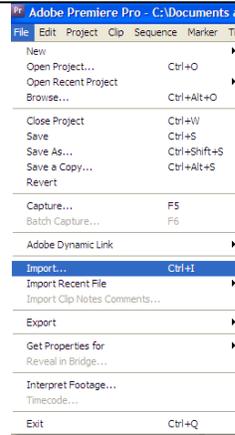## Importing your video clips, sound clips, still images.

File>Import>

- (browse to where your resources are at and select them)
- They will appear in your project pane once they are loaded.

Clipping a video clip

- Double clip on the resource you want to edit in your project pane.
- This resource will display in the source monitor.
- Move the blue marker to where you want to begin your clip
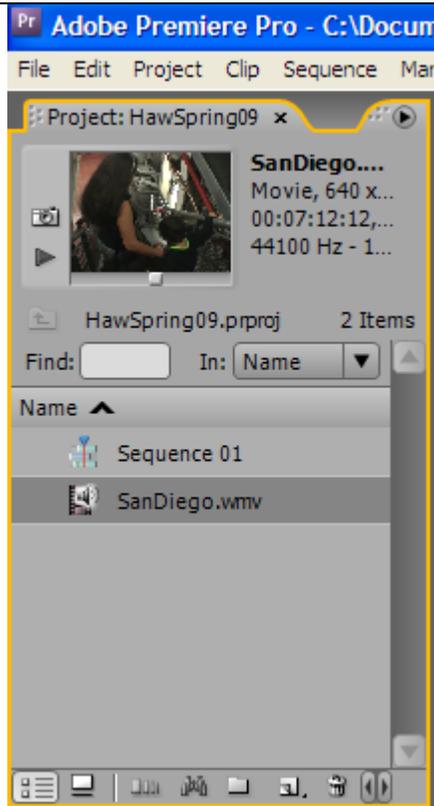- Click on the icon to set In Point.

- Move the blue marker to where you want to end your clip.
- Click on the icon to Set Out Point
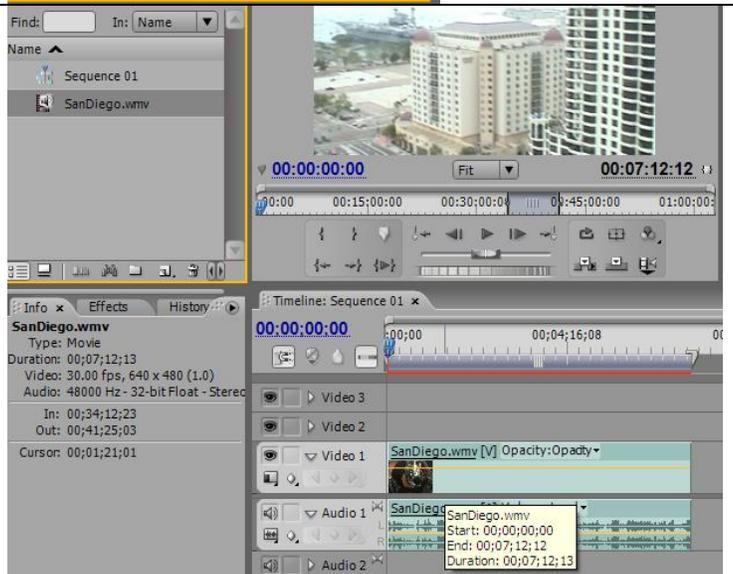- Now use the instructions to add a resource to your timeline. (below)

Adding a clip, sound, or still image to the timeline

- Select the resource you want from the project pane.

- If you marked an In and Out point on the video, only the marked range will be added.

- Drag it down to Video 1 in the timeline pane.

Using the Premiere Title Designer

Premiere's *Title Designer* is a utility which allows you to create simple text titles for use in Premiere projects.

