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 Compactibility: Standard

- Queue - encoding in the background with Adobe Media Encoder

- Export - exporting straight from Premiere

Export Settings	
Match Sequence Settings	
Format: H.264	
Preset: Custom 🔻 📥 ធ 🏛	
Comments:	
Output Name: forest.mp4	
✓ Export Video ✓ Export Audio	
Summary	
Effects Video Audio Multiplexer Captions Publish	
Basic Video Settings	
Match Source	
Width: 1 920 —	
Height: 1 080	
Frame Rate: 25	
Field Order: Progressive	
Aspect: Square Pixels (1.0)	
TV Standard: NTSC • PAL	
Profile: Main 🔻	
Level: 4.1 🔻	
✓ Render at Maximum Depth	
Bitrate Settings	
Bitrate Encoding: CBR 🗸	
Target Bitrate [Mbps]: 📩 25	
Advanced Settings	
Key Frame Distance: 72	
▶ VR Video	
✓ Use Maximum Render Quality Use Previews	
Import into project	
Set Start Timecode 00:00:00:00	
Time Interpolation: Frame Sampling	
Effects Video Audio Multiplexer Captions Publish	
Basic Settings	
Multiplexer: MP4	

Stream Compatibility: Standard