

主辦機構:



香港青年協會  
*the hongkong federation of youth groups*

協辦機構: 政府資訊科技總監辦公室  
Office of the Government Chief Information Officer

# COLOURS OF THE INTERNET

精彩網絡 由你創作

## 健康網上短片創作大賽2010

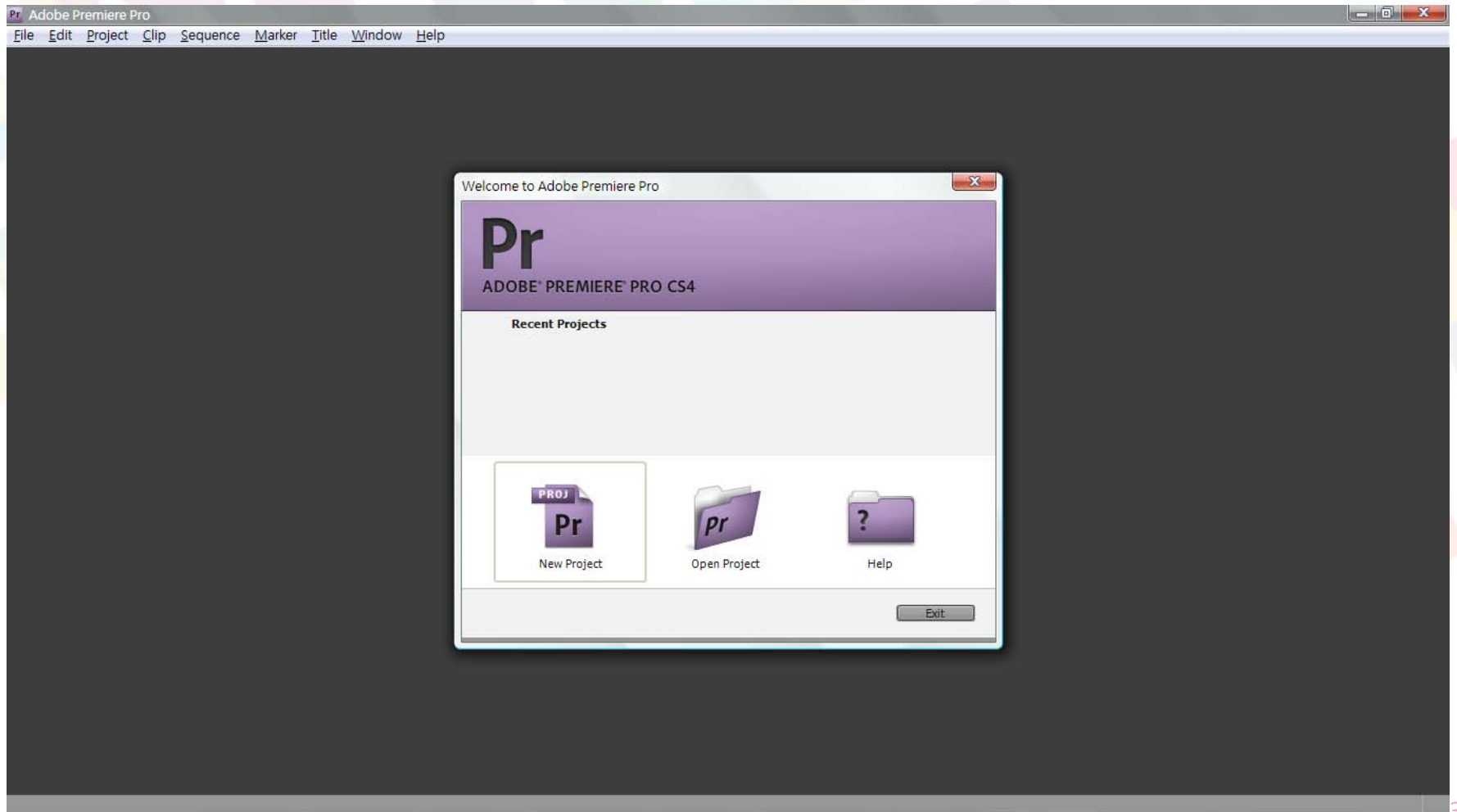
## LEARNING OUTCOME

- ✗ Adobe Premiere CS4 Basic Setting
  - + HDV Project Setting and Preferences
  - + Introduction of Window Setting and Basic Functions
- ✗ Editing Skills
  - + Timeline Usage
  - + Video Capture and Import
  - + Multiple Selection and Razor
  - + Adjust Color
  - + Effect Controls
  - + Audio Gain
  - + Subtitle
  - + Output Format and Workplace



