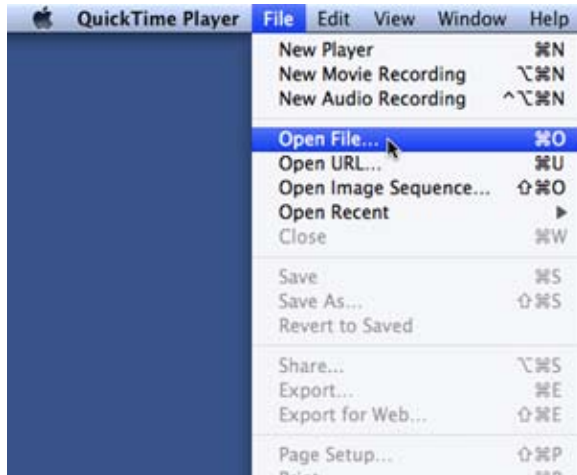


# How To Re-Encode Your Video in QuickTime Pro

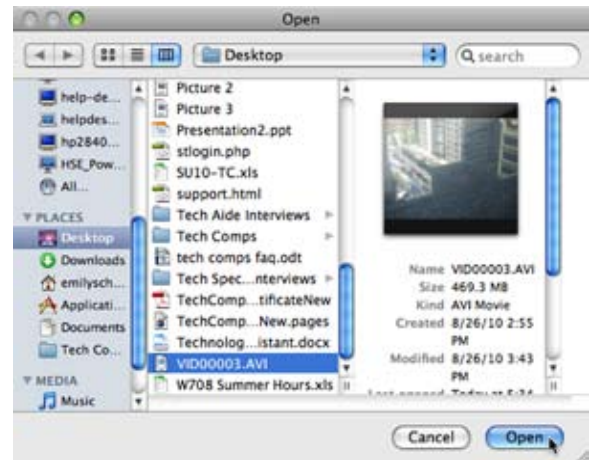
## Open and Export Your File:

Open QuickTime Pro. If you do not have QuickTime Pro, please email [emily.schultz@hunter.cuny.edu](mailto:emily.schultz@hunter.cuny.edu) or [rturn@hunter.cuny.edu](mailto:rturn@hunter.cuny.edu) to obtain your code for QuickTime Pro. QuickTime Pro is an upgrade from QuickTime Player. QuickTime Pro will unlock the editing features already included in QuickTime Player. Once you have upgraded to QuickTime Pro, you can open QuickTime Player to access all of the editing features.



In QuickTime Player, go to File, Open File.

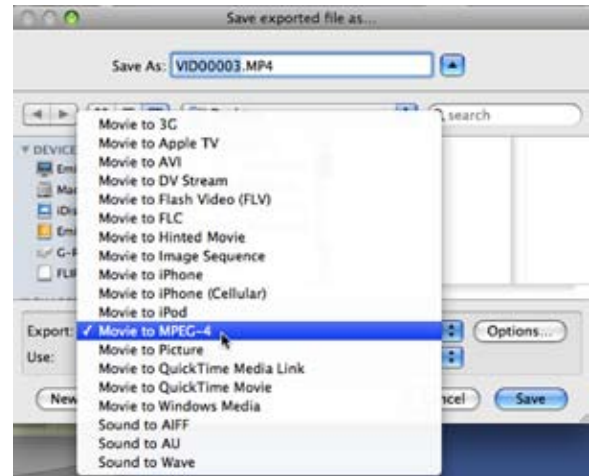
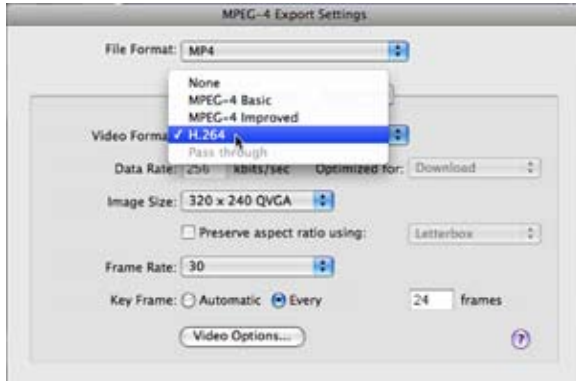
Navigate to where you've saved your video. Click on the Open button when you have selected your video.



