

Scene 6 - Bus



(export)

Vimeo 1080p HD  
Vimeo 2160p 4K

Vimeo 480p SD Wide

Vimeo 480p SD

Vimeo 720p HD

YouTube 1080p HD

YouTube 2160p 4K

YouTube 480p SD Wide

YouTube 480p SD

YouTube 720p HD

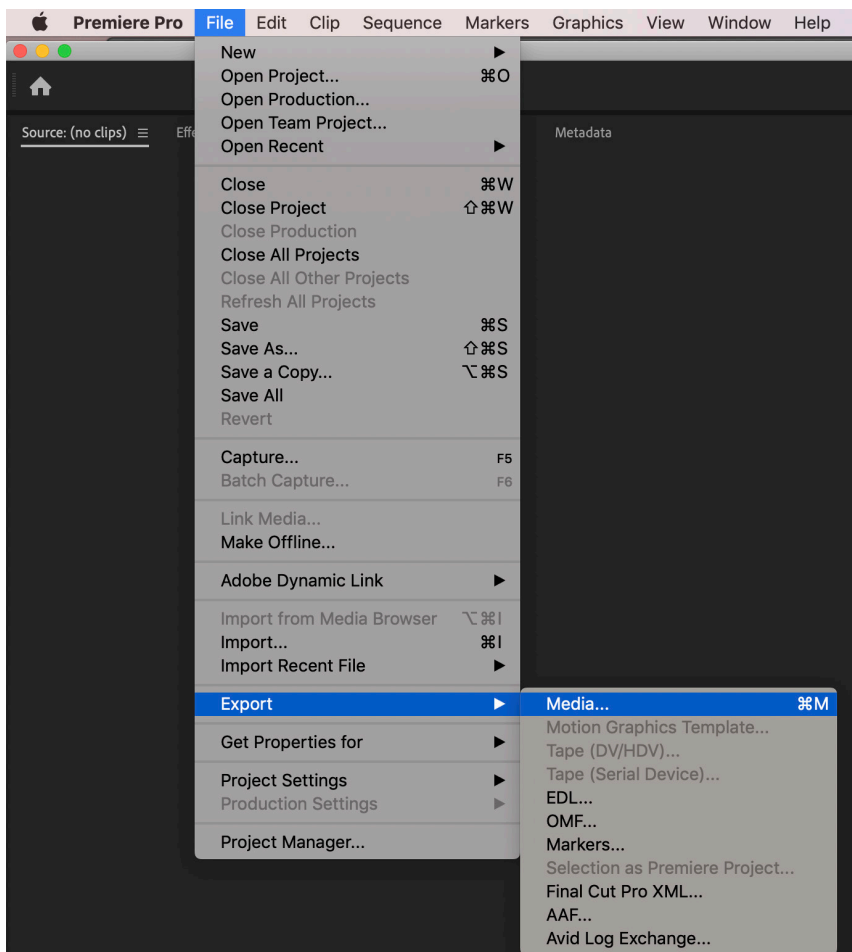
Scene 6 - Phone room (in'hyaalla)  
Mobile  
insert  
Scene 6 - Phone on holiday  
"Mum We'll get the phone."  
Photos on phone



