

Saving and compression protocols for video

The following instructions are specific to iMovie.

Create a full quality back-up on DV tape

This option is a relatively cheap way to ensure that you have a full quality back up of your movie. It is **ALWAYS** a good idea to have a full quality version of your movie backed up, that way you can go back to the original and recompress it for different medias (web, cd, dvd) and get the best quality possible - it will also allow you to re-edit or reuse the footage without any loss of quality.

Export the movie to the DV tape via the camera:

- 1) Switch the camera to Play/VCR mode
- 2) Connect the camera to your computer with the fire wire cable (firewire cables are ususally sold seperately)
- 3) Choose Export from the File menu, a dialogue box pops up, choose: To Camera
- 4) Enter a number in the field marked: Wait (number) seconds - this is to give your camera time to prepare to record - if your movie (on the dv tape) is cut off at the beginning increase the Wait time.
- 5) Click Export, when the transfer is complete iMovie automatically stops the camera from recording.

Transfer your movie to video tape:

- 1) Export the movie to DV tape (as described above)
- 2) Connect the camera to a VCR using AV cables (should have come with the camera)
- 3) Switch the camera to Play/VCR mode, rewind the DV tape to the beginning of the movie
- 4) Put a blank tape in the VCR
- 5) Push Record on the VCR
- 6) Push Play on the camera
- 7) When the movie is finished push Stop on both machines

Export to QuickTime:

- 1) Choose Export form the File menu, a dialogue box pops up, choose: To QuickTime
- 2) Choose one of the following QuickTime formats*: Email, Web, Web-streaming, CD ROM, Full-Quality DVD
- 3) Click Export

QuickTime/Compression formats in iMovie:

Format	Compression	Pixel size	Frame rate	Audio compression	Stereo/mono	Sample rate	Sample size (based on a 1 min movie)
Email	H.263	160x120	10 fps	QDesign Music 2	Mono	22050.00 Hz	1 MB
Web	H.263	240x180	12 fps	QDesign Music 2	Stereo	22050.00 Hz	2 MB
Streaming web	H.263	240x180	12 fps	QDesign Music 2	Stereo	22050.00 Hz	2.2 MB
CD-ROM	H.263	320x240	15 fps	IMA 4:1	Stereo	44100.00	5.8 MB
Full quality DV	DV-NTSC	720x480	29.97 fps	No compression	Stereo	48000.00 Hz	216.8 MB