360 Video to Youtube

Ingredients:

-Adobe Premier or other video encoder
- Equirectangular video
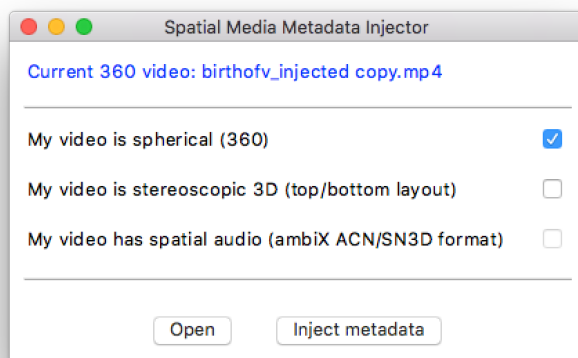- 360 Video Metadata app (from https://github.com/google/spatial-media)

Directions:

1. Export an Equirectangular video with the following encoding:

    -24, 25, 30, 48, 50, or 60 frames per second
    -16:9 aspect ratio
    - 4K (3840 x 2160) resolution
    - Container: MP4
    - Video codec: H.264

Type	Video Bitrate, Standard Frame Rate (24, 25, 30)	Video Bitrate, High Frame Rate (48, 50, 60)
2160p (4k)	35-45 Mbps	53-68 Mbps
1440p (2k)	16 Mbps	24 Mbps

2. When your video is rendered and ready for upload, open Metadata App.

3. Click open and open your video

4. Check "My video is spherical" and any other relevant boxes.

5. Click "Inject metadata" and save this new file

6. Go to Youtube and "upload" your newly injected file from step 5

7. Publish and see your 360 video on Youtube. Note that it can take up to an hour to become 360

more info here