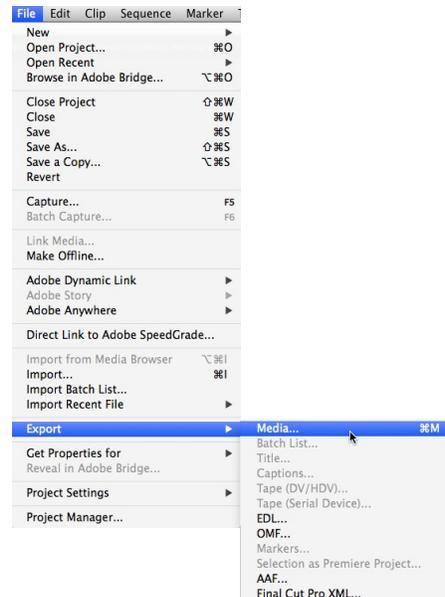


# EXPORTING VIDEO and AUDIO FROM PREMIERE for PRO TOOLS

Make sure your timeline starts at 00:59:58:00 and your first picture or sound element starts at 01:00:00:00

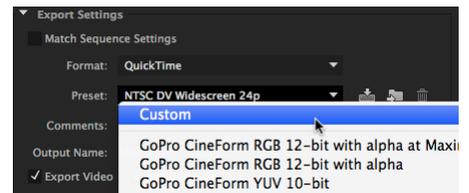


With the **Timeline** active, select **File -> Export -> Media...**

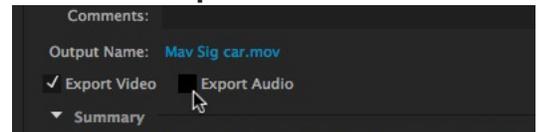


The **Export Settings** window will appear. There are several parameters that need to be set properly for your video export.

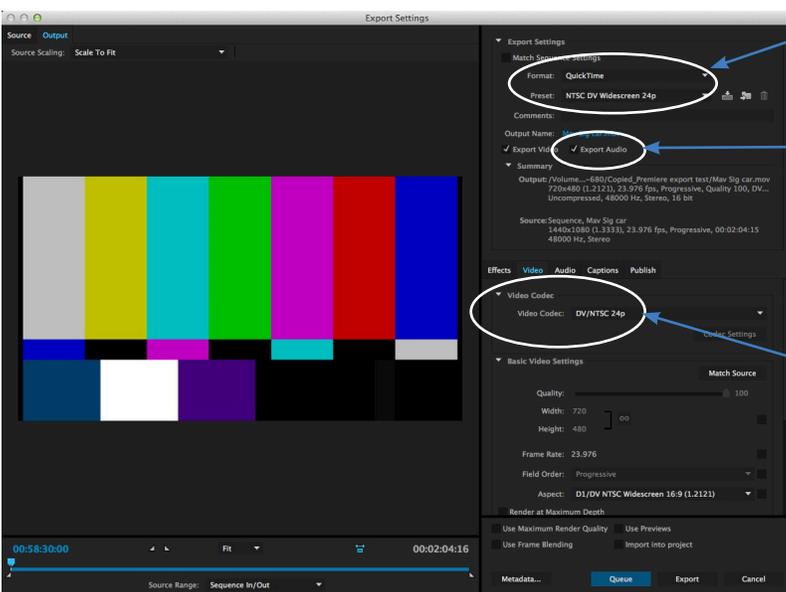
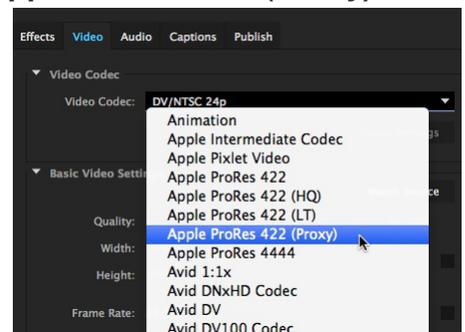
**Format: QuickTime**  
**Preset: Custom**

