

tech note: compressing QuickTime movies for YouTube

- . You Tube Videos are limited to 10 minutes and **100 MB**. Any projects larger than this should be compressed using Quicktime Pro.
 - . According to YouTube, videos saved with the following settings convert the best:
 - . **MPEG4**
 - . **320x240** resolution
 - . **MP3** audio – (QT doesn't save out MP3, so use an alternative, see below)
 - . **30** frames per second framerate
- 1) Open your project in Quicktime Pro
 - 2) Click **File > Export**
 - 3) Choose Export: '**Movie to Quicktime Movie**' and click the '**Options**' button.
 - Click Video > Settings to change Video to **MPEG-4 Video (Quality=Best, Frame rate=30)**
 - Click Video > Size to change Dimensions to **320 x 240**
 - Click Sound > Settings to **AAC** format at **44kHz** (IMA 4:1 and Qdesign2 are also fine)
 - Your settings should look like this:

