

iMOVIE HD

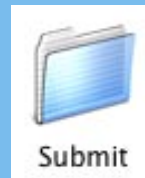


Instructions to prep your film to submit to Listenup.org
Note: **Quicktime Pro 7** required

CONVERTING TO MPEG-4

1

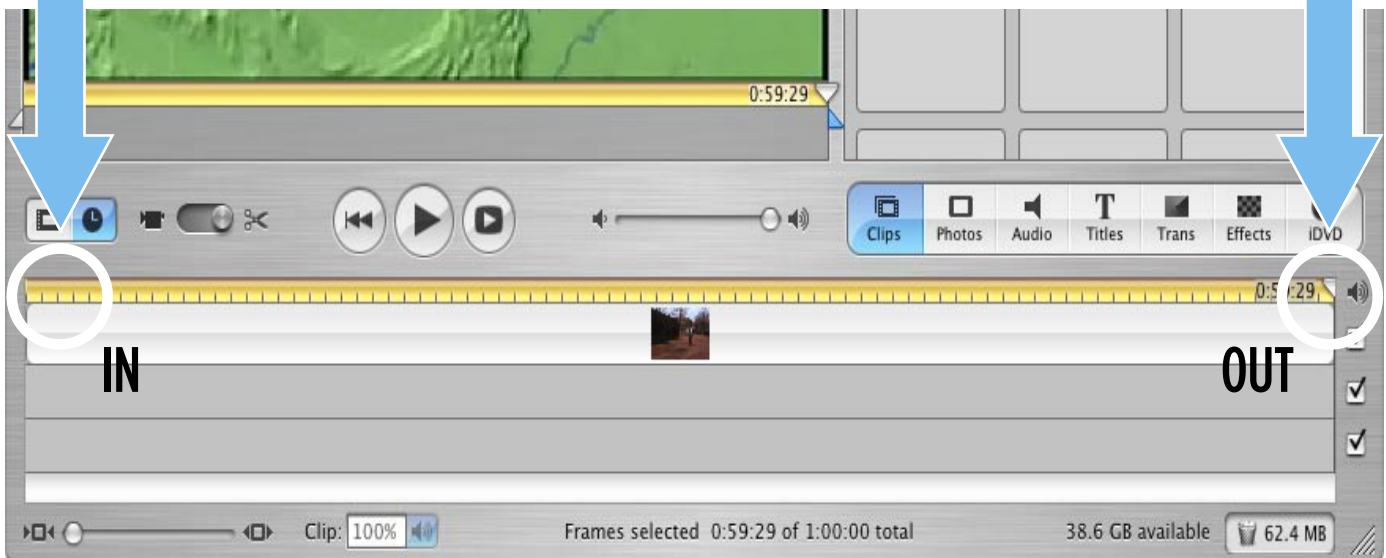
Create an "Submit" folder on your desktop



2

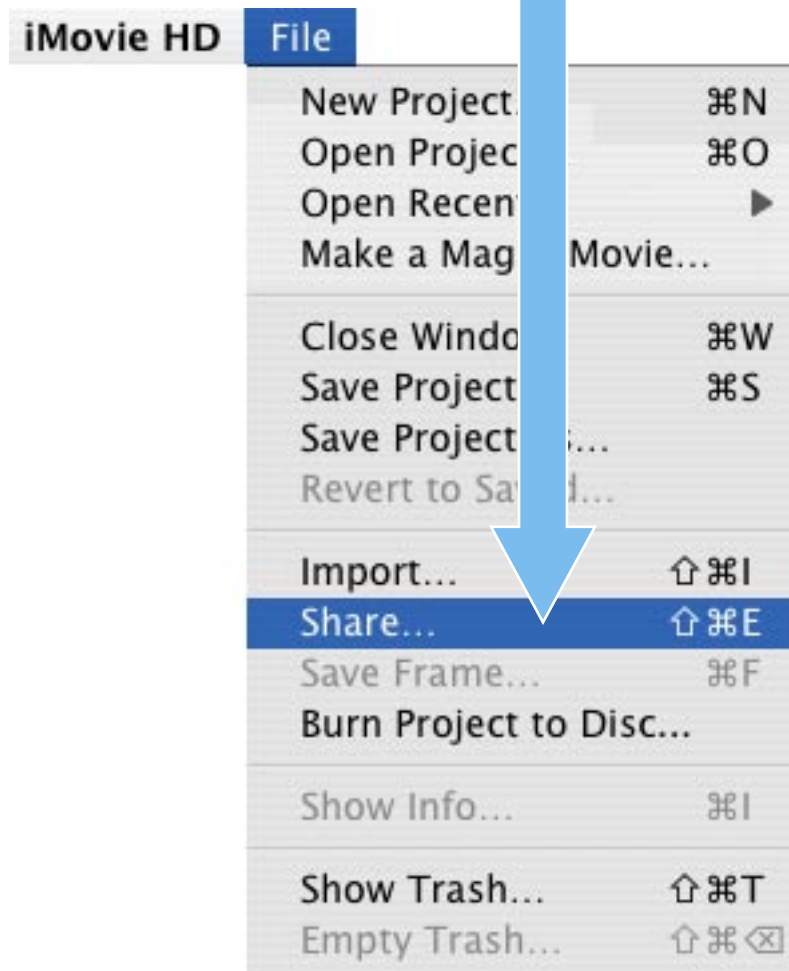
In the timeline, select the IN and OUT points of the portion you want to export.

