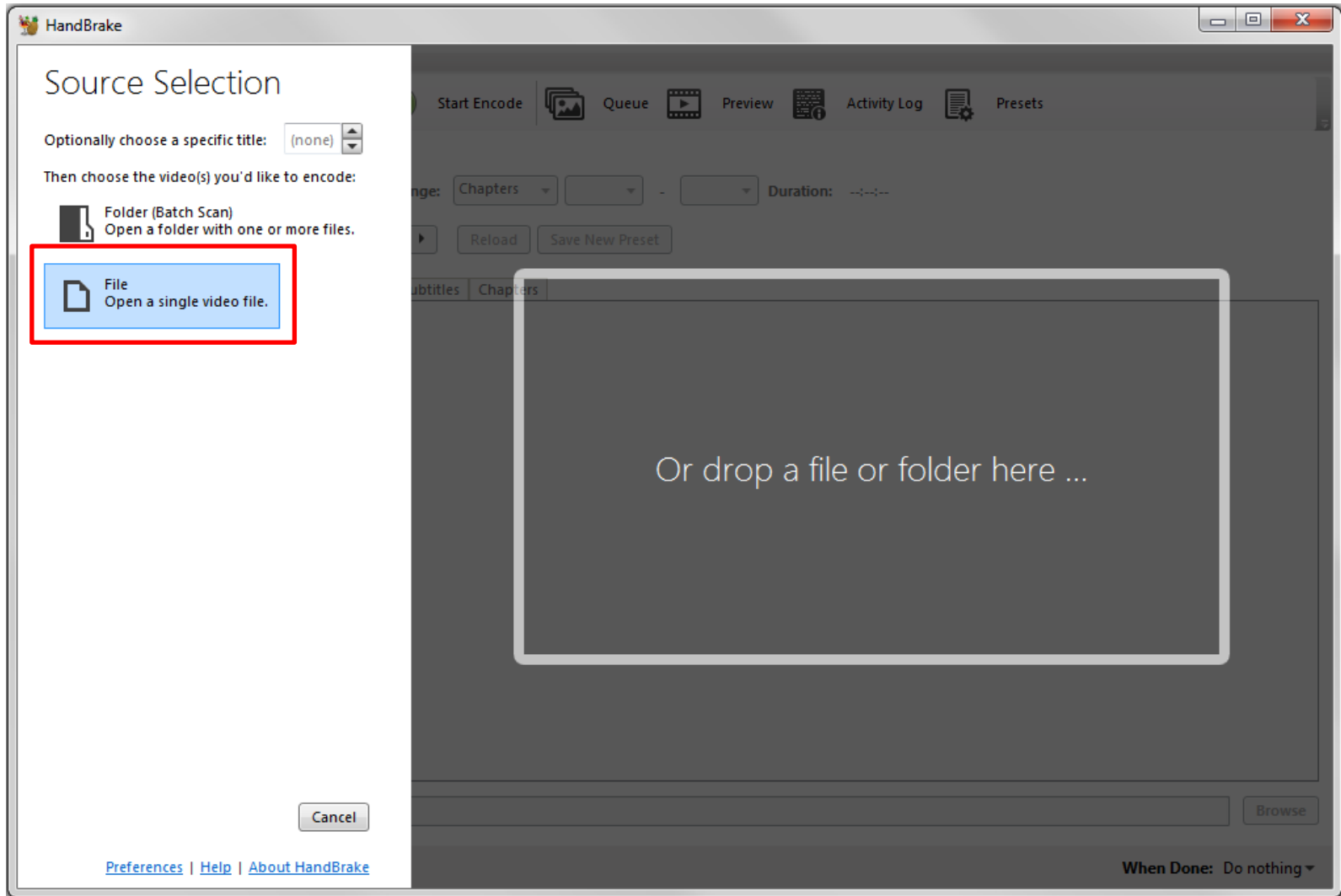


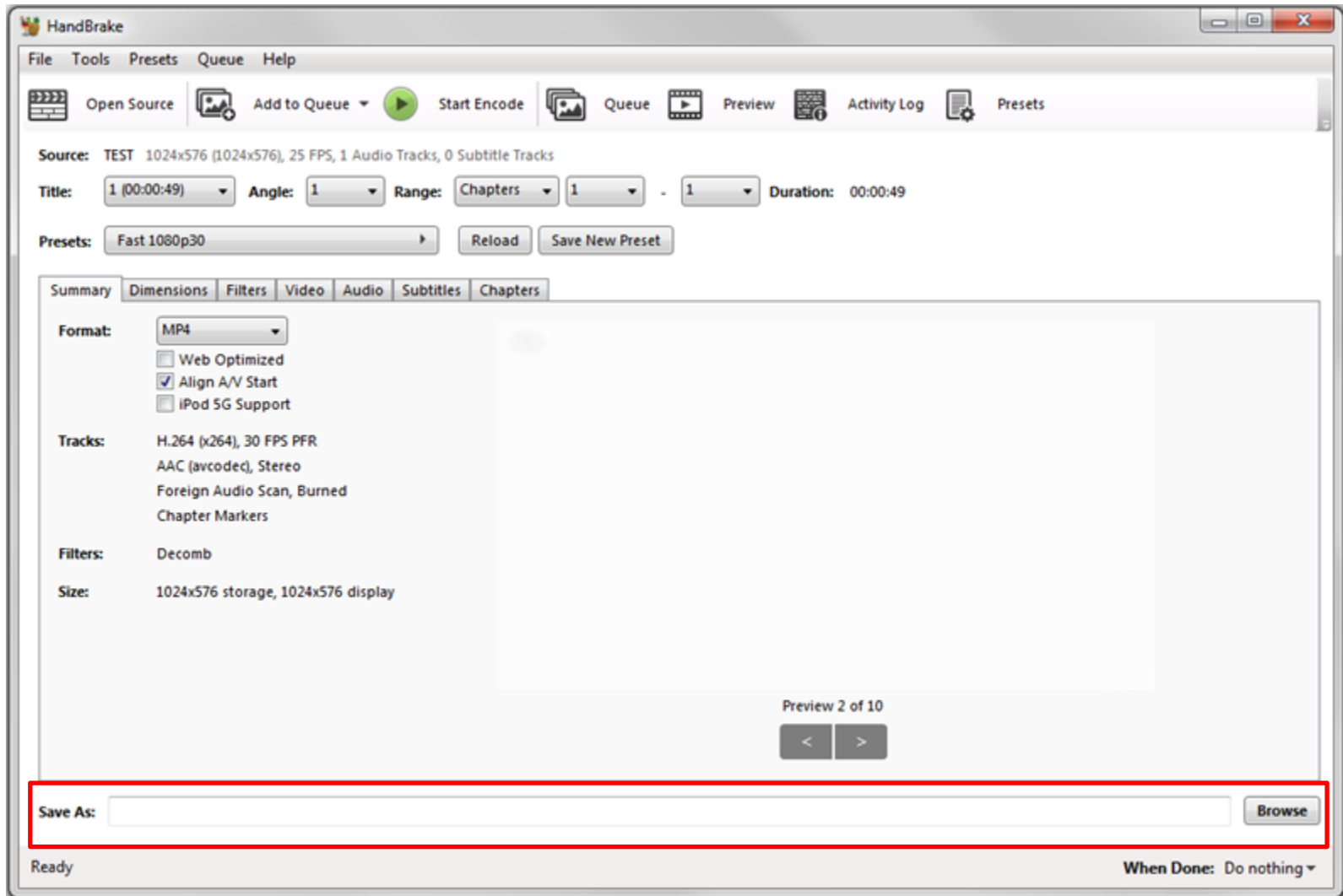
CENTRE GUIDE TO RESIZING AUDIO-VISUAL FILES

- For Media Studies and Film Studies each key code will accommodate 600mb. However we recommend not exceeding 200mb as larger files will take much longer to upload.
