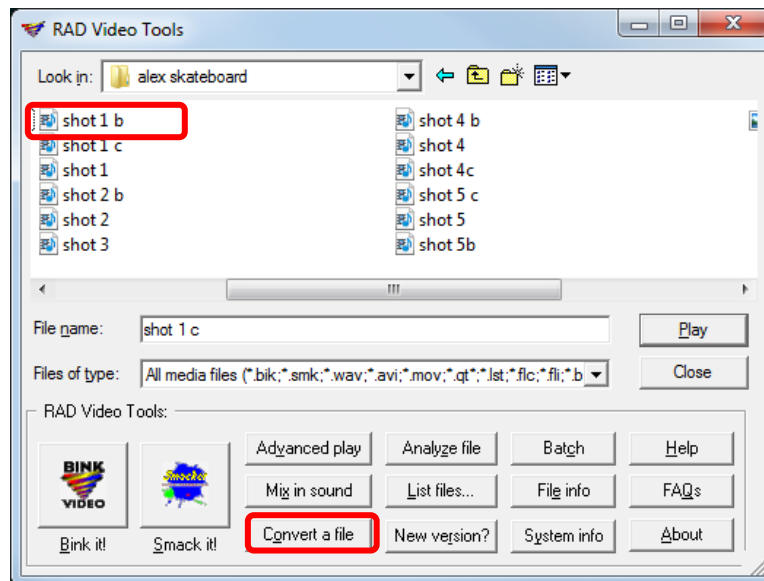
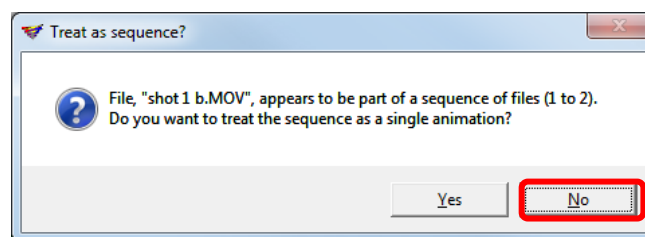


Convert QuickTime MOV files to AVI

1. Download and install RAD Video Tools from <http://www.radgametools.com/bnkdown.htm>
2. Open RAD Video tools.
3. Click the *Look in:* arrow and navigate to the location of your QuickTime files.
4. Select the first file.
5. Click the "Convert a file" button.

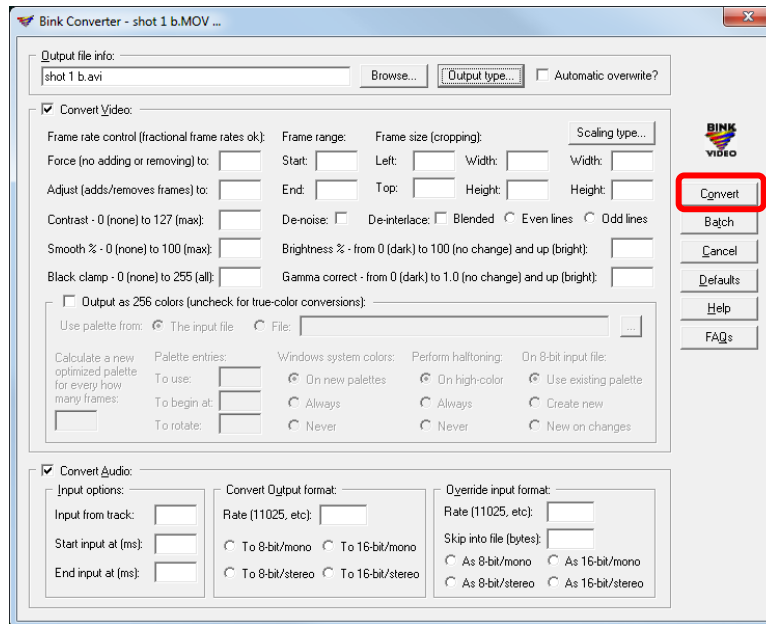


6. When asked to treat the sequence as part of an animation, click NO.

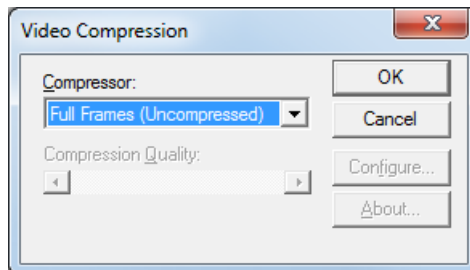


7. Click the "Output type....:" and select "avi".
8. Click Browse and choose a path to save the converted file(s) to.
9. Ensure that the "Convert Video" and "Convert Audio" options are selected.