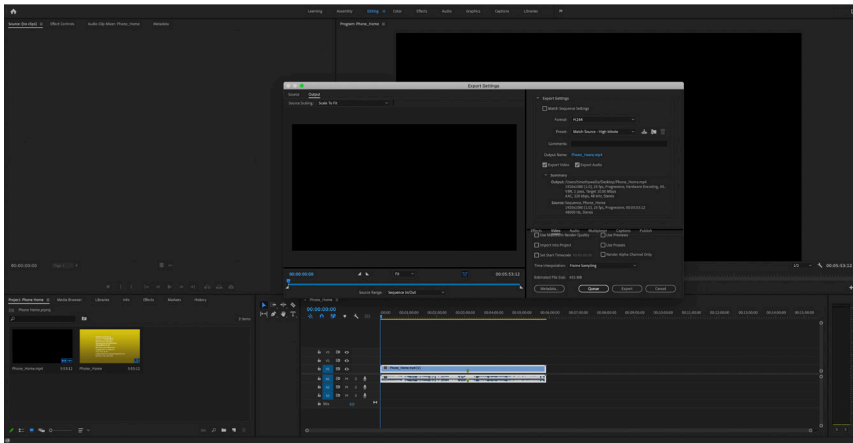
# export

## Step 1: Open the export window

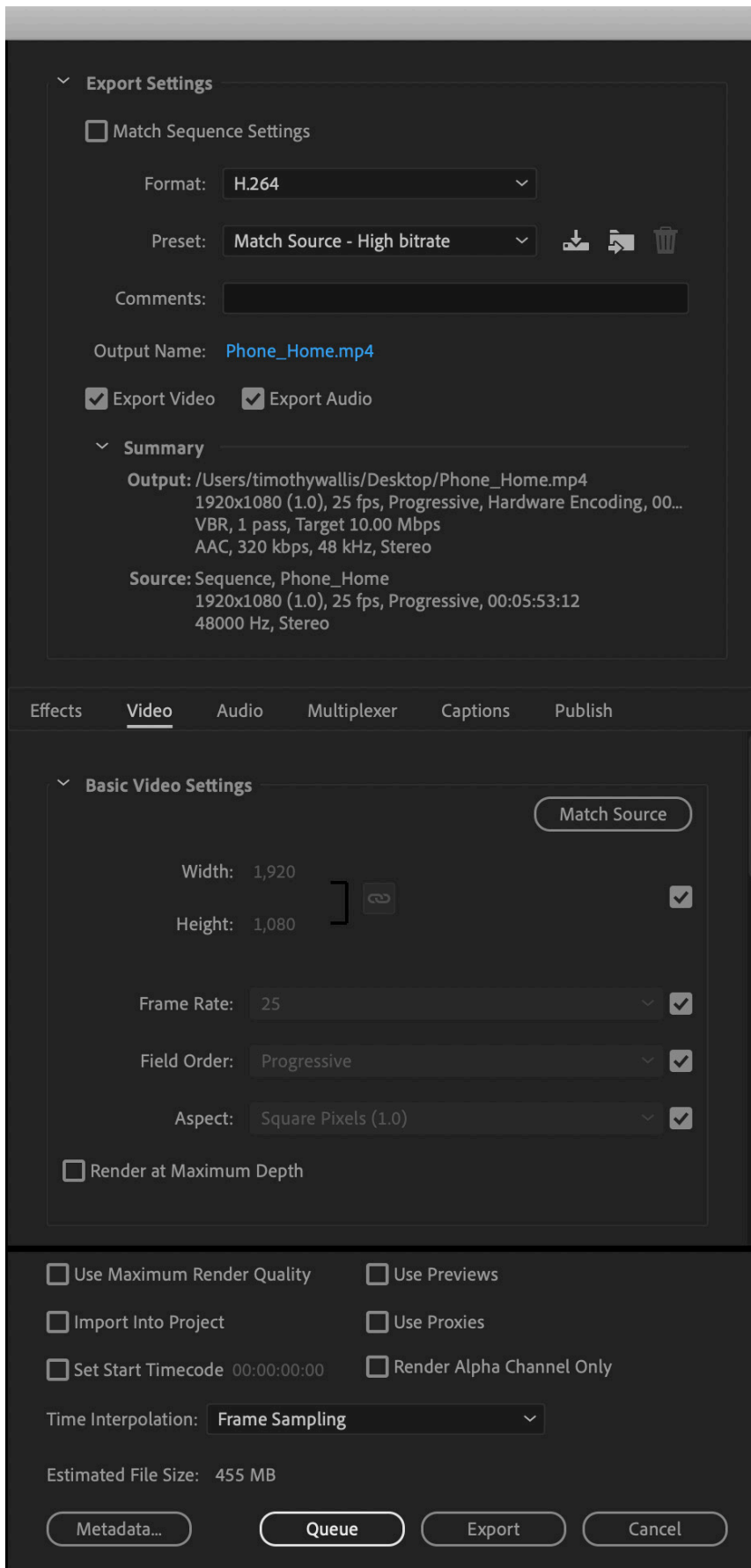
To export a video in Premiere Pro, go to File>Export>Media while your project is open. You could also press the shortcut key Ctrl + M on PC, or Cmd + M on Mac.



This will bring up your Export Settings window. In this window, you'll select your desired settings (or presets) for the video, before sending it to Media Encoder for exporting. This is what it looks like on the screen.

