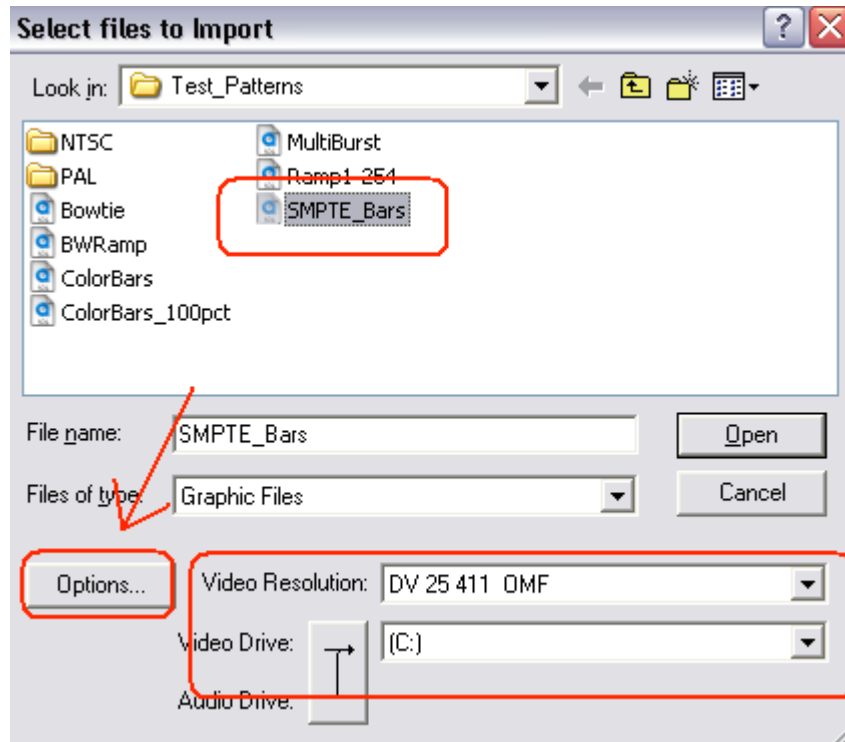


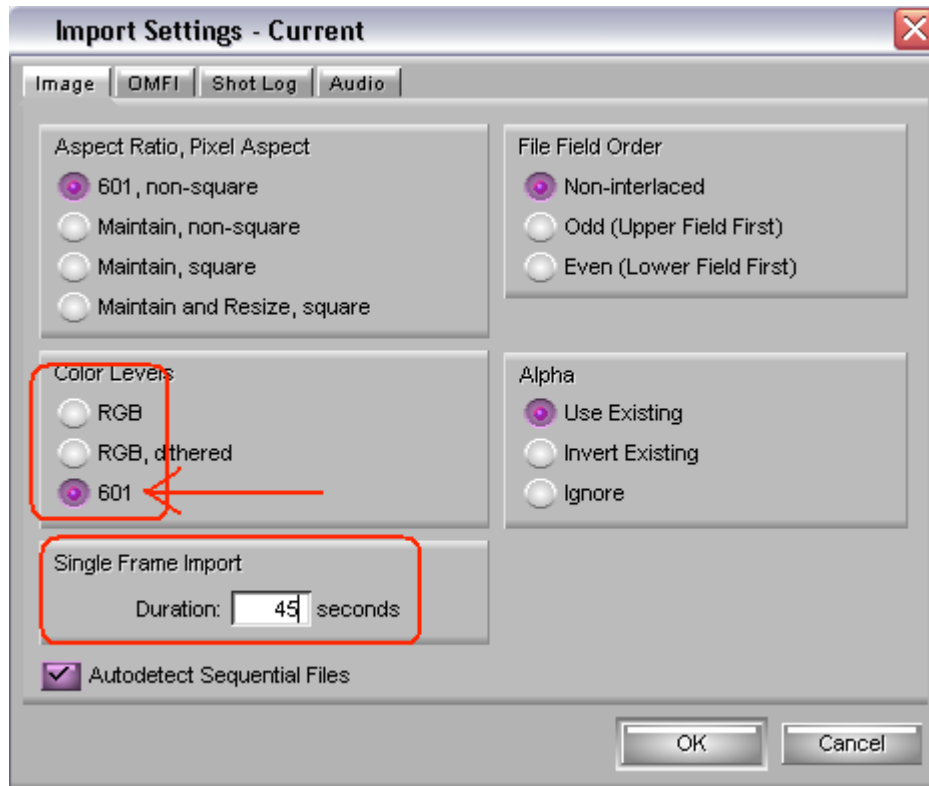
Exporting an .AAF and QuickTime from AVID to Edit/Mix in Pro Tools

