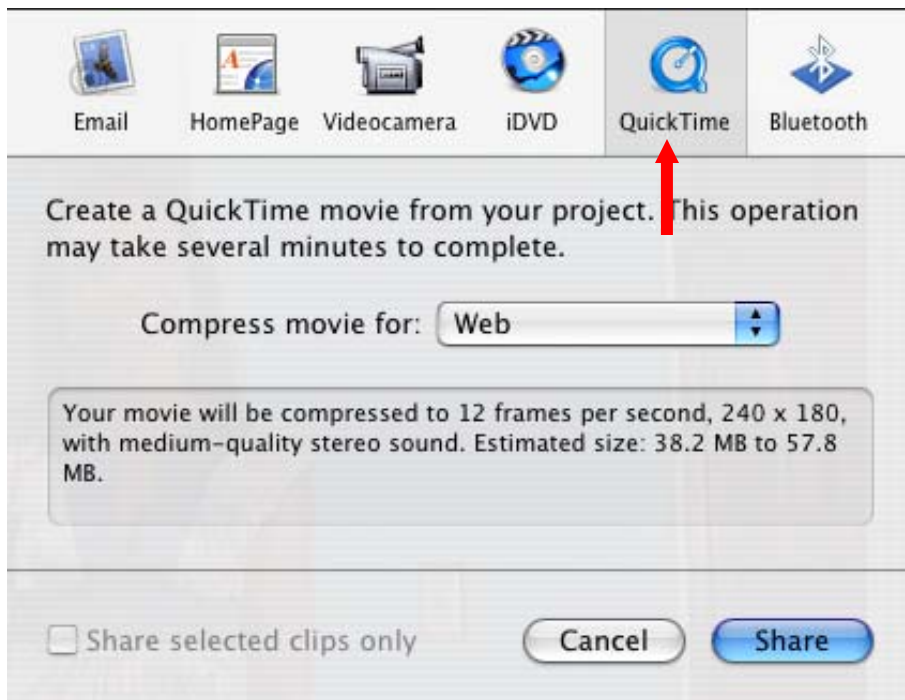


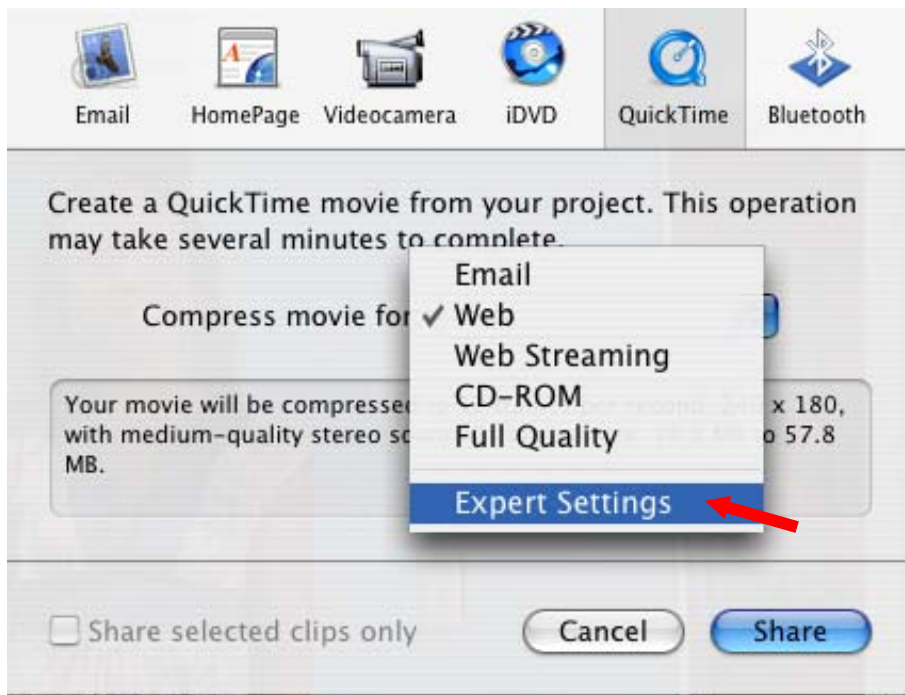
USING I MOVIE TO CREATE COMPRESSED FILES

**Export/Share Movie Clips**

Press <Shift> + <Apple/Command> + <E> to Share/Export (or choose Share/Export from the File menu)

