



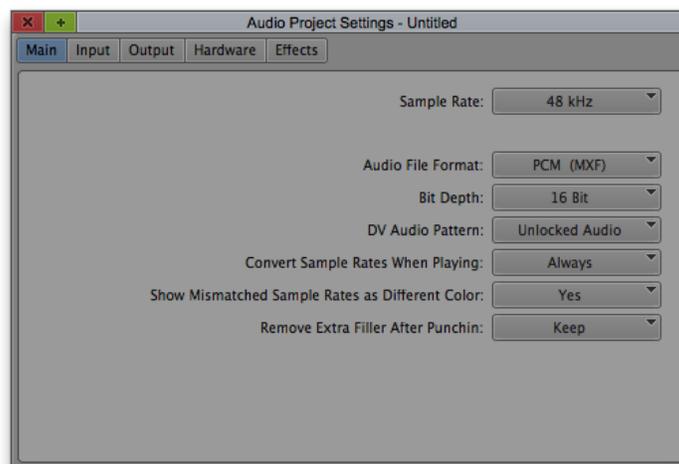
## Workflow 1: If your project footage is imported

### Part A: Setup

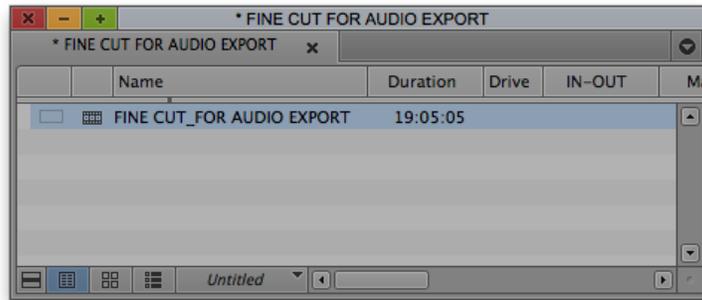
Verify that your project is set to 16bit/48kHz in the Audio Project settings. From the SETTINGS tab select AUDIO PROJECT.



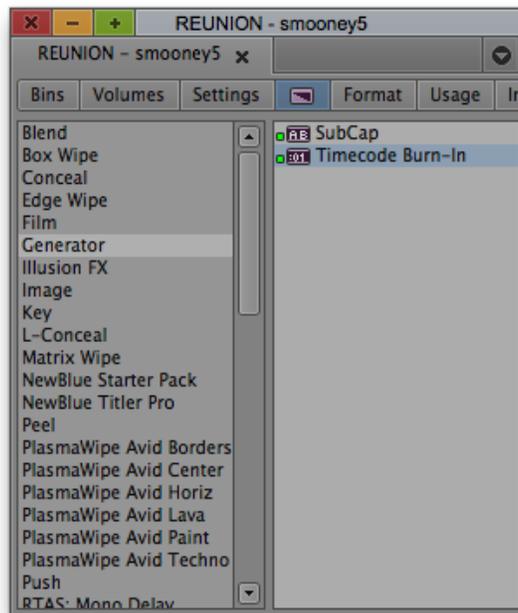
Verify your Sample rate is set to 48 and your bit depth is set to 16.



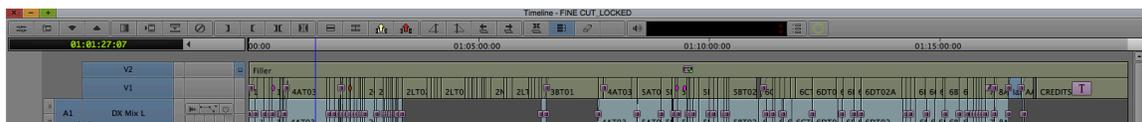
Duplicate your picture locked sequence. Create a new bin and put the new sequence into that bin.



Open that sequence into the timeline. Create a new video track. From the Video Effects tab in the Project Window, select the GENERATOR section on the left and find the TIMECODE BURN-IN option on the right.



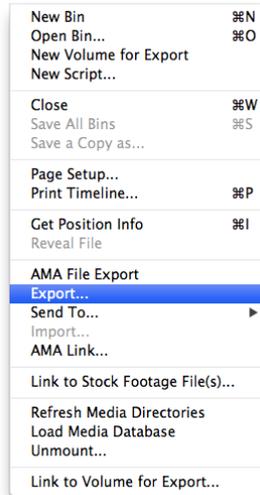
Drag that effect to the new blank video track you created. Make sure that track is visible.



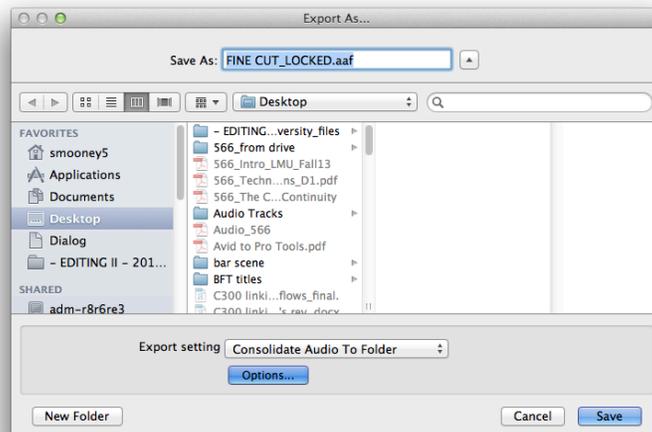
You can change the size, position, etc. with the Effect Editor if you would like.

## Part B: Exporting

With your sequence setup and premixed, turn on all tracks in the sequence. From the file menu choose EXPORT.



In the Export As dialog box, change the preset to CONSOLIDATE AUDIO TO FOLDER.



The Media Composer dialog box will open.

Verify the EXPORT AS selection is set to AAF. Make sure the USE ENABLED TRACKS button is selected and the AAF EDIT PROTOCOL is selected.

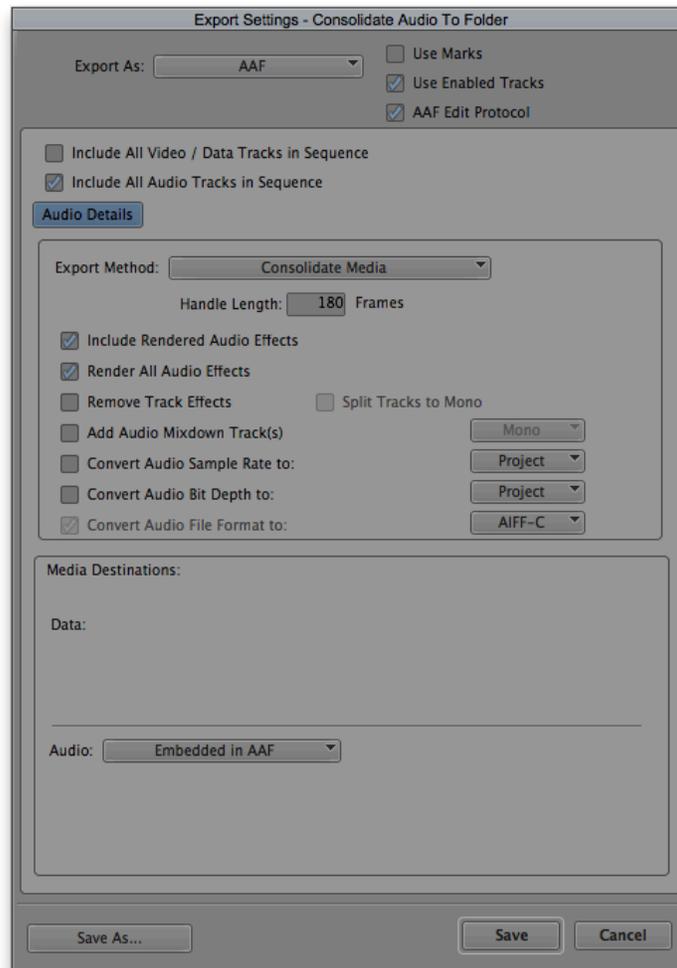
Select INCLUDE ALL AUDIO TRACKS.

On the AUDIO TRACKS tab make sure the EXPORT METHOD is set to CONSOLIDATE MEDIA but change your handle length to something between 120-180 frames to give your sound mixer handles to work with.

Check INCLUDE RENDERED AUDIO EFFECTS and RENDER ALL AUDIO EFFECTS. Make sure REMOVE TRACK EFFECTS is turned off. You can deselect all others because you verified your audio project settings before this step.

