

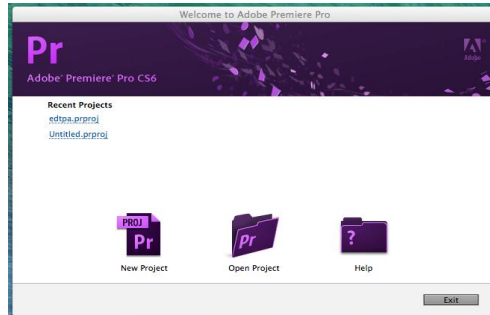
Editing Videos in Adobe Premiere Pro CC 2017

We recommend that you use iMovie or Live Movie Maker to cut/trim the video footage first before you do other editing such as blurring faces or adding subtitles in Adobe Premiere. This will make the process much easier.

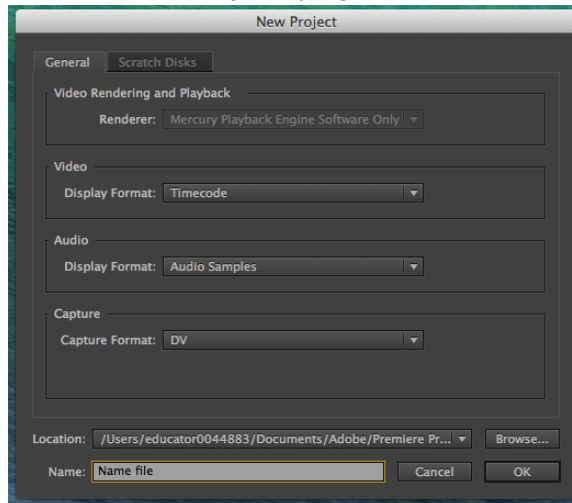
1. Trimming/Cutting Footage

a. Create a new project in Adobe Premiere:

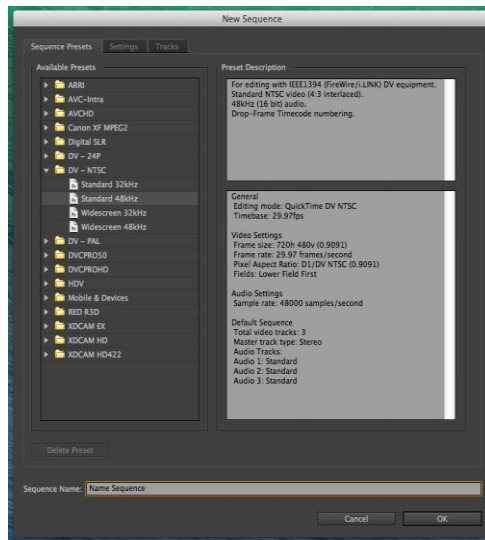
- After you have launched Adobe Premiere select **New Project** from the welcome window.