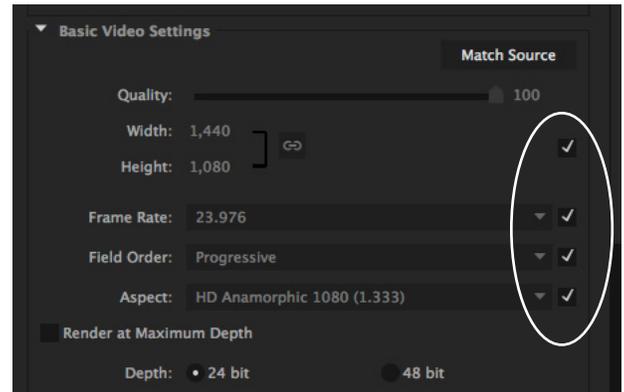
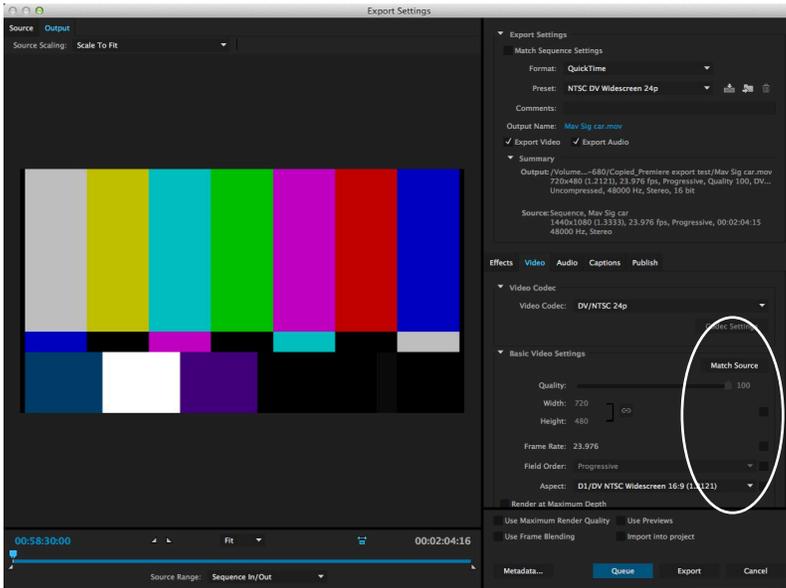


**Un-check Export Audio.**



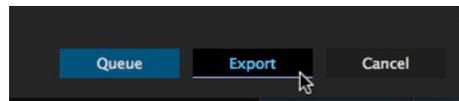
**Video Codec:**  
**Apple ProRes 422 (Proxy)**



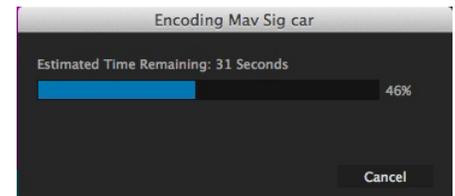


All four boxes (**Width/Height**, **Frame Rate**, **Field Order**, and **Aspect**) should be checked so that the properties of the exported video match the source video (**Match Source**).

When everything is set, **Export**.



You get a progress window.



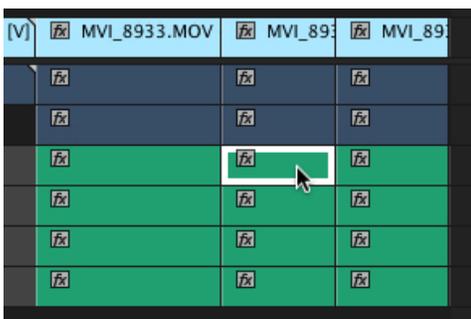
The exported QT movie will be in the main project folder.



You have two options for exporting audio from Premiere -- **OMF (Open Media Framework)** and **AAF (Advanced Authoring Format)**. Both allow exchange of media between video and audio software. There are advantages and disadvantages to both.

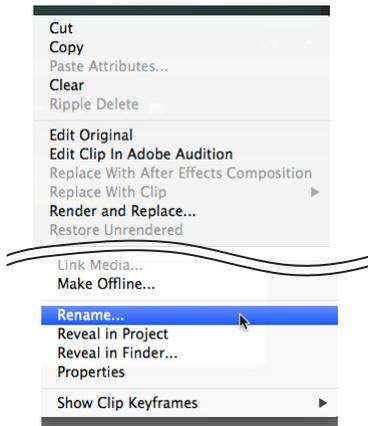
	<b>OMF</b>	<b>AAF</b>
Advantages	<b>Retains clip names</b>	<b>No file size limit</b>
Disadvantages	<b>Clips must be manually relinked</b> <b>2G file size limit</b>	<b>Does not retain clip names</b>

If you export via **OMF**, you may wish to rename the audio clips in your Premiere timeline.