To open the Title Designer, select **File > New > Title**, or F9 on your keyboard. The title window appears as pictured below.
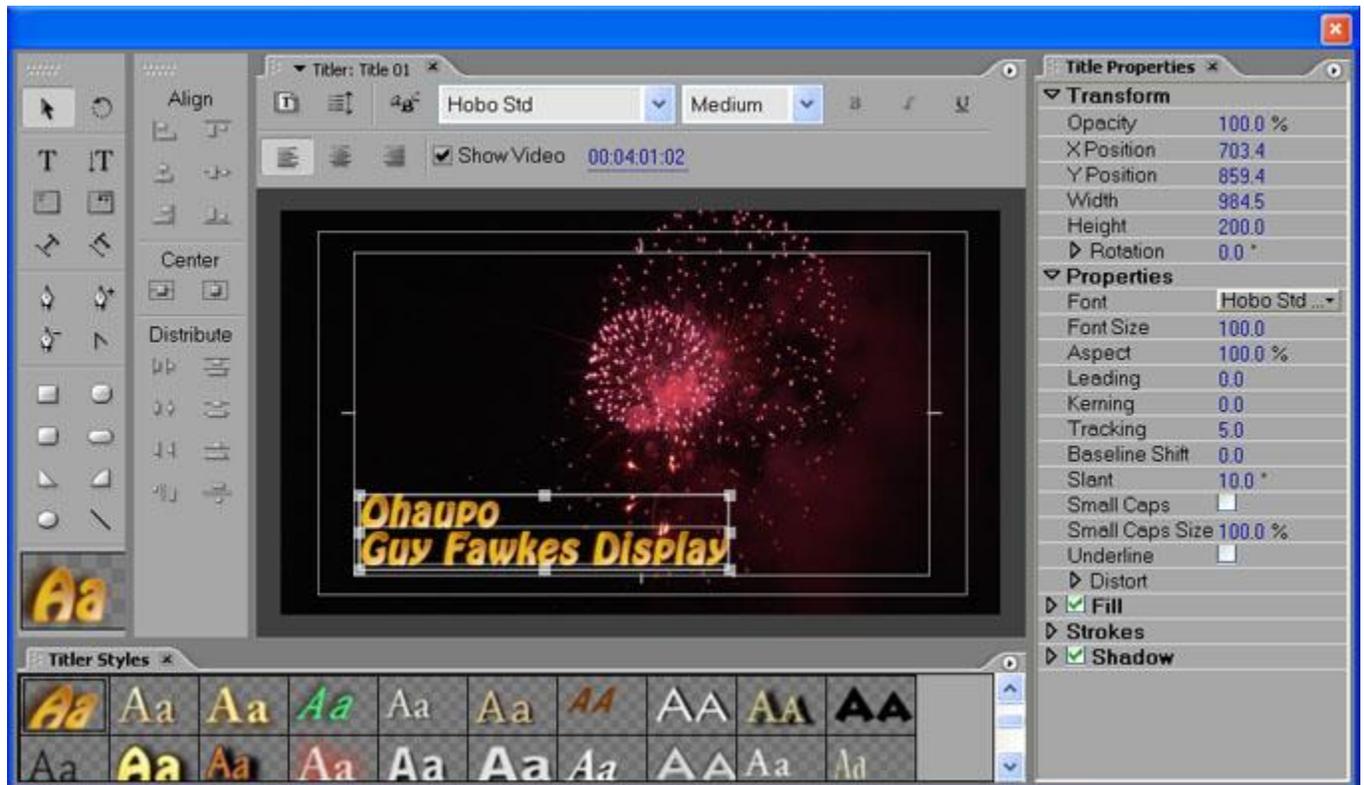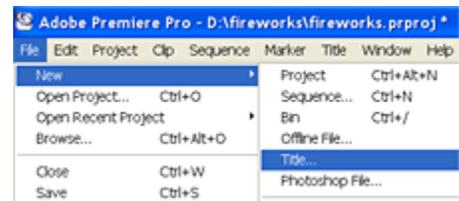
By default, the background of the title composition area shows the current frame in the timeline (i.e. the position of the scrubber). This allows you to see the video underneath the title as you create it. You can also select a different frame for reference if you like.

The title composition area also shows the safe areas - the television safe area (outer rectangle) and the title safe area (inner rectangle). For best results your title should fit inside the title safe area.

To add text, make sure the text tool is selected. Click in the title composition area and enter your text.

To alter the font style and other attributes, use the **Object Style** menu to the right of the window.

- Fairly heavy fonts work best for television and video. Fonts with fine lines are harder to read and tend to flicker.

- You may want to add a stroke (border) and/or drop-shadow to the text. This makes the text easier to read against the background.