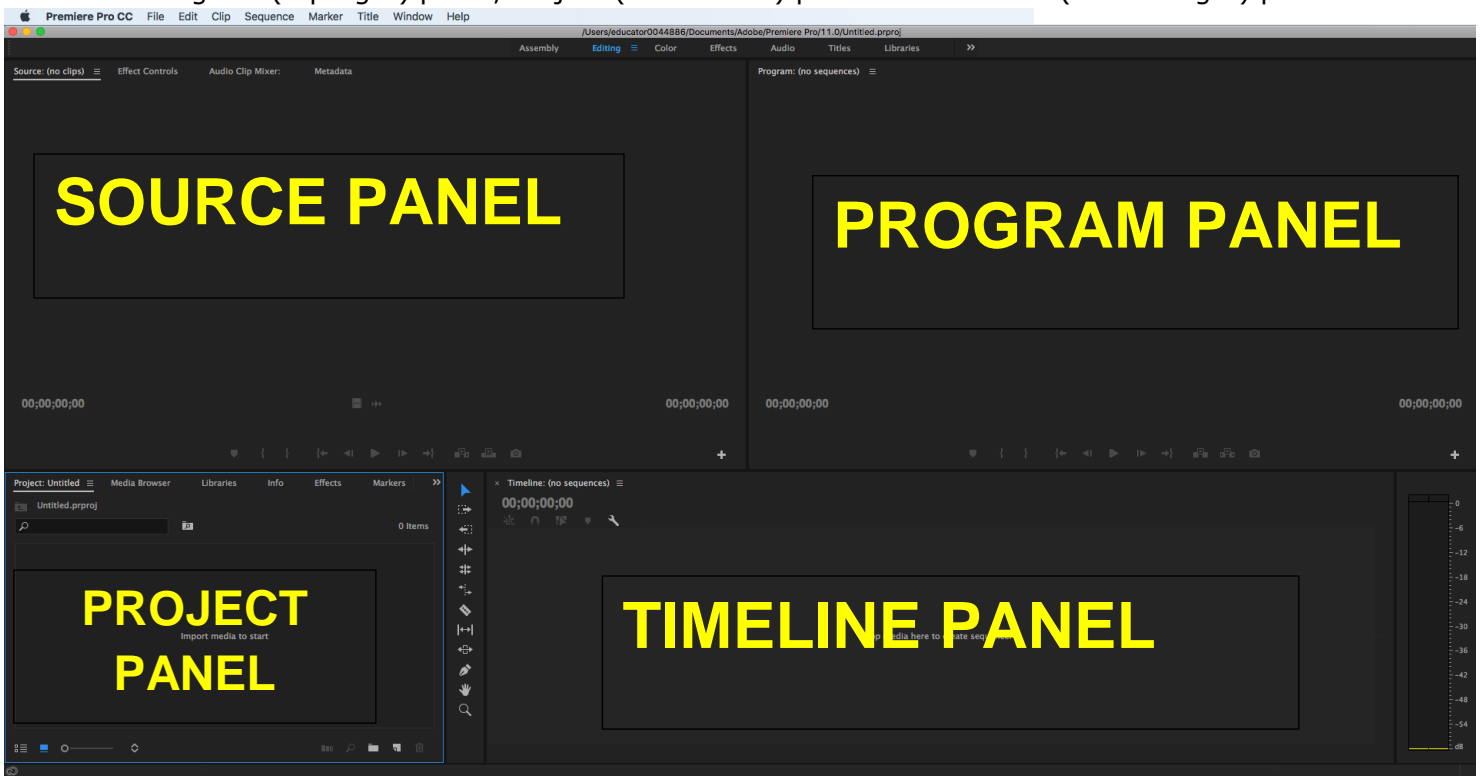
- Name your project in the next window, keep the default project settings and browse to choose the location that you want to save your project.



- Next the **New Sequence window** appears. Keep the default sequence settings and name the sequence.

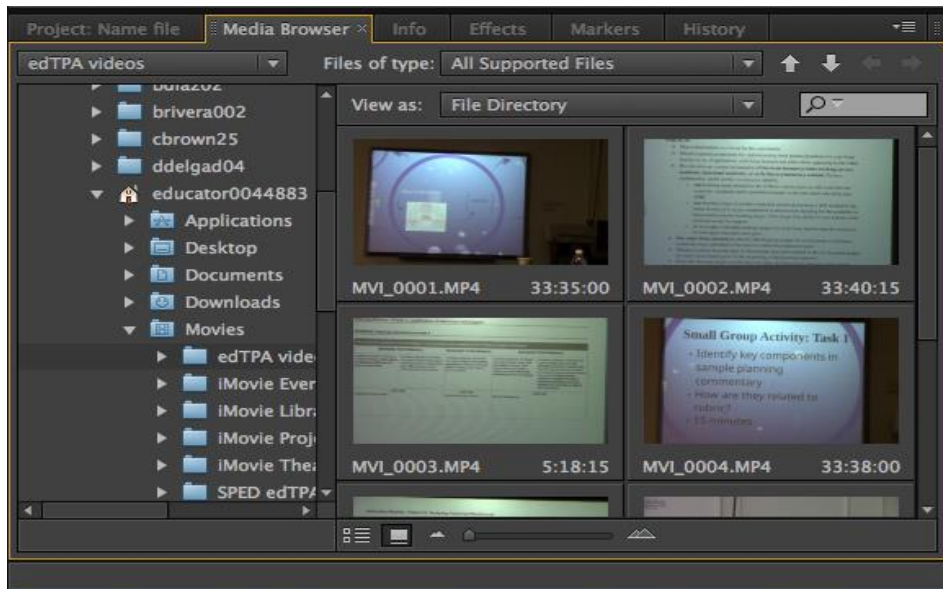


- The **Work Area** will appear and it is divided into four sections/panels: Source (top left) panel, Program (top right) panel, Project (bottom left) panel and Timeline (bottom right) panel.



