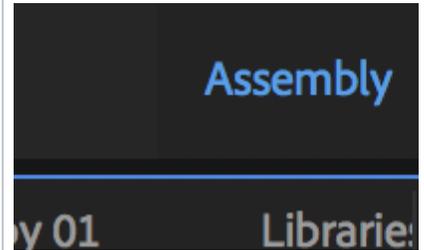
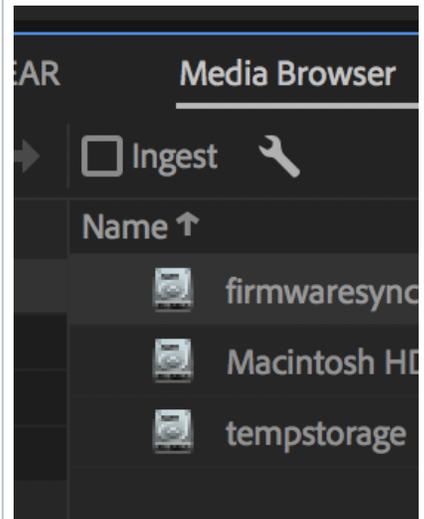


Adobe Premiere Pro - How to Make a 1920 x 1080 Apple ProRes Stereo- QuickTime using your Stereo Sound Mix - Use this for End of Semester Screenings

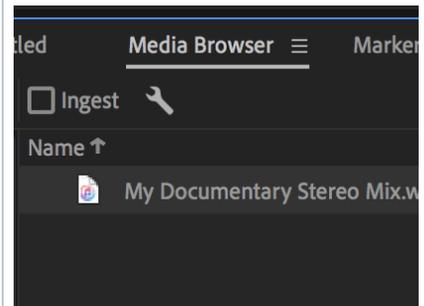
Open your Premiere Pro Project and click on the Assembly Tab



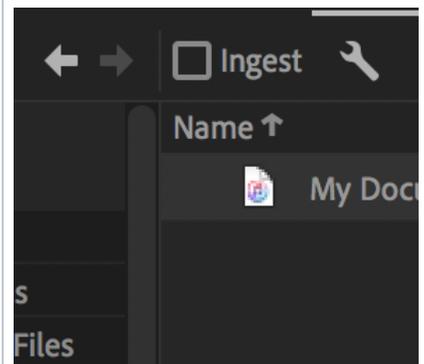
Click on the Media Browser Tab



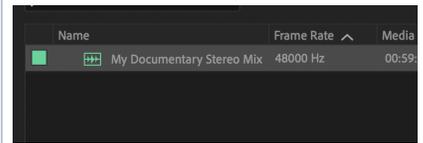
Browse to the desired files your files will be labeled Stereo Mix or Something Similar



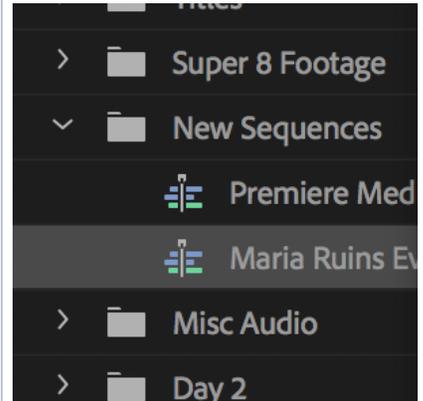
Right click the files and choose Import



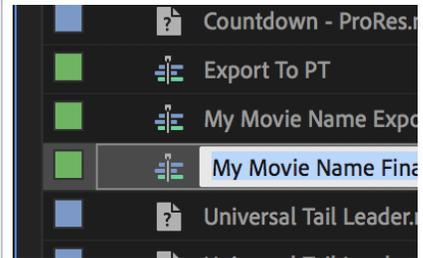
The file will import and show as a stereo 24bit 48K file