Change the CONVERT AUDIO FORMAT to AIFF.

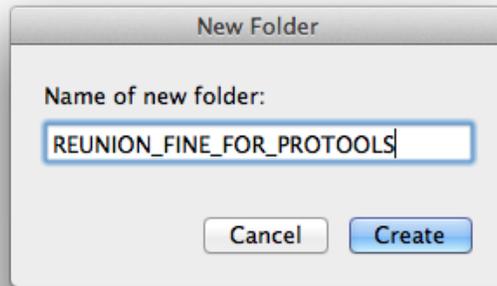
In the MEDIA DESTINATION section, switch the audio option to be EMBEDDED IN AAF.



Double-check all settings and then choose SAVE.

Back in the EXPORT AS dialog box, choose NEW FOLDER on the bottom left.

Name the folder inside of which all of your project information will be stored then select CREATE.



Double-check it is selected in the list and select SAVE.

The process of exporting should begin and will save into your selected folder. When finished there will be a single, but large, file that will be imported into a ProTools session.

## Workflow 2: If your project footage is linked

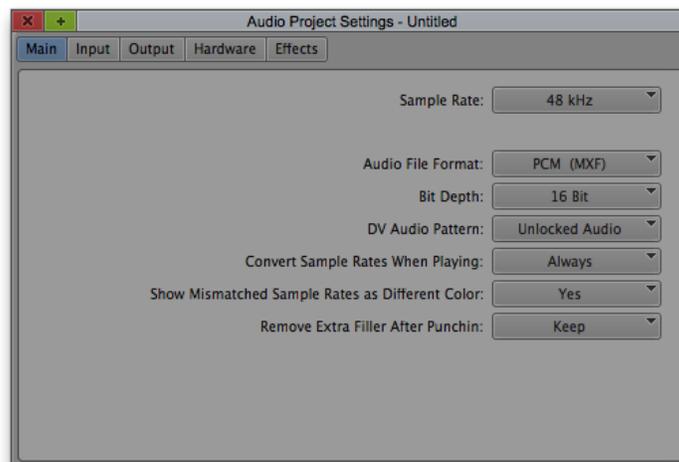
### Part A: Setup

Verify that your project is set to 16bit/48kHz in the Audio Project settings.

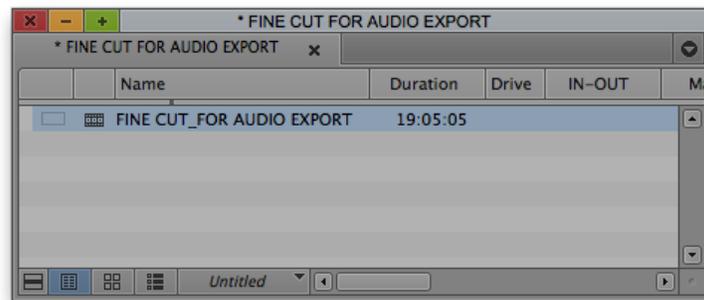
From the SETTINGS tab select AUDIO PROJECT.



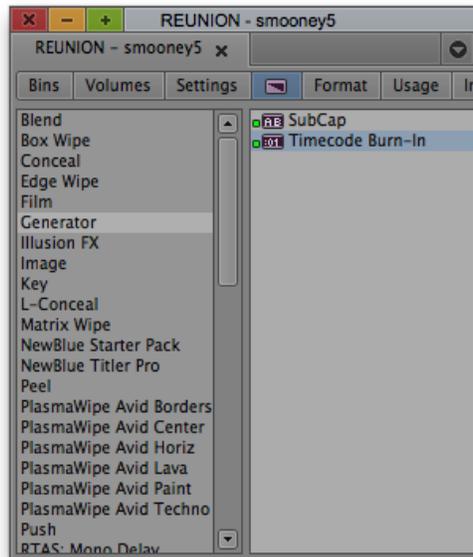
Verify your Sample rate is set to 48 and your bit depth is set to 16.



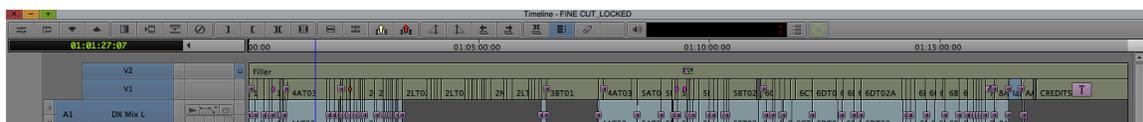
Duplicate your locked sequence. Create a new bin and put the new sequence into that bin.