When you have finished entering the text, you can select the move tool and reposition the title. You can also right-click the text and select **Align** for more positioning options.

Once the file has been saved it will appear in the project window as a new item.

Transitions in Adobe Premiere

This tutorial shows how to create transitions in Adobe Premiere. (*Note:* For general information about transitions, see Video Transitions.)

A transition is the way one shot changes to the next. By default, if two clips are placed next to each other in the timeline, the transition is a cut.

To make more interesting transitions such as dissolves, wipes and effects, use the transitions available in the Effects window (pictured right).

There are two types of transition: Video and audio. To apply a transition, expand the Video Transitions or Audio Transitions bin. Choose a transition to use.

Drag the desired transition to the timeline at the point where the two clips join, as illustrated below.
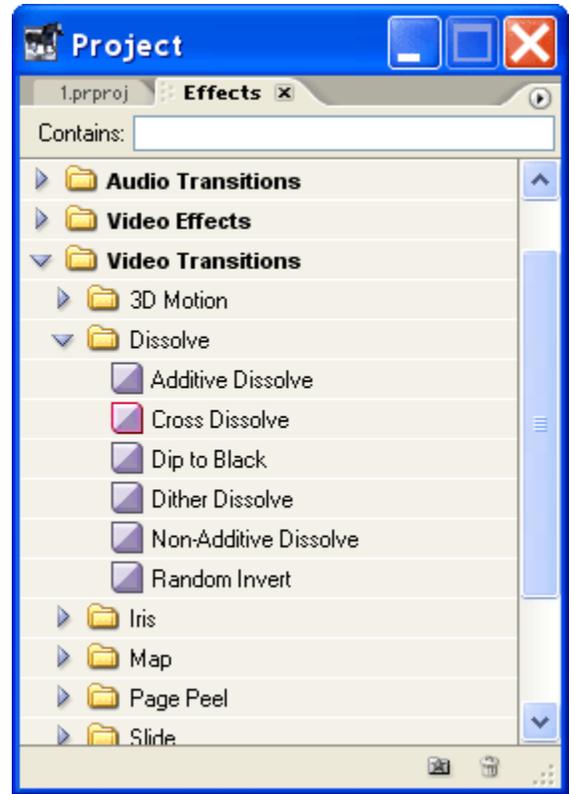
Example

These two clips are placed next to each other in the timeline. Before a transition is applied, the transition is a cut.


Drag a video transition onto the cut. The timeline will show where the transition will be placed.

When you release the mouse, the transition is applied.

Transitions and Handles

When creating transitions in Premiere, it's very important to understand the role of *handles*. Handles are extra footage before the clip's in-point and after the clip's out-point. If you view a clip in the Preview monitor as illustrated below, the handles are the areas in the timeline outside the darker grey. Handles are also known as *head material* and *tail material*.
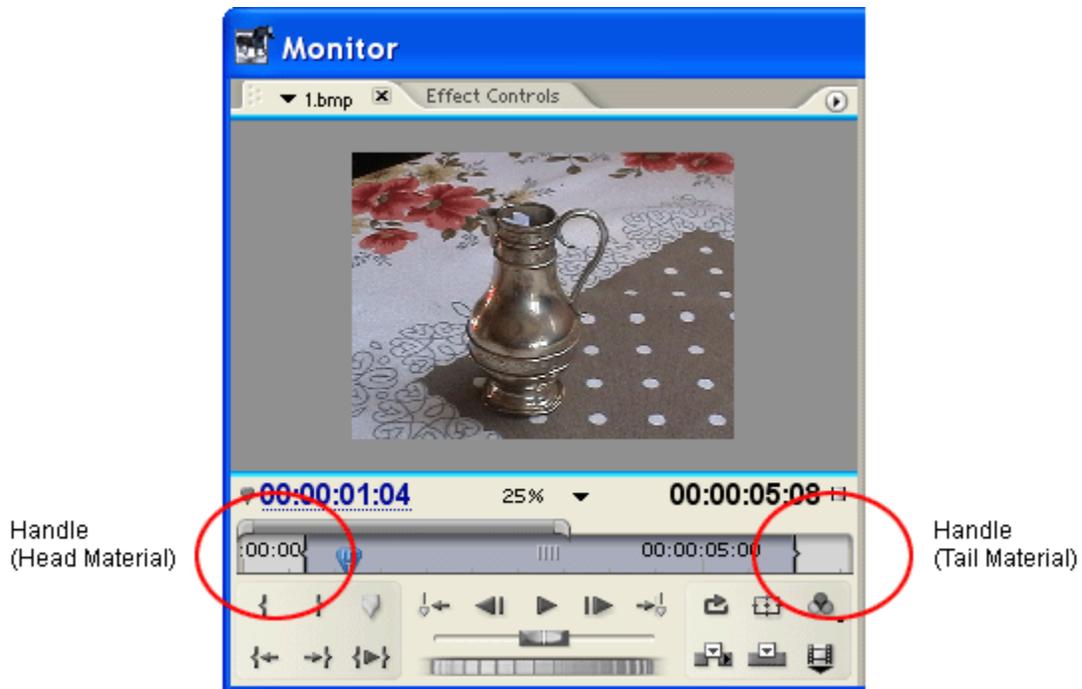
Obviously handles only exist if you have captured more footage than you are using in the timeline. If you are using the entire duration of the captured clip, then there are no handles.

