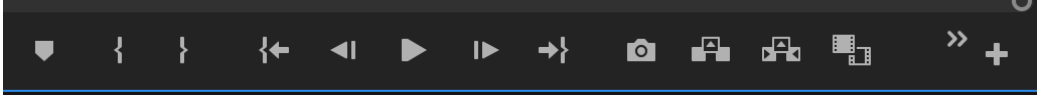
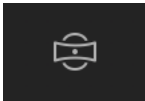


## Importing to Premiere:

1. Open Adobe Premiere, and Import your files (File...Import)
2. Once they are in your media bin, right-click on each file in your media bin, and select “Modify / Interpret Footage...” and in the VR Properties area, make sure **Projection** is set to “Equirectangular” and then press OK.
3. In your Program window, select the + plus sign on the far right as shown below:



4. Find the VR Toggle icon that looks like this:

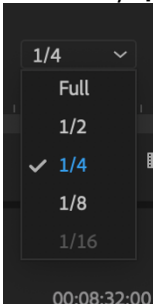


and drag it into your toolbar.

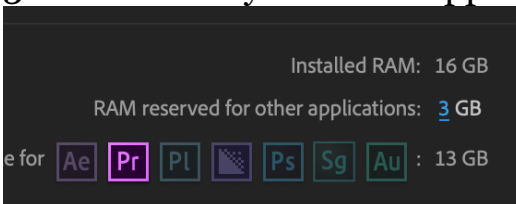
5. Once your icon has been added to the toolbar, press it, and your VR view should be enabled.

## Premiere Tips:

- After dragging your files into the timeline, you may notice some lag. To fix this, you may need to render the video before editing it. Do this by going to **Sequence / Render In to Out** at the top menu
- Also, make sure the Playback Resolution in the Program window is set to 1/4 or 1/8



- Finally, to allocate more memory for your Premiere activity, go to Premiere Pro CC at the top...Preferences / Memory, and allocate only 3GB of memory for other applications



## **Exporting:**

1. Click File...Export...Media
2. Format H.264
3. Click the Output Name and output the file to the desktop
4. Scroll down in the Video area and make sure "Video is VR" box is checked
5. Use Maximum Render Quality
6. Export