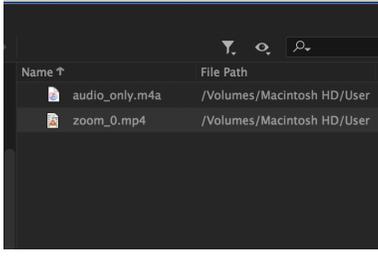
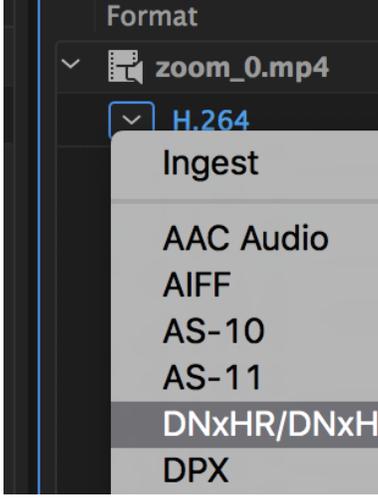
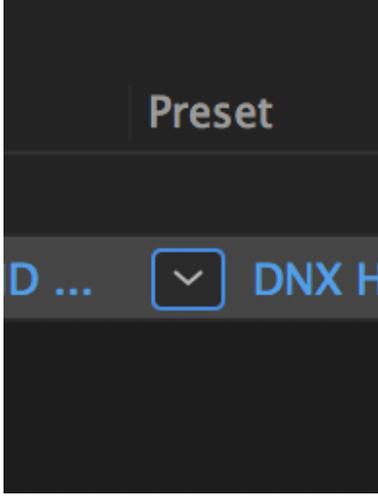
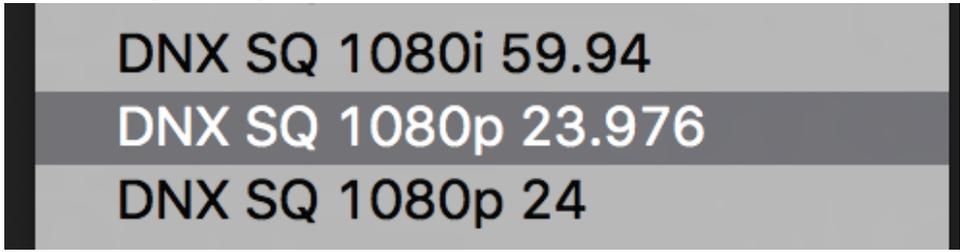


# Adobe Media Encoder - How to convert a file from .mov to DNxHD .mxf

This is helpful to get files into AVID since alot of .mp4 and .mov files are not supported for import

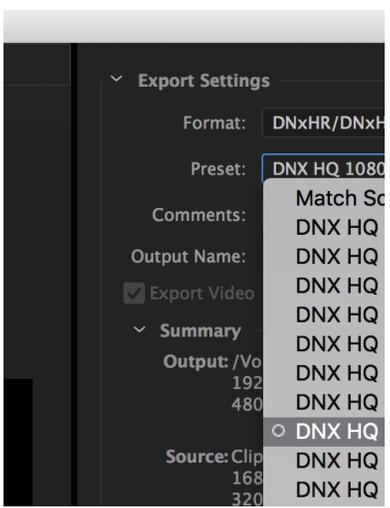
|   |   |
|---|---|
| <p>First open Media Encoder and bring in the file to convert</p> <p>Drag it over to the Queue</p>         |    |
| <p>On the first column (Format)</p> <p>pull down the drop down and choose</p> <p>DNxHR/DNxHD MXF OP1a</p> |   |
| <p>Click on the PreSet (Blue Print)</p>   |  |

Choose DNX HQ or DNX SQ



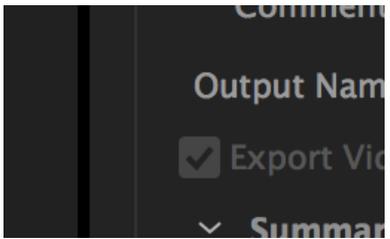
It is up to what quality you need and what aspect ratio the original file was in

Also choose what frame rate you need to match the original file or covert it



Then click on the Output Name to choose what to name and where to save the file

Choose to export audio as well here. Box is checked by default.



Leave Maximum Render Quality UNCHECKED it takes alot longer to export for marginal benefit

Then click OK

to start export press the green arrow