Select the *Quicktime* option

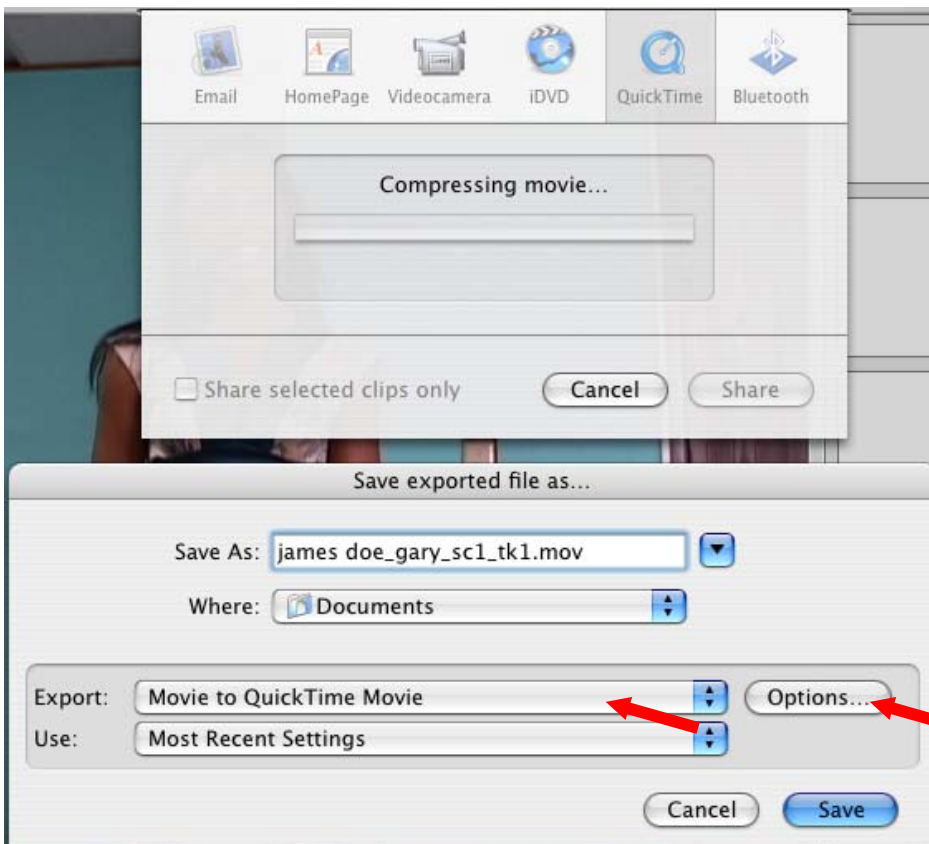
[Note: if your version of iMovie does not give you Expert Settings in this scenario, do a Help Search for "expert settings."]



Under "Compress Movie for," choose *Expert Settings*



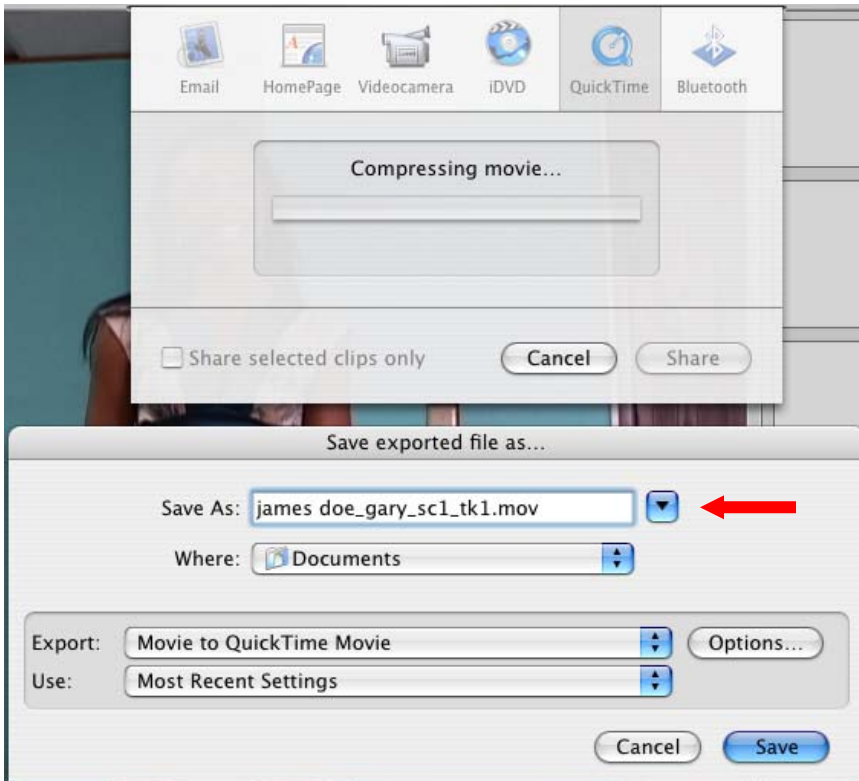
Then click the *Share* button.



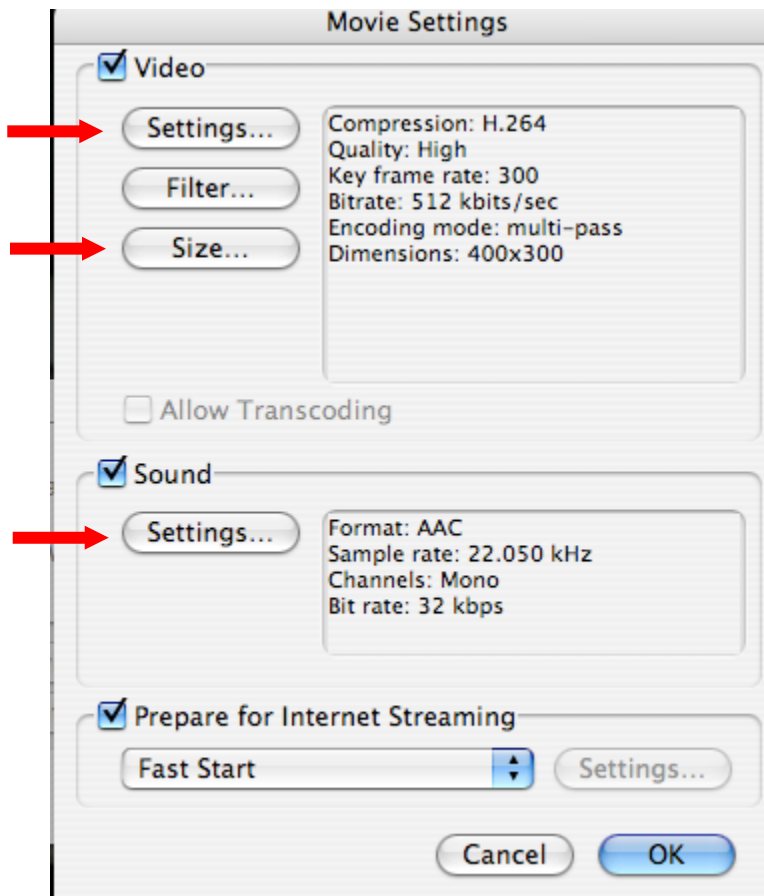
(Note: if you have already exported a clip and configured the settings, you can select *Use: Most Recent Settings* and click the Save button (then skip to the final step).

Next to "Export," choose "Movie to Quicktime Movie" from the drop-down list.

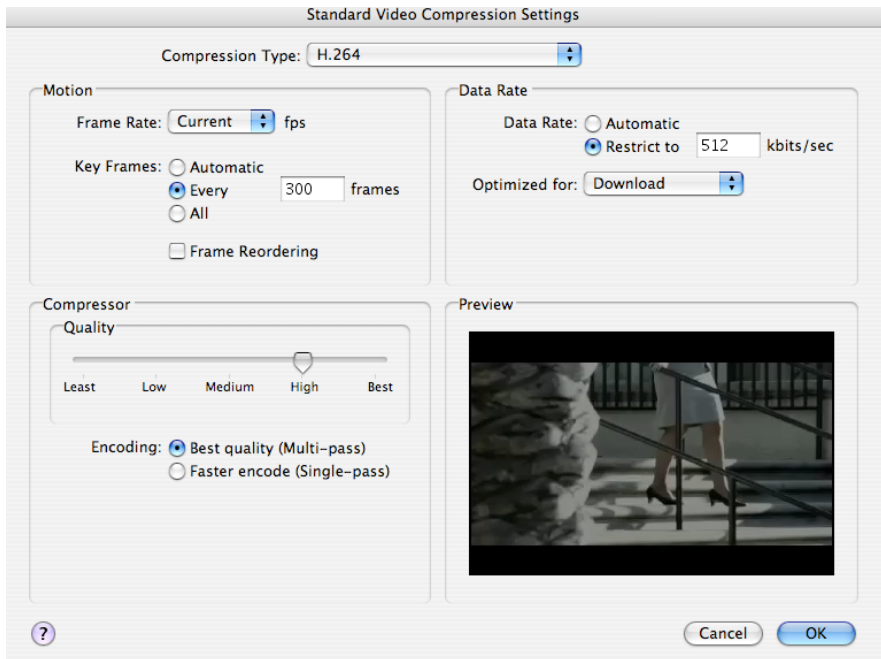
Then click the *Options* button.



Name the file appropriately (e.g., actor_name_role_name_scene_number_take number)



From this screen, you'll change *Settings* and *Size* under *Video* and you'll change *Settings* under *Sound*.



Settings (Video):
 Compression Type:
H.264
 Frame Rate:
current fps
 Key Frame:
 Every **300** frames
 Quality:
High
 Data Rate:
 Restrict to **512** kbits/sec

Then click on *OK*.

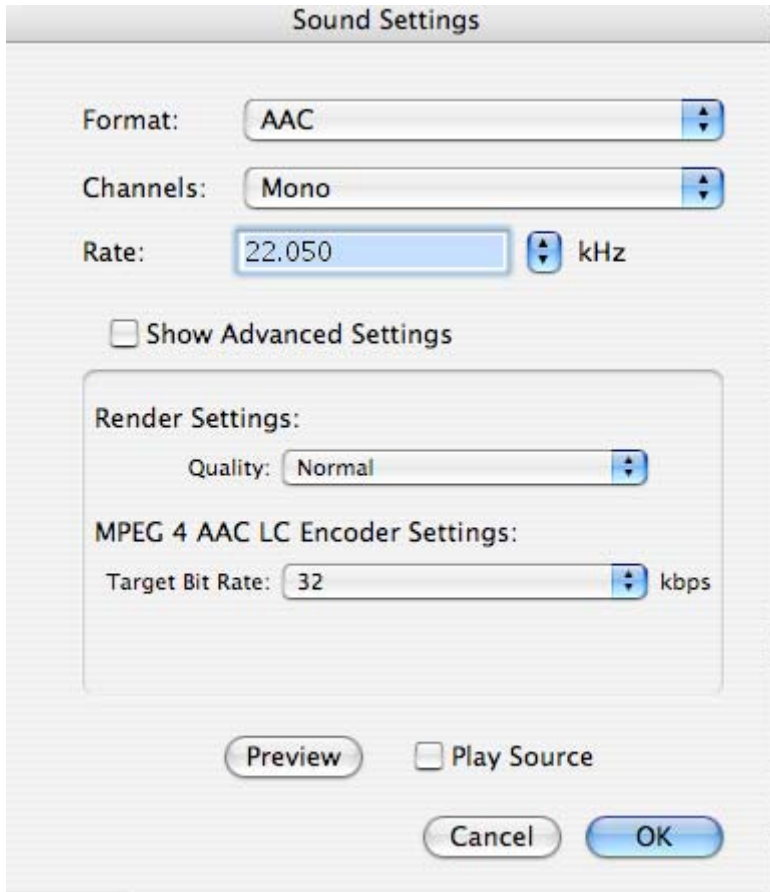
Size (Video):

Select *Size* under *Video*, then select *Custom* under *Dimensions*.
 Type the settings **400 x 300** as show below.

Leave *Preserve aspect ratio using:* selected, with *Letterbox* chosen from the drop down list (should be the default).

Then click on *OK*.





Settings (Sound):

Format:

AAC

Channels:

Mono

Rate:

22.050 kHz

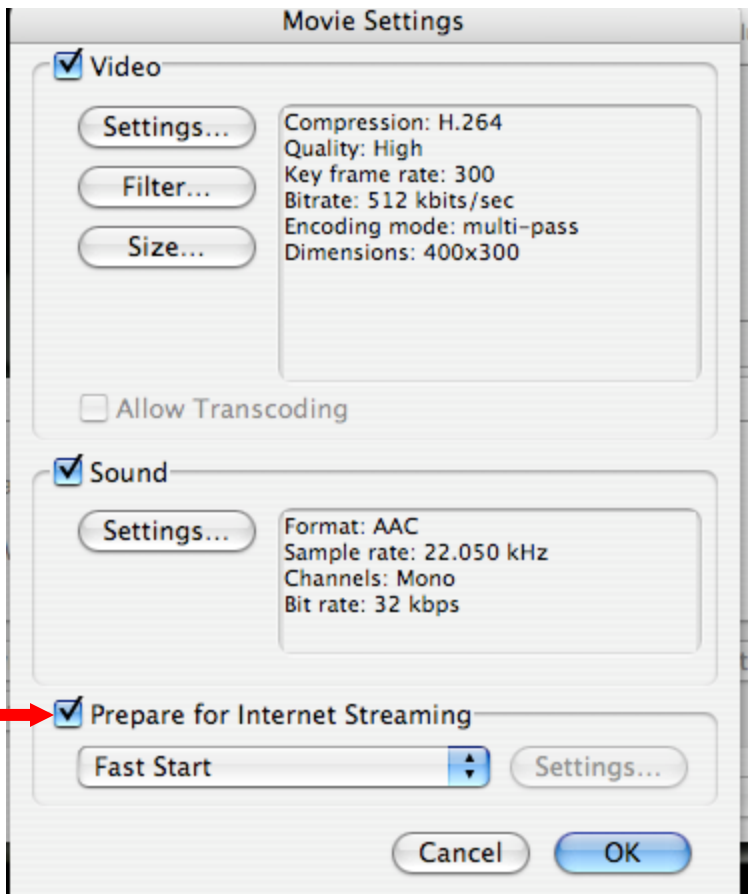
Render Settings:

Normal

Linear PCM Settings:

32 bits

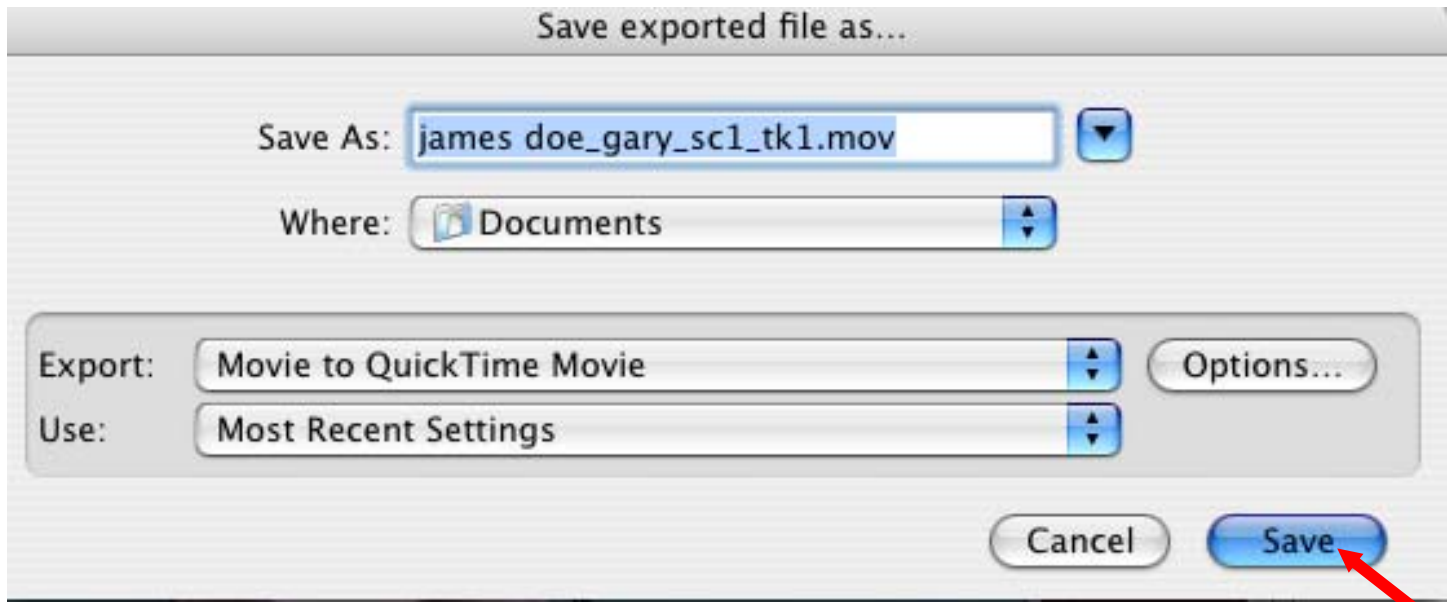
Then click on *OK*.



From the *Movie Settings* screen, make sure *Prepare for Internet Streaming* has been selected, then choose *Fast Start* from the dropdown list (should actually be the default).

Then click on *OK*.

Now click *Save* to begin the exporting process.



The program will begin compressing the movie (it will tell you approximately how much time it will take). Once finished, the compressed file will be saved in the folder you indicated (above) and you can upload the file(s) to the Now Casting website using Auditions on Demand.

