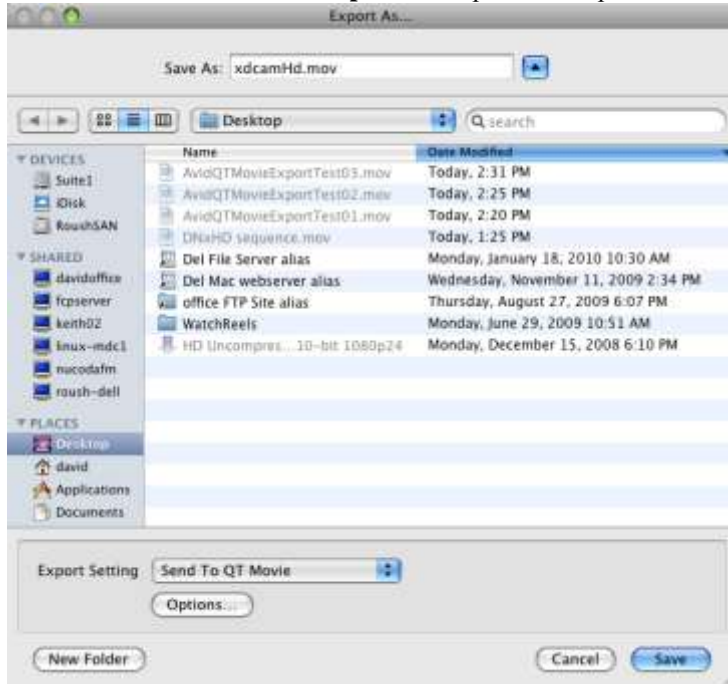


Instructions for export of an QuickTime .mov from AVID MC (Mac & PC)

1. Load your AVID project. Select the sequence you want to export from the bin.
2. Under the **File** menu, choose **Export...** to open the “Export As...” window.



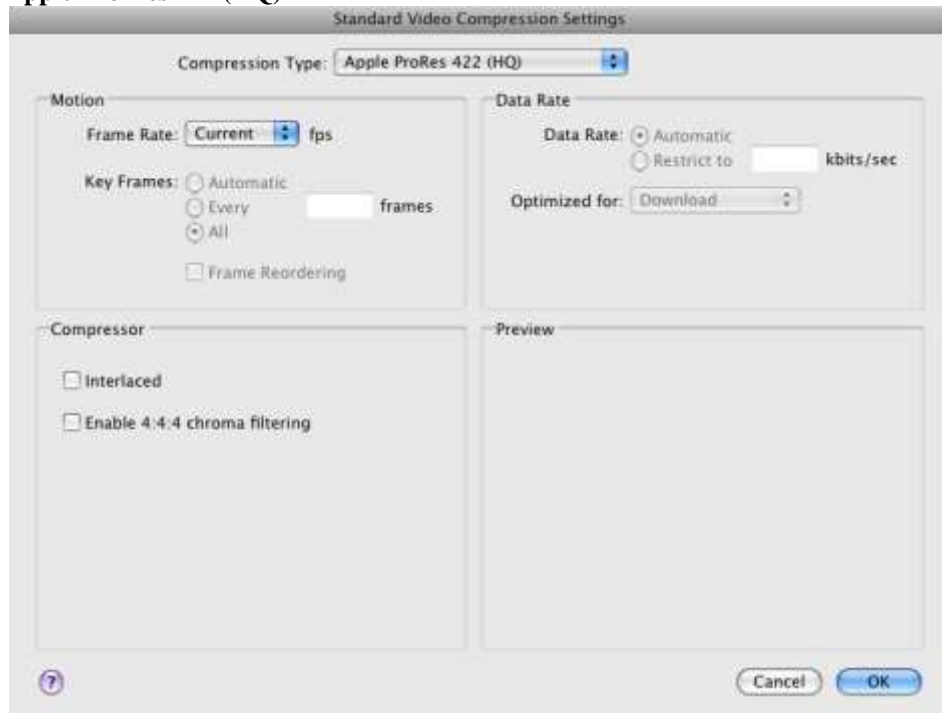
3. Under “Export Setting”, select **Send To QT Movie** from the list.
4. Click on the **Options...** button at the bottom to open the “Export Settings” window.