Assuming the clip does have handles, the handles are used to create the extra footage needed for the transition.

The timeline below shows two clips with a video transition. Because footage from both clips is needed throughout the transition, Premiere uses the tail material from Clip 1 and the head material from Clip 2 as handles.

If a clip does not have handles there are various options:

- If one of the clips has handles, Premiere will automatically align the transition on the other clip rather than the edit point.
- If neither of the clips have handles, Premiere will repeat the last/first frame of the clips to make the transition.
- Try dragging the transition left and right in the timeline to get the best compromise between available footage and repeated frames.

When a transition is used with repeated frames, diagonal warning strips are shown as illustrated below. In this case Clip 3 lacks a handle, so the first frame of Clip 3 is repeated for the first half of the transition:


*Tip:* The split-screen view is very useful when dealing with limited handles (see next page).

Adjusting the Transition Settings

Once you have applied a transition, you can adjust it in various ways.

In the timeline you can drag the edges of the transition left and right to adjust the start and end points. You can also drag the entire transition left and right. When you do this, the monitor window shows a split-screen indicating the transition start/end points like so:
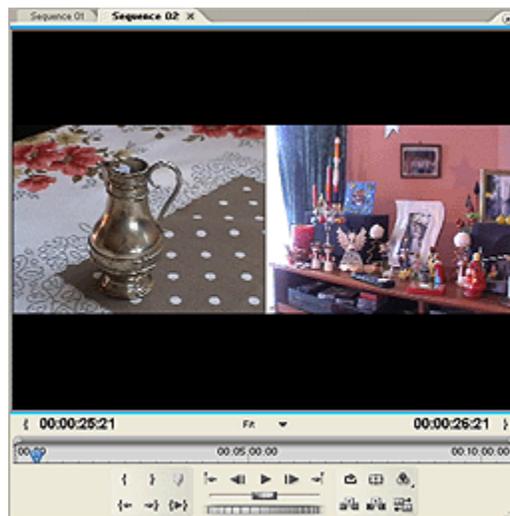
When you select the transition in the timeline and open the Effect Controls window, you will see more control options. These options vary depending on the selected transition.
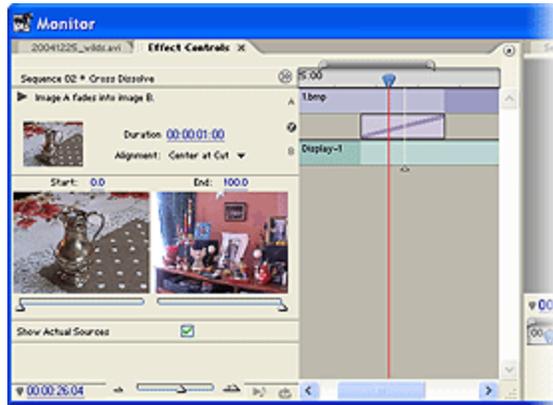
Here are a few common transition settings...

Show Actual Sources

Only for the editor's reference, this shows the actual footage in the Effects Control window (instead of the letters A and B).

Reverse

Plays the transition backward. For example, a wipe will play right to left instead of left to right.

