
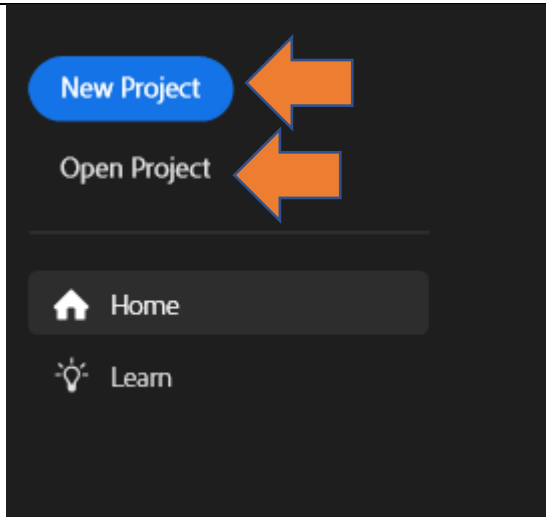
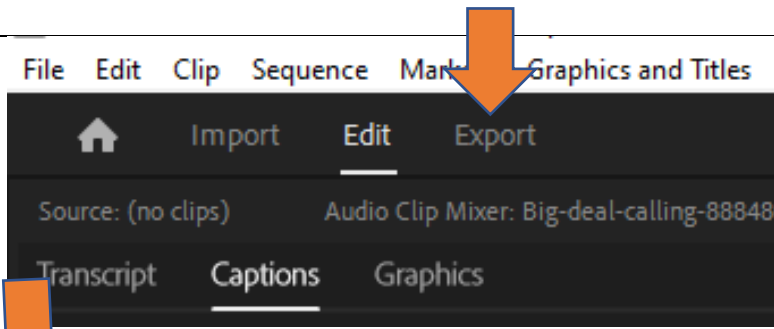


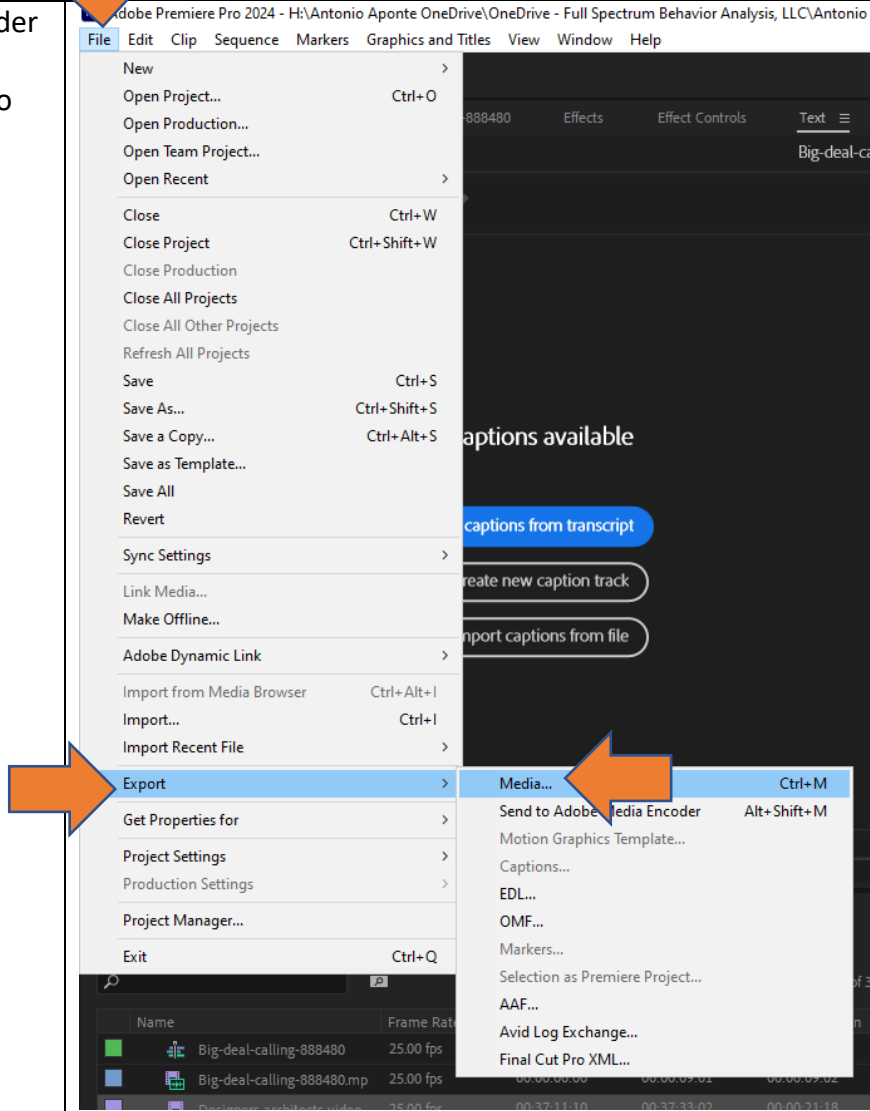
How to Export a Video in Premiere Pro

<p>Open the Adobe Premiere Pro program.</p>	 <p>A vertical blue sidebar from the Adobe Creative Cloud desktop environment. It contains four application icons, each with a small green checkmark in the top-left corner. From top to bottom: Adobe Premiere Pro (Pr), Adobe Photoshop (Ps), Adobe After Effects (Ae), and Adobe Audition (Au). An orange arrow points to the Adobe Premiere Pro icon.</p>
<p>Create New Project or open an existing project (see How to Create a New Project in Premiere Pro).</p>	 <p>A dark grey dialog box with a white border. At the top, there are two buttons: 'New Project' (highlighted in blue) and 'Open Project'. Two orange arrows point to these buttons from the right. Below the buttons are two options: 'Home' with a house icon and 'Learn' with a lightbulb icon.</p>

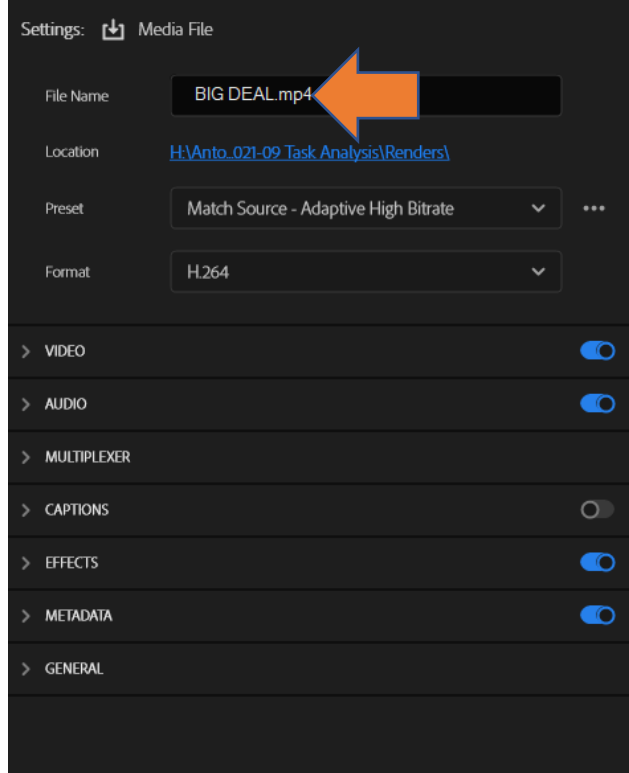
Option 1: Select the Export tab on the top left corner.



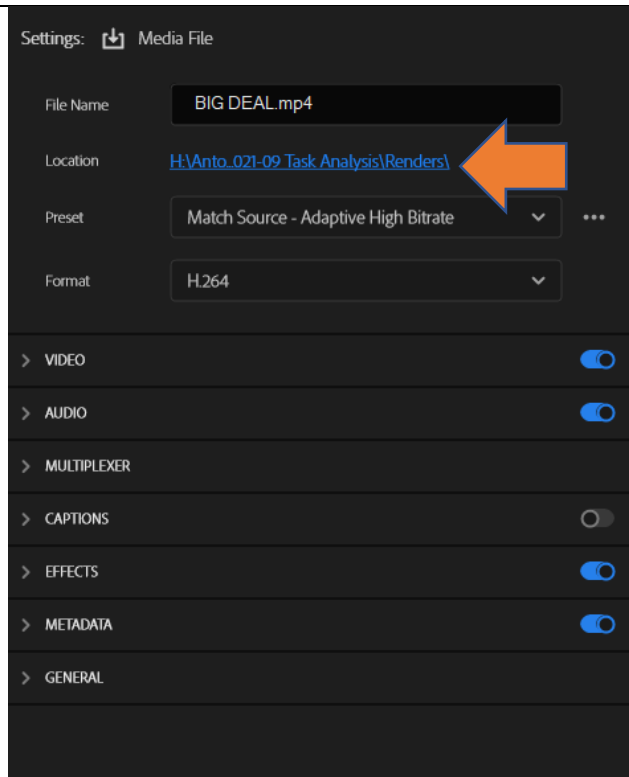
Option 2: Under the File tab, scroll down to Export and select Media.



