Step 1 We need to start by converting your video to FLV format. We use FLV format because Flash accepts this format only. We can convert the video to FLV using Adobe Media Encoder. Launch Adobe Media Encoder and go to File>Add Source

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Step 2 Browse to the video file you want to convert. Select the file and click Open.



Step 3 After selecting your video, you need to specify the format to which you want to convert it to, which in this case is FLV. Click on the small arrow as shown in the image bellow and select FLV.

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Step 4 Next you will need to specify the quality of the output video. Click on the small arrow (A) as shown in the image below and select 'Match Source Attributes (High Quality)'.

You can select Medium quality if you want to make the file size smaller.

You can also change the path where the output file gets saved by clicking on the output file link (B).

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		Mobile - 512x288, 16x9, Project Framerate, 500kbps		
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		Web - 1280x720, 16x9, Project Framerate, 3500kbps		
		Web - 1280x720, 16x9, Project Framerate, 4500kbps		
		Web - 1920x1080, 16x9, Project Framerate, 5500kbps		
		Web - 1920x1080, 16x9, Project Framerate, 7500kbps		
		Web - 256x144, 16x9, Project Framerate, 300kbps		
		Web - 320x240, 4x3, Project Framerate, 500kbps		
		Web - 512x288, 16x9, Project Framerate, 600kbps		
		Web - 640x480, 4x3, Project Framerate, 800kbps		
		Web - 768x432, 16x9, Project Framerate, 900kbps		

Step 5 Before converting the video we need to make sure that the frame rate matches the frame rate that we will use in Flash's Timeline. For the purpose of this class we need to set it to 10 frames/sec. To do that we need to click on the link shown below.

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Step 6 After you click on the link, a box will appear in which you can scroll down under the Video tab to find 'Frame Rate'. Choose 10 from the drop down menu.

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Step 7 The last step would be to click on the 'Start Queue' icon as shown in the image below.

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Step 8 Now open your flash file, then, click **Insert > New Symbol.**



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Step 9 In the dialog box shown below, set Name as Video and Type as 'Movie Clip'. Click OK.



Step 10 After clicking OK. we will be presented a blank screen. This is the New Symbol(Movie Clip) in which we will import our video. Now, to import a video, click on **File > Import > Import Video**.

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Step 11 'Import Video' Dialog box will appear. Select the 'Embed FLV in SWF and play in timeline' option (A). After that click 'Browse' (B) and go to the FLV video file you created earlier.

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Step 12 Select the FLV video file you created and then click Open.



Step 13 Click Next> on the 'Import Video' window. Click Next> again.



Step 14 Click 'Finish' to import the video.



Step 15 The video will be embedded and imported to stage. After that click on 'Scene 1' as shown below.



Step 16 After returning to Scene view, right click on a layer in the timeline and insert a new layer.



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Step 17 Select the new layer and drag the movie clip symbol you created earlier on to the stage.



Step 18 Place the video in the correct position. Then, while the video is selected, go to the 'Properties' panel on right and name the instance as 'video_mc'.



Step 19 To control playing and stoping the video, we can right click on the time line of the video layer, then add a keyframe. After adding the keyframe right click on that frame and select 'Action'. In the action window you can specify whether to play the video by using the code **video_mc.play()**; or stop the video by using **video_mc.stop()**;