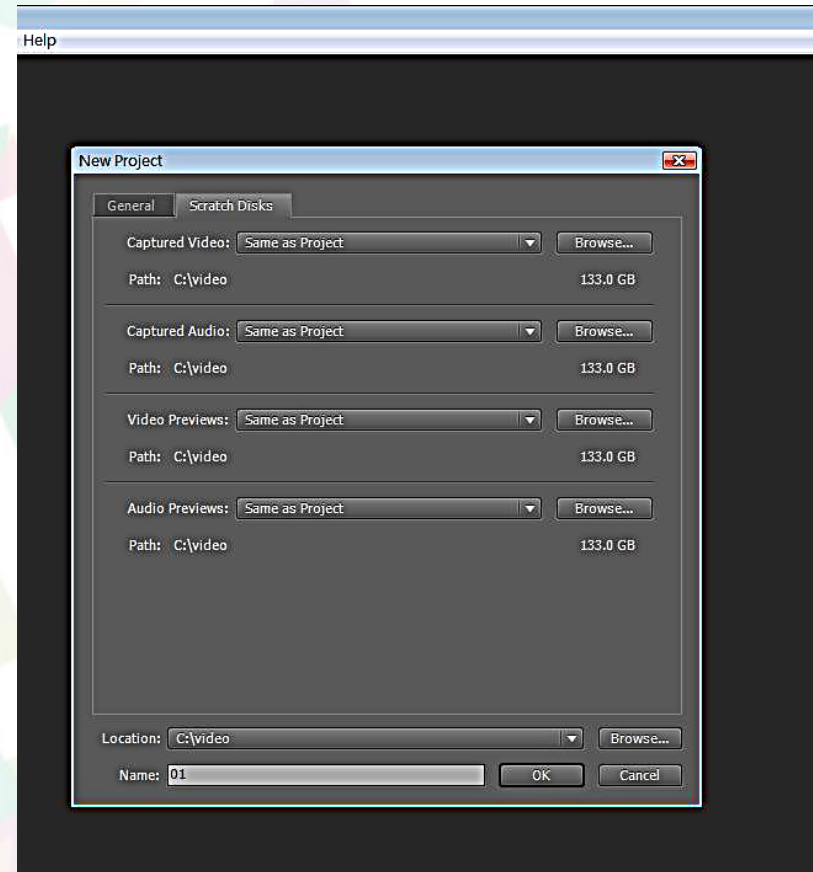
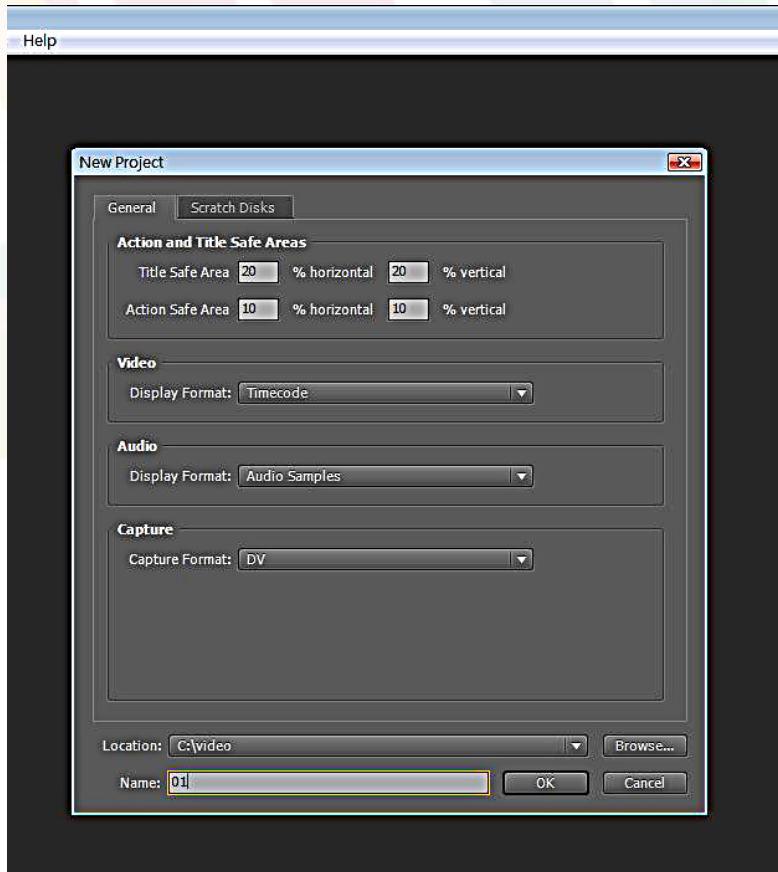
## DEMONSTRATION

### Step 1: New Project



## DEMONSTRATION

Step 2: Save location and name (Be aware of the setting)



## DEMONSTRATION

### Step 3: New Sequence (HDV & DV-PAL)

The screenshot shows the Adobe Premiere Pro interface with the 'New Sequence' dialog box open. The dialog box has three tabs: 'Sequence Presets', 'General', and 'Tracks'. The 'Sequence Presets' tab is active, showing a list of available presets on the left and a 'Preset Description' on the right. The 'Available Presets' list includes folders for AVC-Intra, AVCHD, DV-24P, DV-NTSC, DV-PAL, DVCPR050, DVCPR0HD, and HDV. Under the HDV folder, several presets are listed, with 'HDV 720p25' highlighted. The 'Preset Description' for 'HDV 720p25' is displayed, showing details for editing with IEEE1394 (FireWire/i.LINK) HDV equipment, including video and audio settings. The 'Sequence Name' field is set to 'Sequence 01'. The 'Available Presets' list on the right side of the dialog box is also visible, with 'Widescreen 48kHz' and 'HDV 720p25' highlighted.