A. Prep the sequence with Bars, Tone, Slate, Countdown and Timecode Burn-in

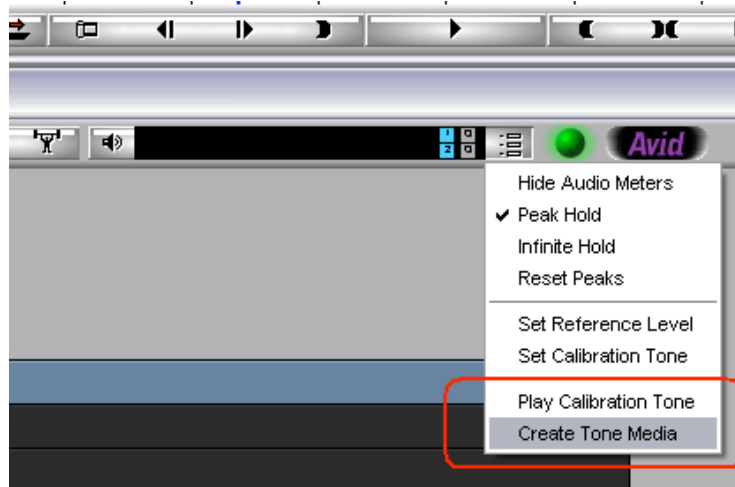
1. Import 45 seconds of color bars into bin.
 - a. Windows:
 - Select the bin and go to >File > Import >C drive > Program Files >AVID > Avid Xpress Pro> Supporting Files>Test Patterns.
"C:\Program Files\Avid\Avid Xpress Pro\SupportingFiles\Test_Patterns"
 - b. Mac:
 - Application>Avid Xpress Pro> SupportingFiles>Test_Patterns
choose SMPTE bars
2. Choose Video Resolution and what drive to save the file.



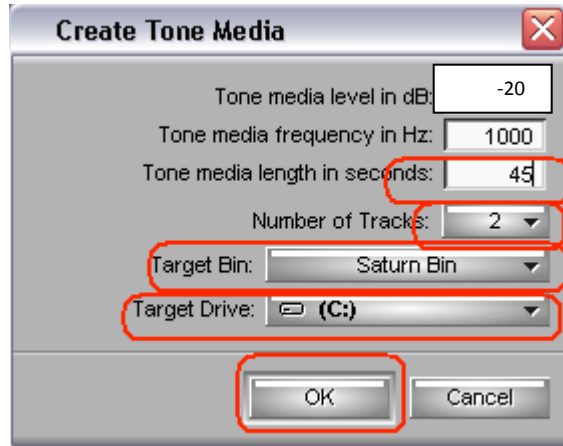
3. Click Options
 - a. choose RGB
 - b. Set the import duration to 45 seconds
 - c. Then click OK on the options menu then click OK on import menu
 - d. A 45 second clip of bars will import into selected bin