With your video file open in QuickTime Pro, go to File, Export to begin re-encoding your video file, as seen in the image to the left.

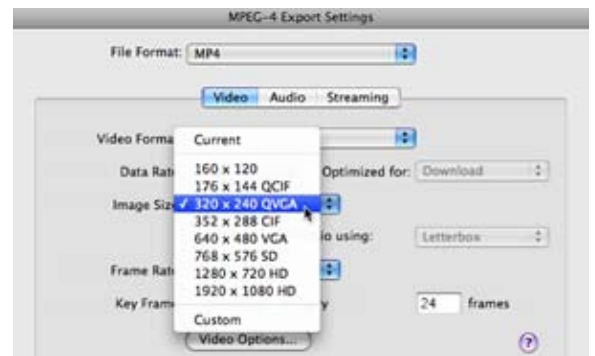
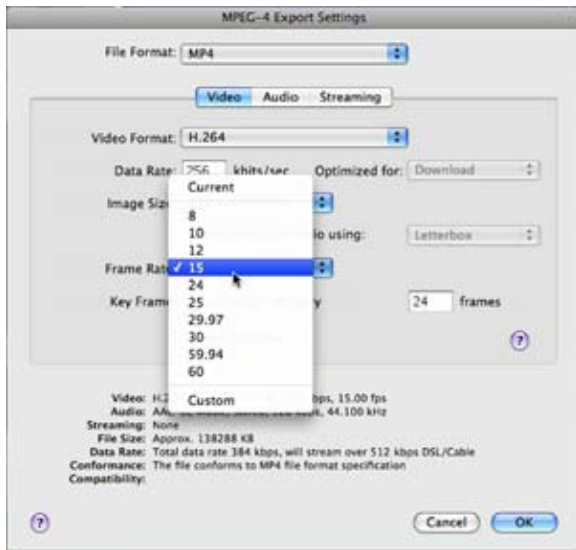
## Change the File Settings:

When you export, QuickTime will open a “Save exported file as...” dialogue box. Toward the bottom of this dialogue box, click on the Export drop-down menu. Choose “Movie to MPEG-4.” Next, click on the Options button to the right of the Export drop-down menu.



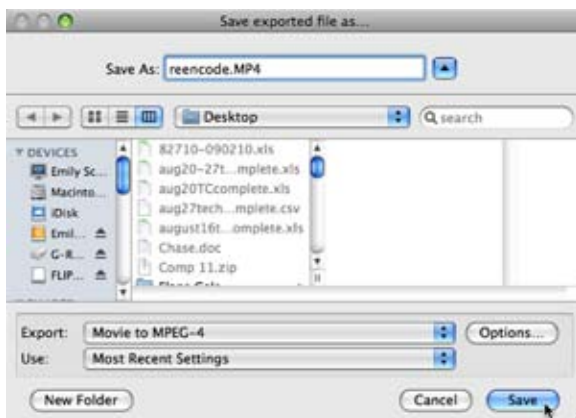
The Options button will open an MPEG-4 Export Settings window, as seen in the image to the left. Under Video Format, change to H.264.

Change the Image Size to 320x240 QVGA, as seen in the image to the right.



Change the Frame Rate to 15.

The final settings should be Video Format: H.264; Image Size: 320x240 QVGA; Frame Rate: 15. Finally, press OK.



Re-name your file and choose a place on your computer or flash drive to save it. The computer will begin to export your video into a format that is compatible with the VAT website. You can monitor the progress by following the export progress bar, as seen below.

