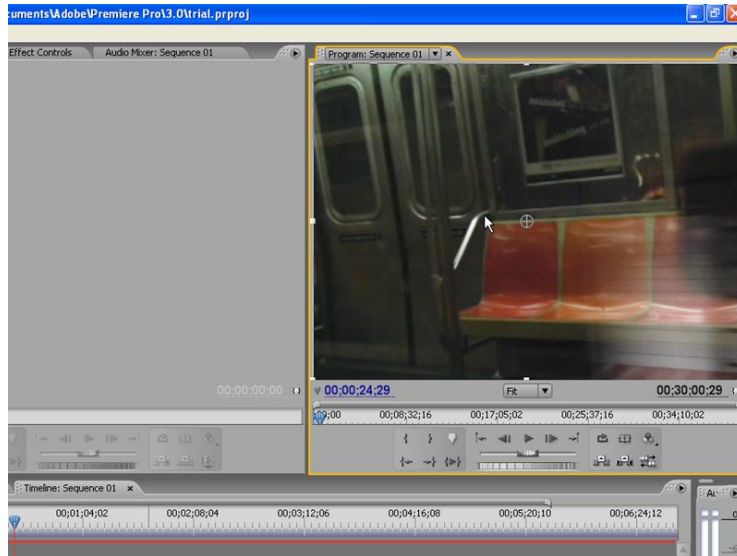




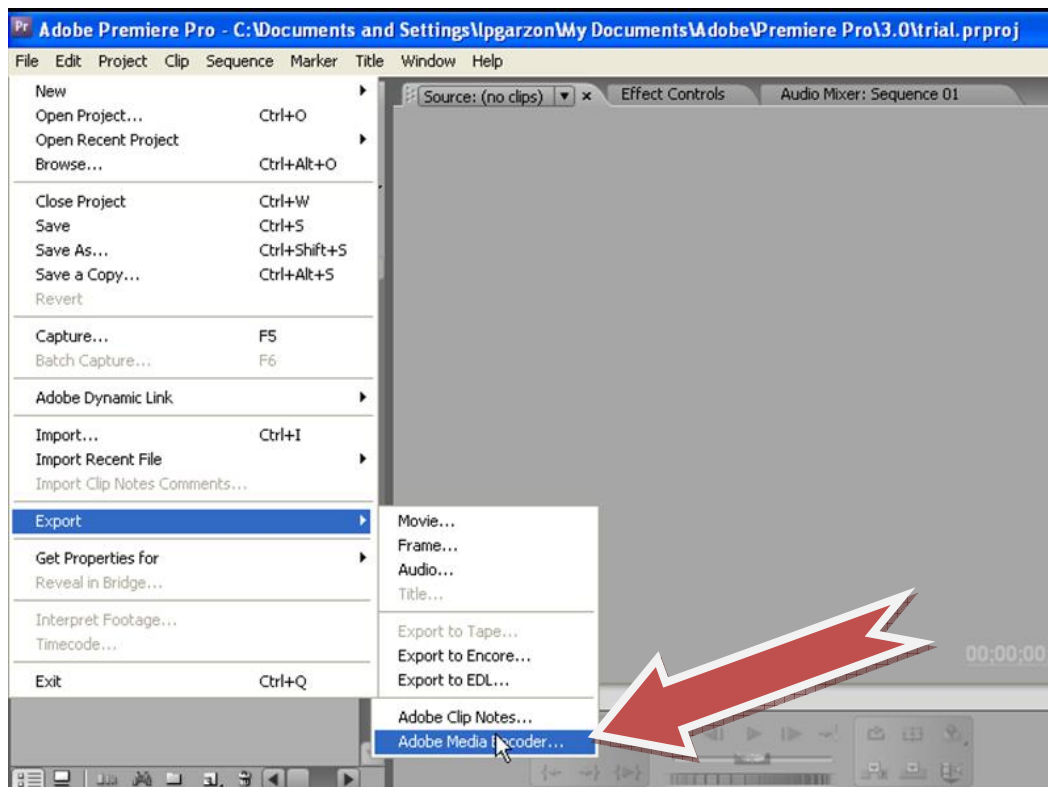
## Adobe Premiere: Exporting to mpeg2

If you are editing your show using Adobe Premiere, follow these steps to export your file as an .mpeg2