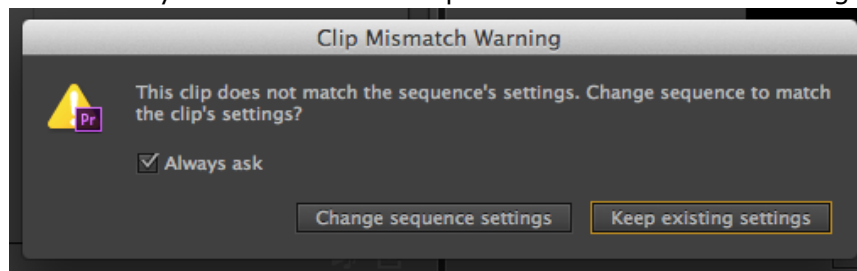
b. Import your footage into Adobe Premiere.

- Click on the **Media Browser** tab found in the Project panel and navigate to where your footage is located on the computer. The footage will show to the right in the same panel once you click on the footage folder or file.
Note: If you do not see your footage appear, check that **All Supported Files** is selected from the **Files of Type** drop down menu.



- Now you need to import the footage to the **Timeline** in order to trim or do any other form of editing.
- To import to Timeline, drag the footage from the **Media Browser** panel onto the Timeline. The footage takes up both a video and an audio track. You can choose which track you want your footage to appear in the Timeline by dragging it to that track.

Note: When you drag to the timeline, you may get a **Clip Mismatch Warning** pop-up window with the default option Keep Existing Settings. Always click and choose **Change Sequence Settings** to match the clip's settings which are the default settings of your camera. This ensures that your footage is not altered by Adobe Premiere e.g. if you filmed in portrait Adobe Premiere might try to stretch or zoom your video to landscape which is the default settings.



c. Start trimming:

- Double click on the video in your **Media browser** that you want to trim. The video will appear in the Source panel.
- If you want to cut out a portion of the video, the easiest way to do so is to place in and out markers and then extract. You will work with the controls at the bottom of the Source panel to trim your footage.
- Place the **Position indicator** where you want your sequence to begin and click the **Mark In button** (looks like a left curly bracket). Then place the position indicator where you want the

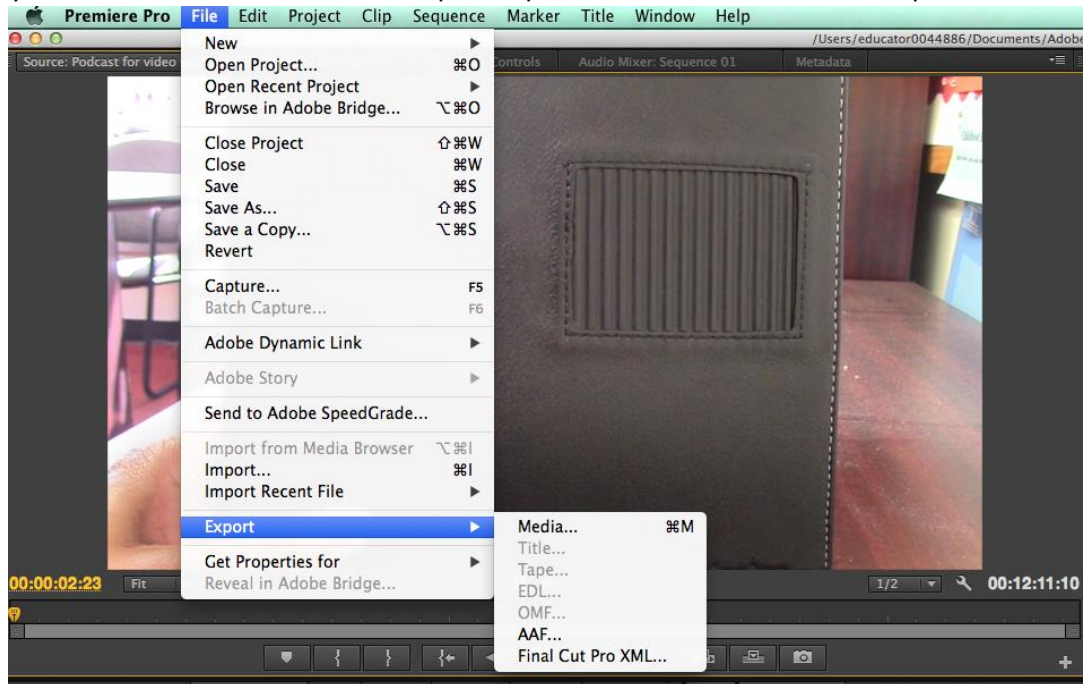
sequence to end and click the **Mark Out button** (looks like a right curly bracket).