- Audio-Visual files can be resized using Handbrake
- Handbrake can be downloaded for free from: <https://handbrake.fr>

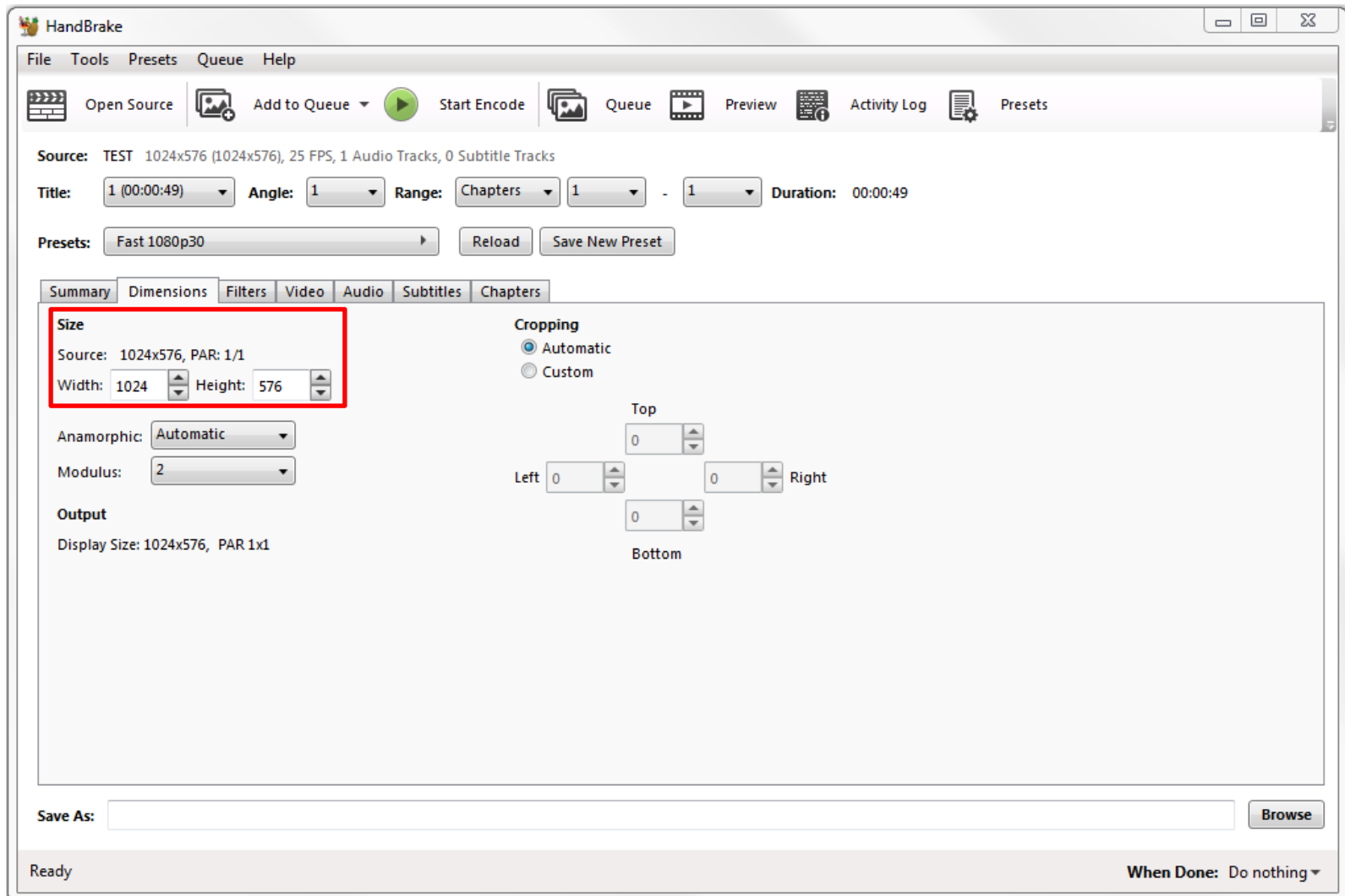
1. Select a file to resize