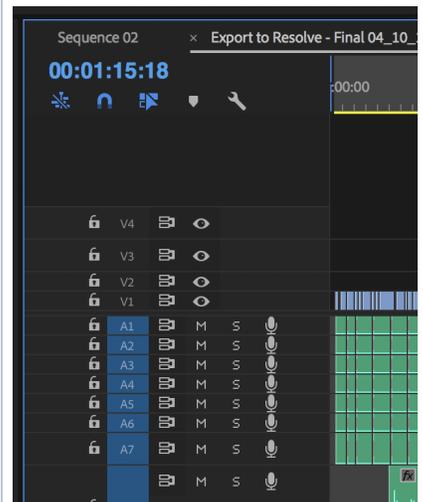
Duplicate the Final Pic lock sequence



Rename the duplicate timeline as your final screening export timeline



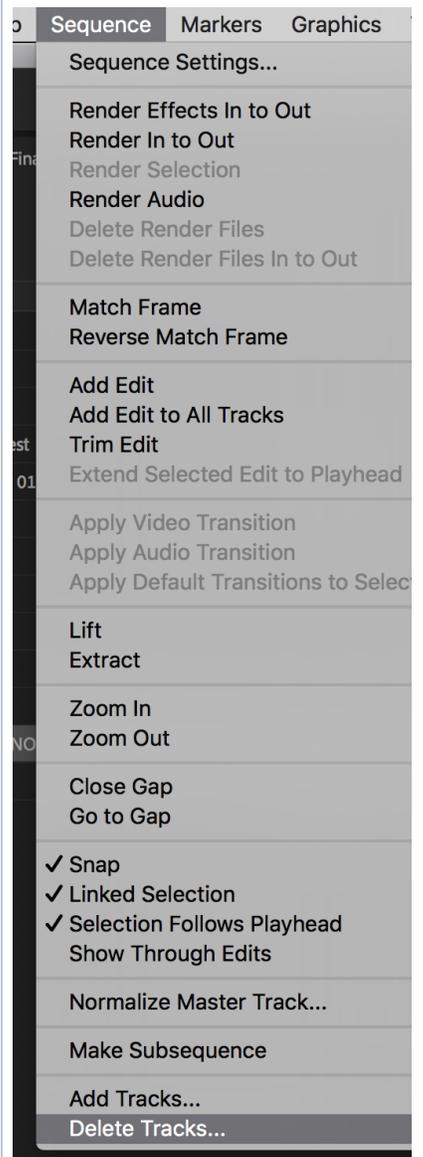
Load the copied timeline by double clicking it. It'll load into the Sequence Window



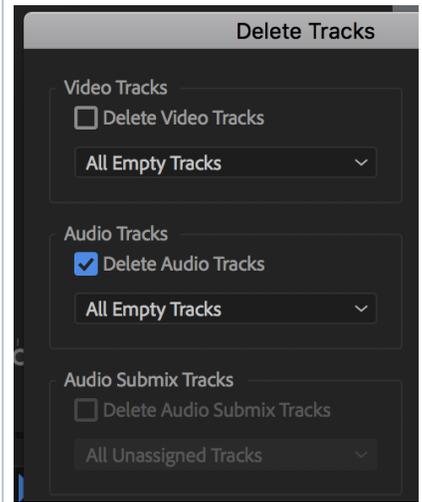
Select all your audio tracks in the timeline. Click on the "Delete" key this will remove all of the audio clips from the timeline