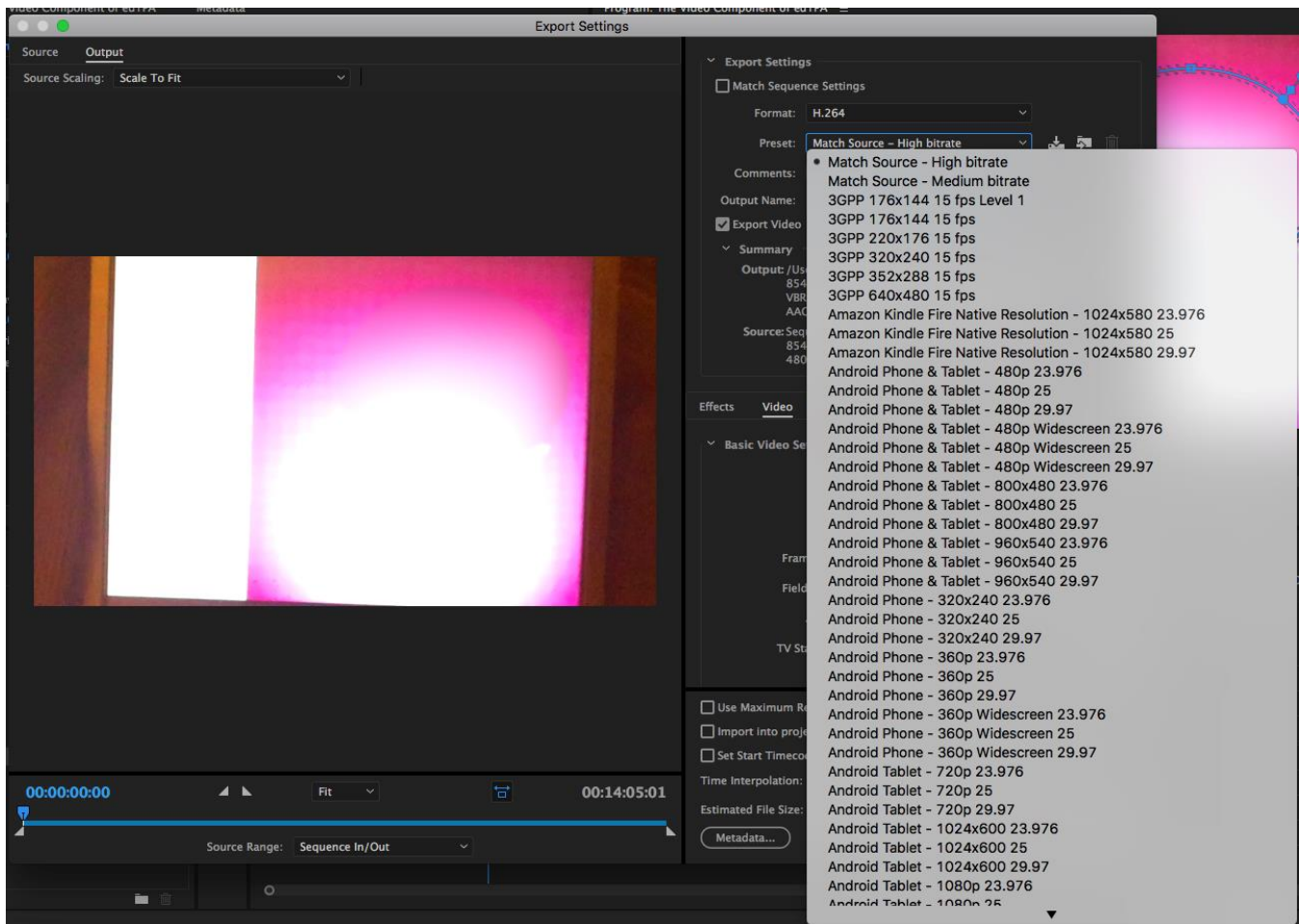
- You will see that the portion of the footage you want to keep is selected. Click on the **Insert button** (the third button from the bottom right of **Source panel** controls) to insert the selected footage to the Timeline.

