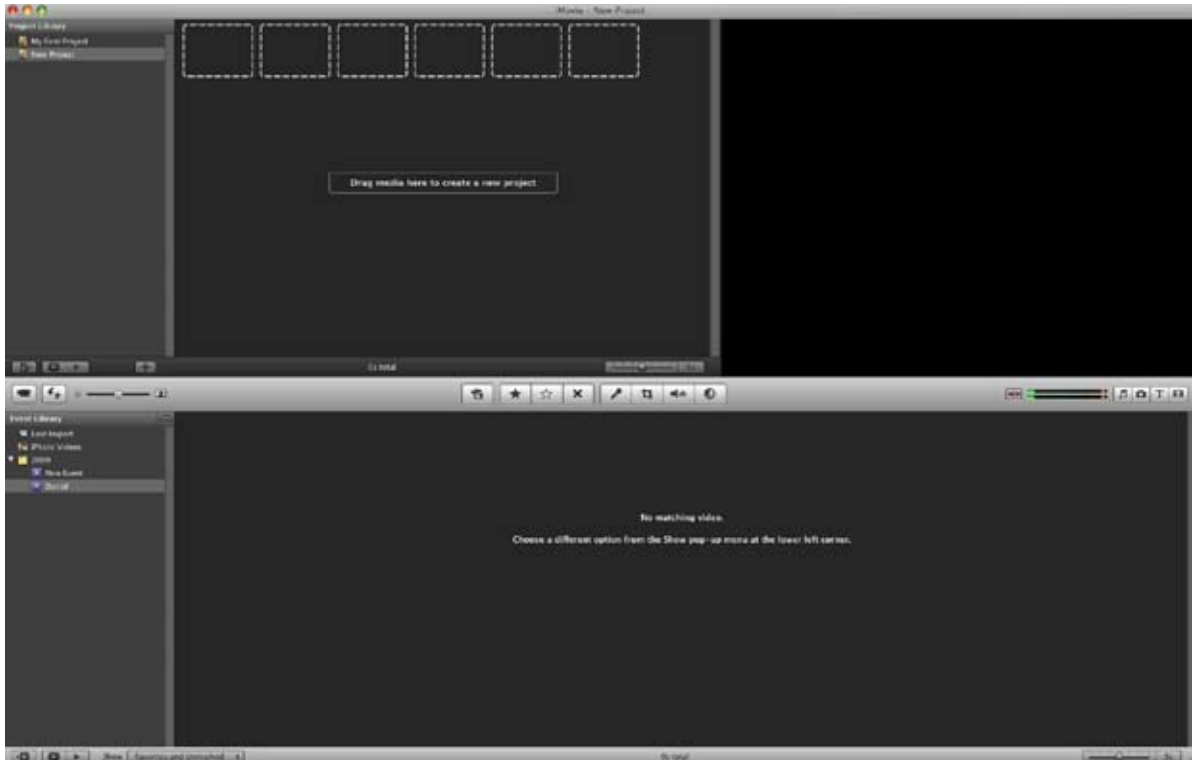




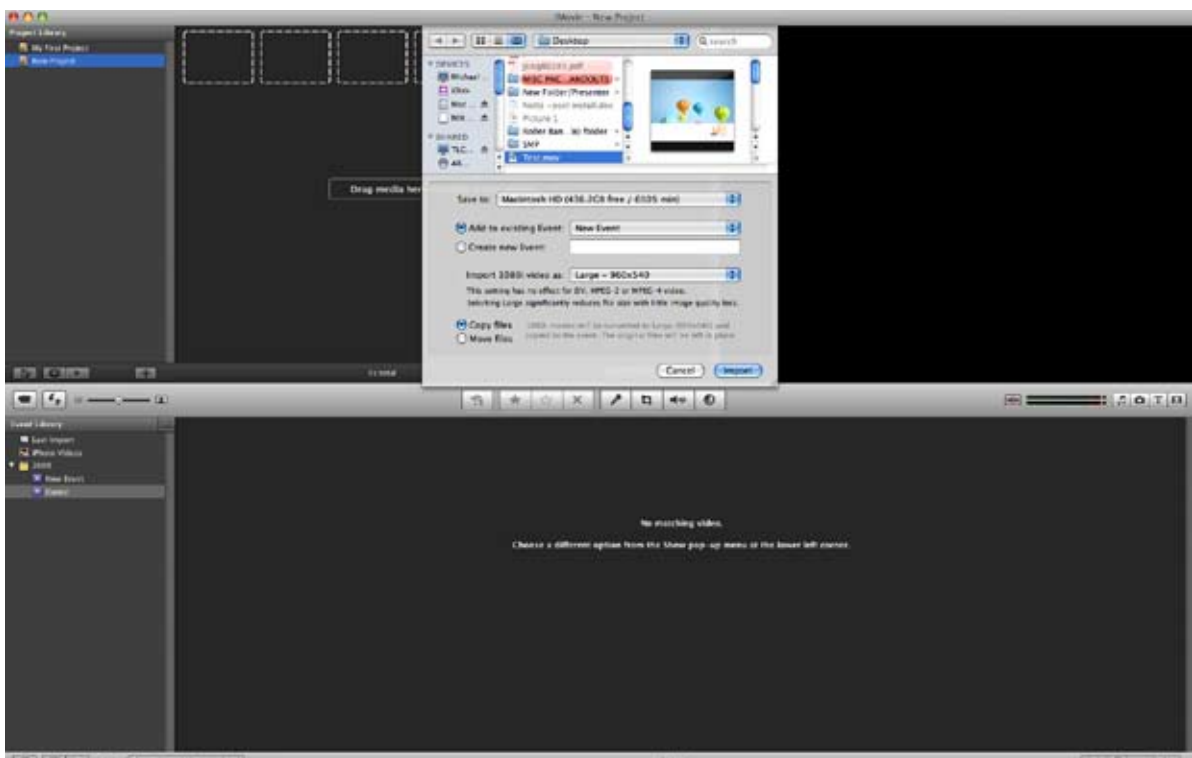
# How to convert a movie file to a Quicktime file for the Life Channel Schools Network

(Using AppleMac's iMovie)