Edge Selectors

If available, small arrows appear by the edges of the transition thumbnail in the Effect Controls window. Click an Edge selector to change the transition's direction or orientation.
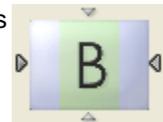
Start and End Sliders

Changes the start and end state of the transition. For example, you can set the wipe to begin already in frame.

Border Width

If the transition can have a border (e.g. wipe), this sets the border width. The default is none.

Border Colour

If the transition can have a border, this sets the border colour.

Anti-Aliasing Quality

Adjusts the smoothness (anti-aliasing) of the transition's edges.

Using the Default Transitions in Adobe Premiere

Premiere has default video and audio transitions which can be added to clips in various ways. This can be much more efficient if you use the same transitions a lot.

By default, these transitions are Cross-Dissolve for video and Constant Power (crossfade) for audio.
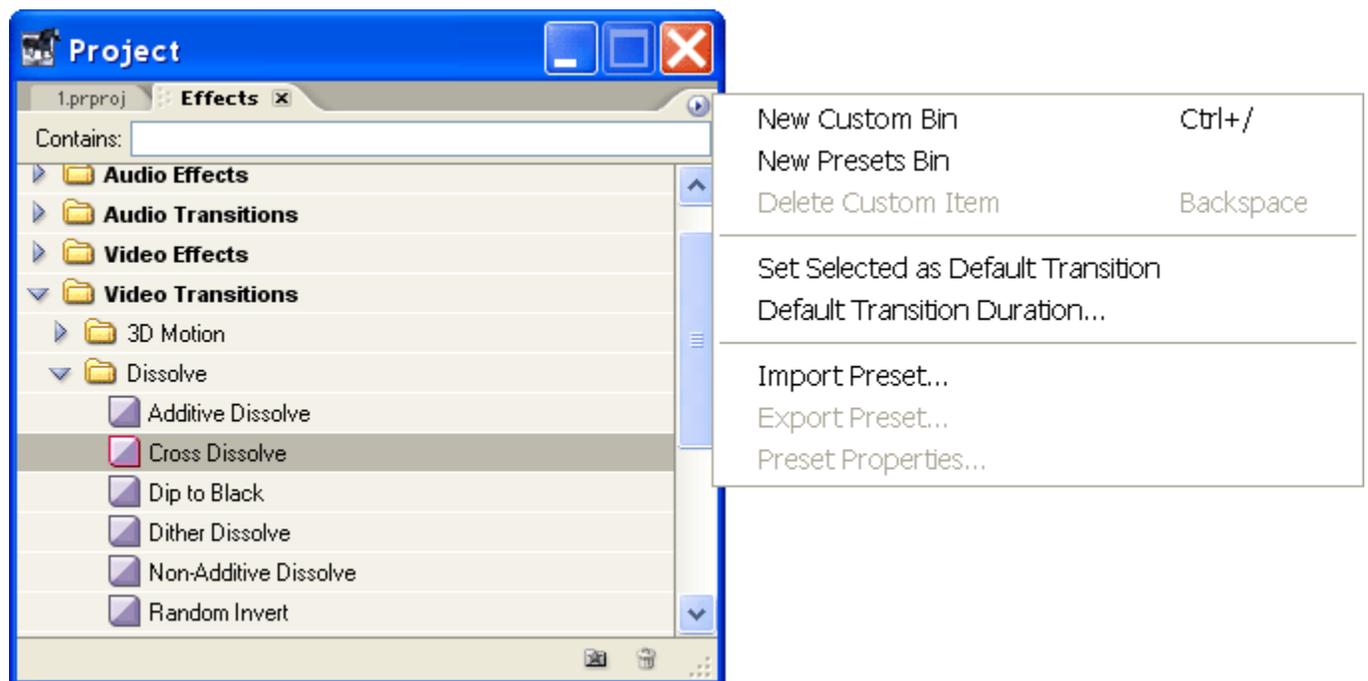
To Apply the Default Transition

- Make sure the correct track is targeted (click the header at the start of the track).
- Position the Current Time Indicator at the join between the two clips. To make this easier, you can use the Next Edit and Previous Edit buttons in the Program Monitor view.
- Choose **Sequence > Apply Video Transition** or **Sequence > Apply Audio Transition**.
- Keyboard shortcuts are **CTRL-D** (video) and **CTRL-SHIFT-D** (audio). You can change these shortcuts by selecting **Edit > Keyboard Customization**.