d. Exporting the video:

- Click **File --> Export --> Media**. If that option is grayed out, deselect the Timeline by clicking at a blank area of the Timeline and try again. Always make sure Timeline is selected when exporting your video so that the edited clip is exported and not the source clip.



The recommended export format is **H.264**. You may use the default settings of **high bitrate** which will export a bigger file size or **medium bitrate** for a lower file size. Make sure the **Export Video** and the **Export Audio** boxes are checked. Then click **Export** and wait for your video to render.



2. Transitions

A transition is the way one segment changes to the next. By default, if two clips are placed next to each other in the timeline, the transition is a cut. If there is space or timeframes in between clips it will render as a black background between clips.

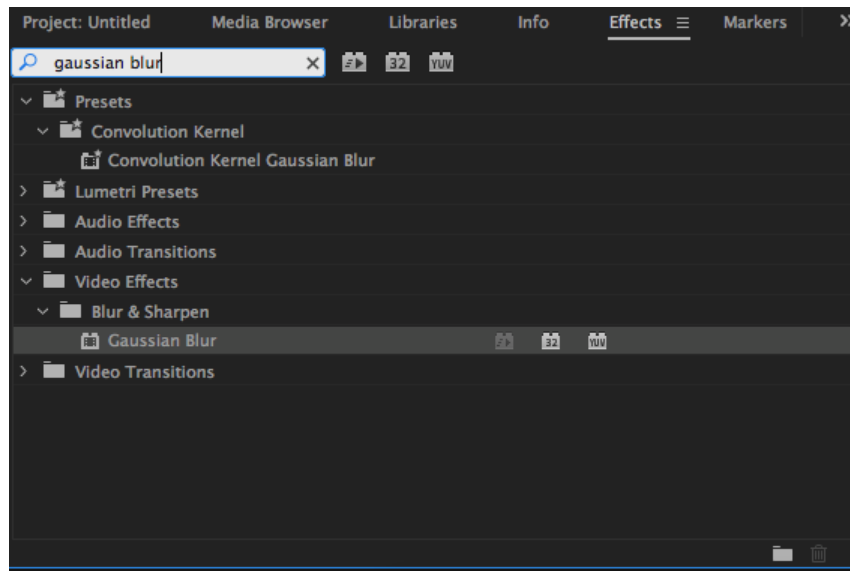
To make more interesting transitions such as dissolves, wipes and effects, use the transitions available in the **Effects window** on the bottom left panel of the screen and follow the following steps:

- Open the **Effects** window by clicking on the **Effects tab** in the **Project panel**. There are two types of transition: Video and audio. To apply a transition, expand the Video Transitions or Audio Transitions bin under the Effects Tab. Then choose a transition to use.
- Drag the desired transition to the timeline at the point where the two clips join. Make sure it is placed in the correct video or audio track.
- The Timeline will show where the transition will be placed.
- When you release the mouse, the transition is applied.

