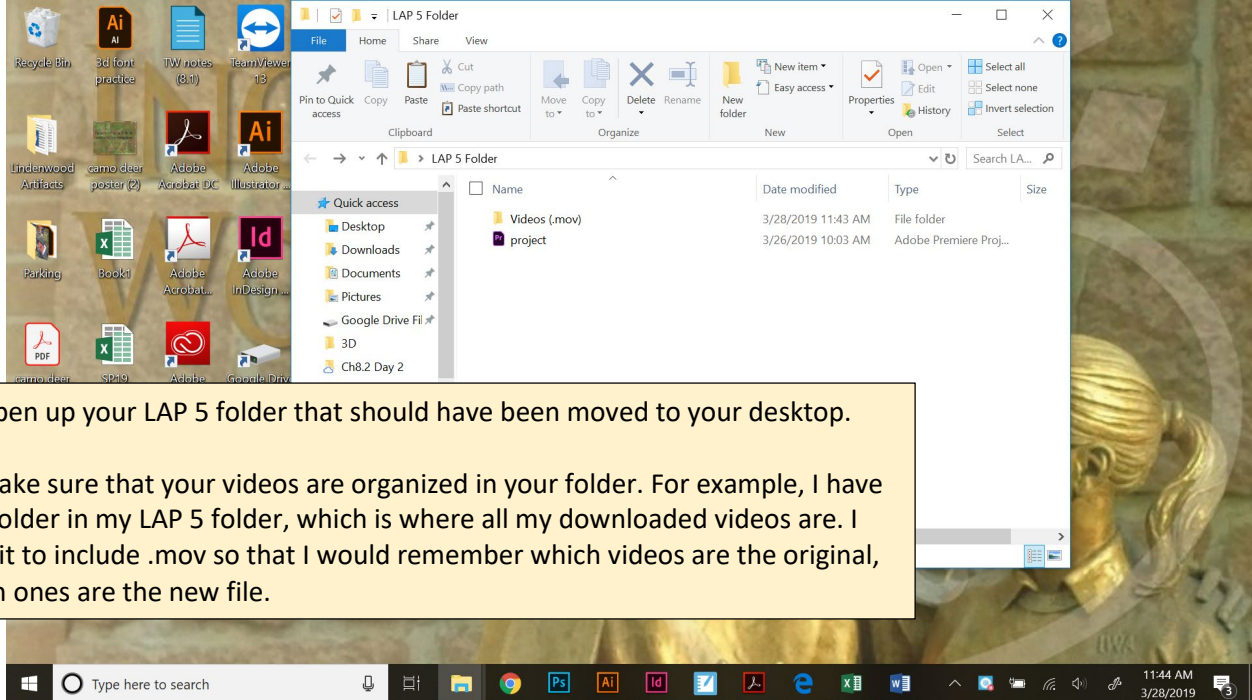
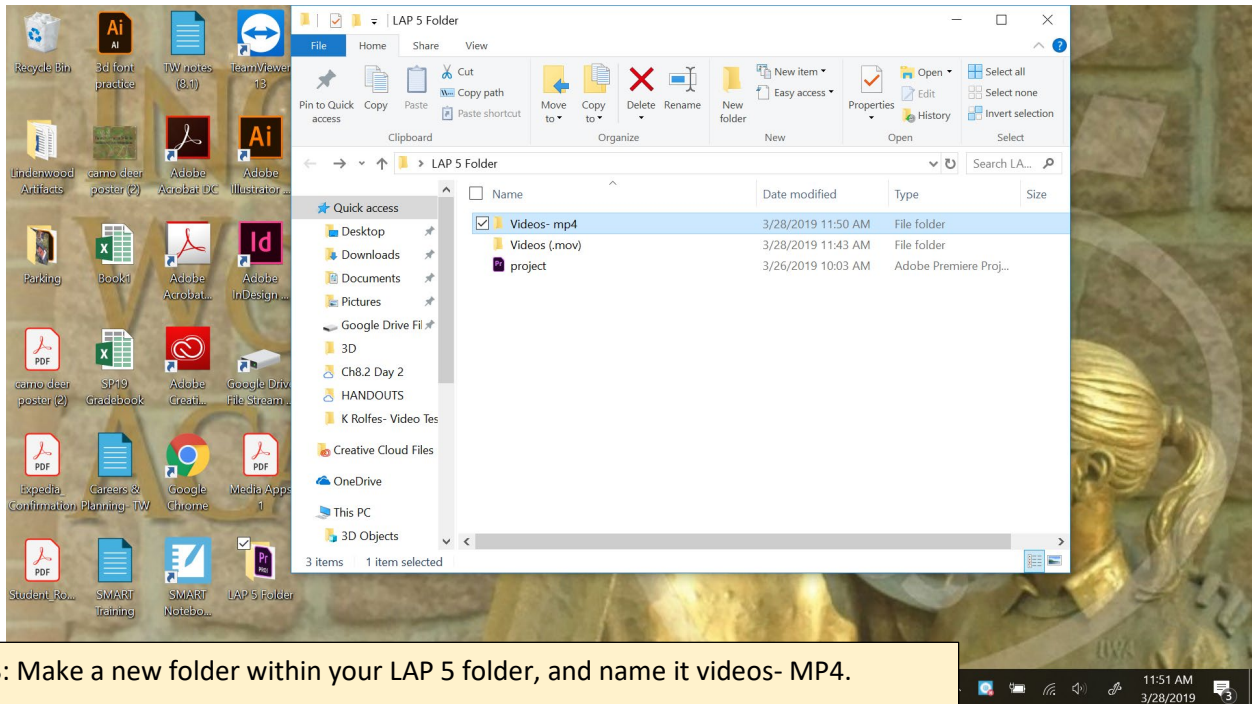


