

Sonoma State University
School of Education
Video Rendering/Transferring Instructions
Flip Video Cameras

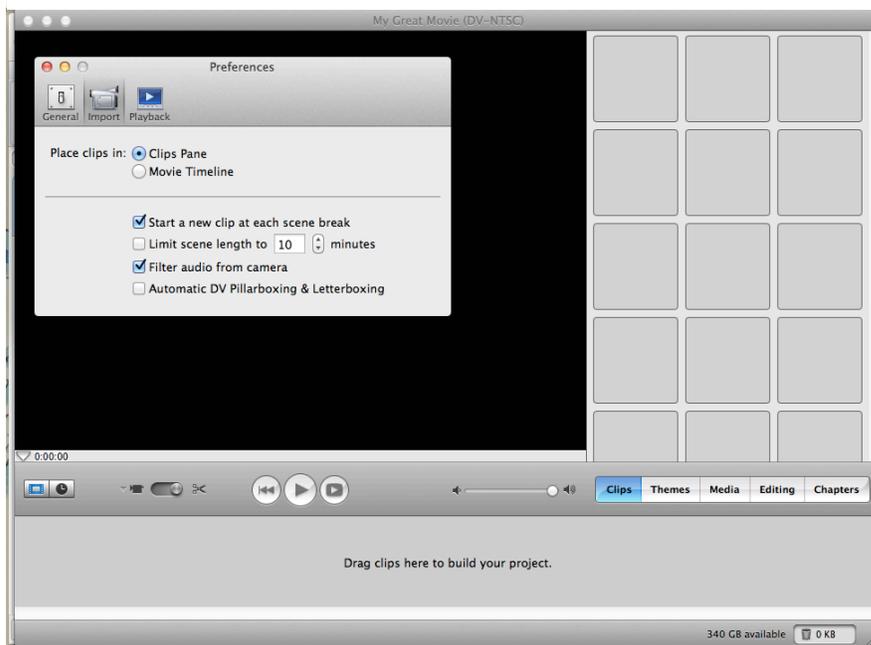
This guide is used for students who have recorded their PACT videos with FLIP video cameras. If you have done this, but already made your edits to the video using something OTHER than iMovie HD and you are ready to make it a .mov, or if you need to transfer in your whole Flip video and edit, this guide is made for you!

Follow each point of instruction (unless you know you don't need to do certain steps (IE: cutting and editing))

STOP! Before you do anything else! Go to the application iMovie on your computer. On the menu bar, click on the **iMovie HD** icon on the **far left** of the menu bar at the **top of your screen**.

Select Preferences

This box will appear



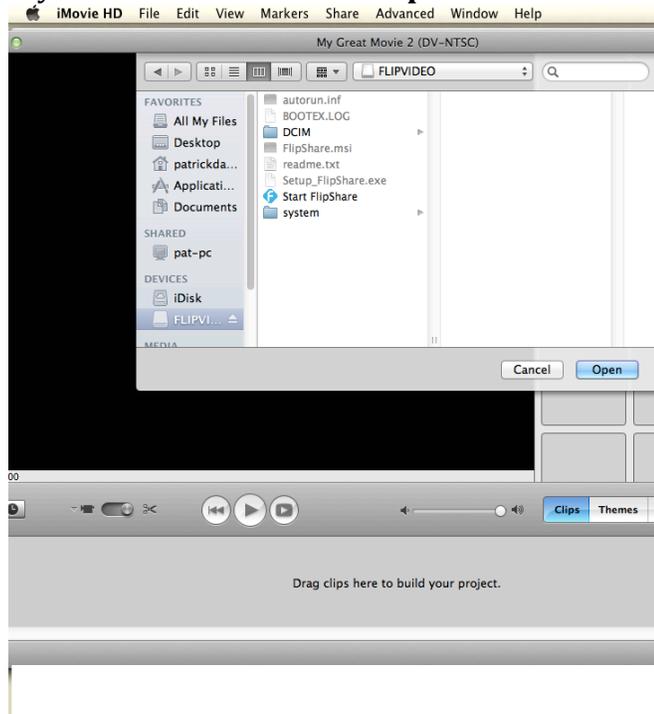
Select the import icon, make sure the box labeled Automatic DV Pillarboxing and Letterboxing is not checked, like the example above, close out of this window and

select “Create a New Project.” Name your project i.e. *Pact Biography* Be sure **not to name you video with your last name!**