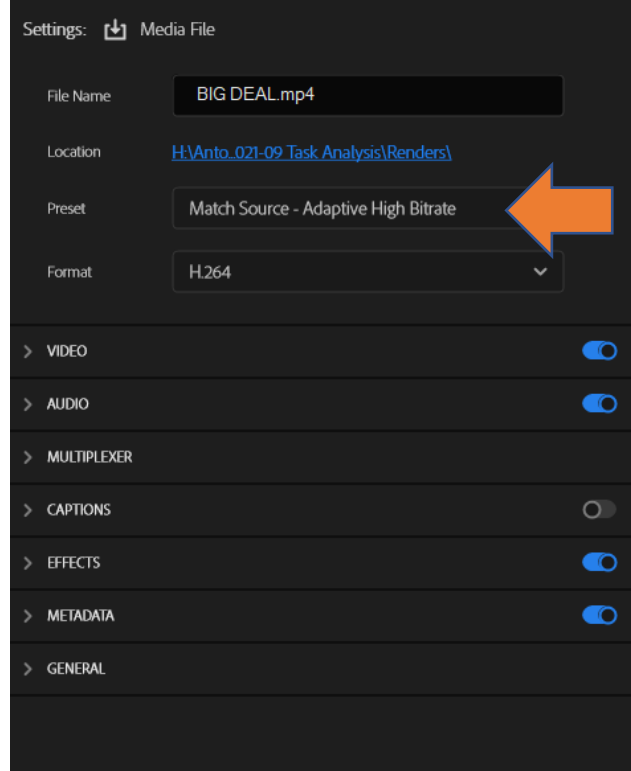
Give a name to your exported video.



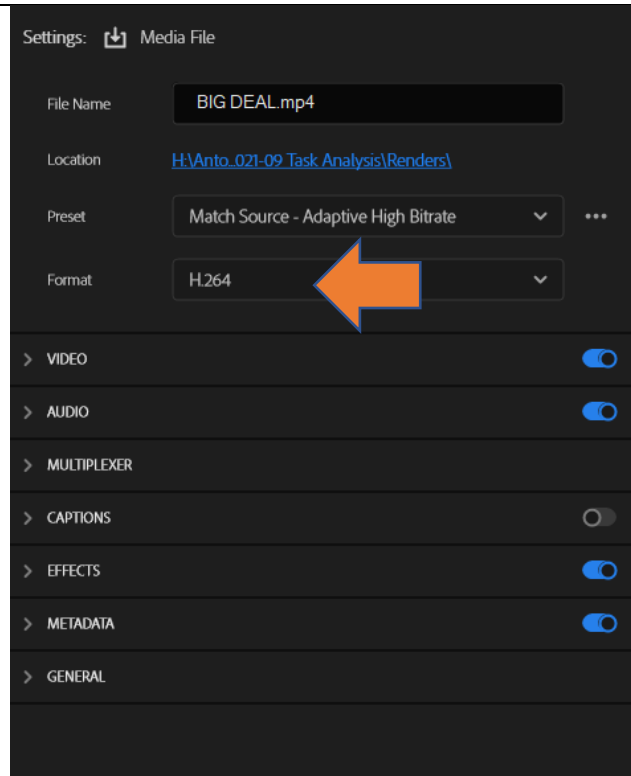
Set a file location for your video to be exported to.



OPTIONAL (but recommended): Choose a preset for exporting your video.



OPTIONAL: H.264 (aka .MP4) is the standard video format, but you can change it under the format menu (other video examples include .wmv and .mov).



<p>OPTIONAL: You can also select Match Source under the Video tab to have your exported video match your current sequence settings.</p>	 <p>The screenshot shows the 'VIDEO' settings menu. At the top right, there is a toggle switch for 'VIDEO' which is turned on. Below it is the 'Basic Video Settings' section. A 'Match Source' button is highlighted with an orange arrow pointing to it from the right. Below this button are four settings, each with a dropdown menu and a checkmark to its right: 'Frame Size' set to 'UHD (3840 x 2160)', 'Frame Rate' set to '25', 'Field Order' set to 'Progressive', and 'Aspect' set to 'Square Pixels (1.0)'. At the bottom left of this section is a 'More' button with three dots.</p>
<p>OPTIONAL: Adjusting the bitrate settings can also help reduce the video size.</p>	 <p>The screenshot shows the 'Content Light Levels' and 'Bitrate Settings' sections. In the 'Content Light Levels' section, there are two rows: 'Maximum (cd/m^2)' with a value of 1000 and 'Average (cd/m^2)' with a value of 200. An orange arrow points down to the 'Maximum' label. In the 'Bitrate Settings' section, there is a dropdown menu for 'Bitrate Encoding' set to 'VBR, 1 pass'. Below it are two sliders: 'Target Bitrate [Mbps]' with a value of 15 and 'Maximum Bitrate [Mbps]' with a value of 50. Two orange arrows point to the right towards the values 15 and 50. Below the sliders is the 'Advanced Settings' section with a checkbox for 'Key Frame Distance' set to 72.</p>
<p>Select the Export button.</p>	 <p>The screenshot shows the bottom of the interface with two buttons: 'Send to Media Encoder' (with a 'Me' icon) and 'Export' (in a blue rounded rectangle). An orange arrow points down to the 'Export' button.</p>
<p>Task Complete</p>	