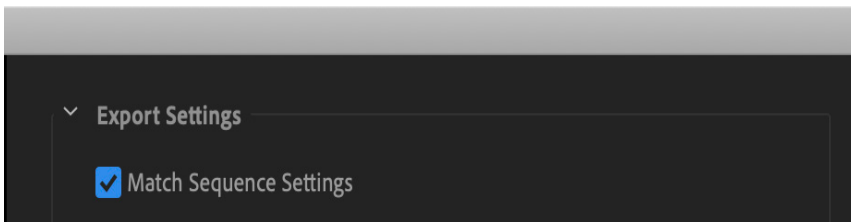


Here is what the export screen looks like close up. On the following pages we will look at the settings in more detail.





You can bypass the custom settings outlined in the following pages by export with the exact settings of your sequence, Tick the box next to Match Sequence Settings at the top. That'll change your export settings to exactly match your sequence settings. You may do this because you are not sure what you will do with your finished product and just want a copy for yourself or to show others.



## **Step 2: Work out where your video will be viewed**

The first thing to think about when exporting a video is where the video will be delivered and how it'll be viewed. Are you exporting a compressed video so you can quickly send it to a client? Will you be exporting from Premiere Pro to YouTube or Vimeo? Are you exporting a hi-resolution master version for a big screen presentation? The delivery destination determines what the settings need to be.

## **Step 3: Choose Your Sequence Settings**

There are loads of useful presets already installed with Premiere Pro and Media Encoder. You can use these presets to quickly choose settings for your exported file.

However, for this example, we're going to be export using custom settings.

Export Settings

Match Sequence Settings

Format: H.264

Preset: Match Source - High bitrate

Comments:

Output Name:

Export Video

Summary

Output: /Us  
192  
VBF  
AAC

Source: Seq  
192  
480

- Match Source - High bitrate
- Match Source - Medium bitrate
- Match Source - Adaptive High Bitrate
- Match Source - Adaptive Medium Bitrate
- Match Source - Adaptive Low Bitrate
- Adobe Stock 4K DCI with Audio (40Mbps)
- Adobe Stock 4K DCI without Audio (40Mbps)
- Adobe Stock HD with Audio (20Mbps)
- Adobe Stock HD without Audio (20Mbps)
- Adobe Stock UHD with Audio (40Mbps)
- Adobe Stock UHD without Audio (40Mbps)
- Facebook 1080p Full HD
- Facebook 2160p 4K Ultra HD
- Facebook 720p HD
- High Quality 1080p HD
- High Quality 2160p 4K
- High Quality 480p SD Wide
- High Quality 480p SD
- High Quality 720p HD
- Mobile Device 1080p HD
- Mobile Device 2160p 4K
- Mobile Device 480p SD Wide
- Mobile Device 720p HD
- Twitter 1080p Full HD
- Twitter 640x640
- Twitter 720p HD
- VR Monoscopic Match Source Ambisonics
- VR Monoscopic Match Source Stereo Audio
- VR Over-Under Match Source Ambisonics
- VR Over-Under Match Source Stereo Audio
- Vimeo 1080p Full HD
- Vimeo 2160p 4K Ultra HD
- Vimeo 480p SD Wide
- Vimeo 480p SD
- Vimeo 720p HD
- YouTube 1080p Full HD
- YouTube 2160p 4K Ultra HD
- YouTube 480p SD Wide
- YouTube 480p SD
- YouTube 720p HD

Effects

Video

Basic Video Settings

Width

Height

Frame Rate

Field Order

Aspect

Render at Maximum

Use Maximum Render

Import Into Project

Set Start Timecode

Time Interpolation: F

Estimated File Size: 4

Metadata...

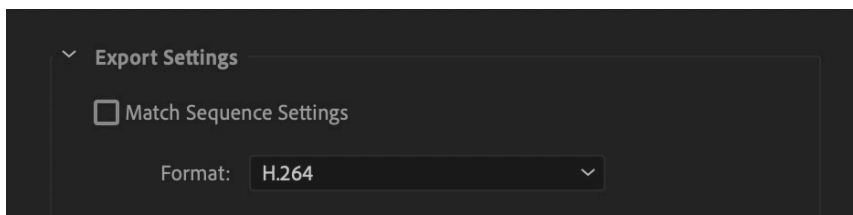
Cancel

## Step 4: Select a format

### What is a format?

A format or codec is software that compresses your video so that it can be stored and played back. The most common format is H.264, which is often used for high-definition digital video and distribution of other video content.