Adobe Premiere Pro

File Edit Project Clip Sequence Marker Title Window Help

New Sequence

Sequence Presets General Tracks

Available Presets

- AVC-Intra
- AVCHD
- DV - 24P
- DV - NTSC
- DV - PAL
- DVCPR050
- DVCPR0HD
- HDV
  - HDV 1080i25 (50i)
  - HDV 1080i30 (60i)
  - HDV 1080p24
  - HDV 1080p25
  - HDV 1080p30
  - HDV 720p24
  - HDV 720p25
  - HDV 720p30
- Mobile & Devices
- XDCAM EX
- XDCAM HD

Delete Preset

Sequence Name: Sequence 01

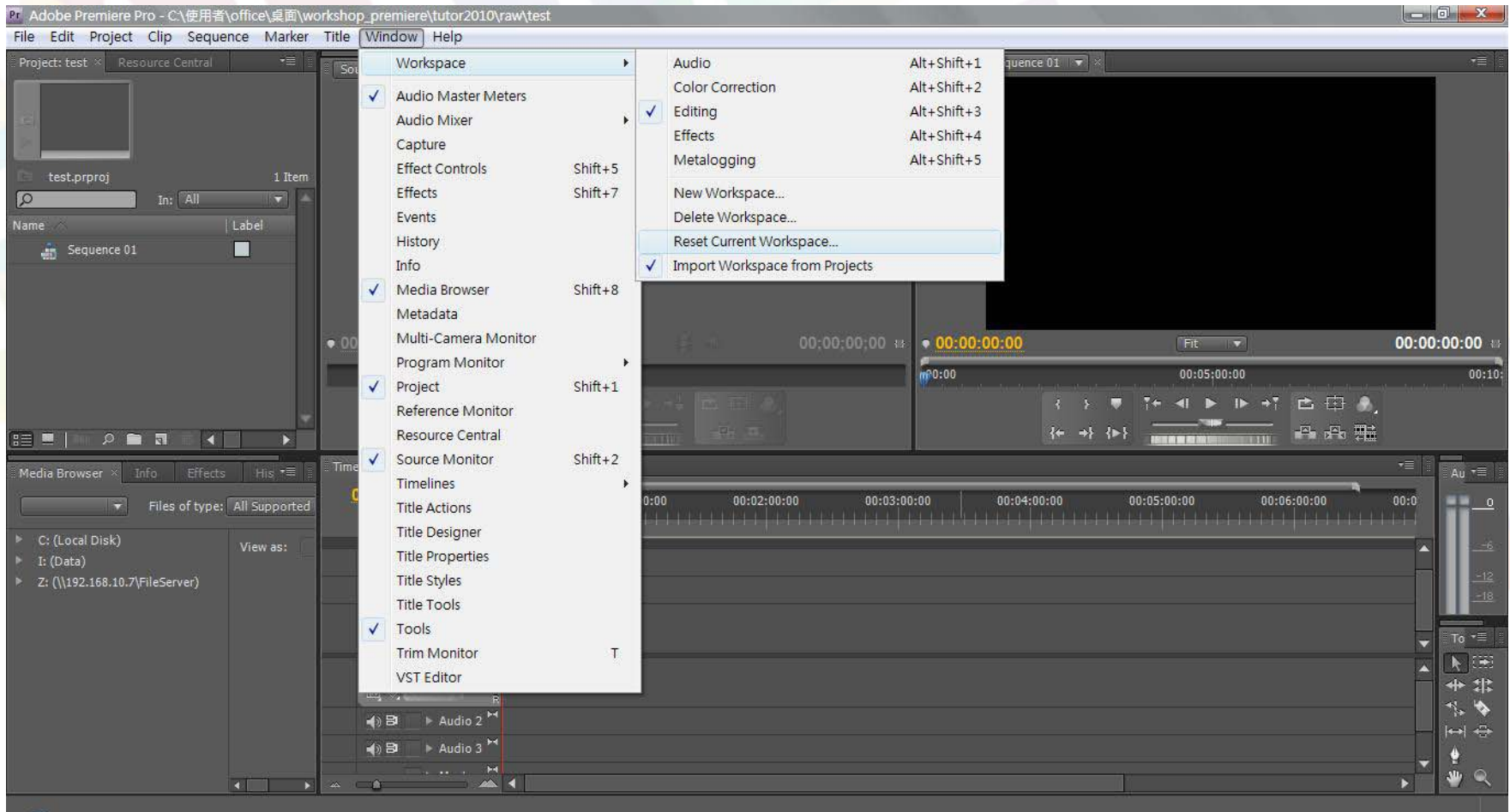
OK Cancel

Available Presets

- AVC-Intra
- AVCHD
- DV - 24P
- DV - NTSC
- DV - PAL
  - Standard 32kHz
  - Standard 48kHz
  - Widescreen 32kHz
  - Widescreen 48kHz
- DVCPR050
- DVCPR0HD
- HDV
  - HDV 1080i25 (50i)
  - HDV 1080i30 (60i)
  - HDV 1080p24
  - HDV 1080p25
  - HDV 1080p30
  - HDV 720p24
  - HDV 720p25
  - HDV 720p30