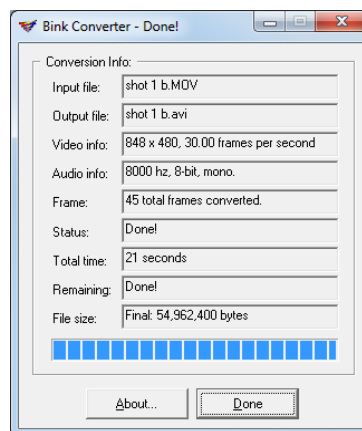
10. Click the "Convert" button along the right edge of the window.



11. When prompted for Video Compression, begin with the default **Full Frames (Uncompressed)**. Click OK. (you may wish to try out to see which one converts the best quality and file size for your task.)



12. When the conversion is complete, click Done.

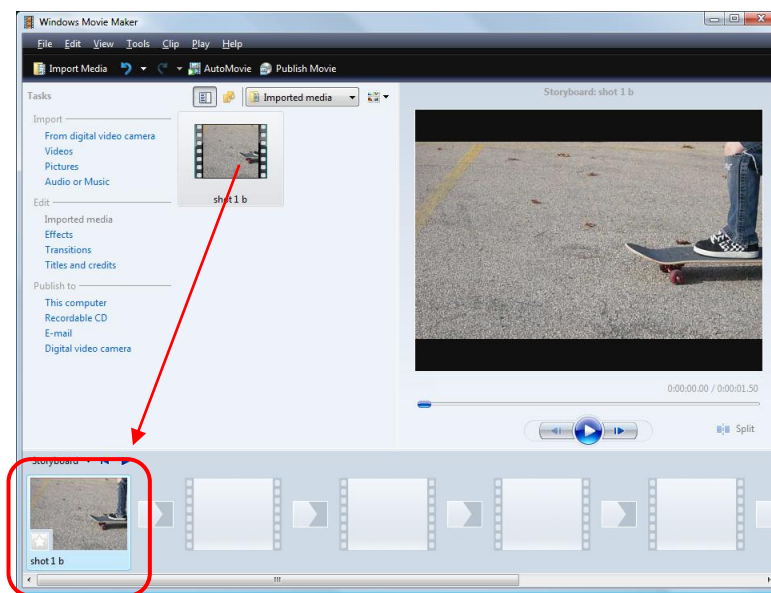


13. Navigate to the output folder you selected and view the file to ensure the quality and file size are suitable.

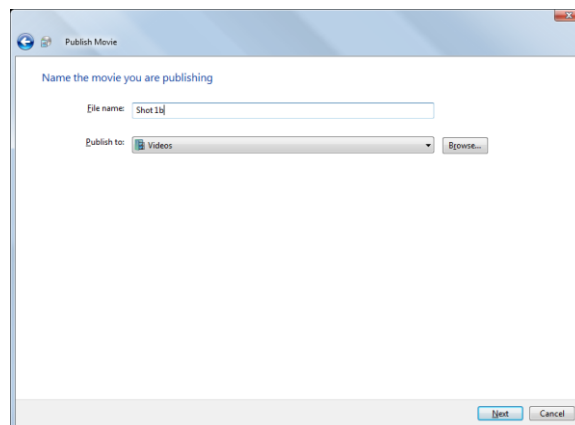
Reduce File Size Using Windows Movie Maker

To reduce the file size you can import your video into Windows Movie Maker and save the video to a smaller file size.

1. Open Windows Move Maker.
2. In the *Tasks* pane, select *Videos* from the *Import* section.
3. Navigate to the converted video file(s).
4. Select the video file and click *Import*.
5. Drag the video file to the *Storyboard* or *Timeline* area.



6. In the *Publish to* area of the *Tasks* pane, select *This computer*.
7. Give the file a name and select a place to save the file.



8. Click *Next*.
9. Choose the desired settings for you movie.
 - a. Best quality for playback on my computer.
 - b. Compress to: (and select a desired file size).
10. Click *Publish*.
11. When the conversion is complete, you can copy the file to the desired user folder.