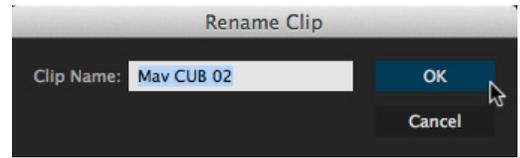
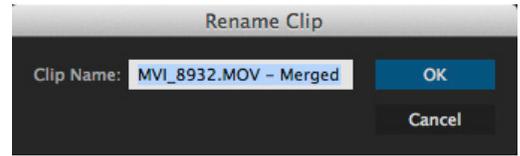


**Double-click** an audio clip in the timeline and it appears in the **Source** window, showing its name.

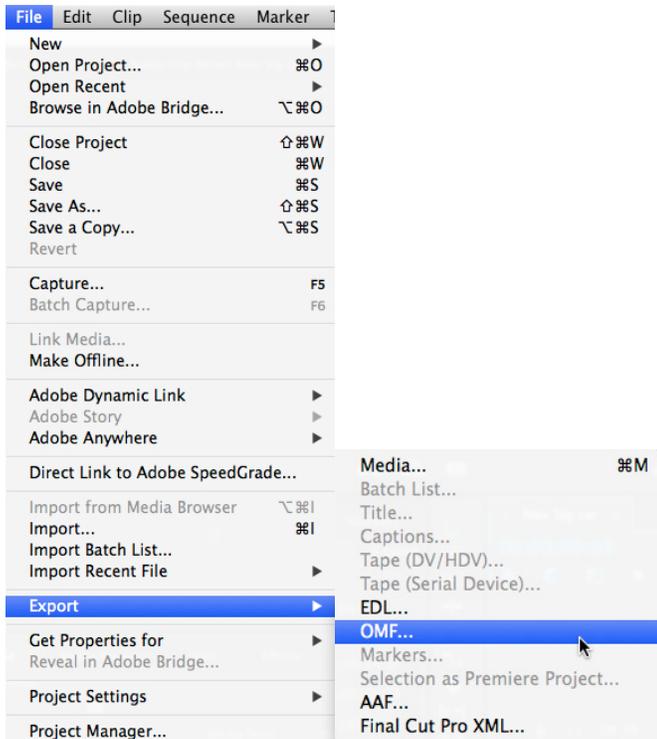




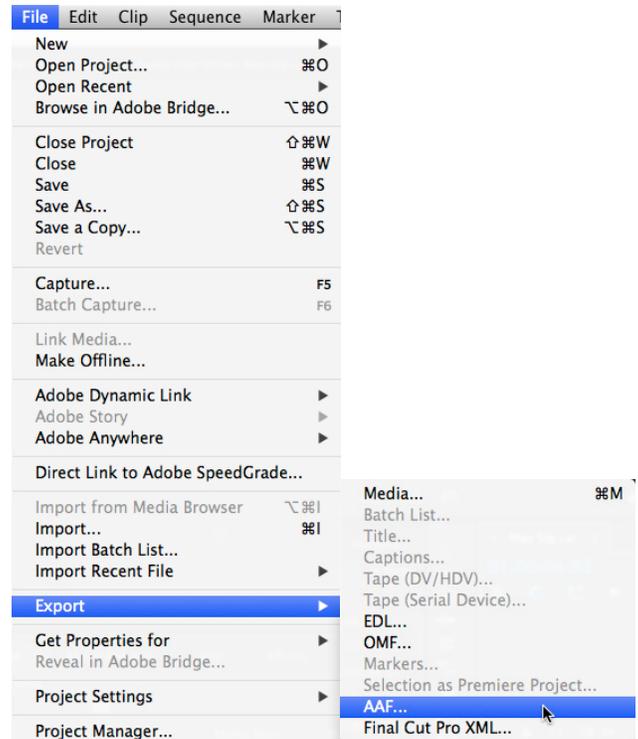
Right-click an audio clip to get the menu, select **Rename...** to rename the clip.



With the **timeline** active, you can export either an **OMF** or **AAF**.