Do not select any black in the beginning and no more than 1 second at the end.



3

Go to File > Share
in the Menu Bar



4

In the next window, select Quicktime.



5

Then select “Expert Settings” under
“Compress movie for”

Click “Share”

6

Under “Export” select the
“Movie to iPod (320X240) Selection.

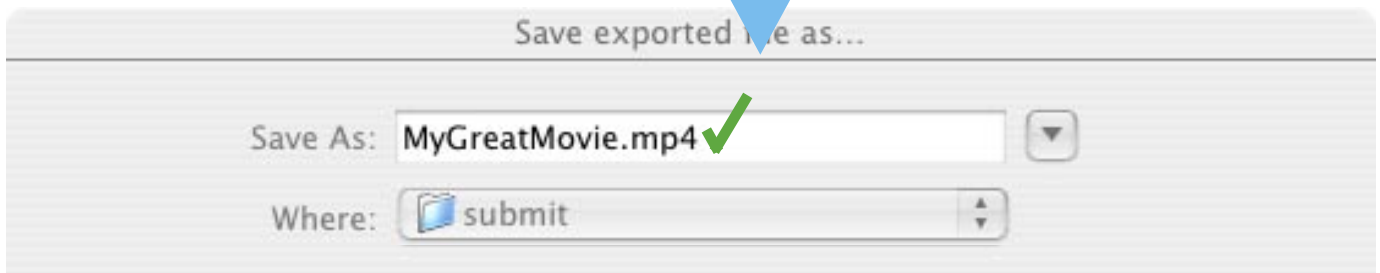


Don't see the IPOD setting?
You most likely do not have Quicktime Pro 7

7

In the following screen, give your file a name.

Change the last three letters of your file name from .M4V to .MP4



8

Make sure that there are NO SPACES in your file name.

9

Make sure you've selected the SUBMIT folder you created earlier and hit SAVE.

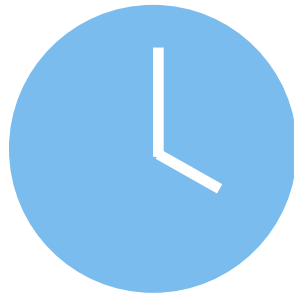


10

Be patient!

The conversion process is slower than your average bear - especially if you have an older machine.

It's worth the wait though - the image quality can't be beat for the small filesize.



Your mileage may vary, but we were able to achieve these conversion speeds:

Single G4 - 17-20 minutes per minute of film
Dual G4 - 15-17 minutes per minute of film
Dual G5 - 13-15 minutes per minute of film

11

Before moving to the next step make sure:

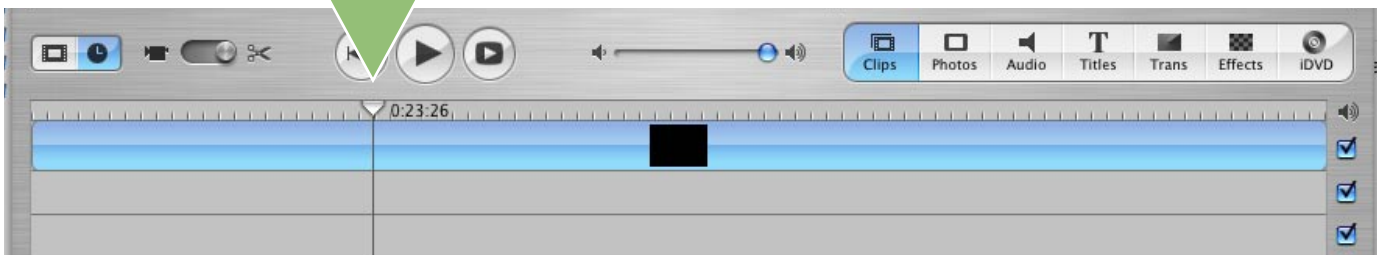
1. The conversion went well - watch your new MPEG-4 movie from start to end.
2. The filename does not have spaces
3. The filename ends with ".MP4"

