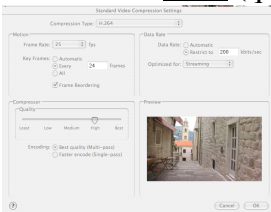


Part 12 - FCP Basic Editing Techniques – You Tube Export

You tube

- You tube and other video websites on the Internet use compressed video formats that are lower resolution and smaller than the video quality you work with in FCP like DV or HDV. This is due to bandwidth and Internet speed of delivery to your computer (usually through your phone line). So video for the Internet needs to be compressed before it can be uploaded to you tube. Video formats they accept are; Windows Media Video (.WMV), .3GP (cell phones), .AVI (windows), .MOV (mac), .MP4 (ipod/psp) with mp3 audio, .MPEG, .FLV (adobe flash), .MKV (h.264)

We will use .mov (quicktime)



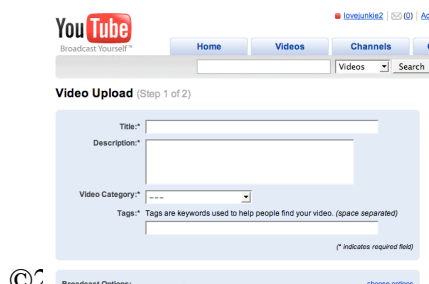
The main thing to remember is that *your video can be no longer than 10 minutes duration and the file size has to be under 2GB.* You tube suggest an image size of 1280x720 (16x9 HD) or 640x480 (4x3 SD), so if you want 16x9 (SD), I suggest you use 640x360 (16x9 SD) or use compressor.

Here are the easy steps to making a movie to upload from Final Cut Pro

- 1) Select the sequence you want to export and on the timeline and put an in and out point in if you want to just export a small part of your sequence.
- 2) Choose file from the top left menu, then export, then **QuickTime conversion**. A window appears.

From here it is the same if you open your finished video in Quicktime player and choose **export** from the file menu and then **Movie to Quicktime Movie**

- 3) Click on the options button. A window appears
- 4) Select Video settings. A window appears
- 5) Compression should be H.264. Change the frame rate to 25, the data rate to 300 (depending on quality required) and optimise for streaming and click ok. A window appears
- 6) Select Sound Settings. A window appears
- 7) Change the format to AAC, the channels to stereo, the rate to 44.1 and the bit rate to 128 (or less if file size is an issue) and click ok. A window appears
- 8) Select size. A window appears
- 9) Choose custom from the dimensions menu and type 640 in the first window and 360 in the second window. Then select **de-interlace video**. A window appears. Click OK
- 10) Type in the name of your clip in the save as window and make a new folder called Internet video on your external HDD and click save. Your video will now be compressed to this folder.



Log onto you tube make an account and upload your video following the online instructions.