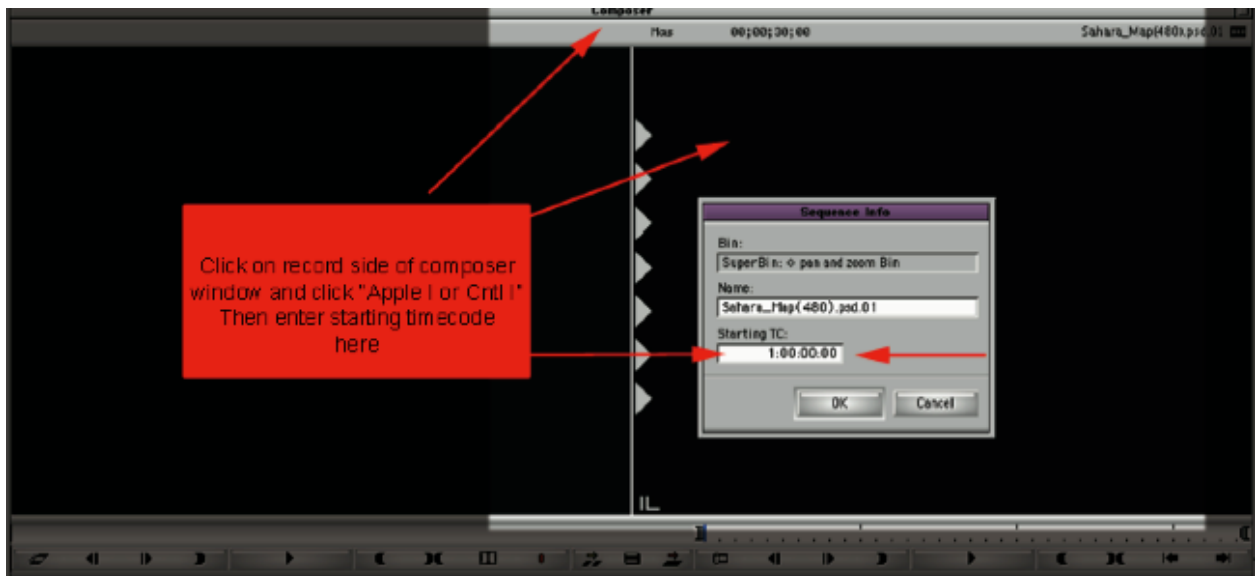
4. Creating Tone Media
 - a. Click on the "Meter Menu" on the AVID timeline and choose "Create Tone Media" from the dropdown menu



- b. Choose 45 seconds 2 tracks leave level as **-20**. Choose target bin and drive. Click OK and 2 tracks of tone will be created in bin.



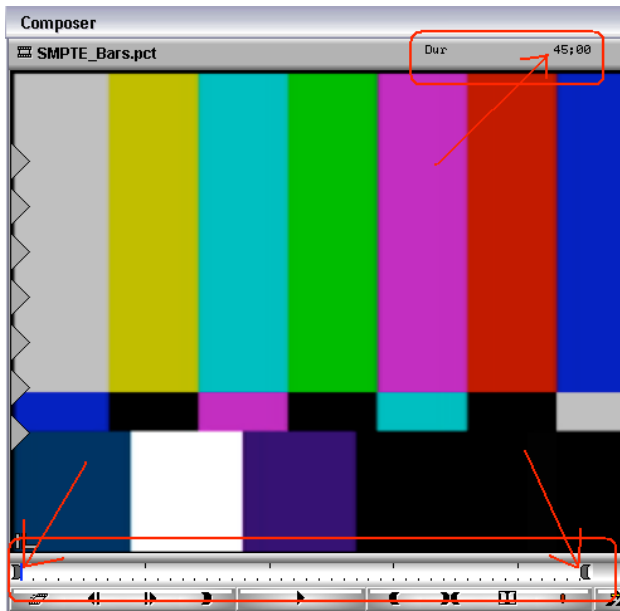
5. Load a COPY of the final sequence in the timeline and make sure that the start time of the sequence is 1:00:00:00
- Make sure the beginning timecode of first picture frame is 01:00:00:00. To do this delete anything that is before first picture such as slug or bars and tone. Then click in the record side of the composer window and click "apple I" on mac or "cntl I" on PC. Change the timecode in the window to 01:00:00:00. If you need drop frame change the colons to semicolons 01;00;00;00.



- b. Create a Burn-IN TIMECODE for the final sequence
 - Insert a new video track at the top of your Sequence
 - Drag the Timecode Burn-In generator to that track
 1. Effects – Generator – Timecode
 2. Effect Editor – Timecode
 - a. Current Time
 - b. Display 24
 - Place the Timecode window in the **UPPER LEFT HAND** corner of the frame.
6. Load the Bars into the source side of the composer window and mark the clip so that there is a 45:00 second duration of bars between the in and out points.



