

# Syncing Audio & Video with Adobe Premier Pro (2017)

## Creating an Adobe Premiere Pro file .prproj file

1. Open Adobe Premiere Pro (2017).
2. Click **New project...** on the pop-up start page.
3. Name the project (e.g., FM2-20161007-G5) and select a directory to save the project (e.g., in the same folder as the original video files FM2-20161007-G5-O).

## Importing video and sound files into Adobe Premiere Pro

1. Click the 'project pane' (lower left corner) that reads **Import media to start**.
2. Navigate to the 00000.mts file and select it.
  - .../FM2-20161007-G5-O/PRIVATE/AVCHD/BDMV/STREAM/00000.mts
3. Click the 'project pane' again and navigate to the FM2-20161007-G5.wav file and select it.
4. Both the video (.mts) and sound (.wav) file should appear in the 'project pane'.

## Creating a 'sequence' with audio and video files

1. Select the video (.mts) file and drag it to the 'timeline pane'.
2. You have now created a sequence file taking the same name as the .mts file.
  - The sequence file contains slots for three video files (e.g., V1, V2, V3) and three audio files (e.g., A1, A2, A3).
  - The video (.mts) file takes up one video slot (V1) and one audio slot (A1)
3. Select the audio (.mts) file and drag it to the A2 slot in the 'timeline pane'.
  - Note that the separate audio (.wav) and video (.mts) files do not align when it is played. Try playing the files in the 'timeline pane', and you will hear two separate audio tracks.

## Synchronizing audio and video in a sequence

1. Select both the audio and video files, so that they turn white.
2. Right click on them, and select **Synchronize**.
3. In the pop-up menu under **Synchronize Point**, select **Audio** and then **OK**.
  - The audio and video files are no longer aligned from the beginning, but they are now perfectly in sync.

## Editing audio and video in a sequence

1. Select the **Razor Tool** just left of the 'timeline pane'.
2. Use the razor tool to 'cut' the video and audio file in the same place. I advise that you make the cut just before I clap three times.
3. Select the **Select Tool** just left of the 'timeline pane'.
4. Select the 'extra piece' of audio and video that need to be discarded and press **delete**.
5. Repeat the same process with the **Razor Tool** and **Select Tool** at the end of the recording (again, after I clap three times).
  - Importantly, the audio and video segments are now *exactly* the same length.
6. Select the audio and video files on the timeline and drag them to the beginning of the timeline.

## Exporting the audio file

1. Mute the video (.mts) track by selecting both the eye icon so that it has a slash through it and the M icon immediately left of the track.
2. Select the audio (A2, .wav) segment on the timeline.
3. Click **File > Export > Media...**
4. A pop-up menu **Export Settings** will appear.
5. Under the format drop down menu, select **Waveform Audio**.
  - The preset should be **WAV 48 kHz 16-bit**.
6. Click on the **Output Name** and select a location (e.g., in the directory FM2-20161007-G5) and name the file (e.g., FM2-20161007-G5.wav).
7. Click **Export** at the bottom.

## Exporting the video file

1. Mute the audio (.wav) track by selecting the M immediately left of the track.
2. Select the video segment on the timeline.
3. Click **File > Export > Media...**
4. A pop-up menu **Export Settings** will appear.
5. Under the format drop down menu, select **H.264**.
  - The preset should be **Match Source - High bitrate**.
6. Click on the **Output Name** and select a location (e.g., in the directory FM2-20161007-G5) and name the file (e.g., FM2-20161007-G5.mp4).
7. Click **Export** at the bottom.