Then go to >Sequence > and choose Delete Tracks

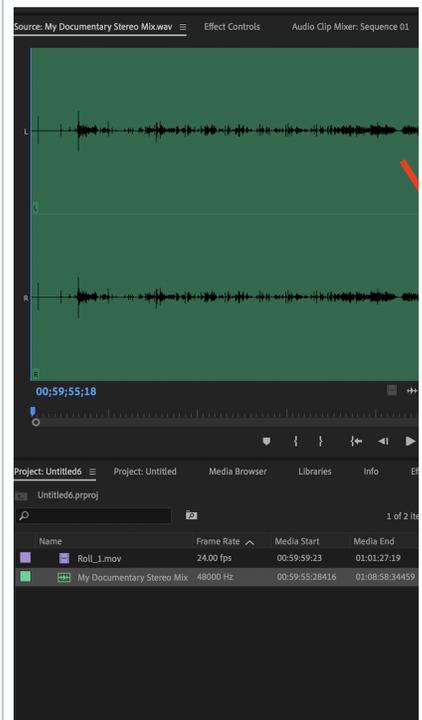


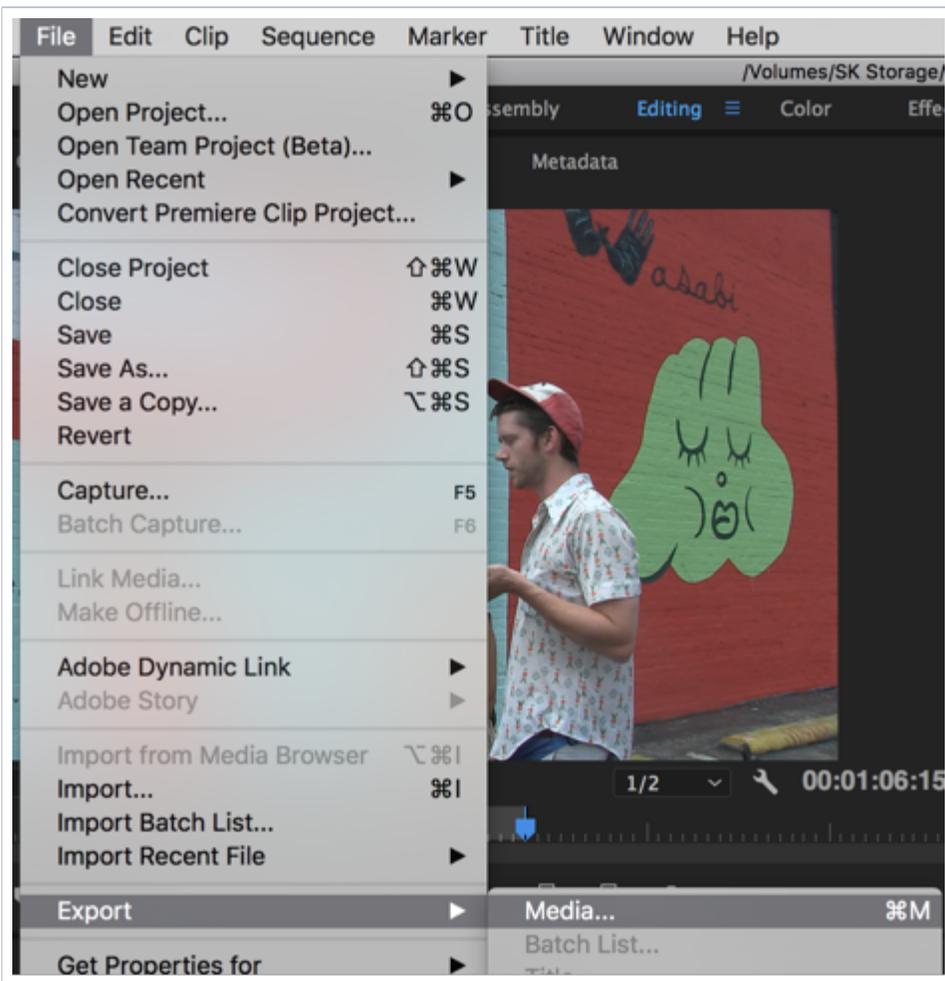
Choose Audio Tracks > Check Delete Audio Tracks >All Empty Tracks >OK



Last step is to add your mix to your new timeline with only the mix track

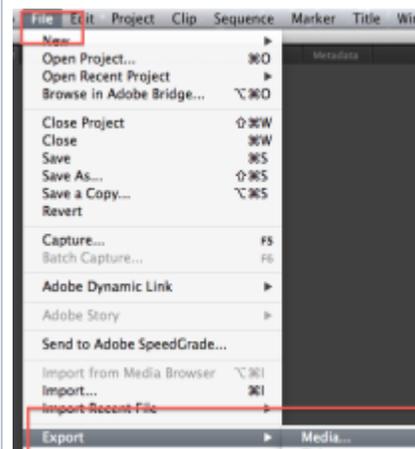
Drag it down and place it on the audio A1 track



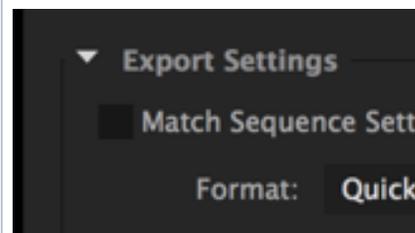


Export the QuickTime
File>Export>Media

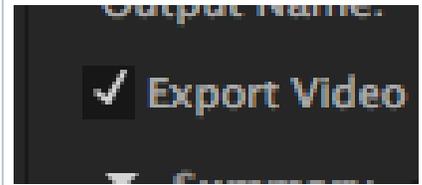
Click on the Sequence to export and choose >File>Export>Media or click "Command M"



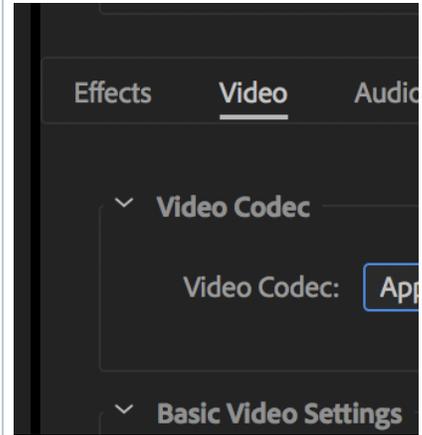
Choose Format QuickTime



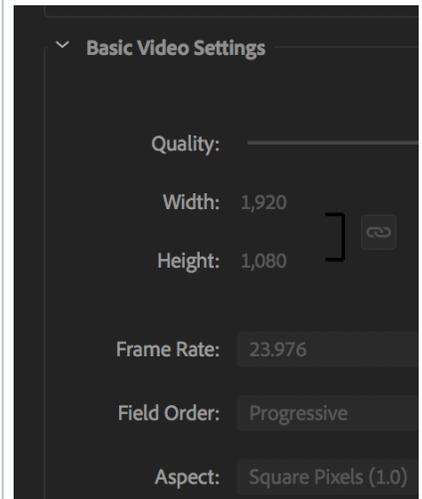
Choose to Export Video and Export Audio



>Choose Video Codec > Apple ProRes 422



Make sure it's 1920 x 1080 in the Basic Video Settings

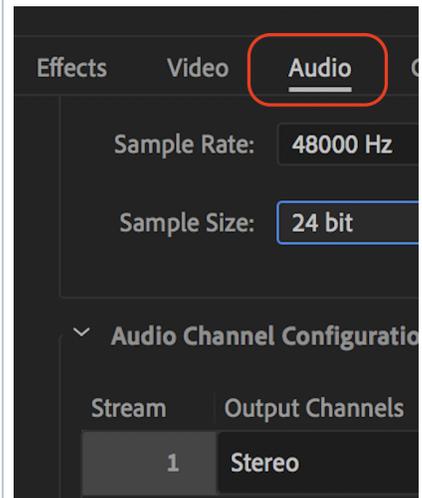


Click on the Audio Tab and choose

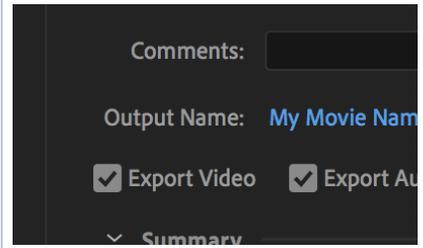
Sample Rate 48

Sample Size 24

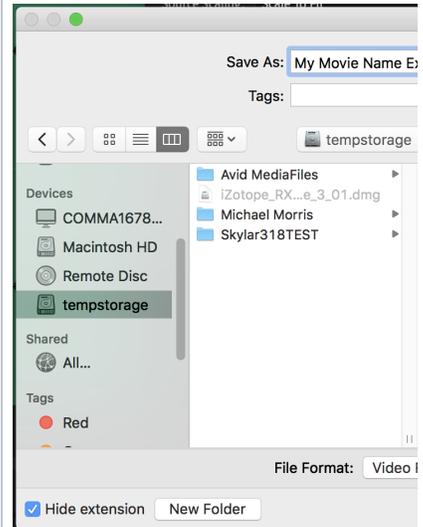
Output channels Stereo 1-2



Click on the Blue Output Name and this is where you choose to save the file on your hard drive



Choose a destination for your file that is going to be exported



Choose Export