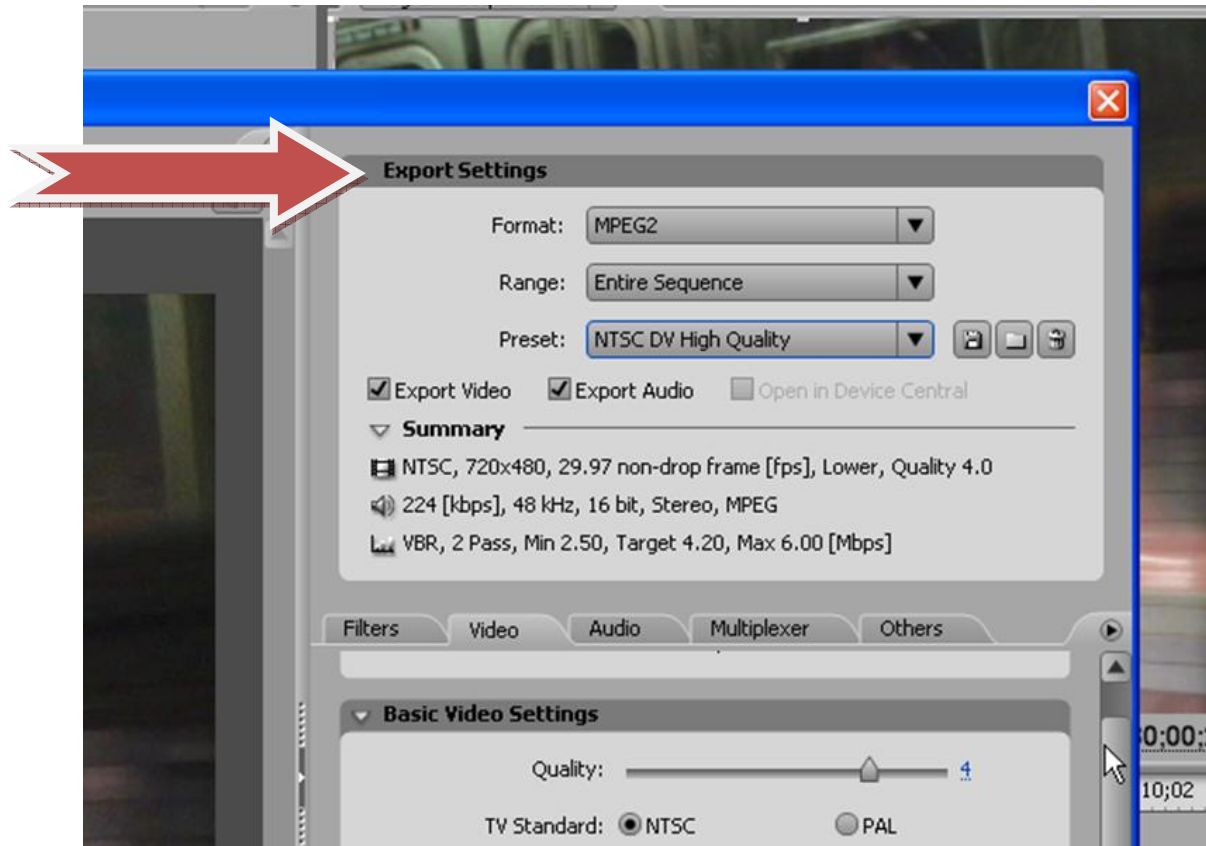
1. Click inside the window of your show's episode to select it for export. A yellow border will appear around the window once it is selected.



