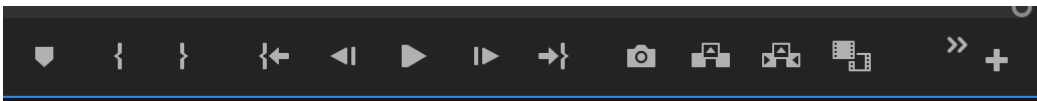
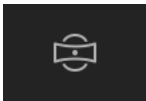


Importing and Editing Videos in Adobe Premiere Pro:

1. Open Adobe Premiere, and Import your files (File...Import) from wherever you may have them.
2. Once they are in your media bin, right-click on each file in your media bin, and select “Proxy” and then “Create Proxies”. Make sure the **Format** is H.264 and the **Preset** is 1024x540 H.264 (this should be the default). Press OK.
3. Again, right-click on each media file in your bin, and select “Modify / Interpret Footage...” and in the VR Properties area, make sure **Projection** is set to “Equirectangular” and then press OK.
4. In your Program window, select the + plus sign on the far right as shown below:



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



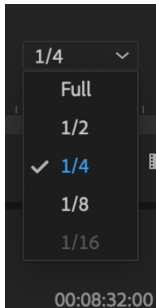
and drag it into your toolbar.

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

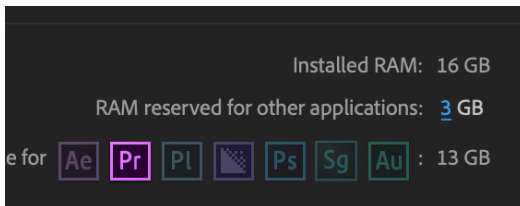
Premiere Tips:

- You can find some special VR effects in Premiere Pro under Effects / Immersive Video
- To change the default anchor / center point (when a viewer first puts on the headset), apply the **VR Rotate Sphere** effect to a clip. Change the viewpoint by editing the Pan (Y axis). Be sure your clip is selected while doing this!
- Transitions should be slower and gradual, rather than quick. Allow ~5 seconds per transition.

- 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



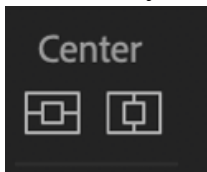
Adding Titles to 360 Video in Adobe Premiere:

1. Go File...New...Legacy Title
2. Give your title a name, and press OK
3. Just like Photoshop or other Adobe products, you can add Text, Shapes and other elements onto your new title canvas. Note that this is just a window, so you can minimize or close it out whenever you are done. This means that wherever your cursor is on the Premiere timeline below is what you will see in the background of your text.
4. To add text, choose the “T” type tool and draw a box in the center of your screen. Modify the **Font Size**, so it is appropriate for your project. You can change this on the right panel like so:

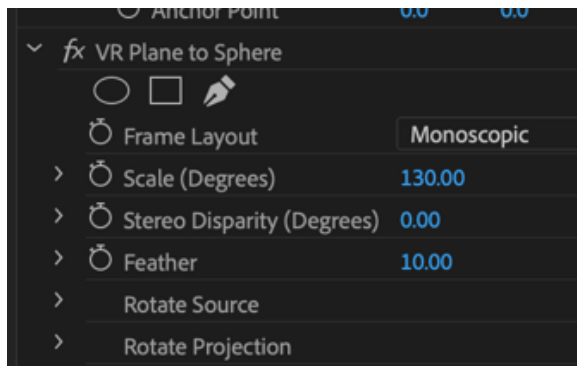


You can also change font style, color, etc. on the right panel. Always test in the VR Viewer to make sure your font is not too large, too small or distorted.

5. Because we are working with busy backgrounds, we will also have to add a semi-transparent background so we can see the text. To do so, select the Square shape tool and then draw a box around the text you just added. It will lay overtop the text, so we need to send it to the back. To do this, right-click on the box, and choose Arrange / Send to Back. Make the box semi-transparent by choosing Opacity and setting it to around 90% or so. Also, change the color, so it is the reverse color of your type.
6. To center your textbox horizontally or vertically, choose the small Center icons on the left of your window like so:



7. Once you are finished adding text, close out the window. You will then find it in your Media Bin in the bottom left of Premiere. To add it to your scene, simply drag it from the media bin to an upper layer of the video timeline.
8. If your text box is above or below the horizon line, you can add a special video effect so it will not appear distorted in 360°. Open the Video Effects / Immersive Video folder and add the effect **VR Plane to Sphere**. Then, in Effect Controls you can modify the **Scale**, Rotate Source, Rotate Projection, so it will appear flattened.



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

Uploading to Facebook / YouTube:

1. Go to our Facebook group
2. Upload the Injected version of your video