

How to convert my film to MP4?



If your film is a file, follow these steps:

1. Download **MPEG Streamclip** from <http://www.squared5.com/>. It is free!
2. When installed, open the program.
3. Go to the file menu and select "Open files"
Select your film from the new window and choose "Open".
Your video should now be loaded in the program.
4. Select the File menu again and choose "Export To MPEG-4".
A new window will open.
5. In this window change the following:
 - Compression: Choose "H.264"
 - Quality: Between 80% - 100%
 - Frame Size: choose 1280 x 720 (HDTV 720p)
 - Frame Rate: type 25 in the empty white box
 - Interlaced Scaling: deselect this option
 - Leave everything else and click on "Make MP4"
6. Select where you want to save the video, then click save.
The video should start encoding.
7. Once done, you will have a file that you can upload.

If your film is a DVD based file, follow these steps:

1. Download **handbrake** from <http://handbrake.fr/>. It is free!
2. When installed open the program.
3. Choose "Source" and from the new window select the DVD.
4. After scanning is complete, under "Destination" Click "Browse"
Choose where you want to save the video.
5. Now click the "Start" button next to "Source"
Wait for the video to finish encoding.
6. When done your file should be available in the destination folder you chose & can now be uploaded.