To Change the Default Transition

Open the Effects window (**Window > Effects**). Expand the Video Transitions or Audio Transitions bin. You will notice that the default transition is indicated by a red border.

Select the desired transition. Click the options button (top right of the Effects window) and choose **Set Default Transition**.

From this menu you can also select **Default Transition Duration** to change the length of the default transition.

That's the end of this transition tutorial. For more information, see our Adobe Premiere Tutorials or join our Video Discussion Forum.
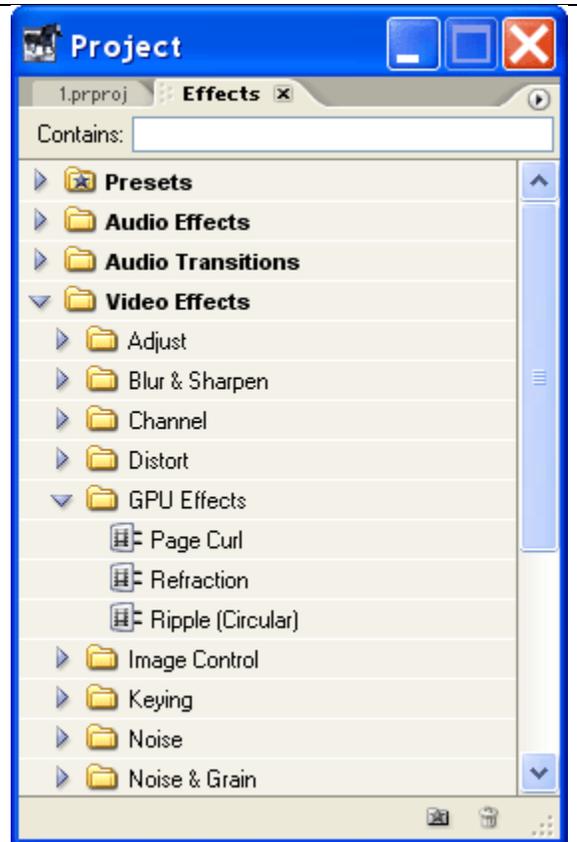
Adobe Premiere Effects

Premiere comes with a selection of video and audio effects which can be added to clips. Effects allow you to change the appearance of video or the sound of audio in many ways, from simple adjustments such as brightness and volume to complex special effects.

To see the available effects, open the effects window. By default this is found in the project window. You can also open it by selecting **Window > Effects**. To create a new window for the effects, drag the Effects tab away from the project window into an empty part of the workspace.

Expand the Video Effects or Audio Effects bins. You will see a selection of sub-folders containing effects in various categories.

To apply an effect, drag the effect from the effects window onto the clip in the timeline.

Once an effect has been applied, it will also appear in the Effect Controls window (see next page).

Adobe Premiere Effect Controls Window

By default, the Effect Controls window is found next to the preview monitor in the monitor window. You can view it by clicking the **Effect Controls** tab or selecting **Window > Effect Controls** from the main menu. Like the Effects window, you can create a new window for effect controls by dragging the tab to an empty space in the workspace.
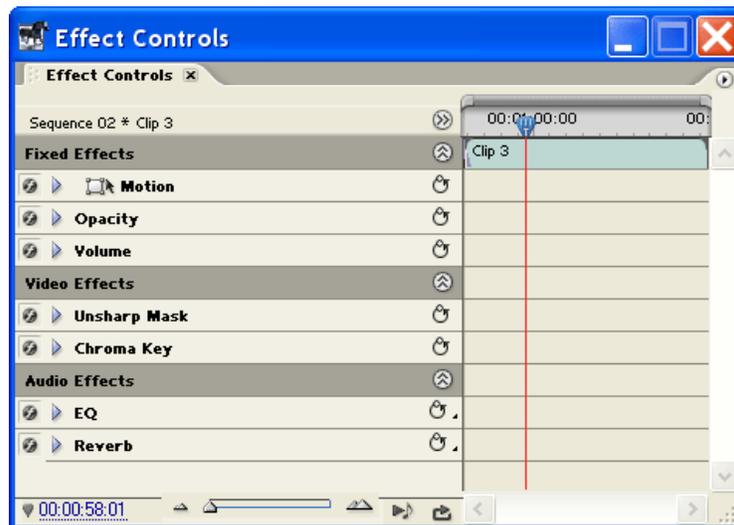
The Effect Controls window shows the effects for the currently selected clip in the timeline. As you select different timeline clips, the Effect Controls window changes to show the applicable range of effects.

Fixed Effects are effects which are applied automatically to every clip. Fixed effects for video clips are Motion and Opacity. The fixed effect for audio is Volume.

Other effects are known as *Standard Effects* and will appear below the fixed effects when applied to a clip.

Adjusting Effects

Note: Effects can be the same throughout the clip or they can be set to change over time. To learn how to change an effect over time, see Premiere Keyframes.

To make changes to an effect, click the triangular button to expand it. You will see various controls which look something like this example:
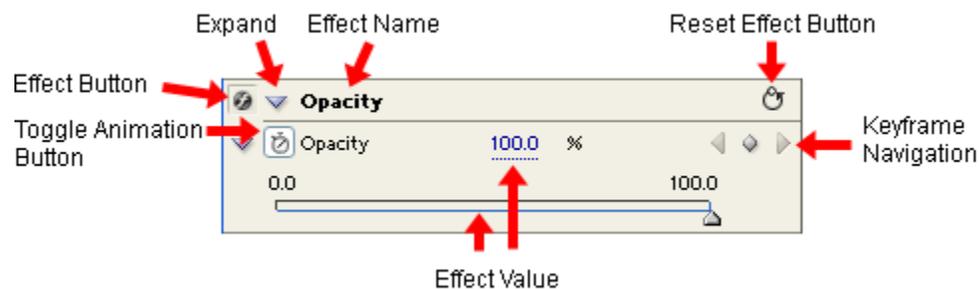

- *Effect Button:* Toggles the effect on and off (without adjusting any of the values).
- *Toggle Animation Button:* Turns keyframes on and off. Any existing keyframes will be deleted.
- *Expand:* Expand/collapse controls for this effect.
- *Effect Name:* The name of this effect.
- *Reset Effect Button:* Resets the effect to it's default value at the Current Time Indicator (CTI). If the effect has keyframes and the CTI is not on a keyframe, a new keyframe will be created.
- *Keyframe Navigation:* The arrows jump between keyframes. The middle button creates (or removes) keyframes at the CTI.
- *Effect Value:* The value(s) of the effect. Some effects will have multiple values. Adjust the values by dragging the slider, dragging the numerical value, or entering a numerical value.

Exporting Video from Adobe Premiere Pro

This section shows how to export video clips using Adobe Premiere Pro. You can export in a variety of formats and it's important to choose the right one for the job.

Export options can be found in the menu under **File > Export**.

Important: Before exporting, make sure you have the correct panel and source selected in the workspace. For example, select the timeline panel to export the timeline, or select the preview monitor to export a clip shown there. If the export option is grayed out, you don't have a clip or timeline selected.
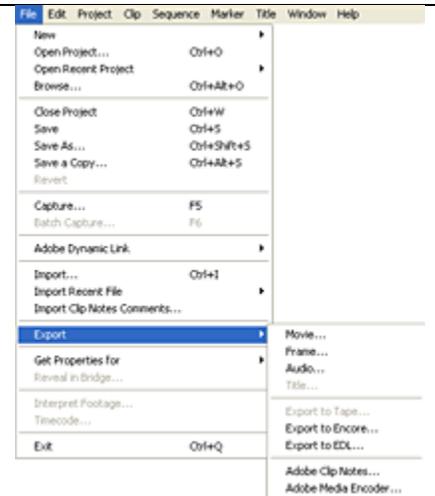
AVI

To export as an AVI file, choose **File > Export > Movie**.

This creates a large file but is the best quality. Use this option for mastering purposes or if you want to be able to edit the video later. For maximum quality, export as an uncompressed AVI (warning: very large files will result!)

DVD

For output to DVD, choose **File > Export > Export to Encore**. This sends the selection to the separate Encore application for DVD authoring.