2. From the menu bar, select 'File.' From the drop-down menu select 'Export' and then 'Adobe Media Encoder.'



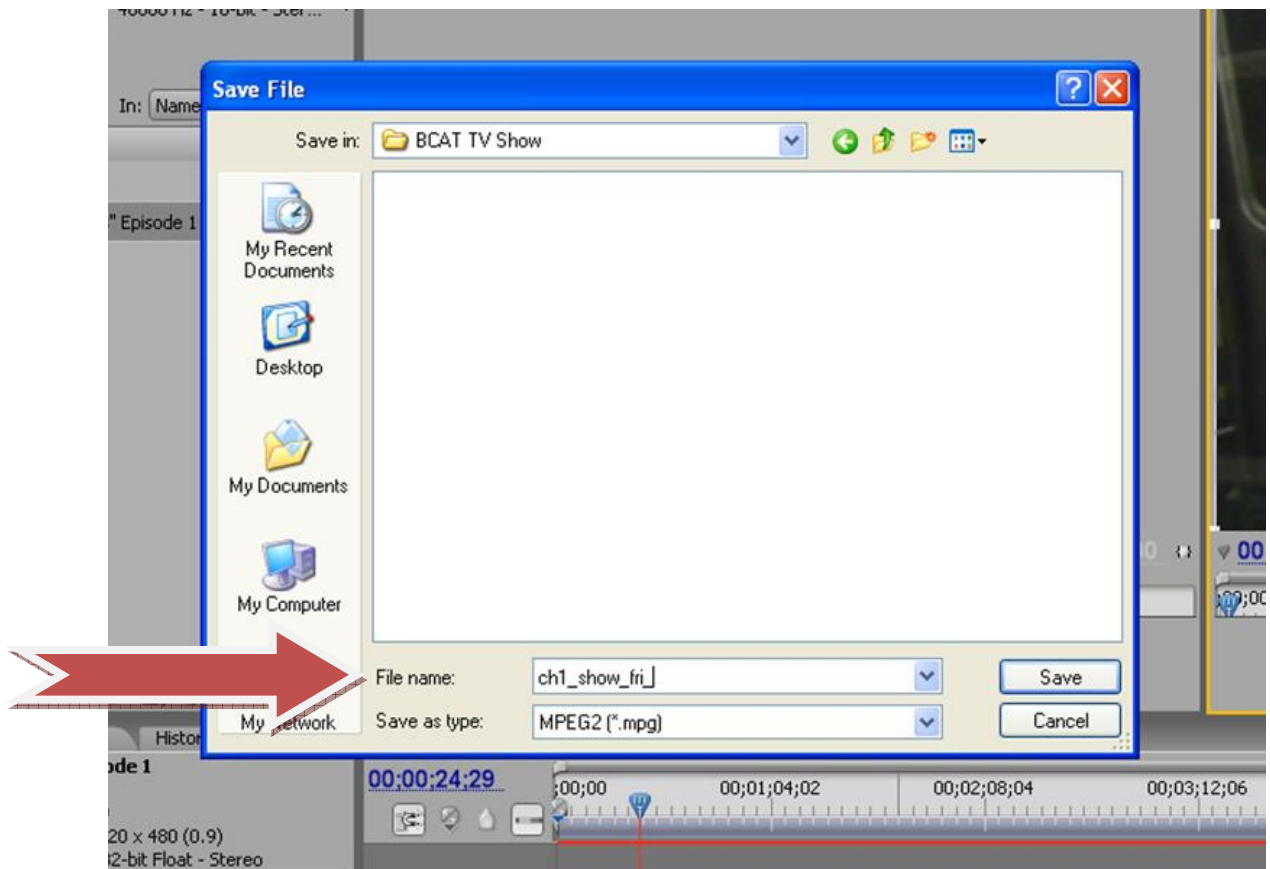
3. An 'Export Settings' window will pop up. In the options area on the right, select the following:
  - a. Format: **MPEG2**
  - b. Range: **Entire Sequence**
  - c. Preset: **NTSC DV High Quality**
  - d. **Export Video** box is checked
  - e. **Export Audio** box is checked



4. Below 'Export Settings' is the 'Basic Export Settings' options. It should show:
  - a. Quality: **4**
  - b. TV Standard: **NTSC**
  - c. Frame Width [pixels]: **720**
  - d. Frame Height [pixels]: **480**
  - e. Frame Rate [fps]: **29.97 non-drop frame**
  - f. Field Order: **Lower**
  - g. Pixel Aspect Ratio: **Standard 4:3**
  - h. Profile: **Main**
  - i. Level: **Main**



5. Click **Ok**.
6. A **'Save File'** window will pop up. In the **'File Name'** section, type the airdate name that was given to you by the BCAT TV Network' Programming Department. For example, if you are exporting episode 1 of your weekly show, the file name you type should read **ch1\_show\_fri\_1** and **'Save as type'** default is **MPEG2**.



7. Click on the **'Desktop'** icon and then click **'Save.'**
8. A **'Rendering'** window will pop up. It will disappear after the file is done exporting. You can then drag and drop your exported file into your USB flash drive to ingest into BCAT's Media Center ingesting stations.