The best setting for web playback is also the H.264 format. So, we'll select our format as H.264. That is also the most common format for video exports through Premiere. For eighty to ninety percent of your exports, you'll be using H.264.



## Step 5: Select a preset and adjust your bitrate

### What is bitrate?

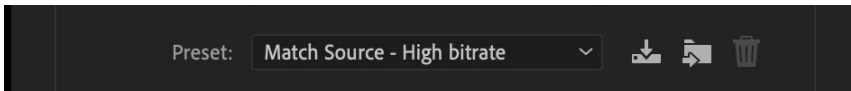
In video streaming, bitrate refers to the number of bits that are conveyed or processed in a given unit of time. In video, a higher bitrate accommodates higher image quality in video output.

We'll select a preset that matches our sequence and desired output. Our sequence is 1080p (1920pixels x 1080 pixels) with a frame rate of 25 fps (frames per second).

We will use a high bitrate that will require internet speeds of 15Mbps to play back at full HD. If you know that your

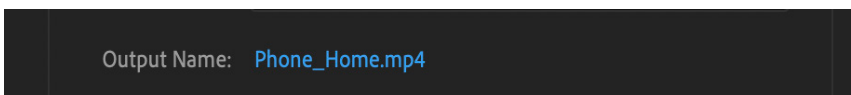


video may be viewed on the internet with slower speeds you would lower your bitrate. This would also lower the video quality but allow to be played clearly at lower internet speeds.



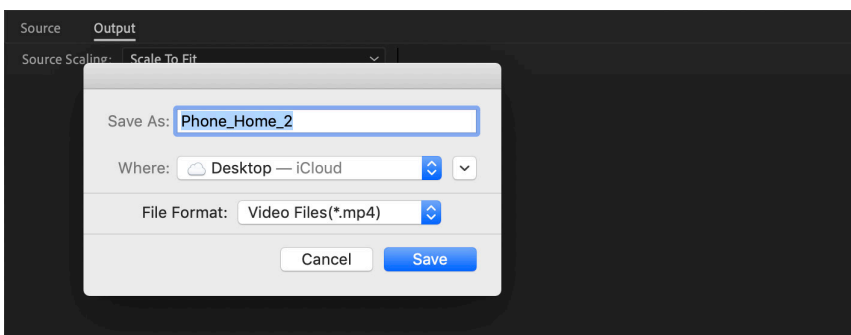
## Step 6: Name your video file

Click the output name to specify an output name for the exported video file.



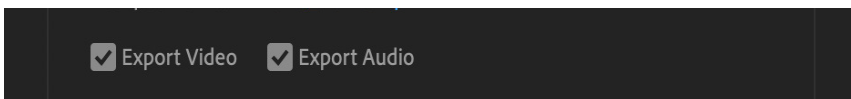
## Step 6: Choose where you will save the file

Click on the name you have chosen to bring up the following dialogue box. Set your file destination.



## Step 8: Click the Export Video and Export Audio boxes

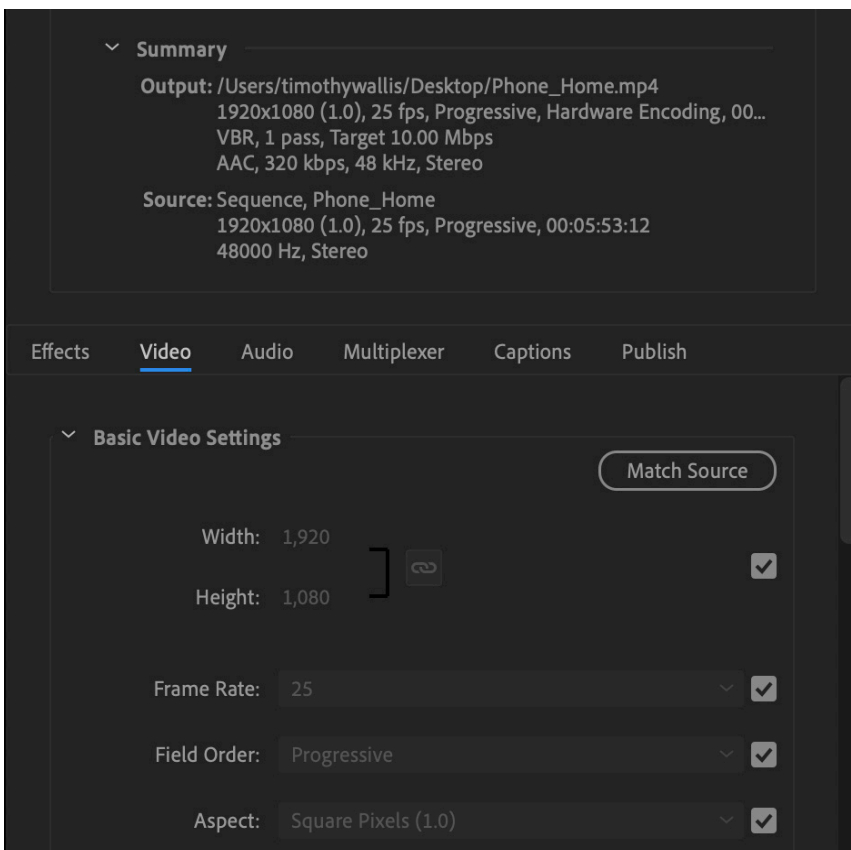
The file will be exported with video and audio.