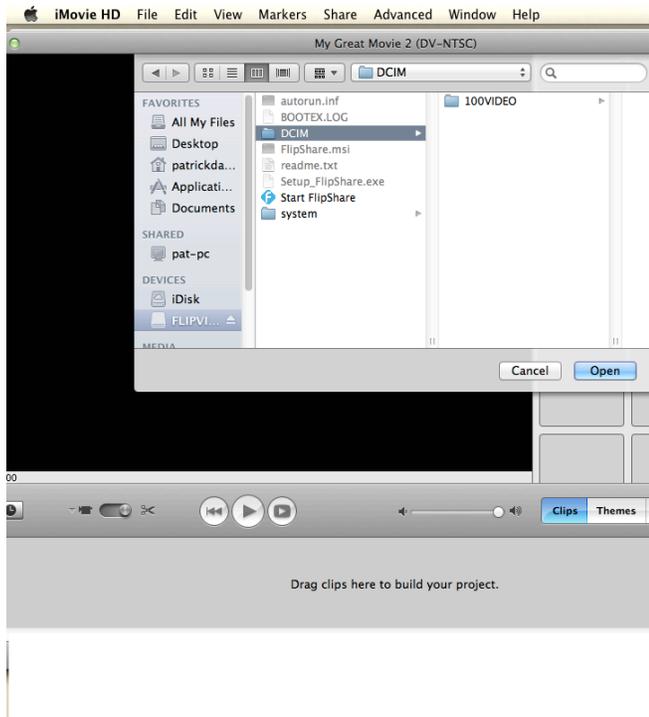
Close out of this window. YOU ARE NOW READY TO CREATE YOUR PACT VIDEO!

Note: Another option is that if you have transferred the video to the mac via a USB Thumb Drive (for you who have already made your edits somewhere else), you can drag and drop it straight to iMovie HD and it will import that way as well, below is a form known to work.

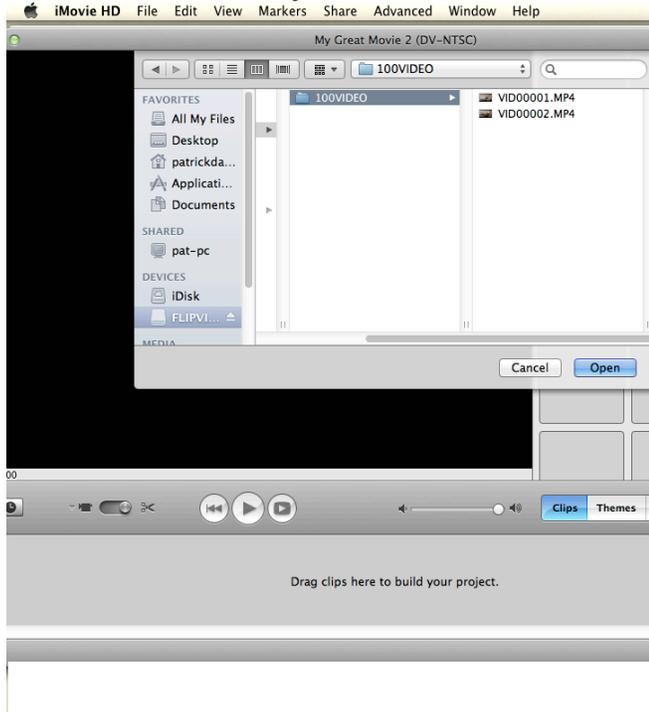
- 1) Find the part of your video that you like to use (suggestion, write down time frames as you will need this later!)
- 2) Make sure your Flip has enough battery life to complete the transfer, if not, plug in while transferring
- 3) Connect the Flip Camera to the computer via a USB port.
- 4) Import video into iMovie by clicking on **File** and then **Import**. Find where it says **Devices** and click on **Flip Video**



- 5) Click **DCIM** and **100 Video** (note* If yours does not say **100 Video**, then look for a video file containing .mp4 files, these are your video files).