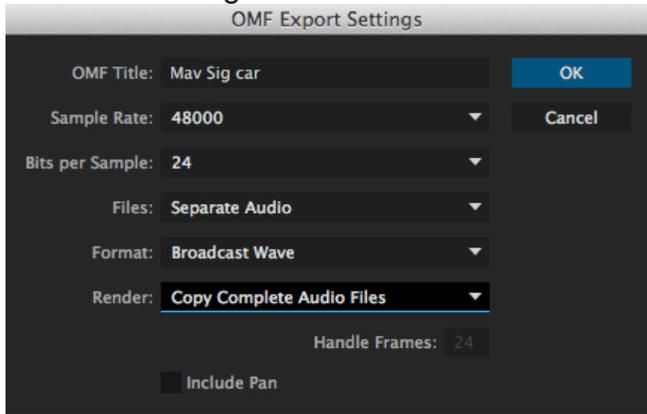
The **OMF Export Settings** window will appear.



The **AAF Export Settings** window will appear.

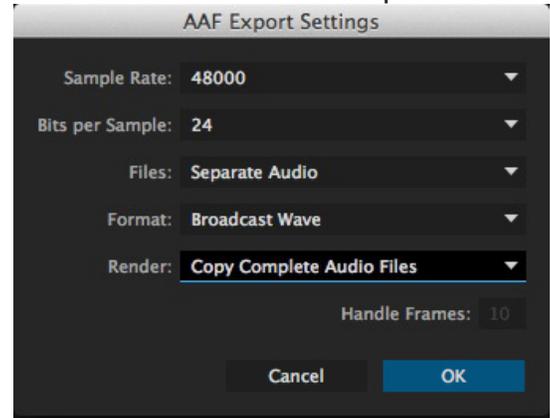
They are a couple of differences.

You can change the name of the **OMF** file.



You should not **Include Pan**.

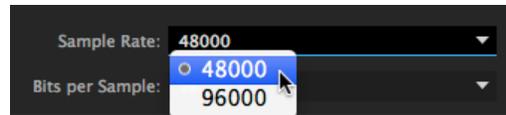
The **AAF** file will have the sequence's name.



There are several pull-down menus where you set parameters for your **OMF** or **AAF** export.

***It is imperative that these parameters be set correctly. Otherwise your OMF or AAF may not work when imported into Pro Tools.***

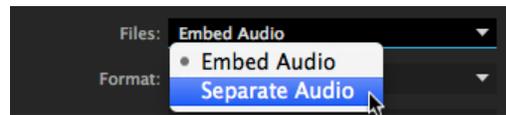
**Sample Rate: 48000**



**Bits per Sample: 24**



**Files: Separate Audio**



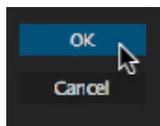
**Format: Broadcast Wave**



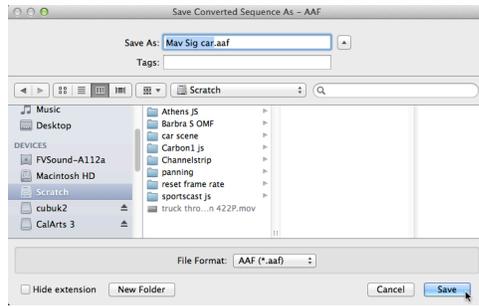
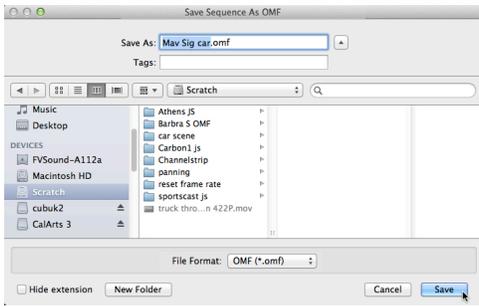
**Render: Copy Complete Audio Files**



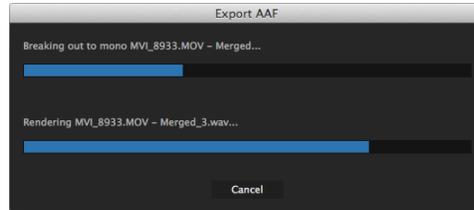
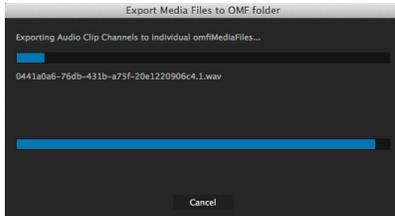
When all of the parameters are set properly, click **OK**.



Select a destination.



A progress window will appear.



There's also an info window for **OMF**.



This will be saved as a text (.txt) file in the same destination as the **OMF**.