MAKING A PHOTO STILL

12

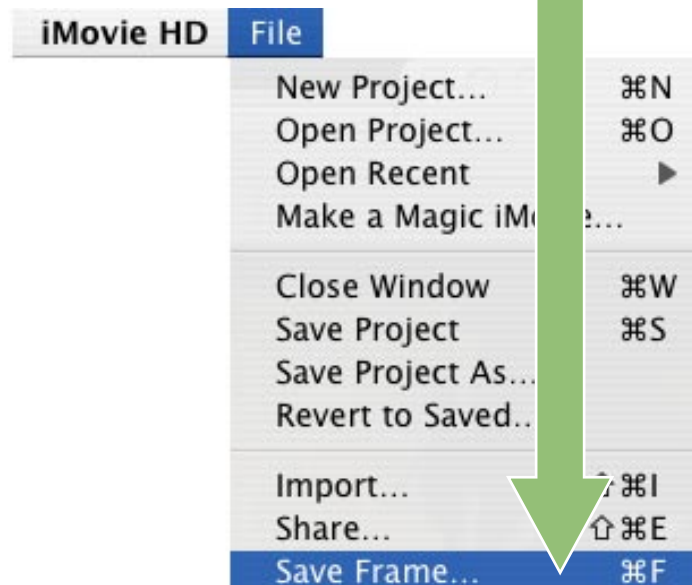
In addition to the file you just created, you will also need to upload a photo still of your movie.

Move the scrubber along the timeline to find a frame that best represents your movie.



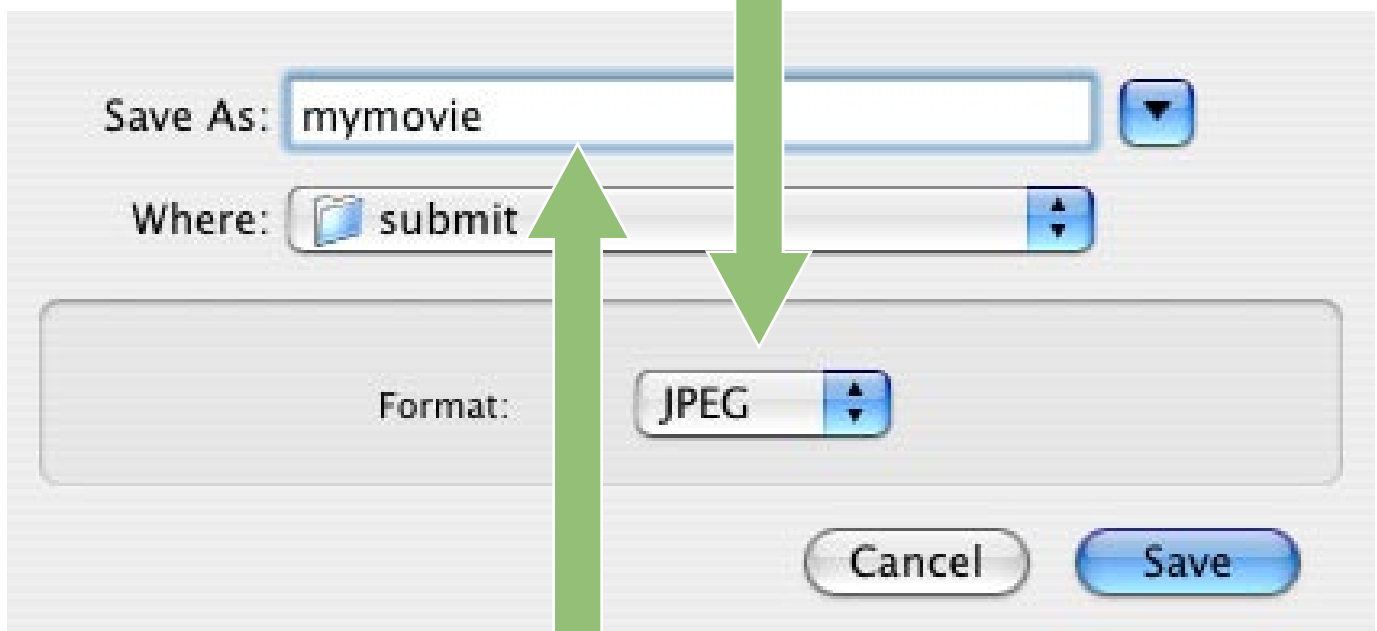
13

Go to File > Save Frame in the Menu Bar



14

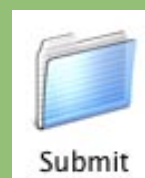
When the SAVE window comes up, chose
JPEG for the FORMAT

