ISIT
Institute for Sustainable IT

Belgian Institute for Sustainable IT asbl/vzw
Tutorial : video compression with HandBrake
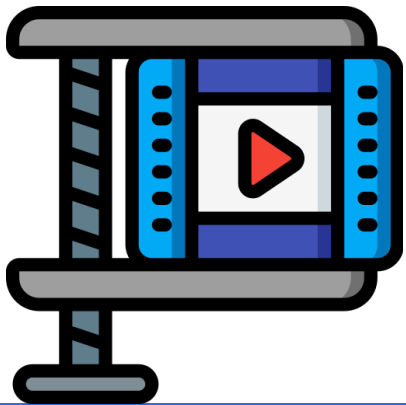
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Compressing large documents

Our daily digital uses require the operation of a substantial ecosystem, made up of user equipment, network equipment for data transit and data centres for processing and storage. The number of files exchanged and their size are constantly increasing, which means that the capacities of this ecosystem need to be constantly expanded.

To curb this growth and move towards digital sobriety, it is possible and preferable to reduce the size of large files before making them available. This reduces bandwidth requirements and minimises data consumption. It also makes sense in terms of rationalising storage space.

Are you sharing a webinar replay? Remember to compress the video before sharing it !
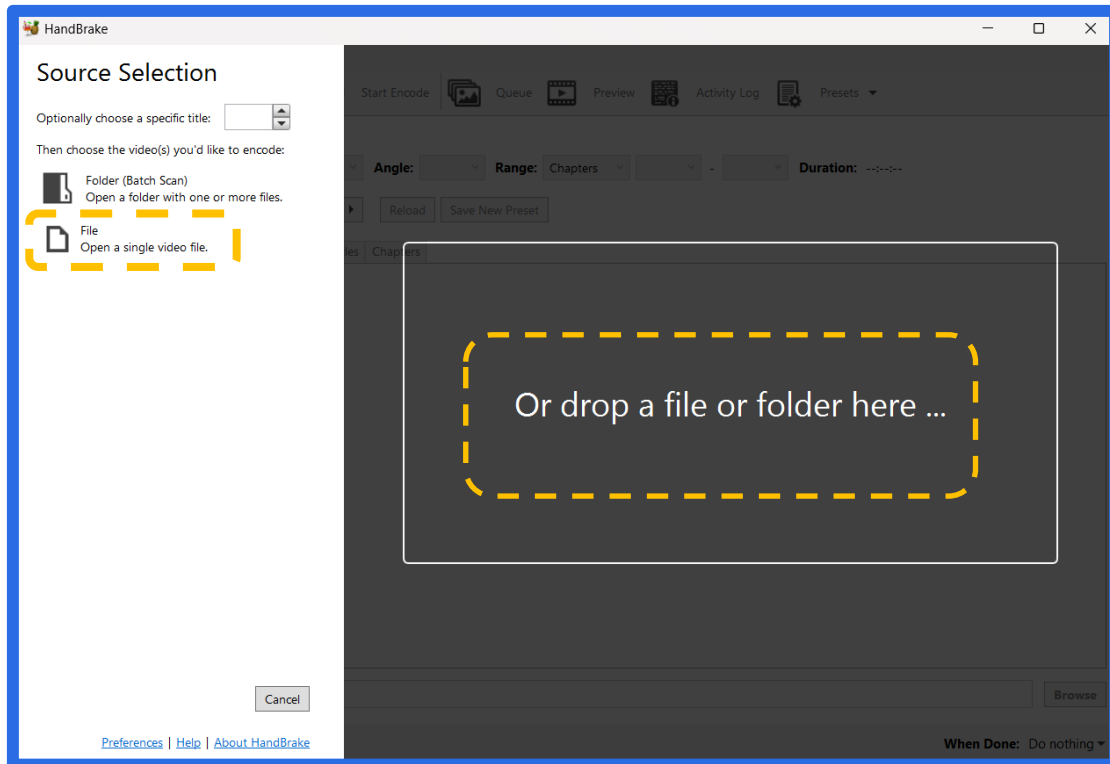
HandBrake