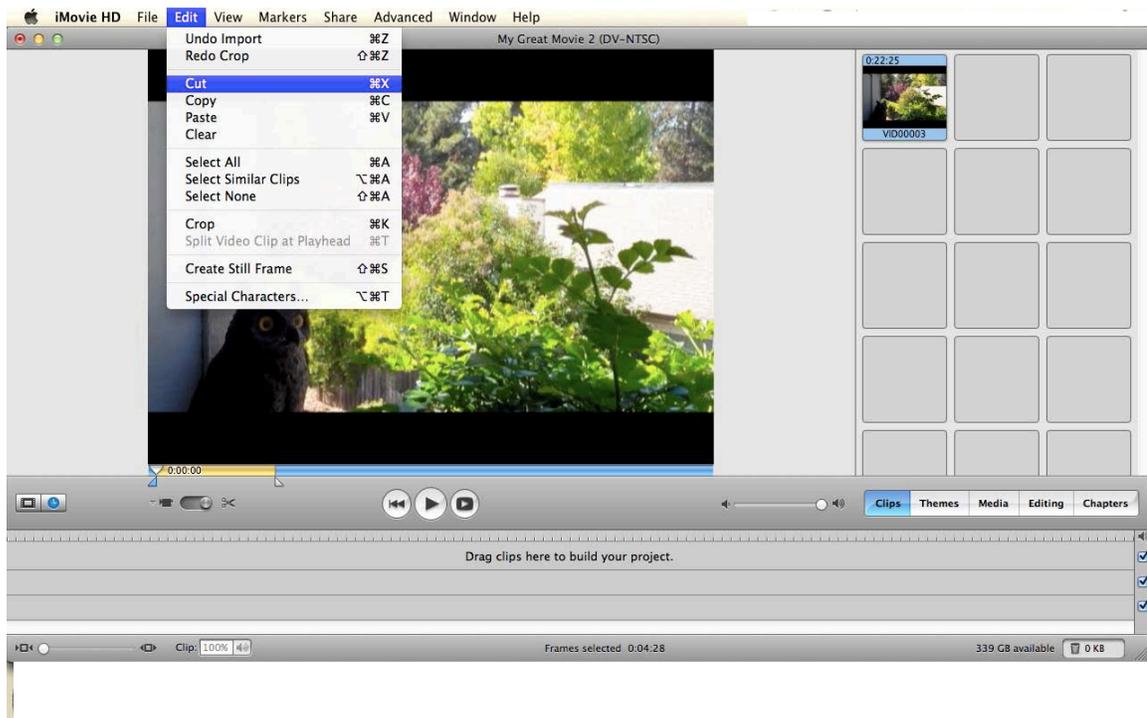


6) Click on which video you want to use and hit the **Open** button.



Special note about Flip cameras The file sizes tend to run large. If you have a 2 GB file, you might be looking at an hour to transfer the whole thing.

- 7) After you have transferred the video to iMovie, and to make the process quicker, click on the clock symbol next to the frame symbol (as seen below) you are now in the editing window
- 8) Then, use the two editing triangles in the editing window to cut the unnecessary portions of video (before and after clips you intend to use). The yellow part is the part you will be cutting. When you have them selected, you can either go to **edit** and **cut** or use Command X to cut. If you make a mistake you can always undo by either going to **edit** and **undo** or you can use Command Z.



- 9) Run through your footage to make sure you have all of it that you need. When you are satisfied, you are ready to export your video into a web friendly format.
- 10) You can now export your video by selecting the **SHARE** button on the menu bar
- 11) Hit **Share** and select **Quicktime**
- 12) Choose **Compress movie for : Expert Settings**, hit **Share** BUT DO NOT SAVE YET!

- 13) On the box that appears, go straight across to the right until you see the **Options** button.
- 14) Click the **Options** button.
- 15) A box will appear that says **Movie Settings**. Click the top settings button
- 16) In the MOTION box, the **FRAME RATE** should be pulled down to **25**
- 17) Change the **KEY FRAMES** to Automatic
- 18) Go directly to the right. Set **DATA RATE** to Automatic
- 19) Go down to the COMPRESSOR BOX under the Motion Box
- 20) Move the cursor to Medium on the quality bar.
- 21) Set ENCODING to best quality
- 22) When all of the above is set correctly, hit **OK**.
- 23) **You will go back to the movie setting box**
- 24) Go to the **SIZE** button and click on **size**
- 25) A box will appear that says **export size settings**
- 26) Go to **dimensions**. Pull down the dimensions box and select **640 x 480 VGA**.
- 27) Click **OK**. You will go back to the movie settings box.
- 28) MAKE SURE the box below says **FAST START**
- 29) Click **OK**. You will go back to the box that says SAVE EXPORT as...
- 30) Click **save to desktop**
- 31) While QuickTime is converting your video, you will see a status bar of how long it will take. You can open up your Livetext and work on your task narratives.
- 32) When Quicktime completes, you can upload it to Livetext.
 - A) Go to task 3, down to the second section of the task and select *edit*.

- B) Go to the attachment section and remove the document that is attached.
DO NOT UPLOAD YOUR VIDEO AS AN IMAGE, UPLOAD AS AN ATTACHMENT
- C) Select EDIT. Select BROWSE in the dialogue box that appears.
- D) Click on the **house** icon and then the movies folder
- E) Search for your video in quicktime format. Be sure and select the quicktime video, not the raw footage movie. The file format should look something like this-**Quic...ovie**, this is the one you want to select.
- F) You may need to double click on the movie file to access the video
- G) Select attach. The upload might take as long as the actual quicktime movie.
- H) When the flashing blue lights stop, your movie is ALMOST in Livetext.
- I) Be sure and click SAVE until you see SUCCESSFULLY SAVED CHANGES in green text on top left of your screen.
- J) Then hit FINISH and go watch your video!