# Using Any Video Converter to Compress/Convert video files

#### Compress videos for:

- Faster playback
- Faster uploads
- Saving space on the server

The raw footage from video cameras (especially if they are HD as in the Flip cameras) is often very large. Compressing is a very good idea.

Any Video Converter is a free and effective means by which to compress and convert video files. AVC is available for download at: <a href="http://www.any-video-converter.com/download-avc-free.php">http://www.any-video-converter.com/download-avc-free.php</a> (make sure you get the free version and not evaluation version)

## Compress your video:

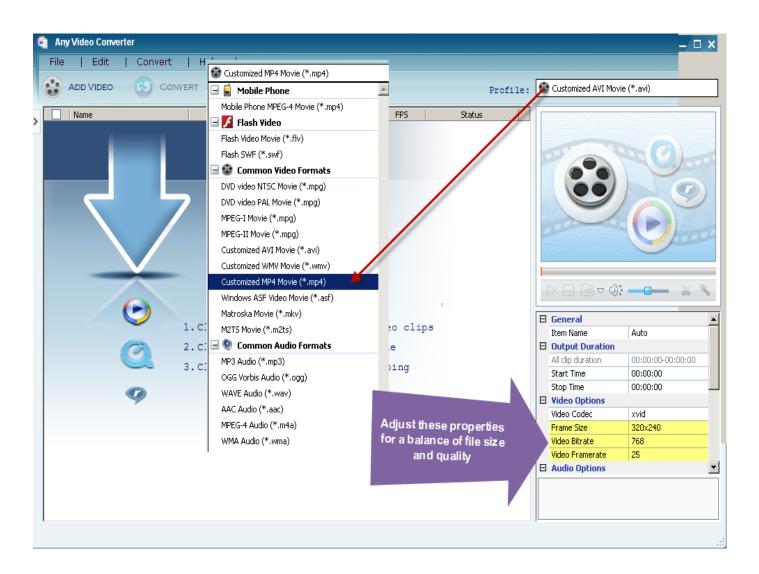
#### Step 1: Open AVC after installation

Step 2: Open Video: Drag/Drop or click Open Video to add your video for compression/conversion

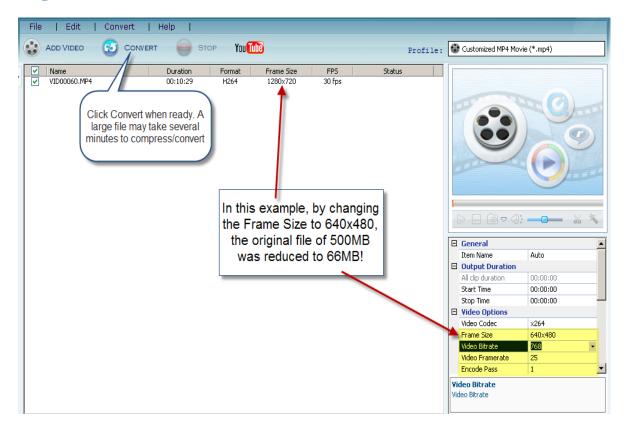


### Step 3: Choose a Compression/Conversion profile

- For most cases (as with the podcast server), choose "Customized MP4 Movie (\*.mp4) profile"
- Edit properties for various playback configurations
  - o \*\*Frame Size (640x480 is a good all around size)
  - Video Framerate (don't go below 25 if possible)
  - Video Bitrate (try the original bitrate first, then adjust lower if a smaller file size is needed)



### Step 4: Convert



Step 5: Locate and upload file