- a. Edit this into the timeline using the splice tool.
- b. Splice in the 45 second tone under the bars





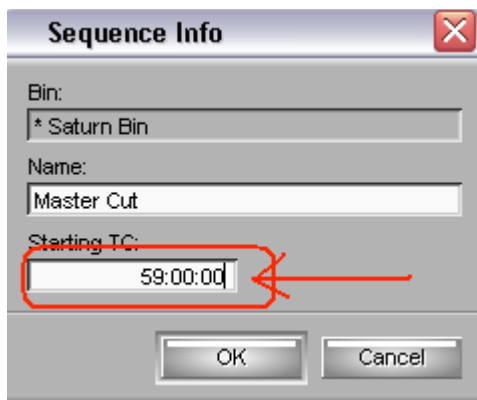
7. Create a slate that has the above information. The I/O duration should be 5:00 seconds. Splice the slate on the timeline right after the bars. **(00:59:45:00)**

8. Download the Countdown QuickTime from <http://vimeo.com/31334397>

9. File>Import> (Where you saved the downloaded Leader)

10. Edit Leader into the timeline right after the slate using the splice tool **(00:59:50:00)**
 - a. 2 POP should be only 1 frame at (00:59:58:00)

11. **Change the start time of the timeline by clicking Cntrl I or Apple I in the record side monitor as explained in step #6 and change the start time to 00:59:00:00 as shown.**



12. Check the timeline to make sure the Timecode matches the following:

Timeline starts at 00:59:00:00

Slate start at 00:59:45:00

Countdown starts at 00:59:50:00

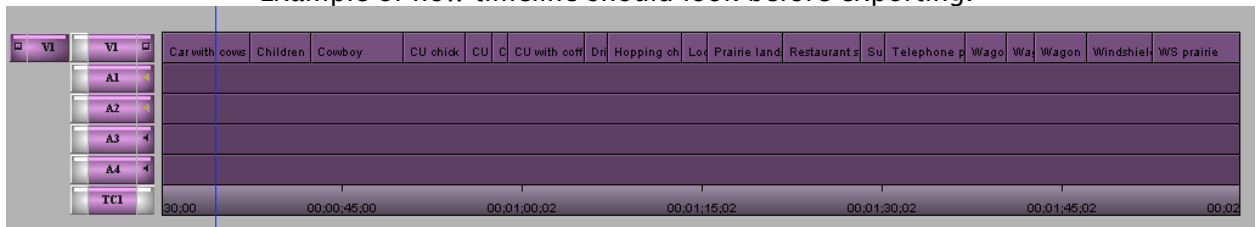
2 pop is at 00:59:58:00

First picture frame is at 01:00:00:00

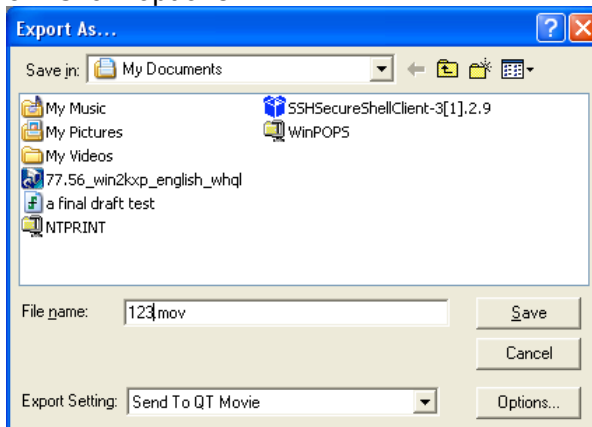
B. Export the video tracks to a 720P ProRes 422 or DNxHD QuickTime

1. Open sequence in the timeline and select the video and audio tracks to export.
 - a. Mark an in point at the beginning of the portion of the timeline to export and an out point at the end of the portion of the timeline to export. If the whole timeline is to be exported mark an in point at the beginning and an out at the end.

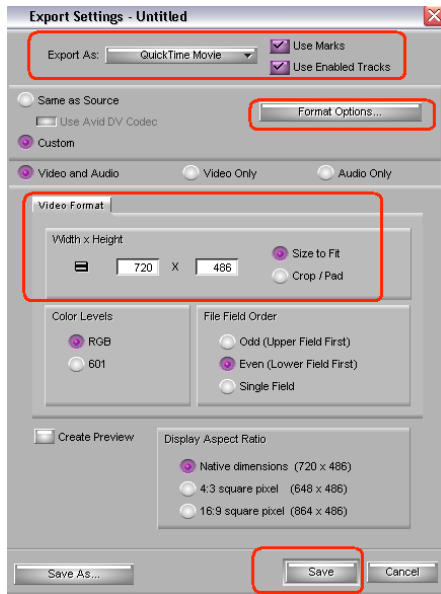
- Example of how timeline should look before exporting.



