

HD Video Conversion For Adobe Premiere Elements 7 For Vimeo Upload

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August 8, 2009

This document explains how to export a High Definition Video from Adobe Premiere Elements 7 to Vimeo in such a manner that Vimeo will automatically convert the file to its HD format. These instructions are for the American NTCS television standard. This will allow the Vimeo to display the file in HD format.

1. Once you are done editing the video, select "Share" to export the video.
2. Select "Personal Computer".
3. In the resulting window Select "QuickTime" as the format to use.
4. Click on the "Advanced" button.
5. Here are the settings for the resulting "Export Settings" window.
 - A. Format: QuickTime.
 - B. Preset: At this point it does not matter. You will rename your preset later.
 - C. On the Video tab:
 1. Video Codec: H.264.
 2. Quality: 80.
 3. Frame Width [pixels]: 1280.
 4. Frame Height [pixels]: 720.
 5. Frame Rate [fps]: 29.97.
 6. Field Order: None (Progressive).
 7. Pixel Aspect Ratio: Square Pixels (1.0).
 8. Bit Depth: 24 bit - Color.
 9. Check Mark the "Set Bitrate" box.
 10. Forget the Biterate (kbps) slider. Highlight the number shown on the right and type in 5000.
 11. Leave both "Set Key Frame Distance" and "Frame Reordering" boxes unchecked.
 - D. On the Audio tab:
 1. Select "AAC" for the Audio Codec.
 2. Select "Stereo".
 3. Select "48 kHz" for Frequency.
 - E. Under the Alternates tab leave everything unchecked except for "Compress Movie Header".
 - F. Click "OK" on the "Export Settings" window. When asked to give a name, give it a name that you can remember in the future. I called mine "HD for Vimeo".
6. Give your output file a name. Vimeo suggests that you do not include spaces in the file name.
7. In the "Save in:" line, browse to the directory where you want to save the file.
8. Click "Save" to start the conversion process. When conversion is completed, you can upload the file to Vimeo as usual.