Open the new sequence into the timeline. Create a new video track. From the Video Effects tab in the Project Window, select the GENERATOR section on the left and find the TIMECODE BURN-IN option on the right.



Drag that effect to the new blank video track you created.

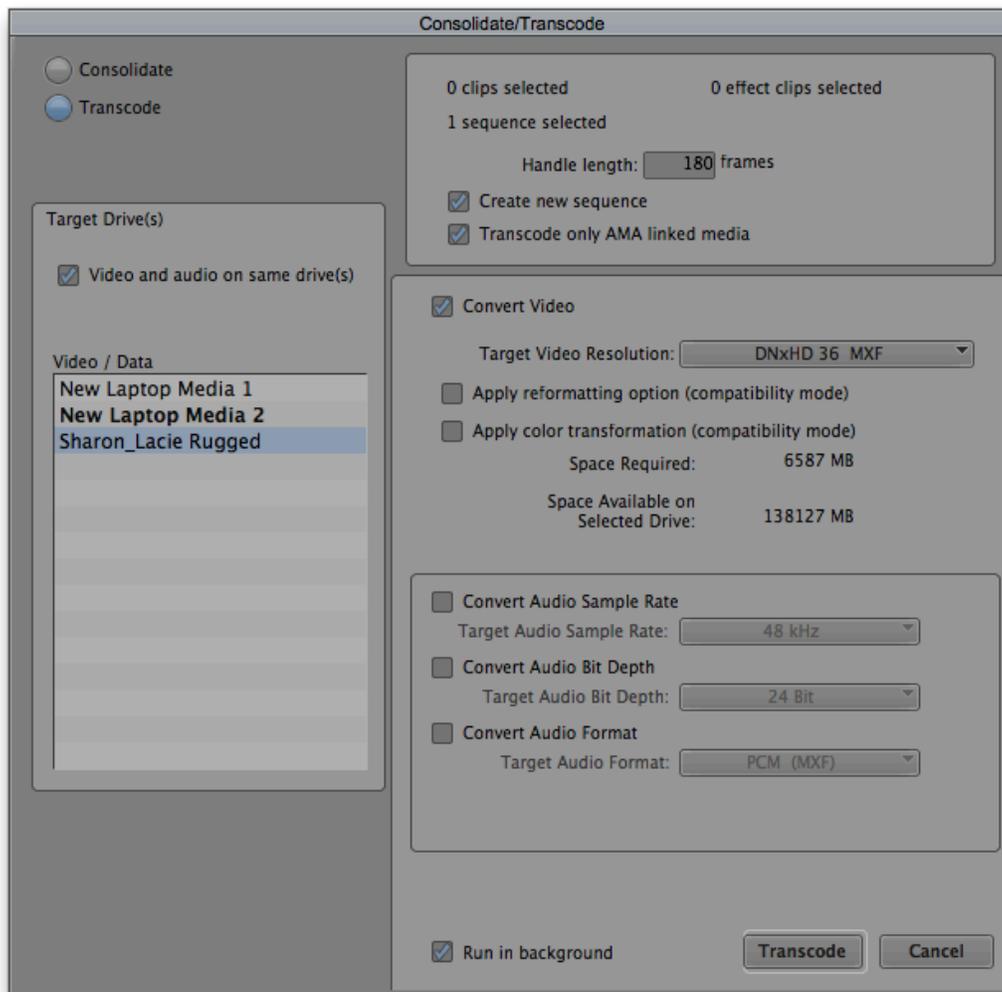


You can change the size, position, etc. with the Effect Editor if you would like.

### Part B: Transcode your locked sequence

Select the sequence in the bin. CONTROL+CLICK and choose CONSOLIDATE/TRANSCODE.

The window will open. Make sure you select the TRANSCODE button in the top.



Select your target drive on the left.

Change your handle length to 180.

Select the checkmark next to CREATE NEW SEQUENCE and next to TRANSCODE ONLY AMA LINKED MEDIA.

Select CONVERT VIDEO and change the target resolution to DNxHD MXF.