## Step 9: Check your summary

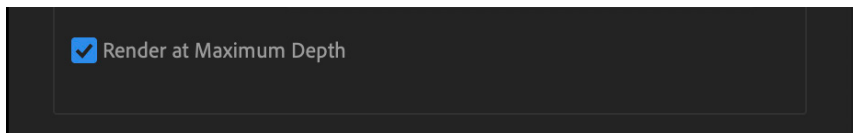
Work through this list to make sure your video will be exported as you want it before you export it.

In this case the input and output and the source are matched.



## Step 10: Click the Render at Maximum Depth box

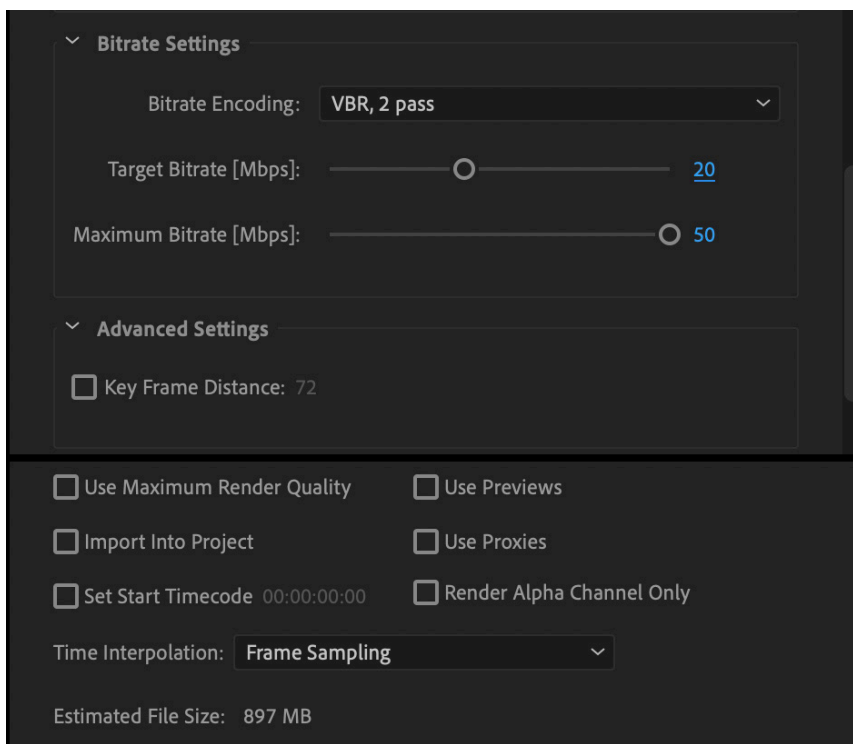
This will increase your render time but maximum depth increases the color depth of your video.



## Step 11: Adjust your bitrate settings

The bit rate decides how big your file size will be. If you need a small file size, you can trim down your bitrate to minimize size. For a master copy you should export with a high bitrate to ensure the highest quality video.

Change the Bitrate Encoding Settings to VBR, 2 Pass, then drag your Target Bitrate to your selected file size. The size will be shown at the bottom of the window.



## Step 12: Export in Premiere pro

Selecting Export simply exports the sequence from your project window. You won't be able to use Premiere Pro while it's exporting this way.

You have now exported your finished video!

