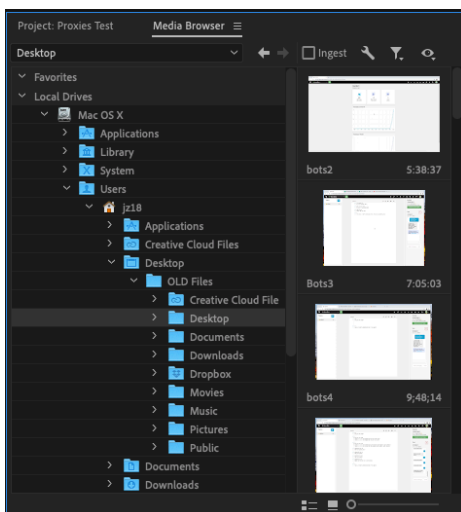
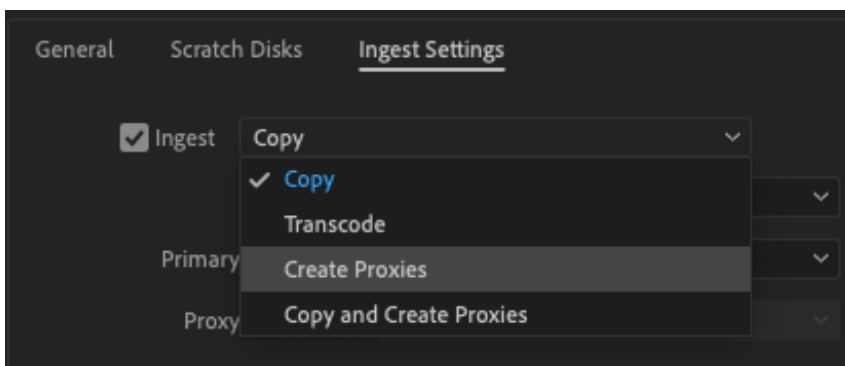


Adobe Premiere Proxies

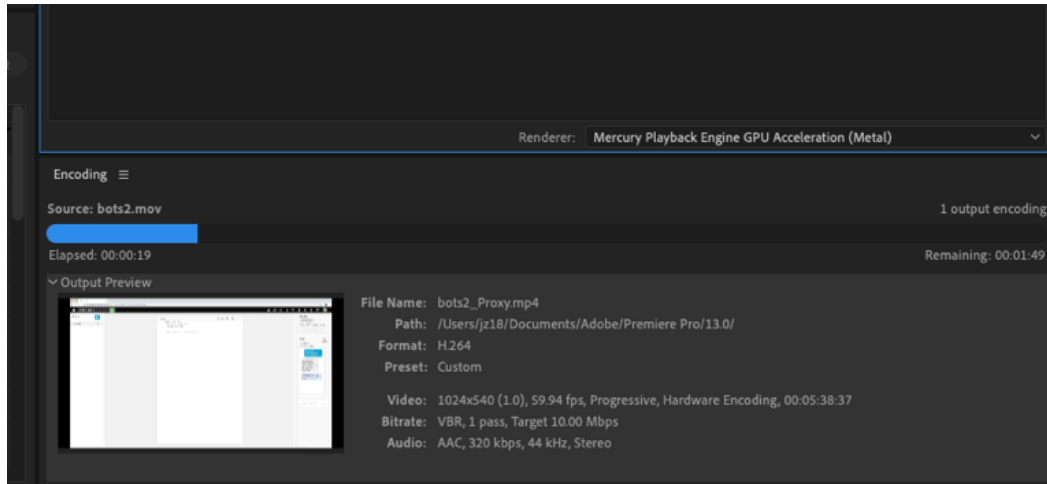
1. Open Adobe Premiere, create a New Project, give it a name, and press OK.
2. Navigate to Window / Media Browser. Then, under Local Drives, find the folder containing your rendered, equirectangular videos. This may be your Desktop



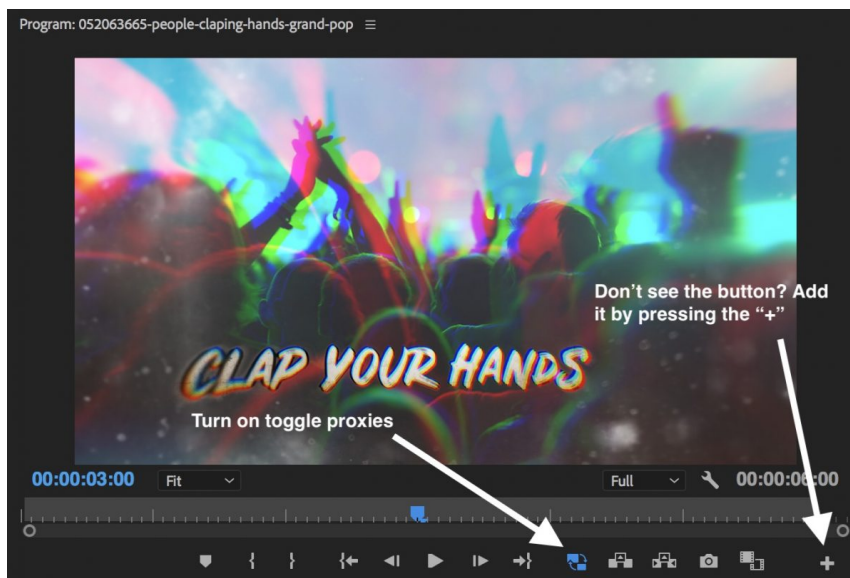
3. Select the “Ingest” the button and, next to that, click the wrench tool to open up your ingest settings.
4. Instead of “Copy”, use the dropdown to select “Create Proxies”. Choose the preset **VR 2048x1024 Monoscopic** option



5. Go to File...Import, and choose your equirectangular files to be imported. When you press OK, it should open up the Adobe Media Encoder program and begin rendering your files automatically.



6. After each proxy is rendered, you can exit out of Media Encoder, and files will appear in your Project Panel ready for editing. Remember to right-click, choose Interpret Footage...and choose Equirectangular for each file!
7. To activate proxies, click on the “Toggle Proxy” button from the Program Window. After you click the button, it will turn blue. What this does is swap the clip in the timeline to allow you to work with the proxy version of the clip instead.



- 8.