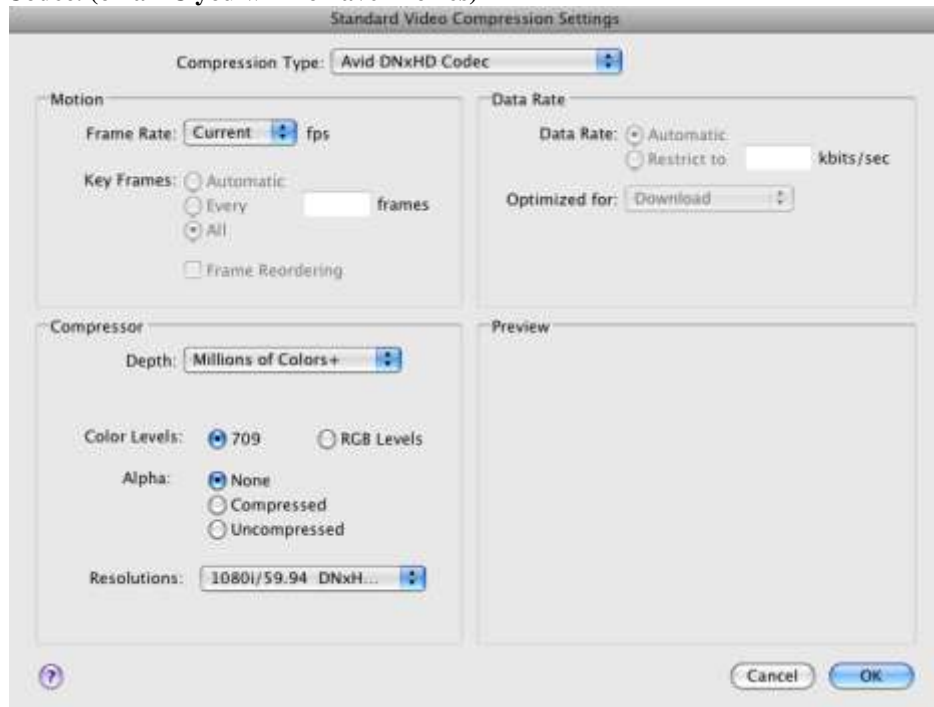
5. Choose **Custom** (rather than “Same as Source”) then click on the **Format Options...** button to open the “Movie Settings” window.



6. For “Sound”, adjust your settings to match the screen above.
7. For “Video”, click the **Settings...** button and select one of the following from “Compression Type”:
 - a. **Apple Pro Res 422 (HQ)**



- b. If Apple Pro Res is not an option because it is not on your system, select **Avid DNxHD Codec**. (on a PC you will no have ProRes)



- c.
- i. In the “Compressor” section, choose from the **Resolutions** a setting that matches your project (size and frame rate). Select the highest 8-bit setting from that appropriate group.



8. Select **OK** to exit the “Standard Video Compression Settings” window.

9. Select **OK** to exit the “Movie Settings” window.
10. Back in the “Export Settings” window, select **Video & Audio** underneath the “Custom” setting.
11. In the **Video Format** section, click on the square picture under “Width x Height”.

If your project is High Definition, choose 1920x1080

<input type="checkbox"/>	720 x 486	(601 non-square)
<input type="checkbox"/>	720 x 243	(601 non-square, single-field)
<input type="checkbox"/>	648 x 486	(4:3 square pixel)
<input type="checkbox"/>	720 x 540	(4:3 square pixel)
<input type="checkbox"/>	864 x 486	(16:9 square pixel)
<hr/>		
<input type="checkbox"/>	352 x 243	(s resolution)
<input type="checkbox"/>	288 x 243	(m resolution)
<hr/>		
<input type="checkbox"/>	640 x 480	(VGA full size)
<input type="checkbox"/>	320 x 240	(Internet video, large)
<input type="checkbox"/>	160 x 120	(Internet video, small)
<hr/>		
<input checked="" type="checkbox"/>	1920x1080	
<input type="checkbox"/>	1920x1440	
<input type="checkbox"/>	720 x 480	(DV, DVD)
<input type="checkbox"/>	360 x 240	(Quarter size DV)
<input type="checkbox"/>	360 x 243	(Quarter size)

If your project is Standard Definition, choose 720x486

<input checked="" type="checkbox"/>	720 x 486	(601 non-square)
<input type="checkbox"/>	720 x 243	(601 non-square, single-field)
<input type="checkbox"/>	648 x 486	(4:3 square pixel)
<input type="checkbox"/>	720 x 540	(4:3 square pixel)
<input type="checkbox"/>	864 x 486	(16:9 square pixel)
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<hr/>		
<input type="checkbox"/>	1920x1080	
<input type="checkbox"/>	1920x1440	
<input type="checkbox"/>	720 x 480	(DV, DVD)
<input type="checkbox"/>	360 x 240	(Quarter size DV)
<input type="checkbox"/>	360 x 243	(Quarter size)

12. Your “Final Export Settings” box should look like one of the following:



13. Select **Save** to save these settings, and you are returned to the “Export As” window.
14. Give the file you are exporting a name and location, and click **Save**.