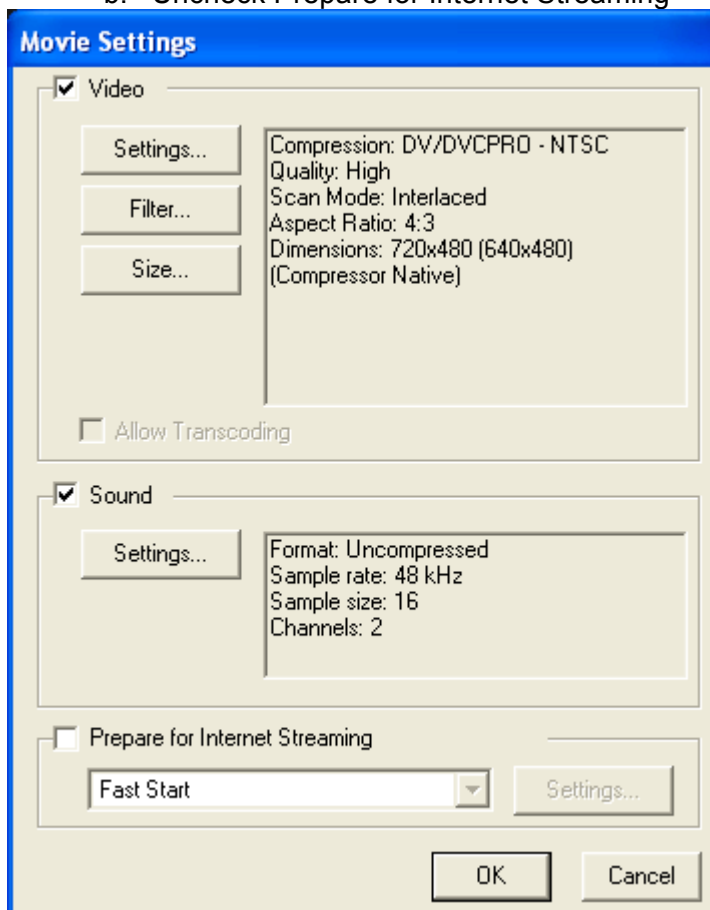
2. Go to >File>Export
3. Click "options"



4. In the "Options" dialog select the following choices:
 - a. Choose Export As QuickTime Movie, Uncheck Use Marks, uncheck Use Enabled Tracks
 - b. Uncheck Same as Source by clicking on the Custom button
 - c. Click on Format Options



5. In the Format Options window choose the following:
 - a. Click on Video and Audio check boxes to include what to export
 - b. Uncheck Prepare for Internet Streaming



- c. Click on VIDEO Settings to change the compression codec
 - i. Choose **ProRes 422** or **DNxHD**
 1. Check Current Frame Rate
 2. Color Levels – RGB
 3. Resolution – 720P / 23.97

Width & Height = 1280 x 720
 Progressive
 RGB color levels
 Display aspect ratio = Native Dimensions

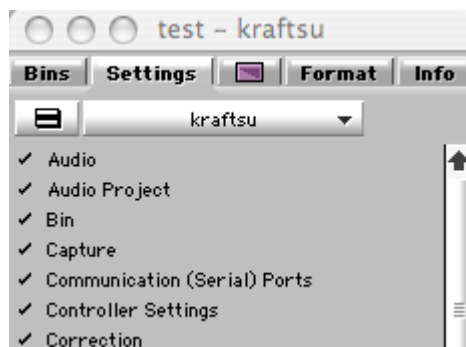
QUALITY is more important than file size.