Open iMovie and create New Project



Go to file and import movie

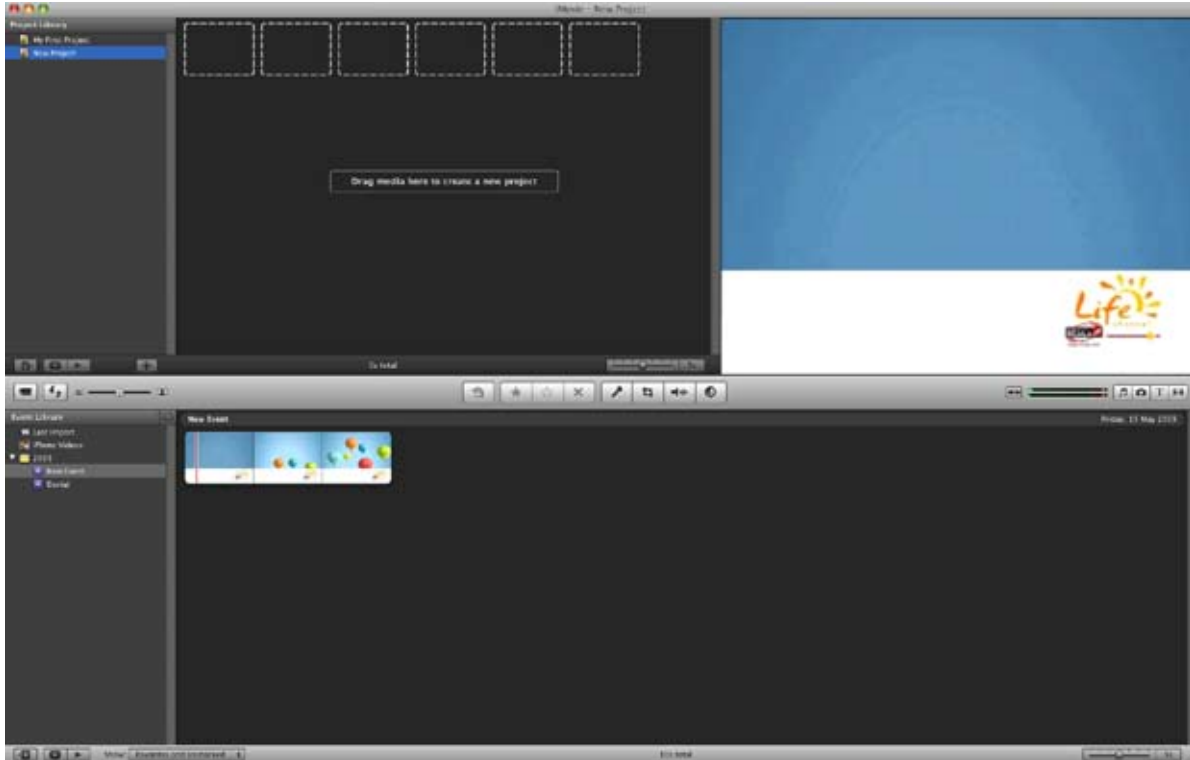




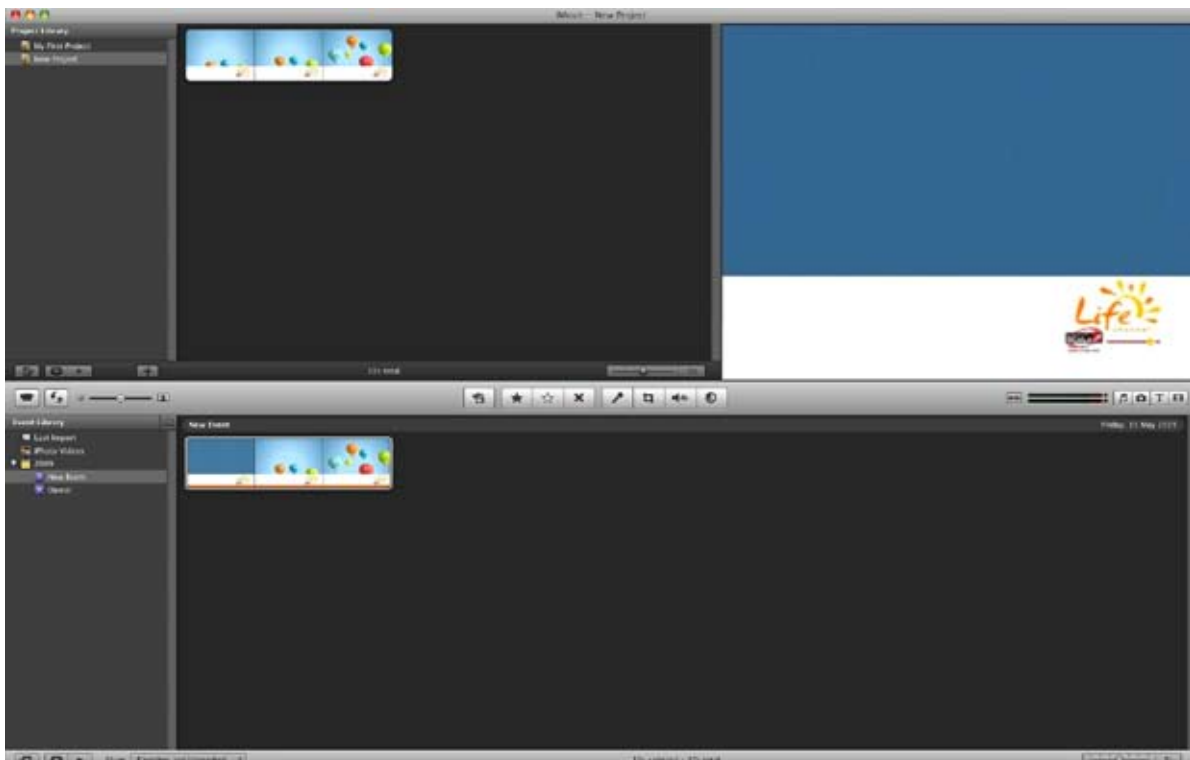
## How to convert a movie file to a Quicktime file for the Life Channel Schools Network

(Using AppleMac's iMovie)