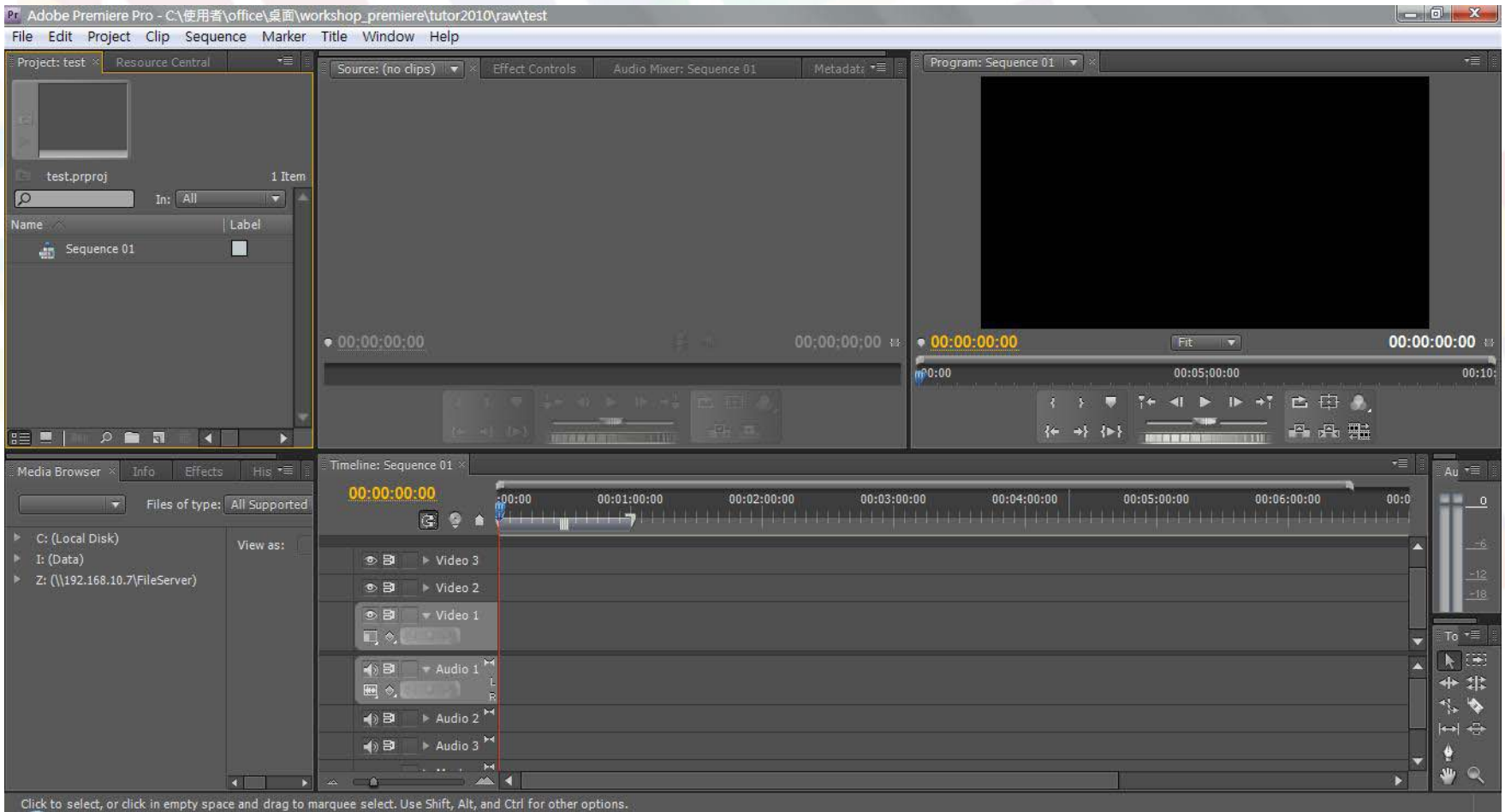
## DEMONSTRATION

### Step 4: Reset current workplace