6. When finished click OK
7. Then click OK on the Movie Settings menu
8. Then click Save on the Export settings menu
9. Name the file, choose where to save it and click Save to start the export

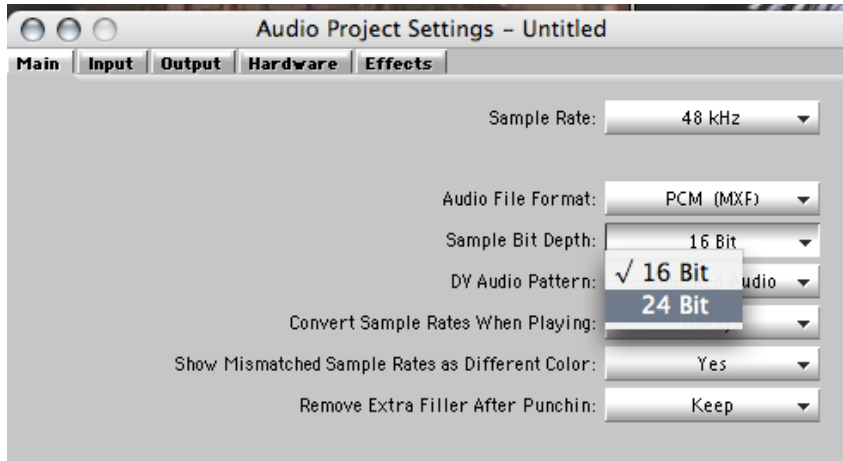
IF having trouble try a video mixdown. (known issue with native P2 files)

C. Export the Audio tracks to .AAF from AVID to open in ProTools

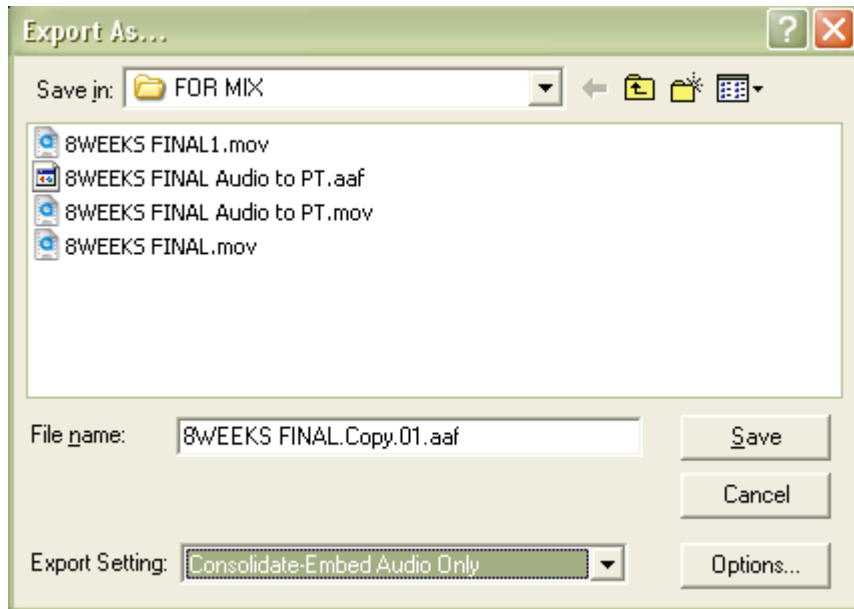
1. Make sure the AVID Audio Project Settings are set correctly. Go to the Project Bin and click on the “Settings” tab. Then click on the Audio Project settings.