Imported movie appears in bottom window



Select movie and drag image to the top window

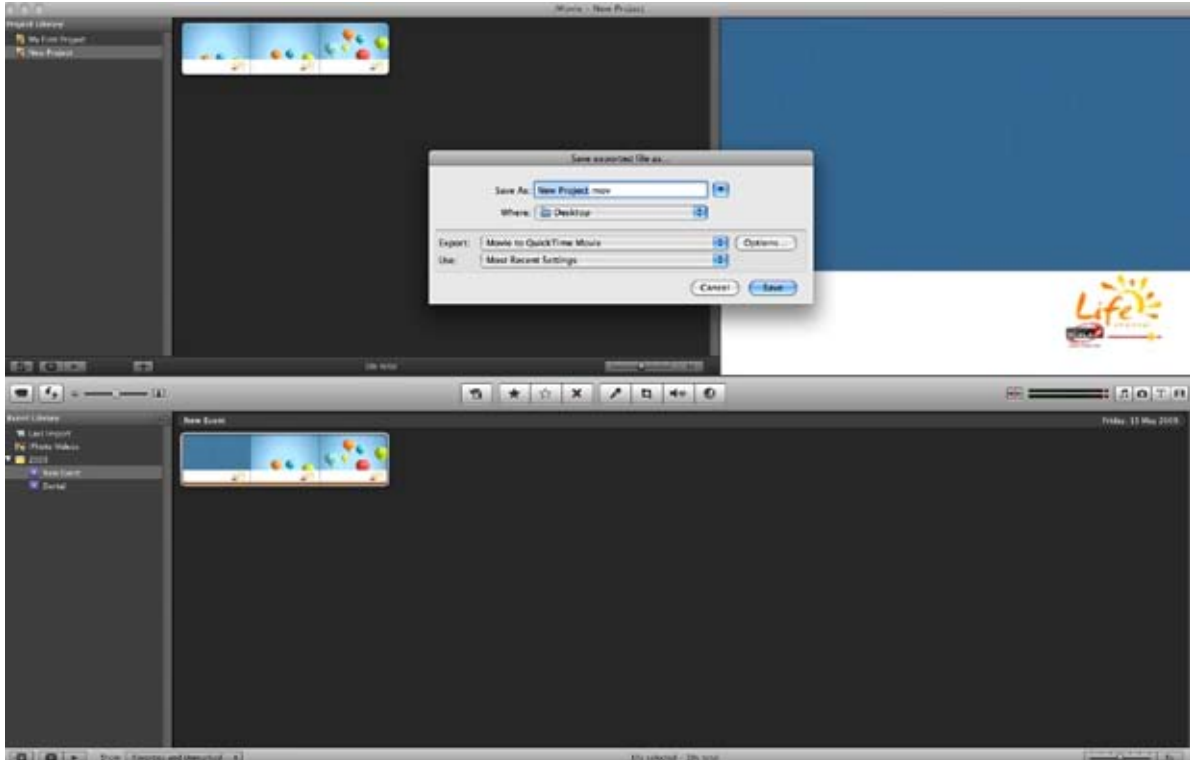




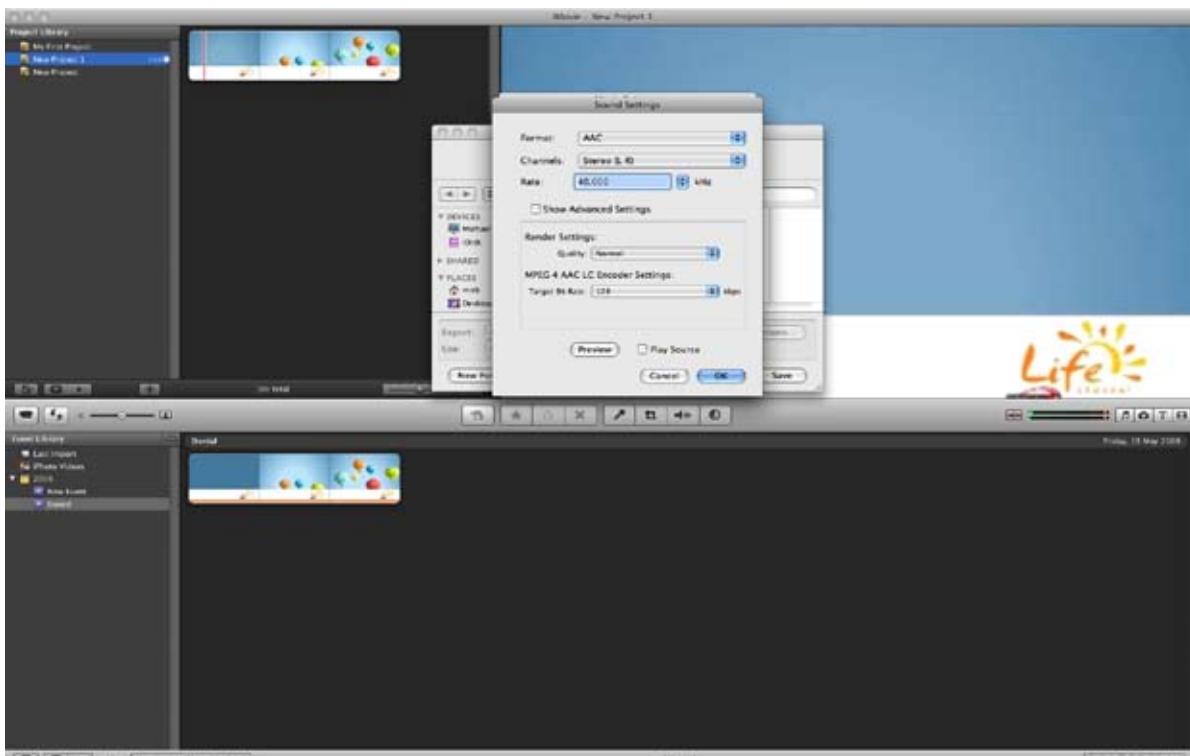
# How to convert a movie file to a Quicktime file for the Life Channel Schools Network