Changing format of Video files from .MOV to .MP4



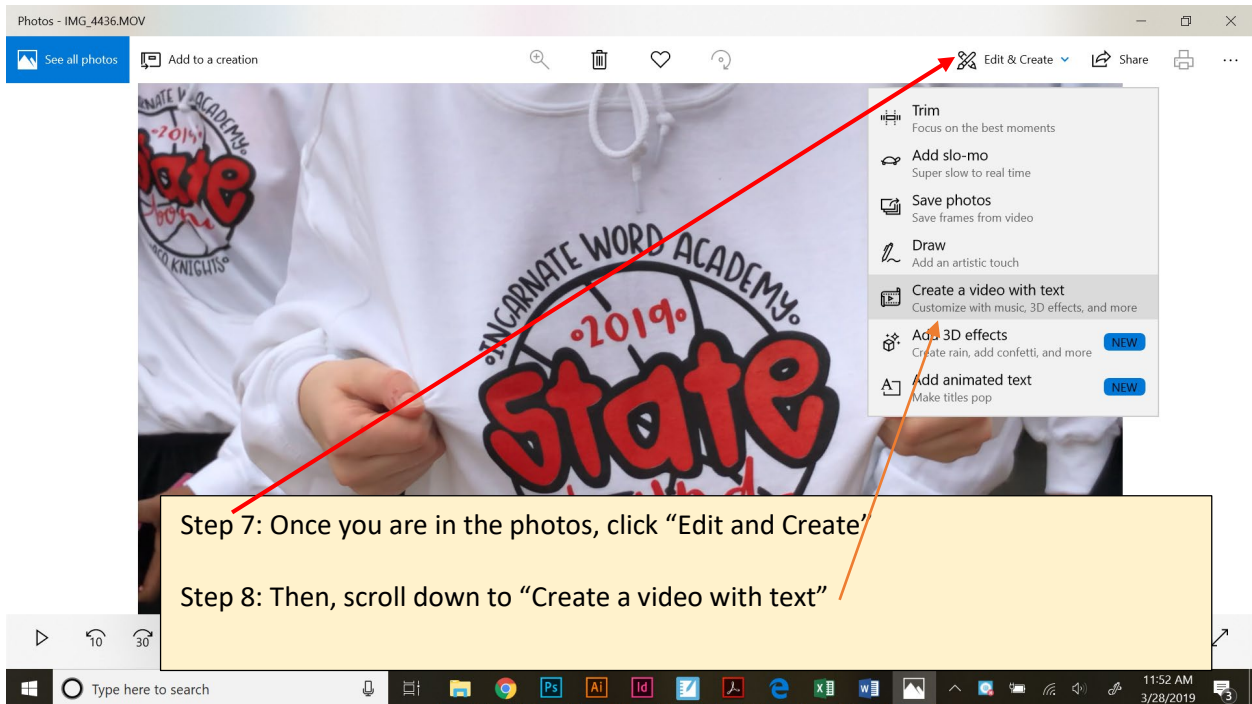