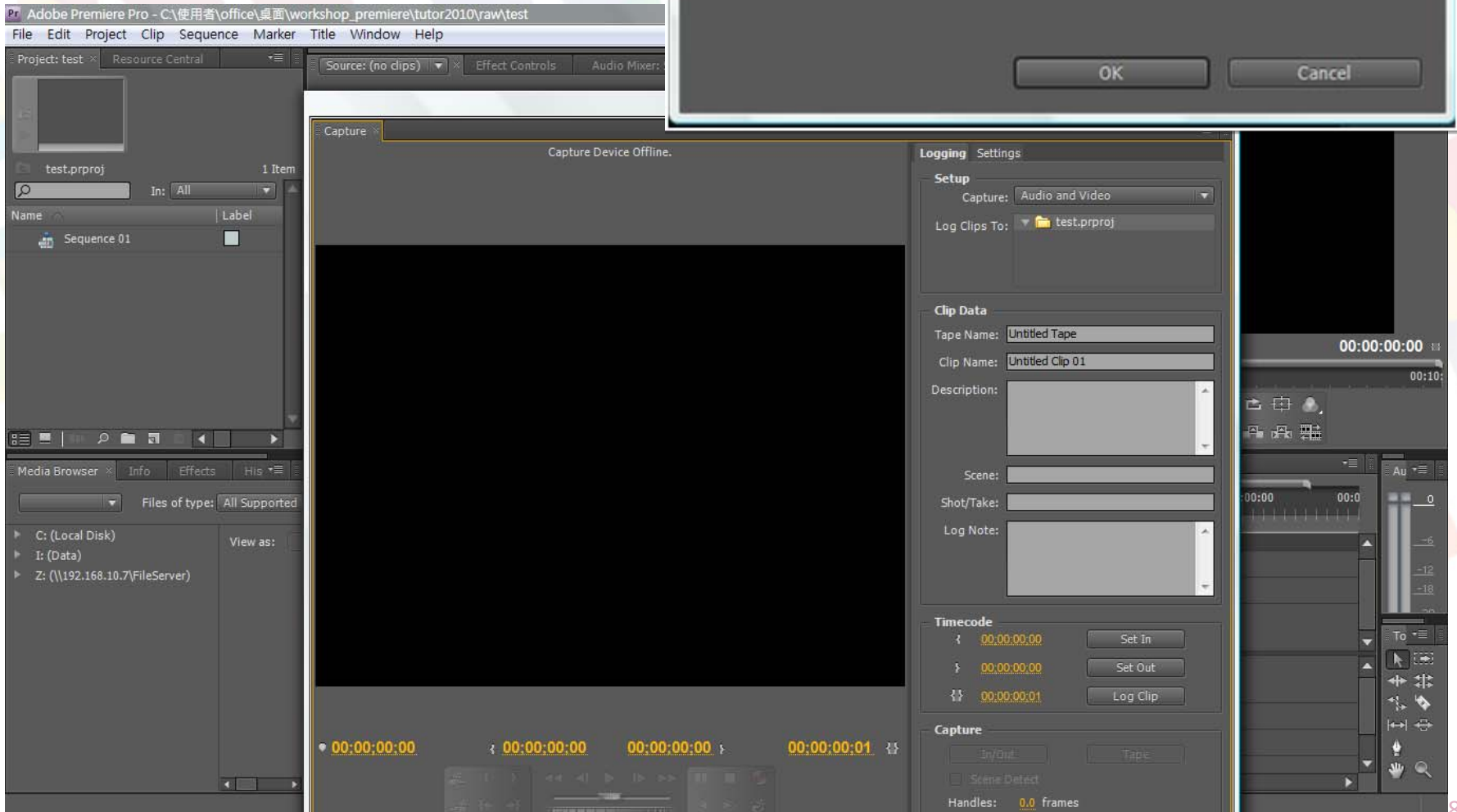
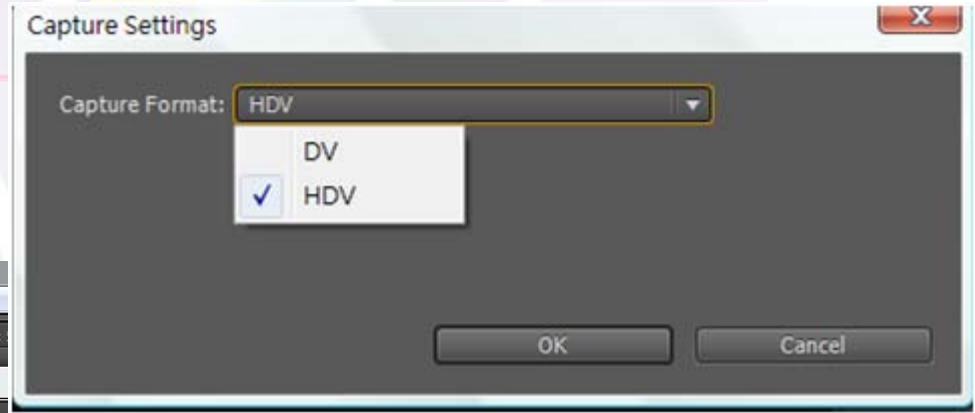
## DEMONSTRATION

