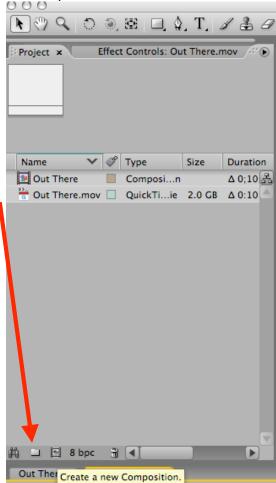
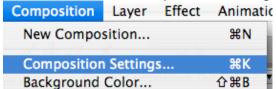
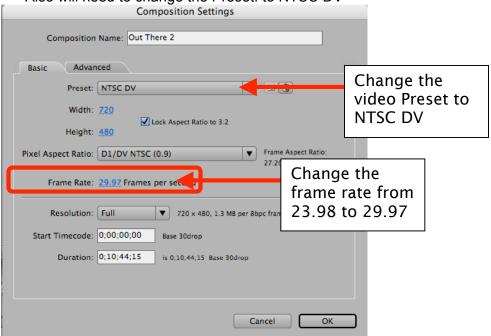
- Launch After Effects
- Go to >File>Import to import the 23.98 QuickTime to be converted
- Drag the imported file down to the "Create a new Composition" icon.
- A new Composition will be created and the QuickTime will be loaded into the composition timeline.



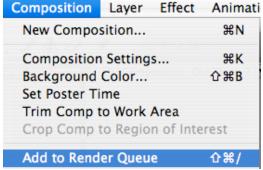
· Now check the "Compositions Settings"



- Change the frame rate to 29.97.
- Also will need to change the Preset: to NTSC DV



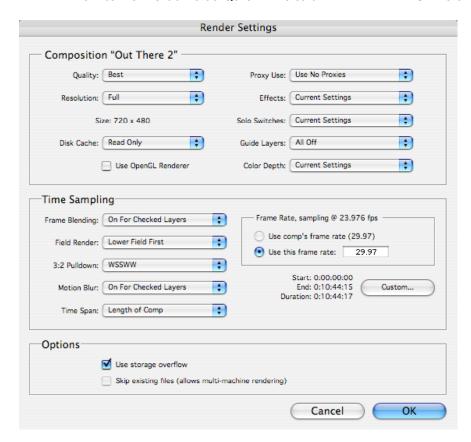
- Next add the file to the render queue by selecting.
- >Composition>Add to Render Queue



Click on the "Render Settings"



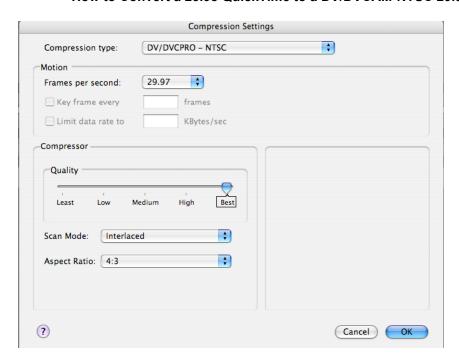
- Change the following
- Quality=Best, Resolution=Full, Field Render=Lower Field First, 3:2 Pulldown WSSWW, Motion Blur ON, Time Span=Length of Comp (so entire composition exports) Frame Rate Sampling should be set automatically to 29.97 as shown. Click OK to close Render Settings.



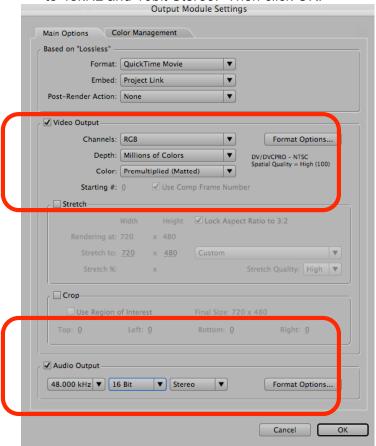
- Next click on "Output Module" settings
- · Set the following:
- Format=QuickTime Movie Leave the rest as shown
- Video Output should be checked and then click on "Format Options"



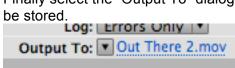
 Set the Compression type to DV/DVCPRO-NTSC @29.97 frames per second at Best Quality. Leave the rest as shown. Then click OK



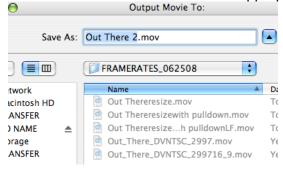
 The last thing to check is that Audio Output is selected if needed. Set the quality to 48kHz and 16bit Stereo. Then click OK.



• Finally select the "Output To" dialog and set that as to where the rendered file will be stored.



Name the file and save it to the appropriate folder/drive. Then click OK.



Render

Est. Remain:

• Now click "Render" to start rendering the timeline.