(Using AppleMac's iMovie)

Go to Share - Export using Quicktime - Click options



Click sound settings select AAC - click OK

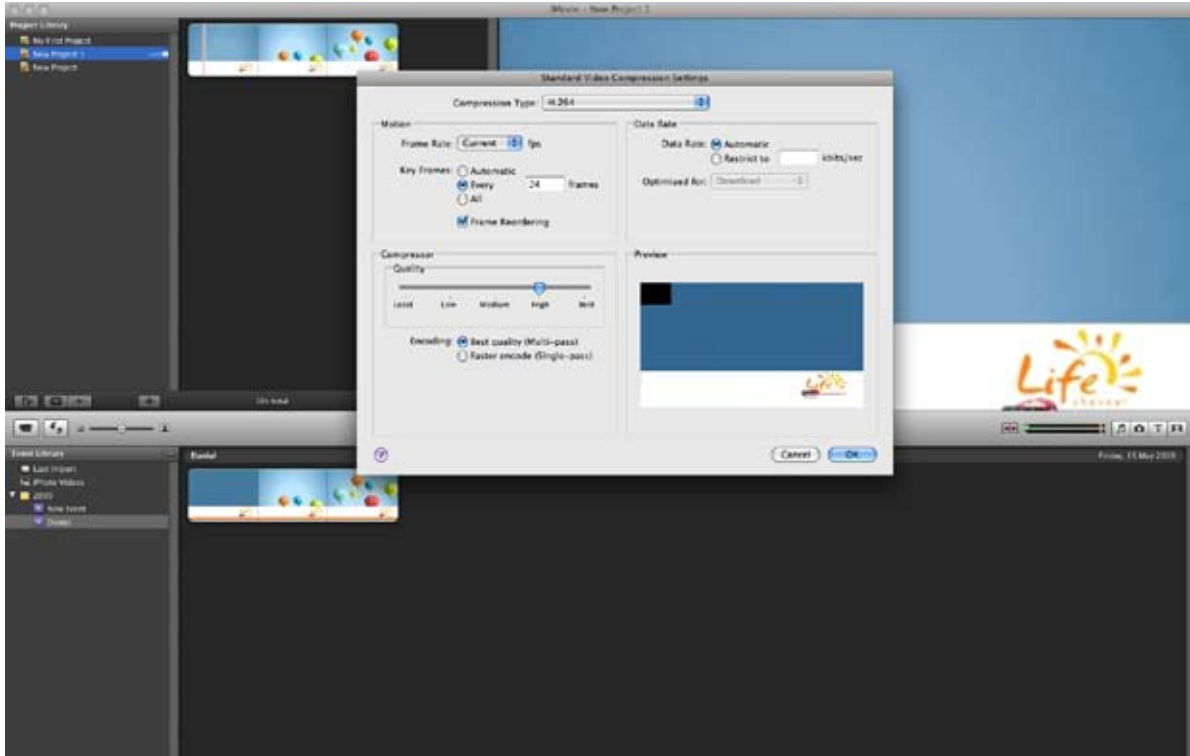




## How to convert a movie file to a Quicktime file for the Life Channel Schools Network

(Using AppleMac's iMovie)

Click video settings - choose H.264 - Click OK x twice - Click save



If you have successfully completed the above steps you should be able to play your Quicktime movie on the school network.