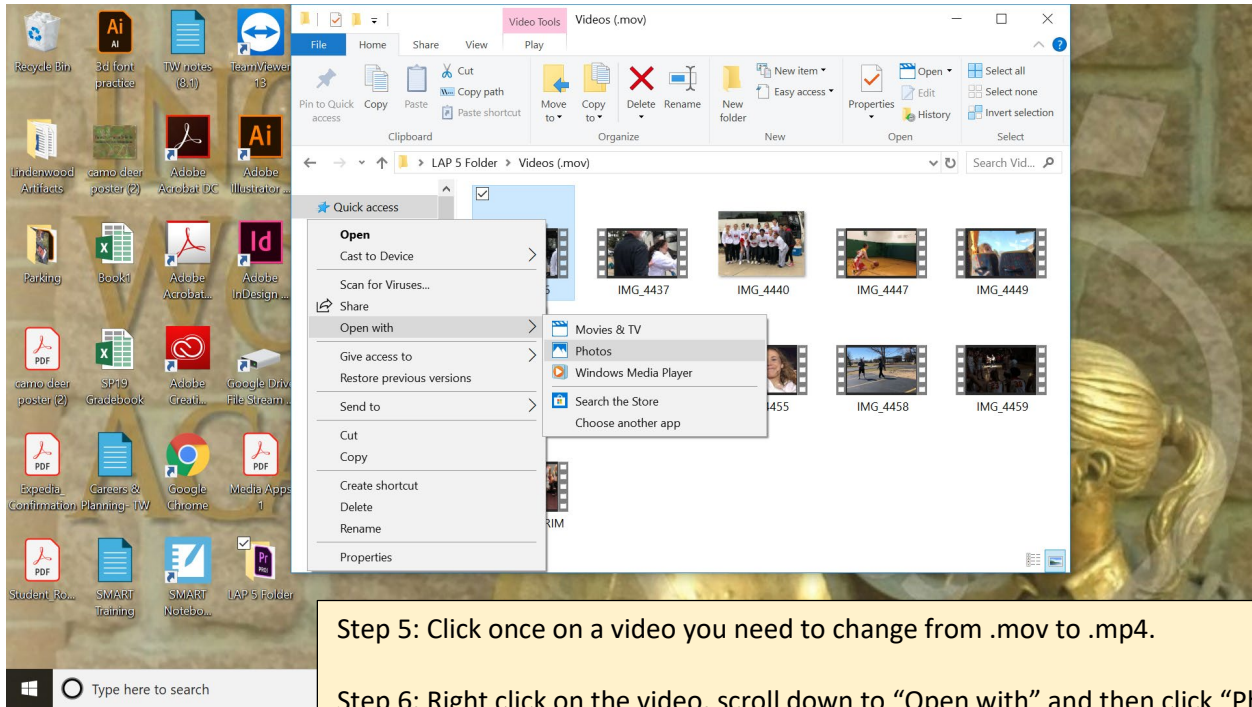
Step 1: Open up your LAP 5 folder that should have been moved to your desktop.