- ❖ Free & open-source tool

- ❖ Works on Windows, Mac & Linux

- ❖ Re-encode video in a lighter format or convert a video in another format
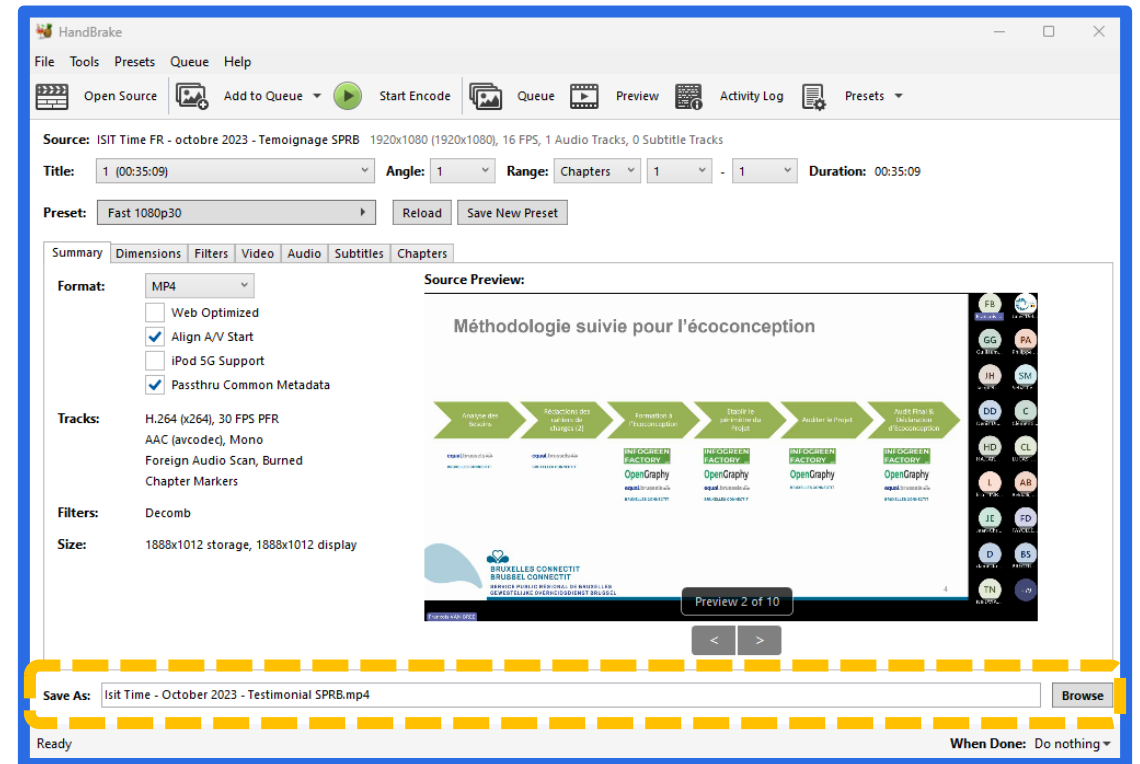
- ❖ Allows you to crop a video