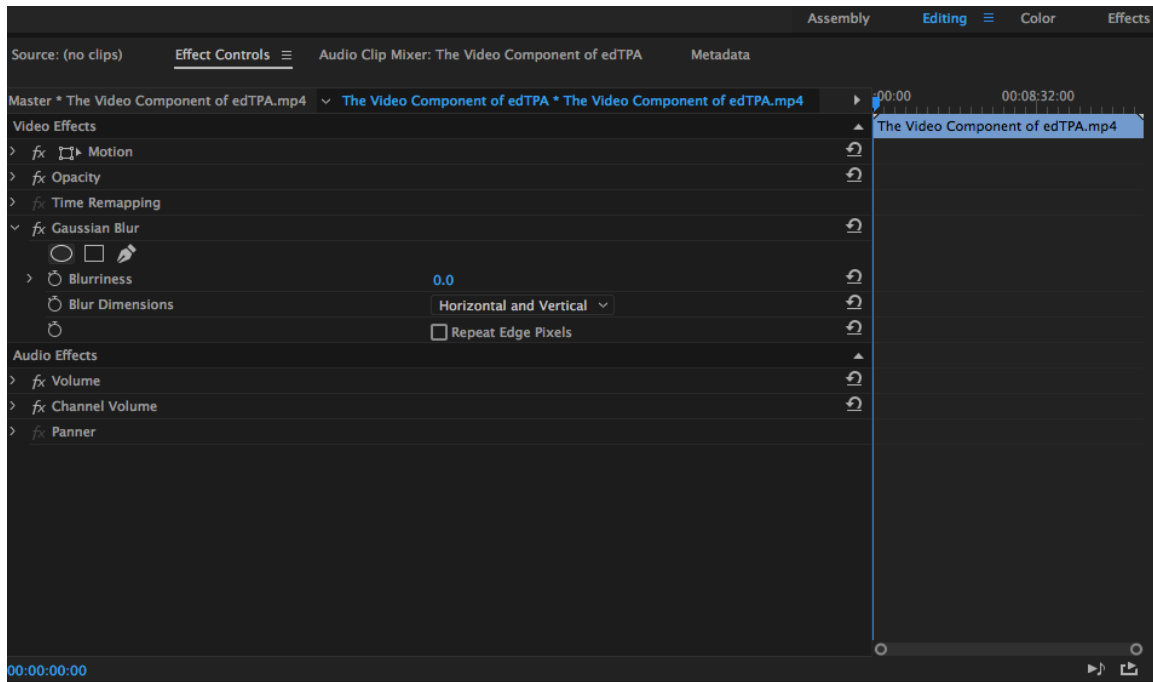
3. Blurring Faces

If you want to disguise children's faces you might consider blurring them with Adobe Premiere.

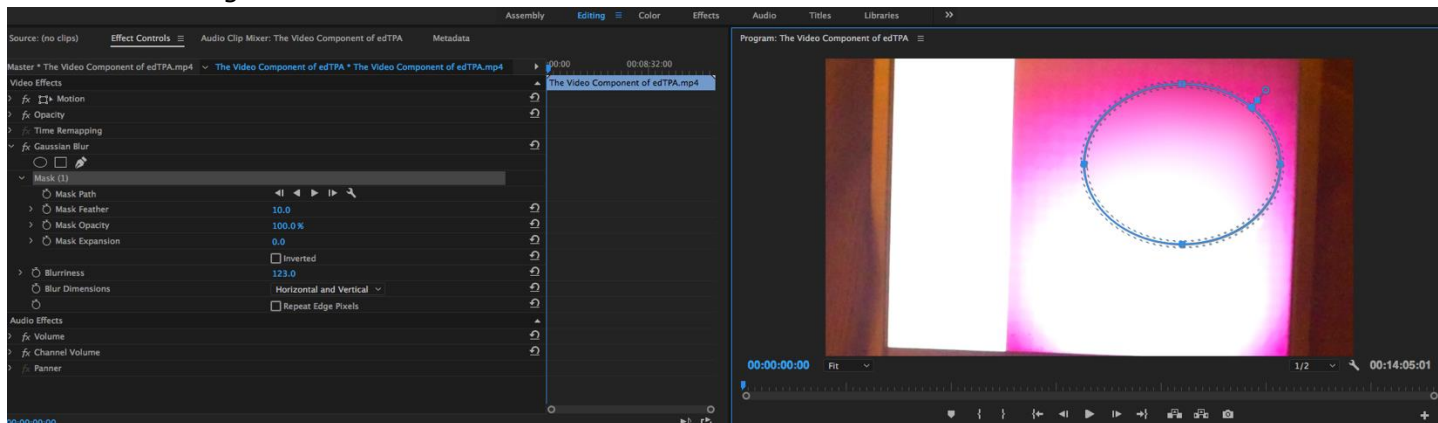
- To begin, choose clip from **Media Browser** panel on the bottom left of the screen in which you want the face blurred and place the video clip on the timeline in Video track 1. Make an exact copy of the clip by clicking **ALT key** and click on Video 1 track and drag up. Place it on a video track directly above the original clip i.e. video track.
- Double click on the track in **Video track 2**. You will see the clip appear in the source panel to the top left of the screen.
- From the **Effects palette** on the bottom left panel, click on **Video Effects** click on **Blur & Sharpen > Gaussian blur** and drag and drop onto clip in **Video track 2** to add.