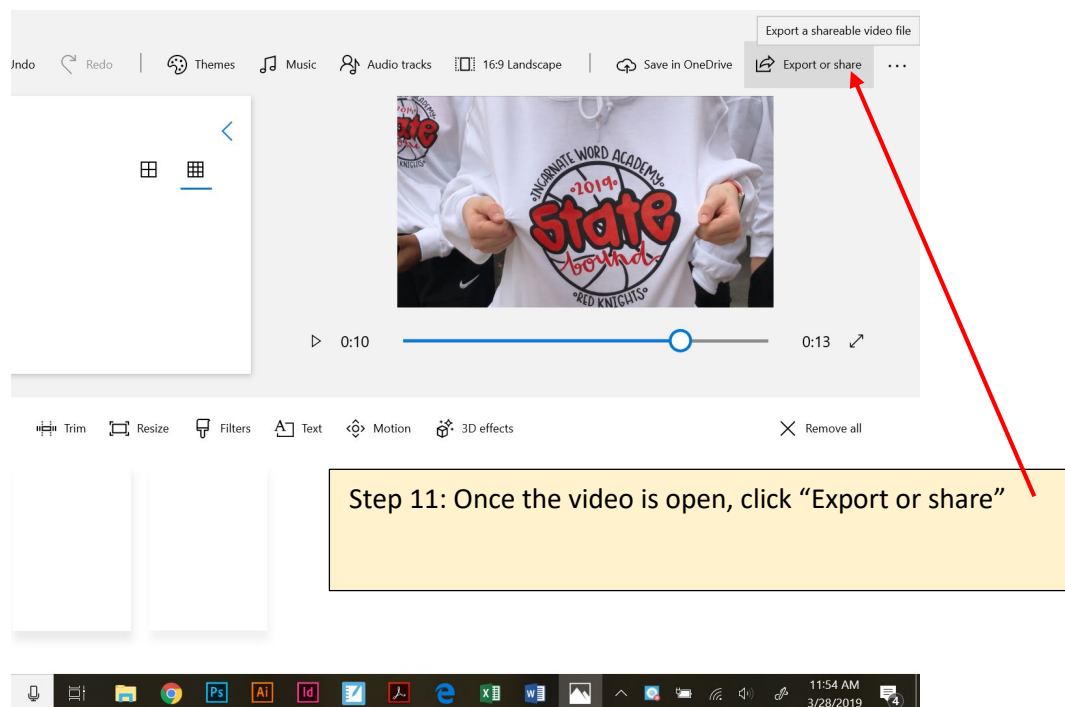
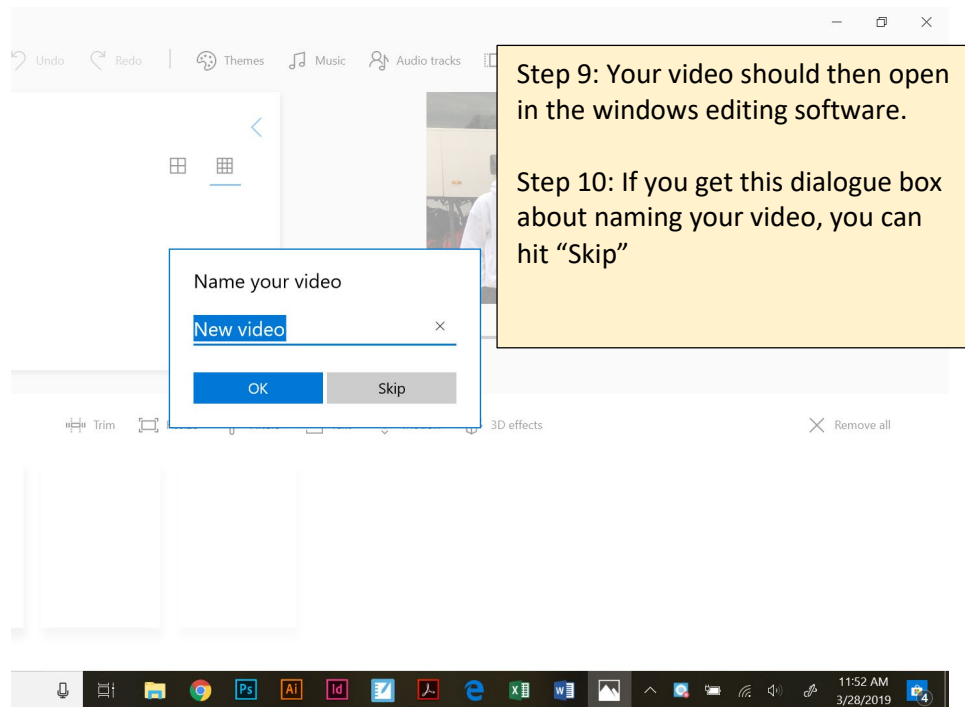
Step 2: Make sure that your videos are organized in your folder. For example, I have a videos folder in my LAP 5 folder, which is where all my downloaded videos are. I renamed it to include .mov so that I would remember which videos are the original, and which ones are the new file.