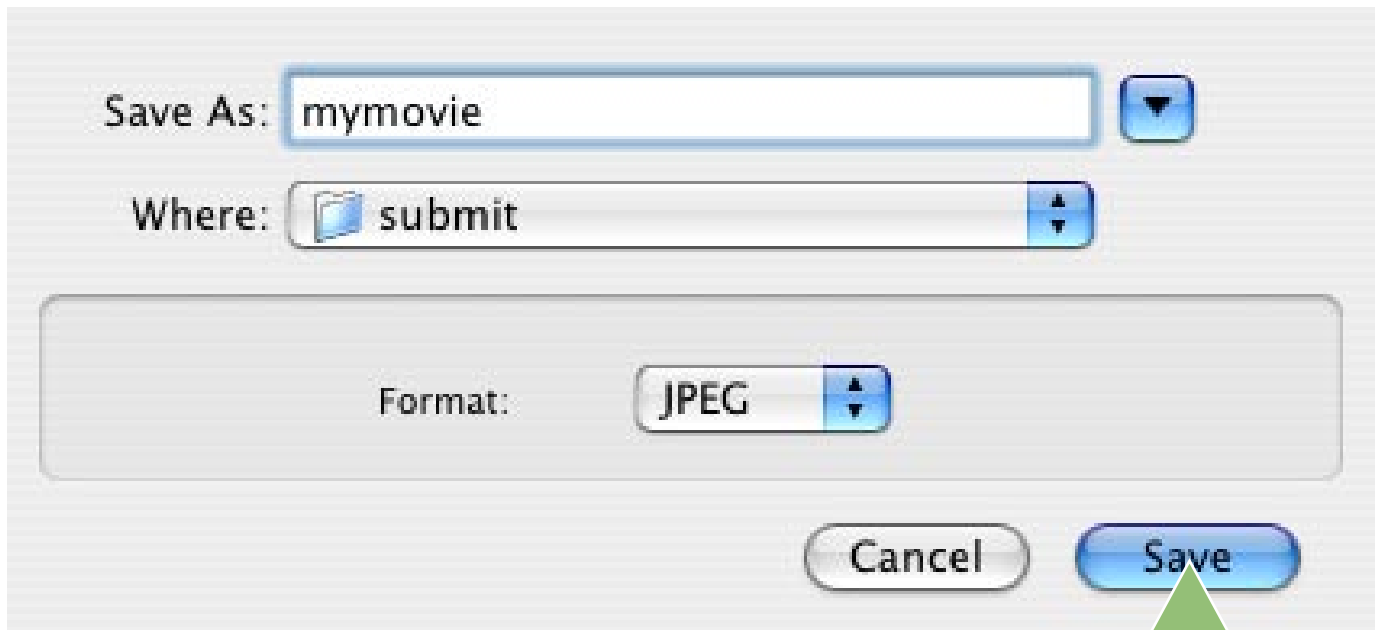


15

Give your file a name.

Make sure to leave NO SPACES and select
the SUBMIT folder you created earlier.