### Introduction of the CS4 window



## DEMONSTRATION

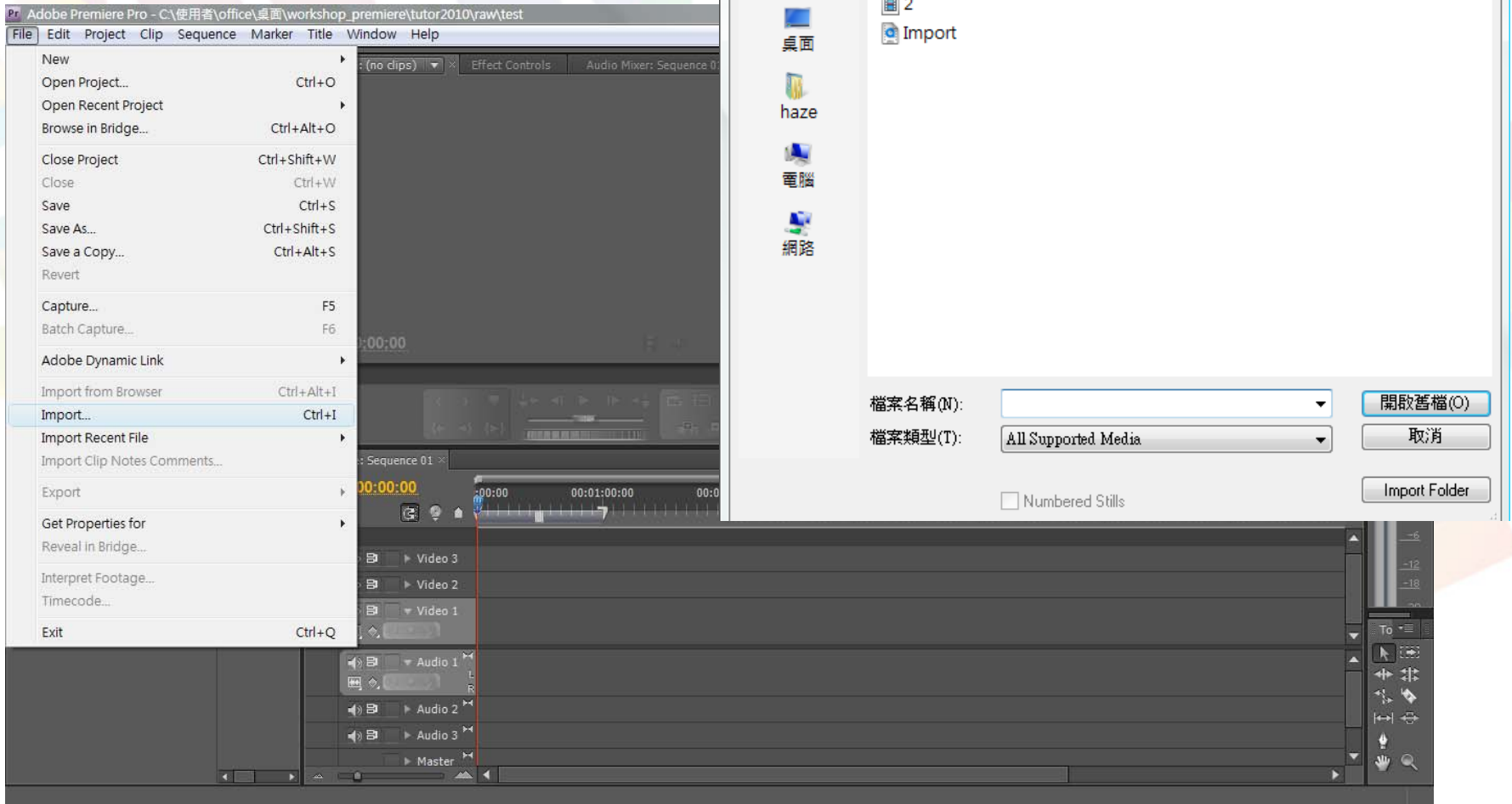
### Step 5: Video Capture (F5)





## DEMONSTRATION

### Step 6: Import (Ctrl+I)



## DEMONSTRATION

### Tool Bar Multi-selection



[http://help.adobe.com/en\\_US/PremierePro/4.0/WS84D2C42C-DB01-4b0b-B16B-FD080EE28949.html](http://help.adobe.com/en_US/PremierePro/4.0/WS84D2C42C-DB01-4b0b-B16B-FD080EE28949.html)

## DEMONSTRATION

### Step 7: Basic Editing (selection and transition) (source: 1.avi)



SHARING

## DEMONSTRATION

### Step 8: Adjust Colors – RGB Color Corrector (source: 2.avi)

Parameter	Value
Gamma	1.06
Pedestal	0.0
Gain	1.00
Red Gamma	0.88
Red Pedestal	0.0
Red Gain	1.00
Green Gamma	0.88
Green Pedestal	0.0
Green Gain	1.00
Blue Gamma	1.00
Blue Pedestal	0.0
Blue Gain	1.13

Adobe Premiere Pro interface showing the RGB Color Corrector effect applied to a video clip. The Effect Controls panel shows the RGB Color Corrector effect selected, with its parameters visible. The Program Monitor shows a video of four people sitting on a stage. The Timeline shows the video clip at 00:00:04:10.

## DEMONSTRATION

### Before and After



## DEMONSTRATION

Special Adjustments (Leave Colors, Extract, etc.)



## DEMONSTRATION

### Step 9: Keying (source: 3.avi)

**fx Chroma Key**

- Color
- Similarity **22.0 %**
- Blend **10.0 %**
- Threshold **0.0 %**
- Cutoff **0.0 %**
- Smoothing **High**
- Mask Only

The screenshot shows the Adobe Premiere Pro interface with the following elements:

- Effect Controls Panel:** Shows the 'Chroma Key' effect applied to '2.avi'. The settings are: Similarity 22.0%, Blend 10.0%, Threshold 0.0%, Cutoff 0.0%, Smoothing None, and Mask Only unchecked.
- Program Monitor:** Displays a video of a man in a white shirt against a black background. The timecode is 00:00:28:13.
- Timeline:** Shows the video and audio tracks for '2.avi'. A red vertical line indicates the current playhead position at 00:00:28:13.
- Media Browser:** Shows a search for 'key' with a list of video effects including 'Chroma Key'.
- Bottom Status Bar:** Contains the instruction: 'Click to select, or click in empty space and drag to marquee select. Use Shift, Alt, and Ctrl for other options.'