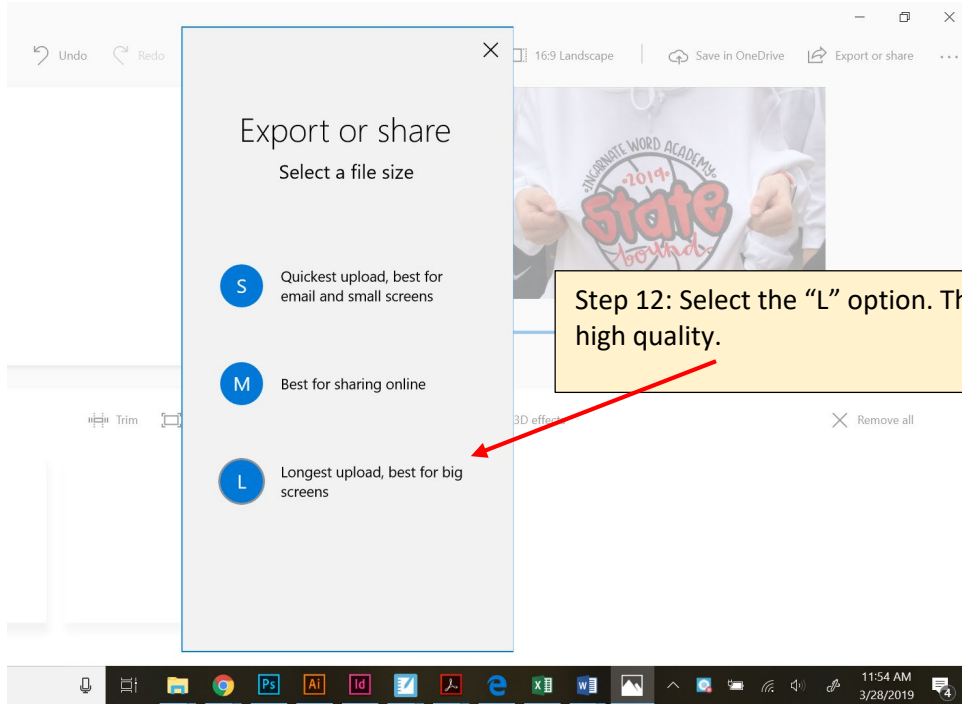


Step 3: Make a new folder within your LAP 5 folder, and name it videos- MP4.

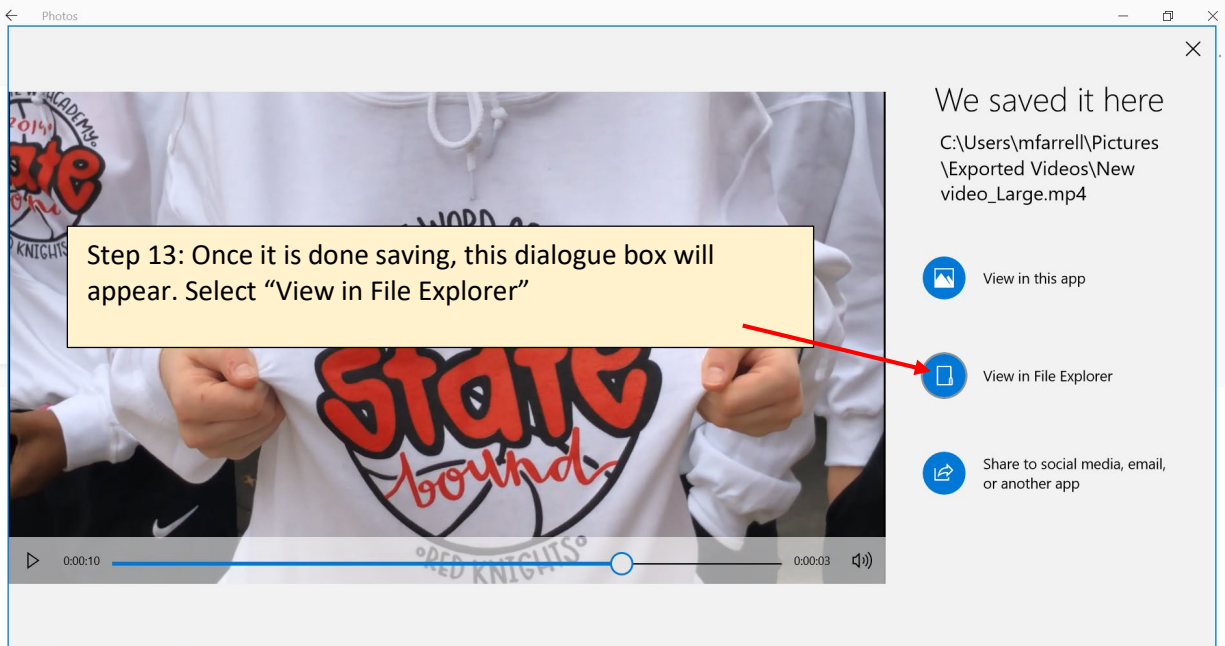
Step 4: Double click on your Videos- .mov folder to open your videos that you originally downloaded from your Google drive.










