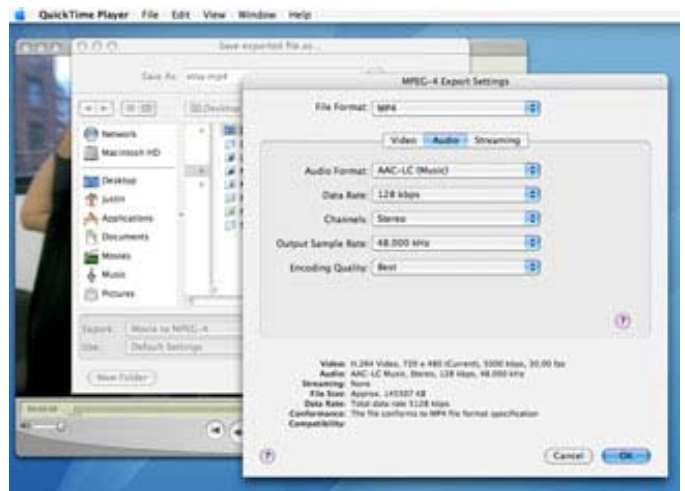


7) The 'MPEG-4 Export Settings' window will appear with a smaller window that says 'H.264 Video Options' inside.

8) Under 'Restrict Profile(s) to:' select 'Main.'

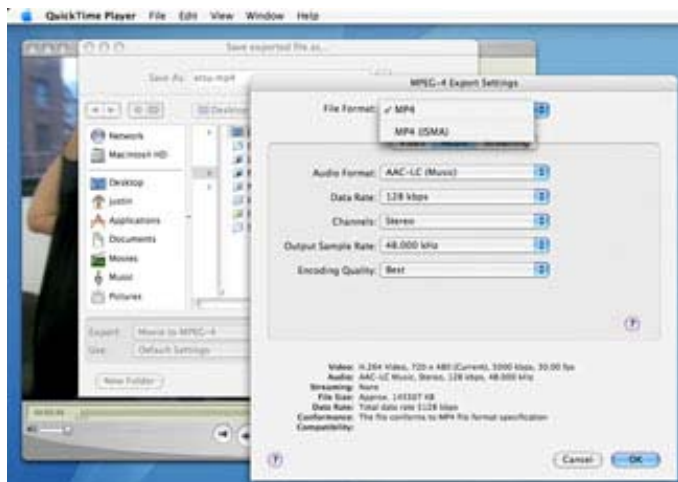
9) Under 'Encoding Mode' select 'Best Quality (Multi-pass).'

10) Press 'OK.'



11) You'll now be brought to the MPEG-4 Export Setting window.

12) Click on the 'Audio' tab in this window to adjust the audio settings for your file.



13) Double check that 'MP4' is selected for File Format. If not, simply click the bar and select 'MP4.'

14) Set the audio export as follows:

For 'Audio Format' select 'AAC-LC (Music)'

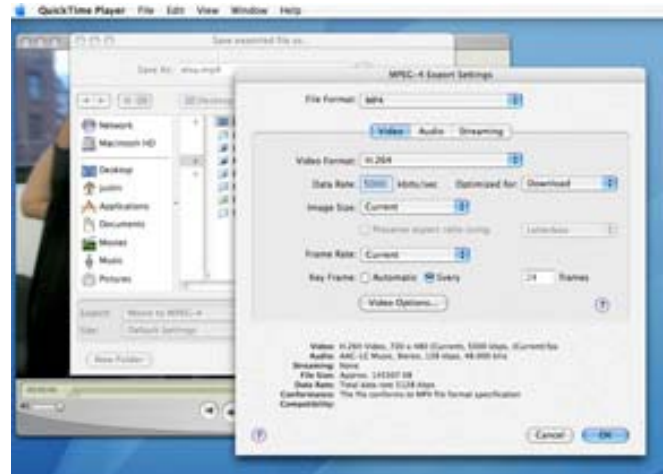
For 'Data Rate' select '128 kbps'

For 'Channels' select 'Stereo'

For 'Output Sample Rate' select '48,000 kHz'

For 'Encoding Quality' select 'Best'

20) QuickTime Pro will now export your episode as an .mv4 file to your desktop. Simply drag this file into a folder for your show and save it to a flash drive or external hard drive. OR upload the .mv4 file to the BCAT TV Network FTP server from home.



15) Click on the 'Video' tab in the MPEG-4 Export Settings window.

16) Set the video export as follows:

For 'Video Format' select 'H.264'

For 'Data Rate' enter '5000' kbps/sec

For 'Optimized for' select 'Download'

For 'Image Size' select 'Current'

For 'Frame Rate' select 'Current'

For 'Key Frame' select 'Every' and enter '24' frames

17) Select 'OK'

19) You will return to the "Save Export file as.." window. Select 'Save.'

## EXPORTING COMPRESSED FILES USING QUICKTIME PRO



Most editing software applications have the option to export your episode's timeline as a .mov file using Quicktime Pro. The following steps show you how to convert your episode into a .mov4 file and the settings you should use for optimum playback quality on the BCAT TV Network. For clearer pictures, please visit the 'Online Tutorial' section on our webpage: [www.bricartsmedia.org/community-media/automated-system/](http://www.bricartsmedia.org/community-media/automated-system/)



1) Export your episode from your editing software as a .mov file to your desktop. Click on the icon to make the video play.

2) From the menu bar, select 'File.' From the drop-down menu select 'Export.'

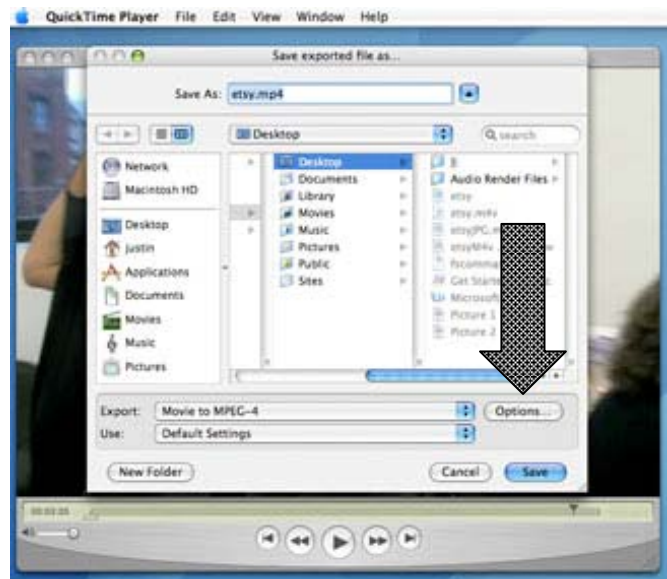


3) A 'Save Exported File As' will pop up. Type in the name of your show.

4) In the options area at the bottom of the window, click on the 'Export:' bar. (See arrow.)



5) A menu will appear. Please select 'Movie to MPEG-4' from the list. After it is selected, a check mark will appear. The menu will then close itself.



6) Now go back to the options area. This time, select the "Options" button. (See Arrow.)