## DEMONSTRATION

### Step 10: Audio Gain (Right Click & Choose)

The screenshot displays the Adobe Premiere Pro interface. In the center, the 'Audio Gain' dialog box is open, showing options to adjust audio levels. The 'Set Gain to' option is selected, with a value of 0 dB. The 'Peak Amplitude' is shown as -12.4 dB. To the right, a context menu is open over the '2.avi' clip in the timeline, with 'Audio Gain...' highlighted. The menu also includes options like 'Speed/Duration...', 'Remove Effects...', 'Frame Hold...', 'Field Options...', 'Frame Blend', 'Scale to Frame Size', 'Rename...', 'Make Subclip...', 'Reveal in Project', 'Edit Original', 'Edit in Adobe Audition', and 'Edit in Adobe Soundbooth'. The background shows the Project panel with '2.avi' selected, the Effect Controls panel with 'Volume' expanded, and the timeline with the '2.avi' clip on the Audio 1 track.

Speed/Duration...  
Remove Effects...  
Frame Hold...  
Field Options...  
Frame Blend  
Scale to Frame Size  
**Audio Gain...**  
Rename...  
Make Subclip...  
Reveal in Project  
Edit Original  
Edit in Adobe Audition  
Edit in Adobe Soundbooth  
Replace with After Effects Composition

Adobe Premiere Pro - C:\使用者\office\桌面\workshop\_premiere\tutor2010\raw\test +  
File Edit Project Clip Sequence Marker Title Window Help

Project: test Resource Central  
2.avi  
Movie, 720 x 576 (1.4587)  
00:00:26:23, 25.00 fps  
48000 Hz - 16-bit - Stereo

test.pproj 3 Items  
Name Label  
Sequence 01  
1.avi  
2.avi

Sequence 01 \* 2.avi  
:15:00 00:00:30:00  
Video Effects  
Motion  
Opacity  
Time Remapping  
Chroma Key  
Color  
Similarity 22.0 %  
Blend 10.0 %  
Threshold 0.0 %  
Cutoff 0.0 %  
Smoothing None  
Mask Only  
Audio Effects  
Volume

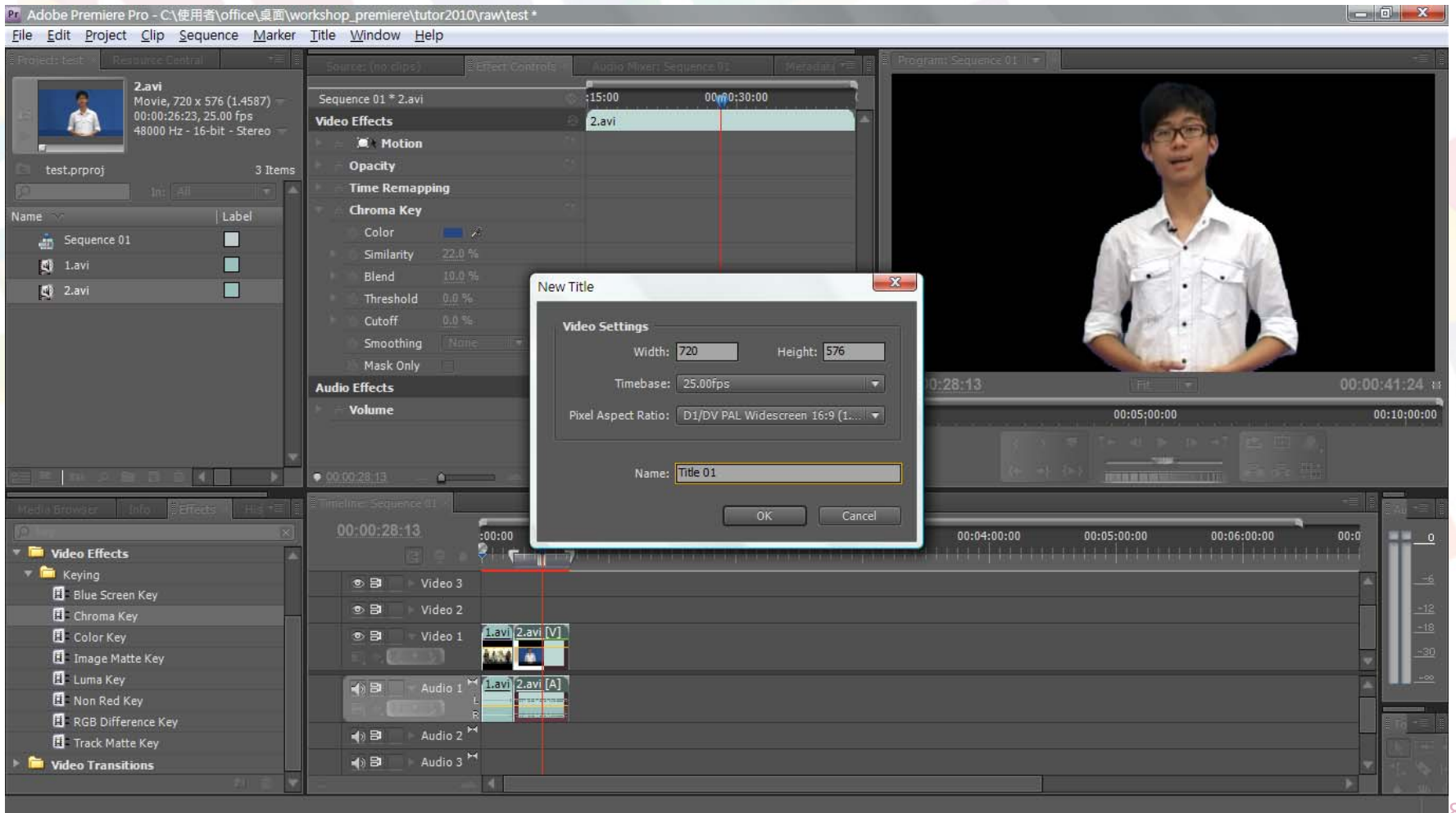
Audio Gain  
Set Gain to: 0 dB  
Adjust Gain by: 0 dB  
Normalize Max Peak to: 0 dB  
Normalize All Peaks to: 0 dB  
Peak Amplitude: -12.4 dB  
OK  
Cancel

Media Browser Info Effects  
Video Effects  
Keying  
Blue Screen Key  
Chroma Key  
Color Key  
Image Matte Key  
Luma Key  
Non Red Key  
RGB Difference Key  
Track Matte Key  
Video Transitions

Timeline: Sequence 01  
00:00:28:13  
Video 3  
Video 2  
Video 1  
Audio 1  
Audio 2  
Audio 3

## DEMONSTRATION

### Step 10: Subtitle (Ctrl+T)



## DEMONSTRATION

### Step 10: Subtitle (Ctrl+T)



## DEMONSTRATION

### Step 11: Output (16:9 or 4:3; file size oriented)

The screenshot displays the Adobe Premiere Pro interface with the 'Export Settings' dialog box open. The dialog is divided into several sections:

- Source/Output:** Shows the source and output paths and a preview window.
- Export Settings:**
  - Format:** Windows Media
  - Preset:** PAL Widescreen Source to D...
  - Comments:** PAL Widescreen Source to Download 1024kbps
  - Output Name:** C:\User...premiere\tutor2010\source\Title 01.wmv
  - Export Video:**
  - Export Audio:**
  - Open in Device Central:**
- Summary:**
  - 720x576, 25 [fps]
  - 96 kbps, 48 kHz, stereo VBR
  - Compressed, VBR, 2 Pass, Audiences:1, Avg 872.00 [kbps]
- Basic Video Settings:**
  - Codec:** Windows Media Video 9
  - Allow interlaced processing:**
  - Encoding Passes:** One (selected), Two
  - Bitrate Mode:** Variable Unconstrained
  - Frame Width [pixels]:** 720
  - Frame Height [pixels]:** 576
  - Frame Rate [fps]:** 25
- Estimated File Size:** 708 KB

The background shows the Premiere Pro interface with a video preview window displaying a man in a white shirt. The timeline at the bottom shows the current timecode as 00:00:00:00.

SHARING

## REFERENCE

- ✘ <http://premierepro.wikia.com/wiki/Category:CS4>
- ✘ <http://www.adobe.com/support/premiere/>
- ✘ [http://en.wikipedia.org/wiki/Academy\\_Award\\_for\\_Film\\_Editing](http://en.wikipedia.org/wiki/Academy_Award_for_Film_Editing)

Q & A

Online Version: <http://healthyvideo.u21.hk/download.php>

## SHORTCUT LIST

File		Edit		Windows	
New Project	Ctrl+Alt+N	Deselect All	Ctrl+Shift+A	Hand tool	H
New Sequence	Ctrl+N	Paste Attributes	Ctrl+Alt+V	Pen tool	P
New Title	Ctrl+T	Paste Insert	Ctrl+Shift+V	Rate Stretch tool	X
Open Project	Ctrl+O	Razor at Current	Ctrl+K	Razor tool	C
Close Project	Ctrl+Shift+W	Redo	Ctrl+Shift+Z	Ripple Edit tool	B
Save	Ctrl+S	Ripple Delect	Alt+Backspace	Rolling Edit tool	N
Save As	Ctrl+Shift+S	Select All	Ctrl+A	Selection tool	V
Capture	F5	Set Opacity Key Frame	Ctrl+click clip	Slide tool	U
Batch Capture	F6	Speed	Ctrl+R	Slip tool	Y
Import	Ctrl+I	Undo	Ctrl+Z	Track Select tool	A
Exit	Ctrl+Q	Zoom In	=	Zoom tool	Z
Go to Start	Home	Zoom Out	-		
Go to selected clip start	Shift+Start	Zoom to Sequence	\		
Go to selected clip end	Shift+End	Play-Stop Toggle	Space		