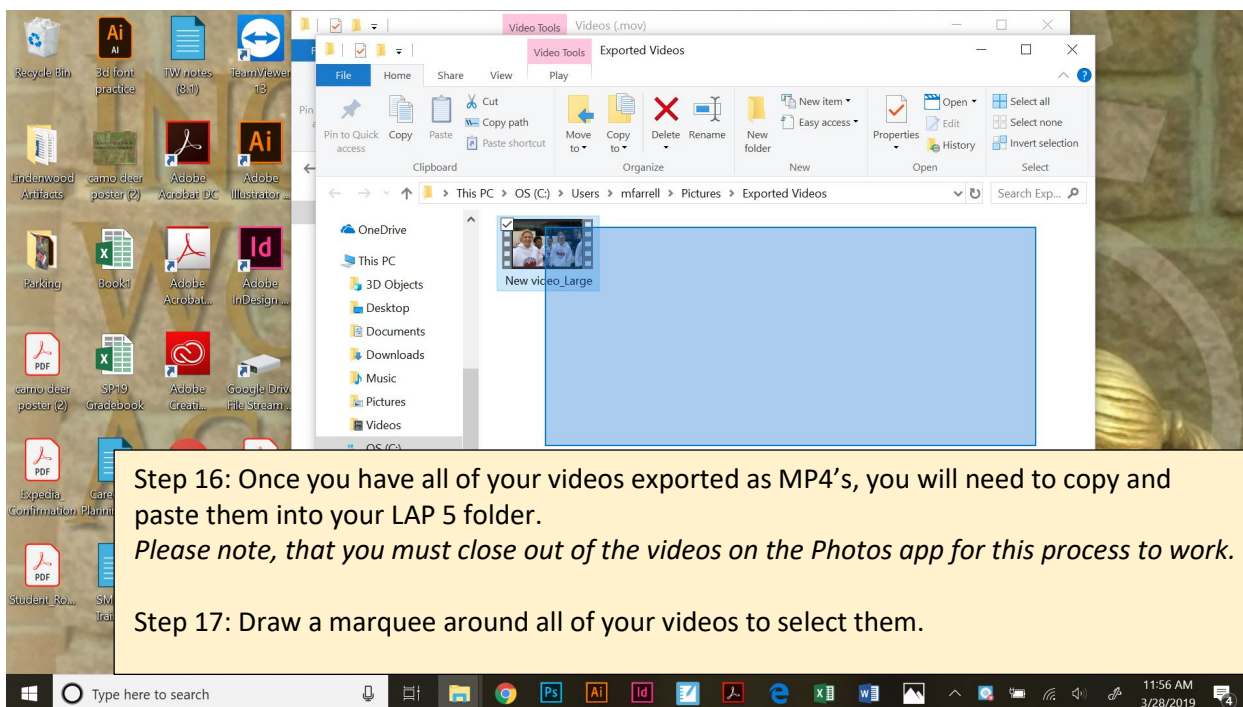
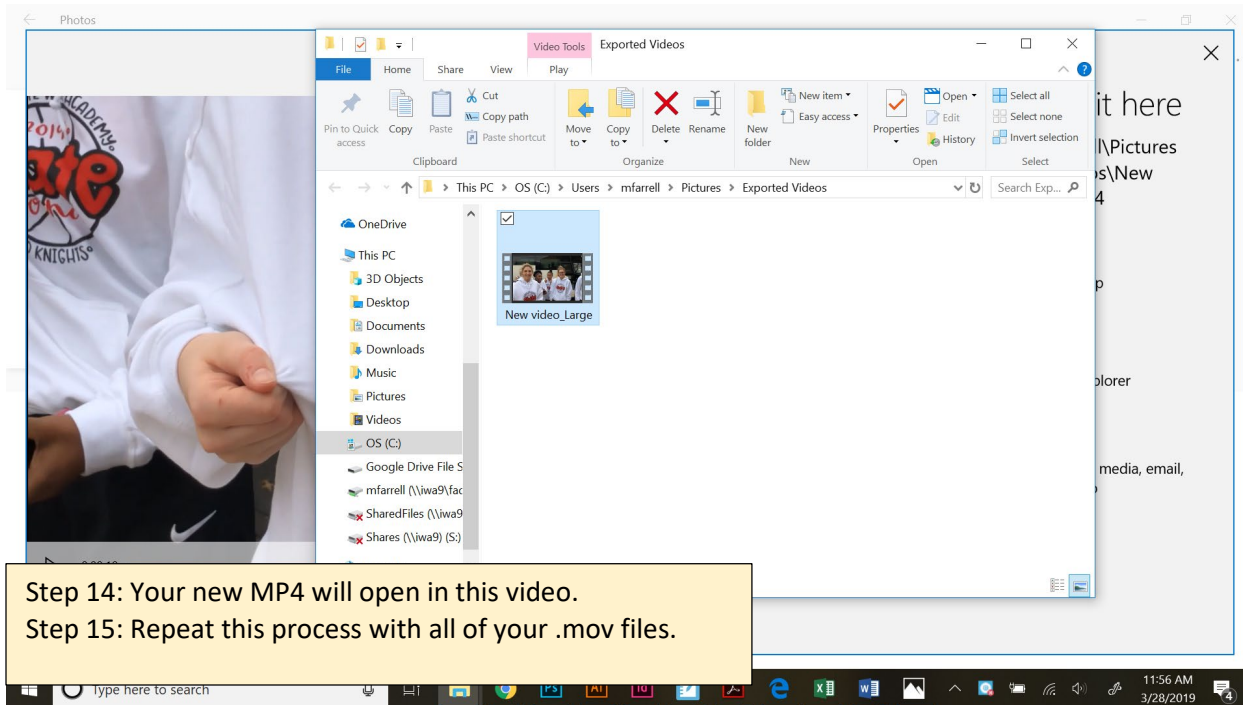
Step 12: Select the "L" option. This will keep the video at a high quality.

