HOW TO REDUCE THE SIZE OF A VIDEO RECORDING

Desktop Computer

VLC Compress Video to Smaller Size

Step 1: Download, install the VLC Media Player and open it. The download URL is <u>https://www.videolan.org/index.html</u>

Step 2: Go to Menu and click on Media > Convert/save and select the video you need clicking on Add > Convert/Save when you were done.

Step 3: Select the type of profile you want to convert the video.

Step 4: Start VLC video compression and select the Start button.

Convert	—
Source	
Source: W:\Video\2021	(VNR - TVC)\TVC\Sort Your Load\Sort your load - DRAFT.mp4
Type: file	
Settings	
 Convert 	
Display the output	
Profile	Video - H. 264 + MP3 (MP4)
O Dump raw input	
Destination	
Destination file: IR - TVC)\TVC\Sort Your Load\Sort your load - Compress.mp4 Browse
	Start Cancel

iPhone

Reduce the resolution of a video before recording.

Step 1: Go to "Settings -> Camera" on your iPhone and find the option for "Record video." Step 2: Select the smallest resolution and video quality.



QuickTake video will always record with 1080p HD at 30 FPS.

A minute of video will be approximately:

- 60 MB with 720p HD at 30 FPS (space saver)
- 130 MB with 1080p HD at 25 FPS (PAL TV)
- 130 MB with 1080p HD at 30 FPS (default)
- 175 MB with 1080p HD at 60 FPS (smoother)
- 270 MB with 4K at 24 FPS (film style)
- + 270 MB with 4K at 25 FPS (PAL TV)
- + 350 MB with 4K at 30 FPS (higher resolution)
- + 400 MB with 4K at 60 FPS (higher

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resolution, smoother)
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Use Video Compress App

Step 1: Go to the App Store and search "Video Compress"

Step 2: There are many free apps available to choose from. Install one and follow the steps to compress the video.

Android

Reduce the resolution of a video before recording.

Step 1: Tap the "Camera" icon and slide to Video.Step 2: Go to Settings and Select Video Size/Quality.Step 3: Select the smallest resolution and video quality.



Use Video Compress App

Step 1: Go to the Play Store and search for "video compressor".

Step 2: There are many free apps available to choose from. Install one and follow the steps to compress the video.

If the above does not work for you please google other options as there are many available.