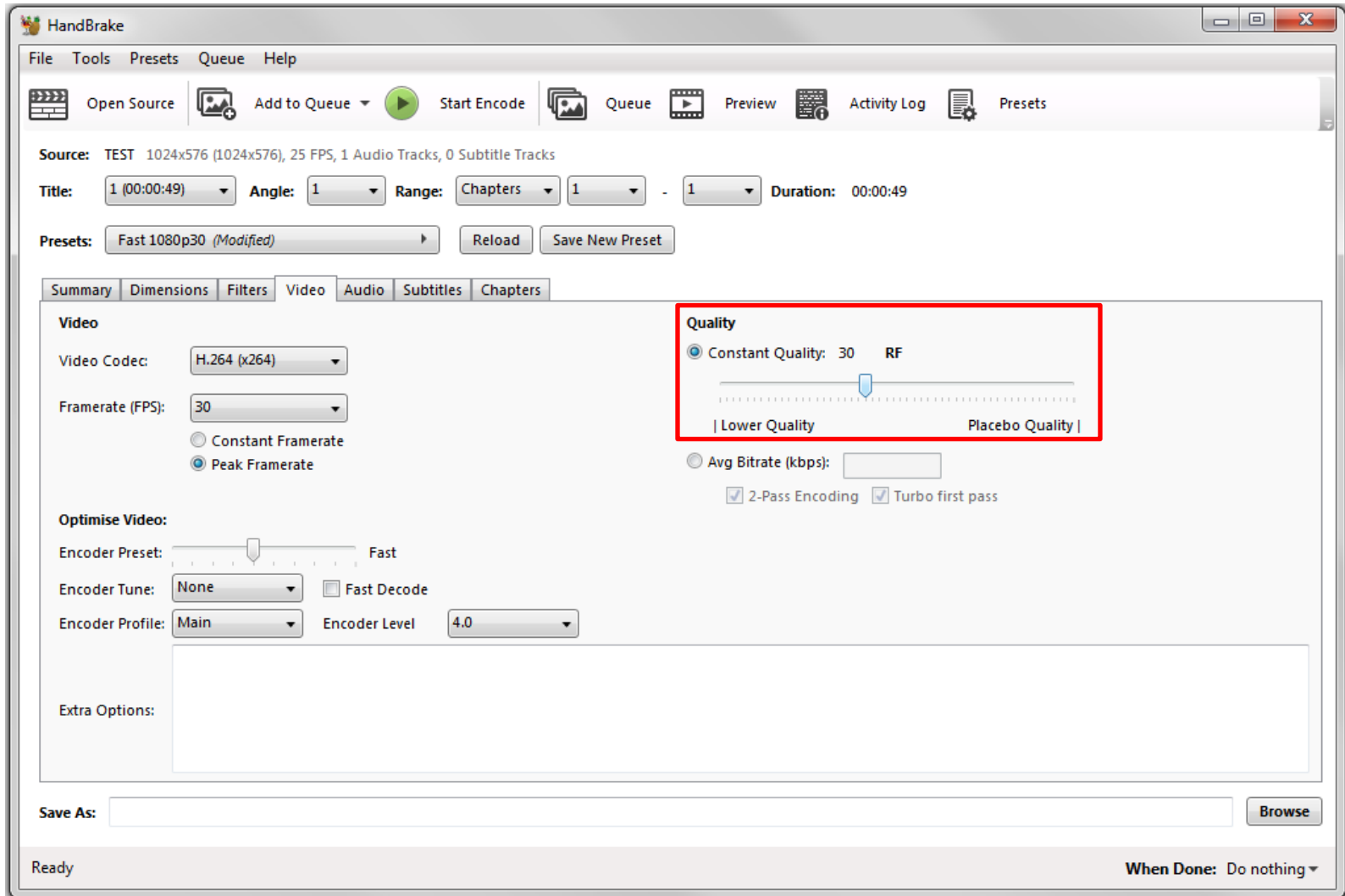
2. Select a destination for the file to be written



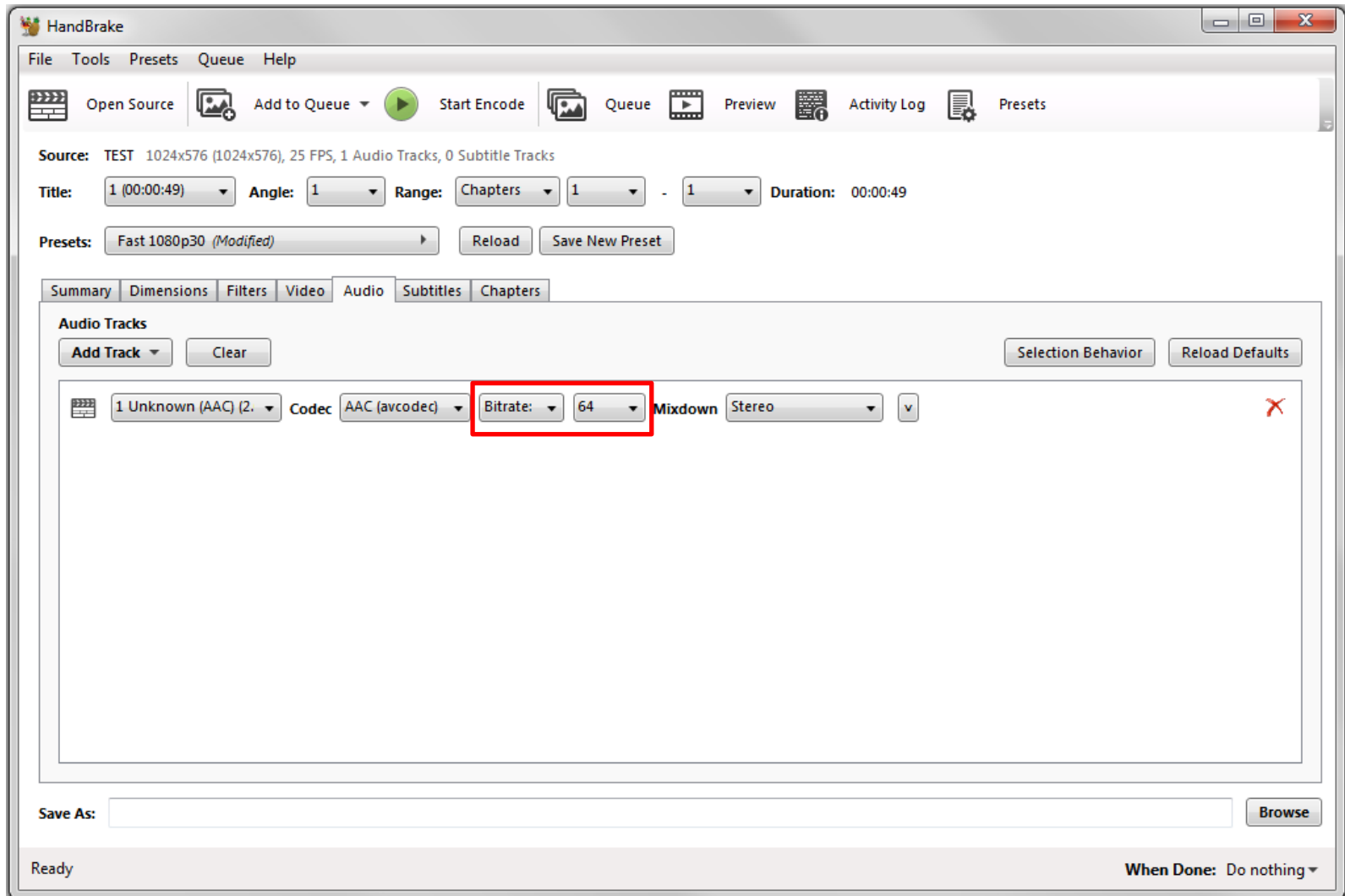
3. In the **Dimensions** or **Picture** tab change the size to **1024 x 576**



4. In the **Video** tab move the slider so that the **Constant Quality** is **30 RF**



5. In the **Audio** tab change the **bit rate** to **64**



6. To start video encoding click **Start Encode**