Adobe Media Encoder

To export to a different format, choose **File > Export > Adobe Media Encoder**. The Export Settings window opens:
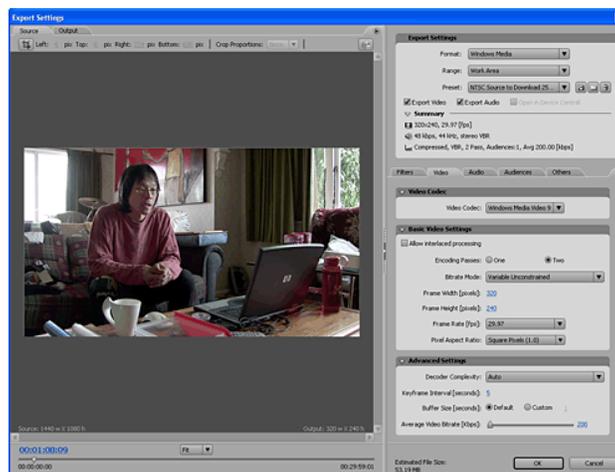
Choose a format from the drop-menu at the top right of the window. You can exports as: Flash, Windows Media, Real Media, Quicktime, and a variety of MPEG formats including Blu-ray and H.264.

These options are more compressed, so they are smaller file sizes and lower quality. Use these options for serving files on the Internet, mobile devices, or for minimizing storage requirements on disk.

The options for each encoding format are very similar. Choose the format you wish to use for more details: Windows Media | Real Media | Quicktime | Flash

---

Export Windows Media Files in Adobe Premiere

Place your video clip in the Premiere timeline. From the File menu, select **File > Export > Adobe Media Encoder**. The **Export Settings** window will appear. From the **Format** drop-menu select **Windows Media**. The options in the rest of the window change to reflect this format.
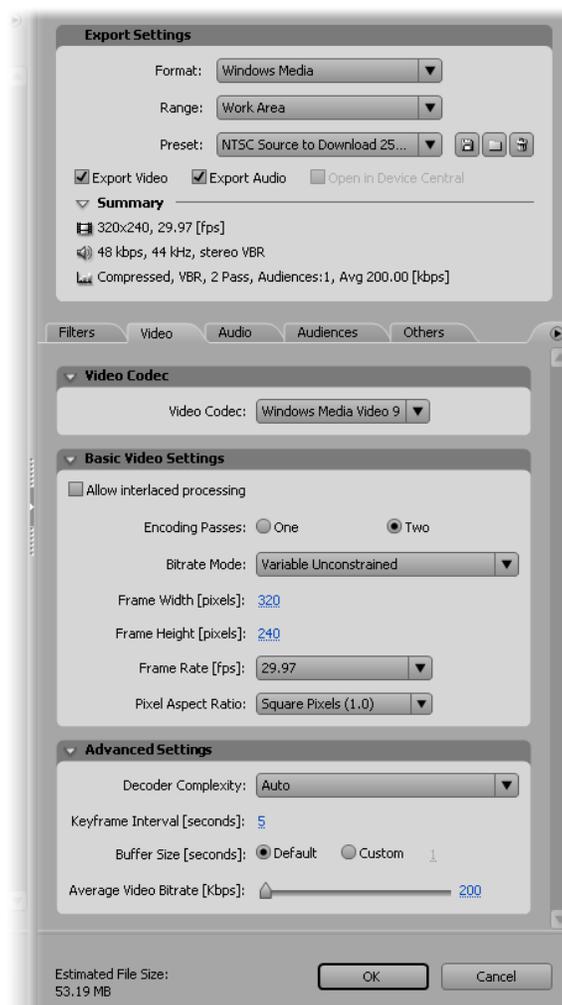
From the **Preset** drop-menu select the preset which best matches your delivery platform. The example above shows the **NTSC Source to Download 256kbps** setting, suitable for web browsers on a reasonably fast connection.

To customize a preset or create your own, simply make a change to any of the options, then click the **Save** icon to the right of the **Preset** menu.

Metadata

To add *metadata* (information such as title, copyright, etc), click the flyout menu button to the right of the **Others** tab, then select **XMP Info**.

Saving

When you're happy with the settings click **OK**. You will be prompted for a file name and location for the encoded file. Windows Media files use a variety of extensions, the most common being *.wmv*.