2. In the Audio Project Settings window change the “Sample Bit Depth” to 24 and also make sure the Sample Rate is 48KHz.

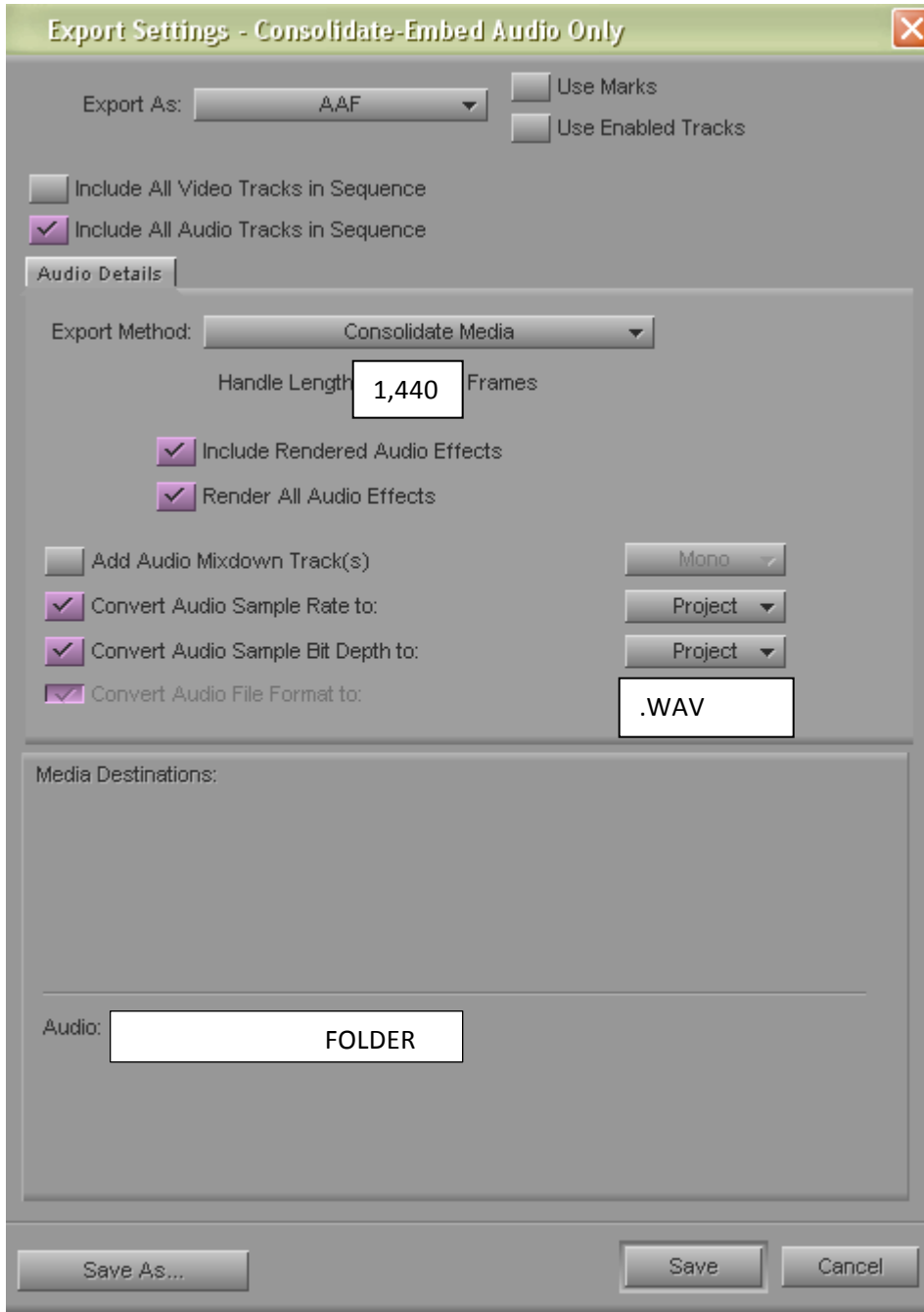


3. Make a new bin and call it Audio Export
4. Copy the sequence you want to export to .AAF into the new bin by holding down the "Alt"(win) or "Cntrl" (mac) key and dragging the sequence to the new bin
5. Select Audio Export Sequence
6. Choose File>Export
 - a. In the Export AS menu choose "Consolidate-Embed Audio Only" Then click on "Options"



Choose Destination where to save .aaf

Click on Options and set up the settings to the next frame grab below



UN check – Include all video Tracks

Choose Consolidate Media Audio Tracks only

Convert Audio file to .WAV

Choose FOLDER

Also make sure the rest of the settings are set as below. (following page)

Export Settings - Consolidate-Embed Audio Only

Export As: **AAF**

Use Marks
 Use Enabled Tracks

Include All Video Tracks in Sequence
 Include All Audio Tracks in Sequence

Audio Details

Export Method: **Consolidate Media**

Handle Length: **1,440** Frames

Include Rendered Audio Effects
 Render All Audio Effects

Add Audio Mixdown Track(s)

Convert Audio Sample Rate to:
 Convert Audio Sample Bit Depth to:
 Convert Audio File Format to:

Mono
48K
24 bit
.WAV

Media Destinations:

Audio: **Folder**

Save As... Save Cancel

Export AAF choose Consolidate Media and **1,440** frames (1min) of handles.

Make sure to check Convert Audio Sample Rate And convert Audio Sample Bit Depth to 48/ 24/ .WAV

Choose to Folder

Click "Save" on this menu and click "OK" on the other menu and then AVID will start to create your AAF file. When AVID is finished you will find your file where you chose to save it in "export settings menu"