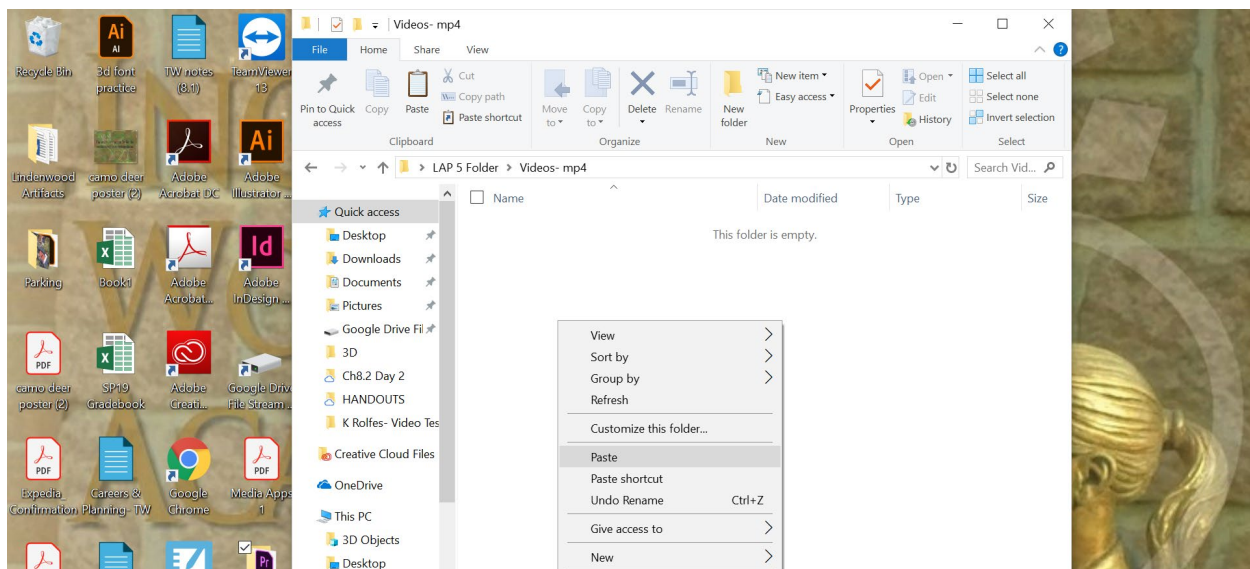
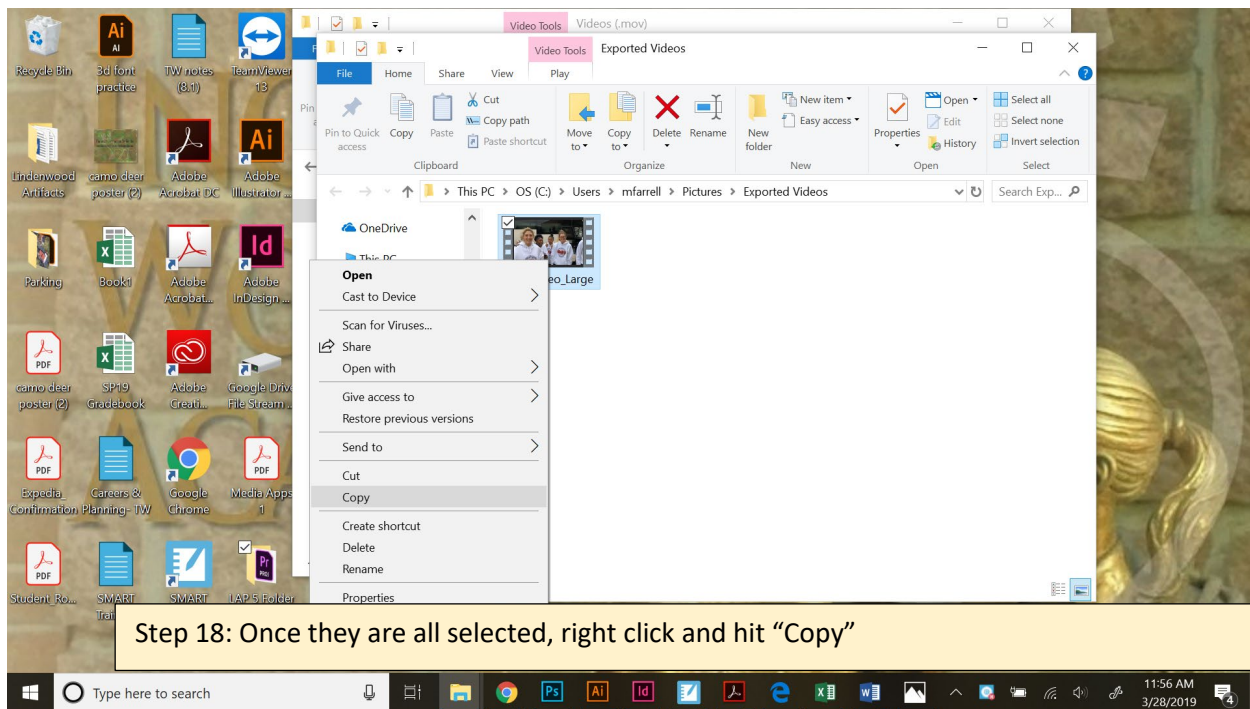


Step 13: Once it is done saving, this dialogue box will appear. Select "View in File Explorer"

We saved it here
C:\Users\mfarrell\Pictures
\Exported Videos\New
video_Large.mp4

-  View in this app
-  View in File Explorer
-  Share to social media, email, or another app





Step 19: Navigate to your LAP 5 folder on your Desktop.

Step 20: Click on the .MP4 folder that you created earlier in this process.

Step 21: Right Click → Paste

Step 22: Open up Premiere Pro to start your project! When importing the videos, make sure to import the MP4's and not the .mov files.

**Thank you Kate Rolles for letting me use your videos for the screen shots on this directions document!*