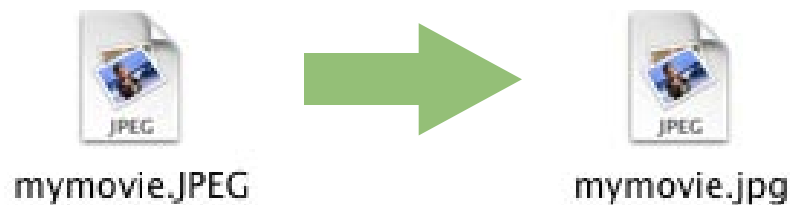




16

Click Save

Then go to your SUMBIT folder and re-name your screenshot from .JPEG to .jpg



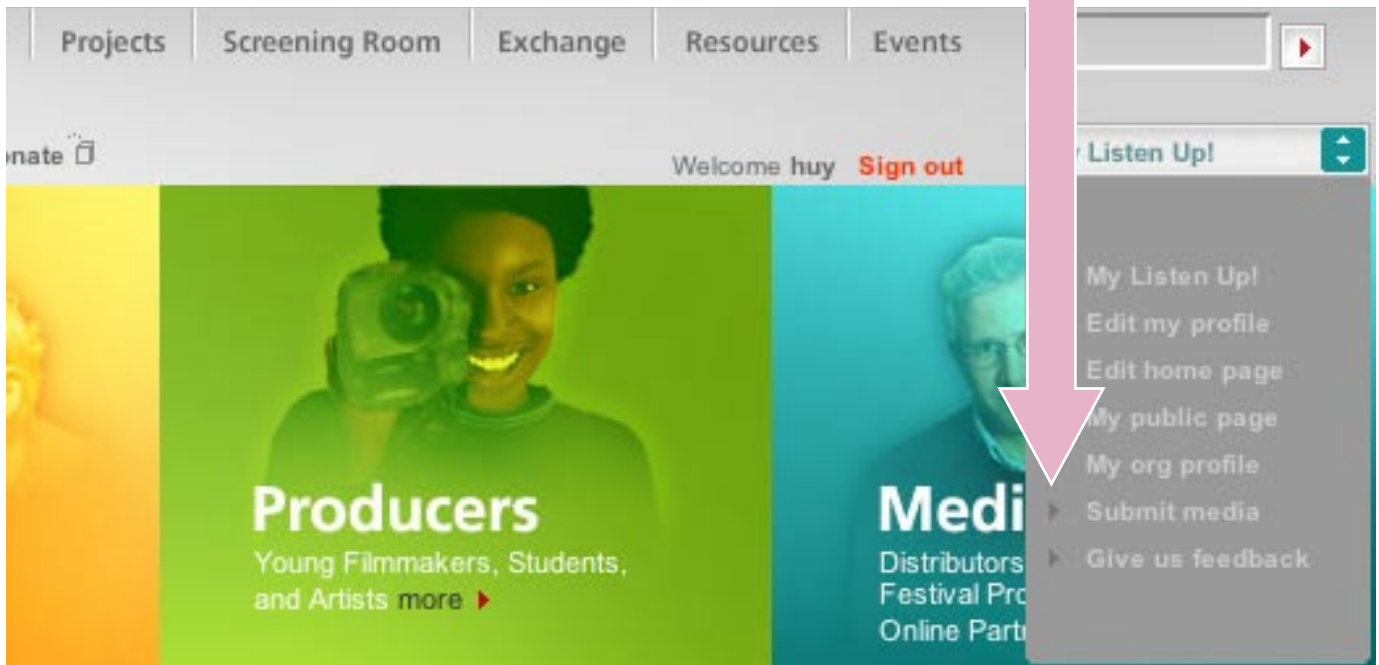
17

Now that you have your image and MPEG-4 movie file you're all set to upload your work to Listen Up!

SUBMIT MEDIA

18

To submit your work, go to listenup.org, log into to your account and go to **SUBMIT MEDIA** under **MY LISTEN UP!**



19

On the next page there is an example of the **SUBMIT MEDIA** page.

Check out the boxes to see what you need to fill out in each.

The title of your film goes here

Title

Check off the names of the youth producers involved in the film.

Youth producers

 Edwin Clavijo
 Alex Samson

Names of crew members not listed? Post the missing name and email here. Multiple names? Enter names separated by commas, but leave the email field blank!

Name	(name)
Email	(email)

Description and synopsis

Creatively describe your film in 2-3 sentences. A short well-written description will help drive an audience to your film!

People will search films by topics and keywords. Find 3-6 words, separated by commas, that describe your film. (i.e. education, afghanistan, refugee, muslim.)

Keywords

How long is your film?
Follow this example:
5 mins, 34 secs


Running time

What kind of film did you make? Select a genre that best fits your film.

Genre

Creative Commons license

Take ownership of your film while allowing others to screen and share your work. Click on the icon and answer two short questions to determine the license that's right for you.


CLICK TO CHOOSE

Still
Required

 Browse.

Hit BROWSE and locate the photostill you created earlier. Check out steps 9 through 14 for more info.

Video file 1
Required

 Browse.

Hit BROWSE and locate the MPEG-4 file you created earlier. Check out steps 1 through 8 for more info.

Video file 1 dimensions
Required

 x (width x height)

Enter 320 X 240 for your video file dimensions.

Media type 1
Required

 ▾

Select Quicktime from the list.

That's it!

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Hit SUBMIT to upload your media to Listen Up! The upload can take some time so be patient.

Listen Up! will review your film in 1-2 business days before posting it on our website via the Internet Archive (archive.org).