

Export setting from Premiere for media players/ HD video/ H.264 compression

H.264 compression:

- good quality, small size,
- most HD players (ie. Bright Sign, Asus media players) accept this format so it is commonly used for showing HD material in full resolution for example as a big projection in a gallery
- good for compressing video material for internet use
- video quality and file size can be adjusted by manipulating bitrate settings
- bitrate for high quality video projection: 25 Mbps
- bitrate for internet usage: 5-15 Mbps

File > Export media > Export settings for HD video:

Format : H.264

Output Name: specify the name and the location
Unclick audio box if there is no audio in the video.

Video:

Match Source: automatically matches video settings to the sequeresolution (doesn't always work well).

To adjust settings manually unclick the boxes on the right and put the values:

- Width&Height: 1920 x1080 (for HD)
- Frame Rate: 25 (or your sequence original frame rate)
- Field Order: Progressive
- Aspect: Square Pixels (1.0)
- TV Standard: PAL
- Profile: Main
- Level: 4.1 or 4.2

Bitrate Settings :

Bitrate encoding: CBR for projection; VBR for internet
> 25 Mbps for high quality projection
> 5-15 Mbps for streaming in the web

Audio:

Audio Format: AAC
Audio Codec: AAC
Sample Rate: 48000 kHz
Channels: Stereo
Audio Quality: High
Bitrate: 288
Precedence: Bitrate

Multiplexer: MP4

Stream Compatibility: Standard

- Queue - encoding in the background with Adobe Media Encoder
- Export - exporting straight from Premiere