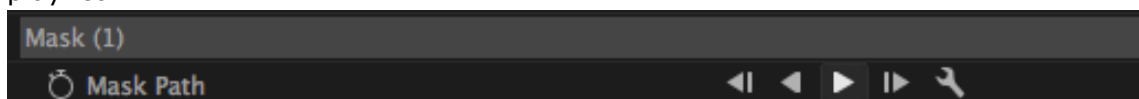
- Once these effects are added to the clip in Video track 2, you can adjust the settings for the Gaussian blur. To do this click of **Effects Control tab** in source panel at the top left of the screen.



- e. First create a mask by clicking on one of the shapes under the **Gaussian Blur**. Then adjust the blurriness setting of **Gaussian Blur**. The mask should look like this.



- f. Make sure the clip in Video track 2 is selected and the clip is at the point where you want to start your blur and adjust the blur to cover the targeted face.
- g. To move the blur box as the subject's face moves, click on source panel and hold down the **Shift key** and click the **Right arrow** (on the computer keyboard) to move forward in the clip. As the subject face moves in the clip, move the blur box to cover the face.
- h. You can let the program track the targeted face on its own when you click on the play icon. If you would like to track it frame by frame you can click on the next frame icon that's located next to the play icon.

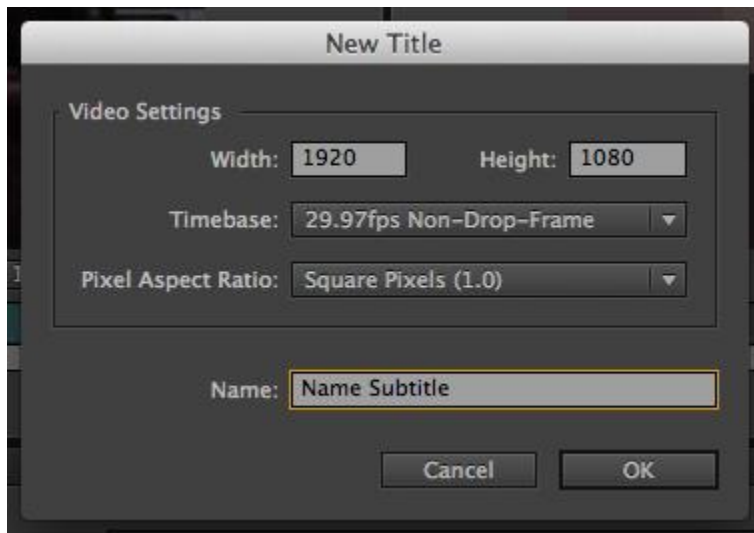


- i. When finished, playback the video to make sure the face is completely covered at all times in the clip. You can then export your clip preferably as a H.264 video. Please keep in mind that although you might only blur one minute of your footage, Adobe Premiere renders the whole video segment and will take more than one minute to export the video. The time taken to render the video depends on the length of the video. The video saves in the Adobe Premier folder found in documents.

