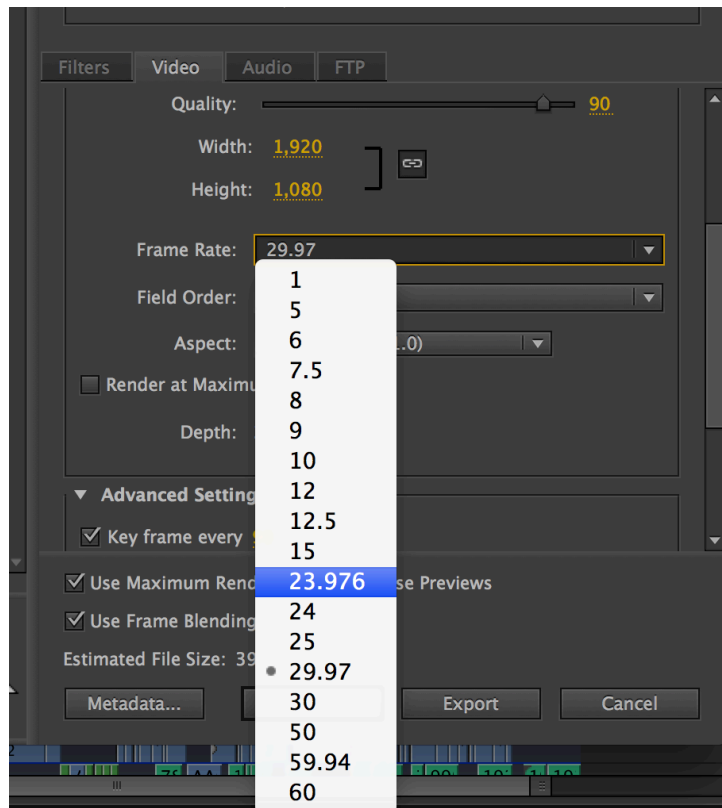
Generally, you want to match your **frame rate, resolution and aspect ratio** with the sequence settings that you have been working with, which also matches what you shot in. In this case, we shot in **1920 x 1080** (a 16:9 aspect ratio) and at **29.97 fps**.

The screenshot shows the Final Cut Pro X interface with the 'Export Settings' window open. The main preview window displays a newspaper clipping from 'The New York Times' dated Sunday, October 1, 2000. The 'Export Settings' window is configured as follows:

- Format:** QuickTime (indicated by a red arrow from the label 'Format:')
- Codec:** H.264 (indicated by a red arrow from the label 'Codec:')
- Frame Rate:** 29.97 (indicated by a red arrow from the label 'Frame Rate:')
- Field Order:** Progressive (indicated by a red arrow from the label 'Field Order:')

Other visible settings include: Match Sequence Settings, Output Name: Sequence 01.mov, Export Video and Audio checked, Summary showing output path and source details, Video Codec settings (H.264, Match Source), Basic Video Settings (Quality: 90, Width: 1,920, Height: 1,080, Frame Rate: 29.97, Field Order: Progressive, Aspect: Square Pixels (1.0)), Advanced Settings (Key frame every 90 frames, Optimize Stills, Frame Reordering), and a Queue button at the bottom.

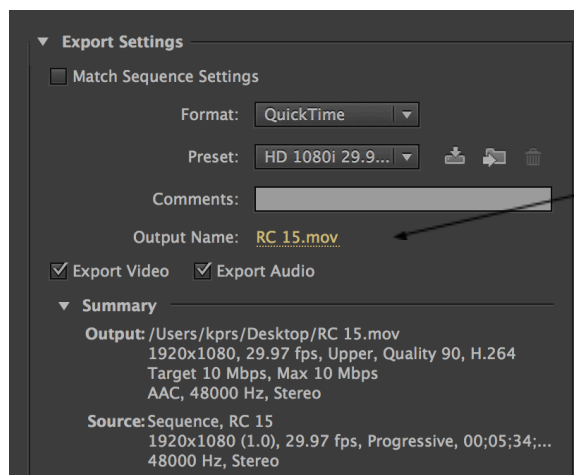
If you shot in another frame rate (i.e. 23.97), make sure to change the frame rate. This setting is found in the “Video” tab, below.



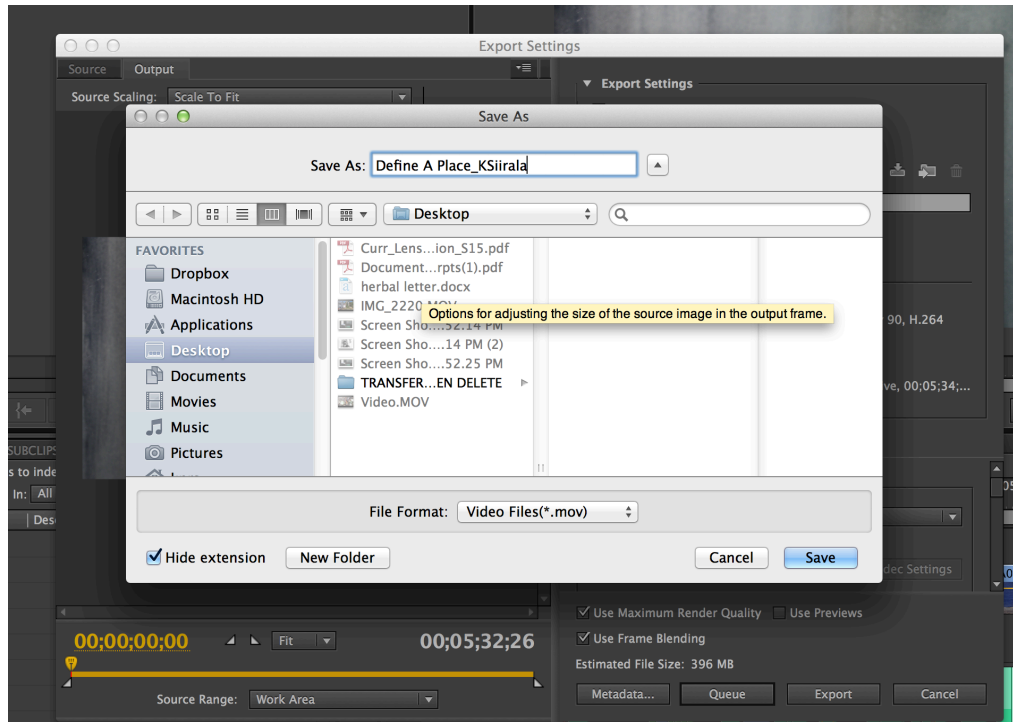
STEP FOUR:

Choose the directory where your file will be stored - First to the desktop and then later you can copy the video file to your USB.

If you click on the Output Name (which will probably be something like Sequence 01.mov or here, RC 15.mov), you can rename your export as well as choose where you want it to be saved.



The “Save As” Dialog box will pop up. Rename your video and choose where it will be saved.



STEP FIVE:

Review your settings. Again what you want to pay attention to is:

Format: Quicktime

Output Name: Define A Space_YourName

Video Codec: H264

Frame Rate: 29.97 (or 23.97)

Field Order: Progressive

Width: 1920

Height: 1080

Quality: 90

Make sure that the Export Video and Export Audio boxes are checked (unless your film is silent, and then you can uncheck the Export Audio box).

STEP SIX:

Once you have reviewed your settings, chosen where your file is going, you can click the “EXPORT” button at the bottom of the dialog box. Voila! You have created an H264 Quicktime movie file that’s ready for uploading to the internet.