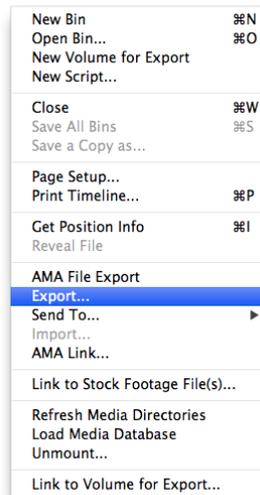
Select the RUN IN BACKGROUND box on the bottom.

Double-check your settings, and then select TRANSCODE.

## Part C: Exporting

Double-click the new transcoded sequence to open it in the timeline.

Once open in the timeline, turn on all tracks in the sequence. From the file menu choose EXPORT.



In the Export As dialog box, change the preset to CONSOLIDATE AUDIO TO FOLDER.



The Media Composer dialog box will open.

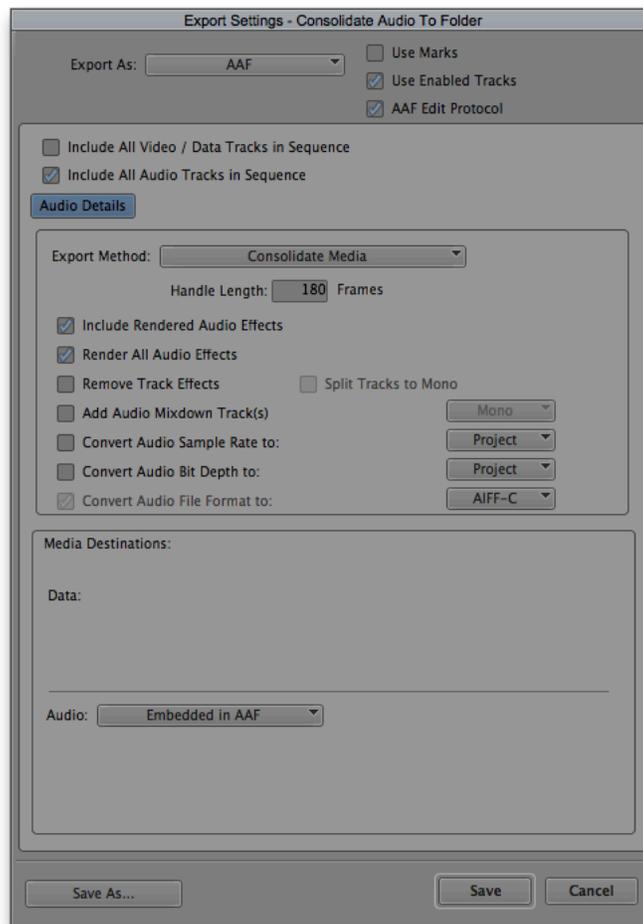
Change the first option to AAF and make sure the USE ENABLED TRACKS button is selected.

Select INCLUDE ALL AUDIO TRACKS. Make sure INCLUDE ALL VIDEO/DATA is deselected.

On the AUDIO TRACKS tab make sure the EXPORT METHOD is set to CONSOLIDATE MEDIA but change your handle length to something between 120-180 frames to give your designer handles to work with.

Check INCLUDE RENDERED AUDIO EFFECTS and RENDER ALL AUDIO EFFECTS. Make sure REMOVE TRACK EFFECTS is turned off. You can deselect all others because you verified your audio project settings before this step.

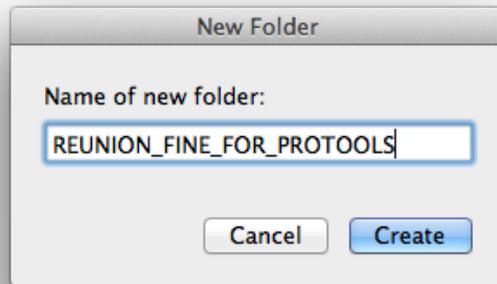
Change the CONVERT AUDIO FORMAT to AIFF. In the MEDIA DESTINATION section, switch the audio option to be EMBEDDED IN AAF.



Double check all settings and then choose SAVE.

Back in the EXPORT AS dialog box, choose NEW FOLDER on the bottom left.

Name the folder inside of which all of your project information will be stored then select CREATE.



Double-check it is selected in the list and select SAVE.

The process of exporting should begin and will save into your selected folder.