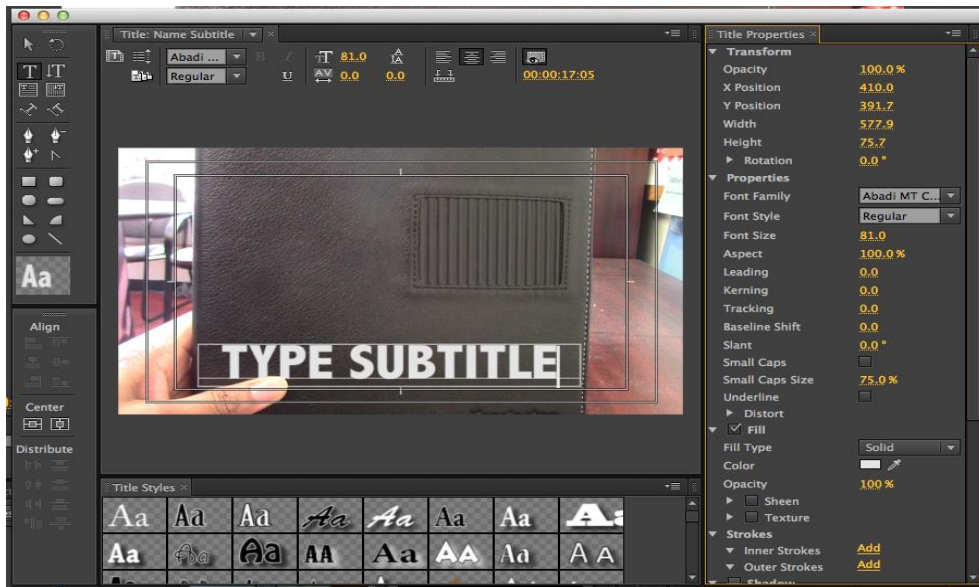
4. Adding Subtitles

This process involves selecting a starting video frame, typing in the subtitle text string, positioning it on-screen, and setting its ending frame.

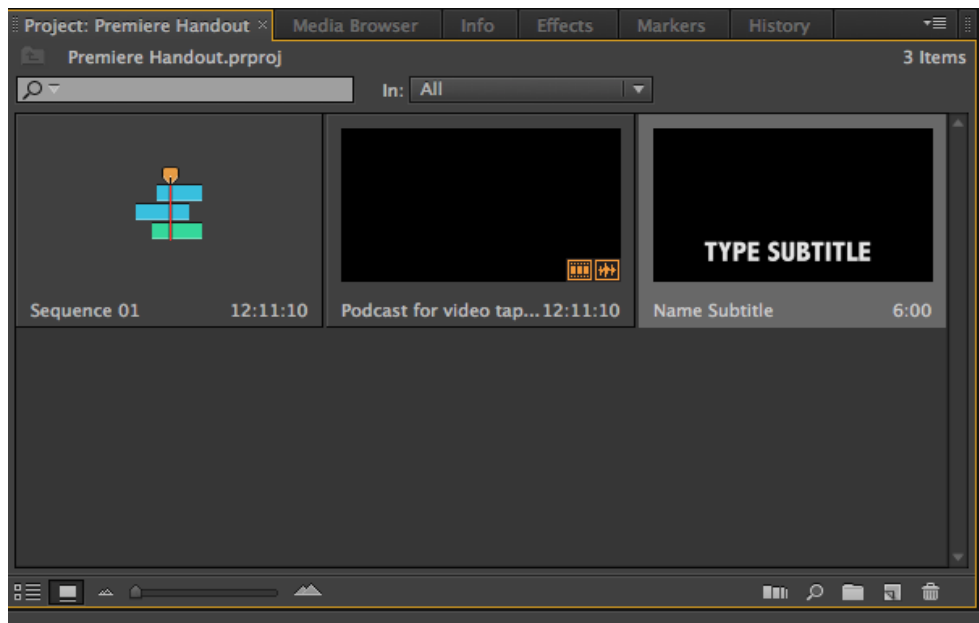
- a. In the **Timeline**, drag the current time indicator to the first frame in which you want to add a subtitle.
- b. Click **Command & T** and this will bring up an edit window with text tools to create subtitles/captions. Name the subtitle in the **New Title window** that appears and keep default settings.



- c. Use the text tools in the Tools panel to the left of the screen and type your subtitle. The **Safe Area** which is two rectangular guides will appear so you can know where to enter your text. Once you select a text tool (single line or area text tool) and move the cursor into the Monitor, note that the pointer changes to an I-beam within an area box in which to type the subtitle. Position the baseline of the I-beam pointer where you want the subtitle to begin, and click to set the insertion point for the type. When you are finished typing the subtitle, close the window.



- d. Once finished close the window and the subtitle will appear in the project window along with video clips in the bottom left of the screen.



- e. You can double click on the subtitle clip to edit.
- f. Once you are satisfied with the subtitle text and positioning, drag the clip to the position in the Timeline where you want it to appear.
- g. In the Timeline you can stretch the clip to cover as many frames as necessary for that subtitle. You would create other subtitles by repeating the above steps.

When exporting your video that has subtitles/closed caption, it is best to export as a Quicktime movie because you are given the option to embed the subtitle in the video. When you open your movie in Quicktime you can then turn on the View Subtitle/Caption option, if subtitles do not show up.