👉 **Download HandBrake**
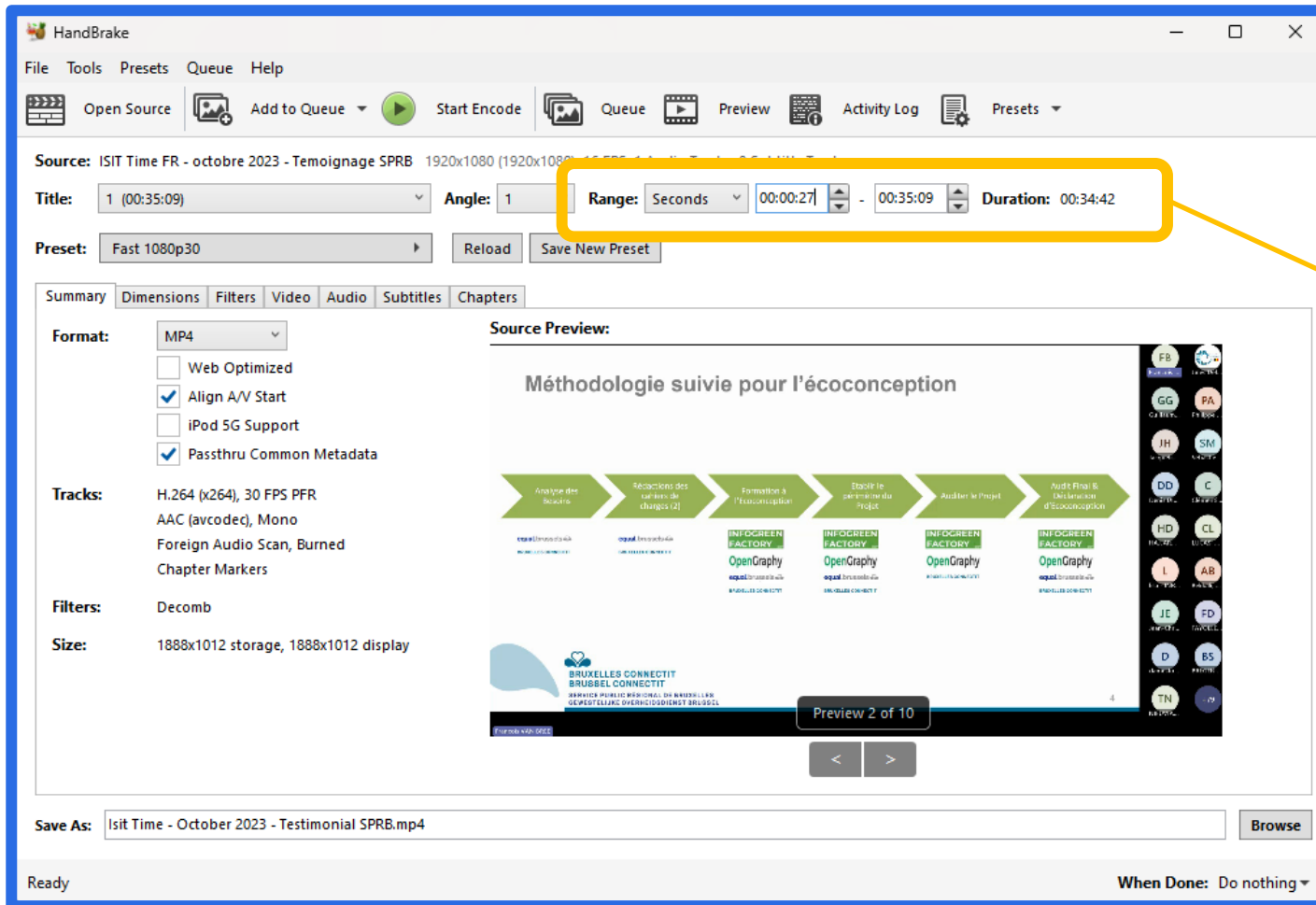
HandBrake
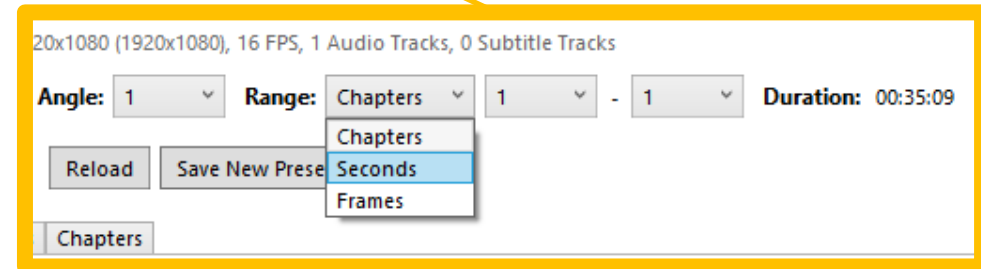
1. Choose the video file to re-encode

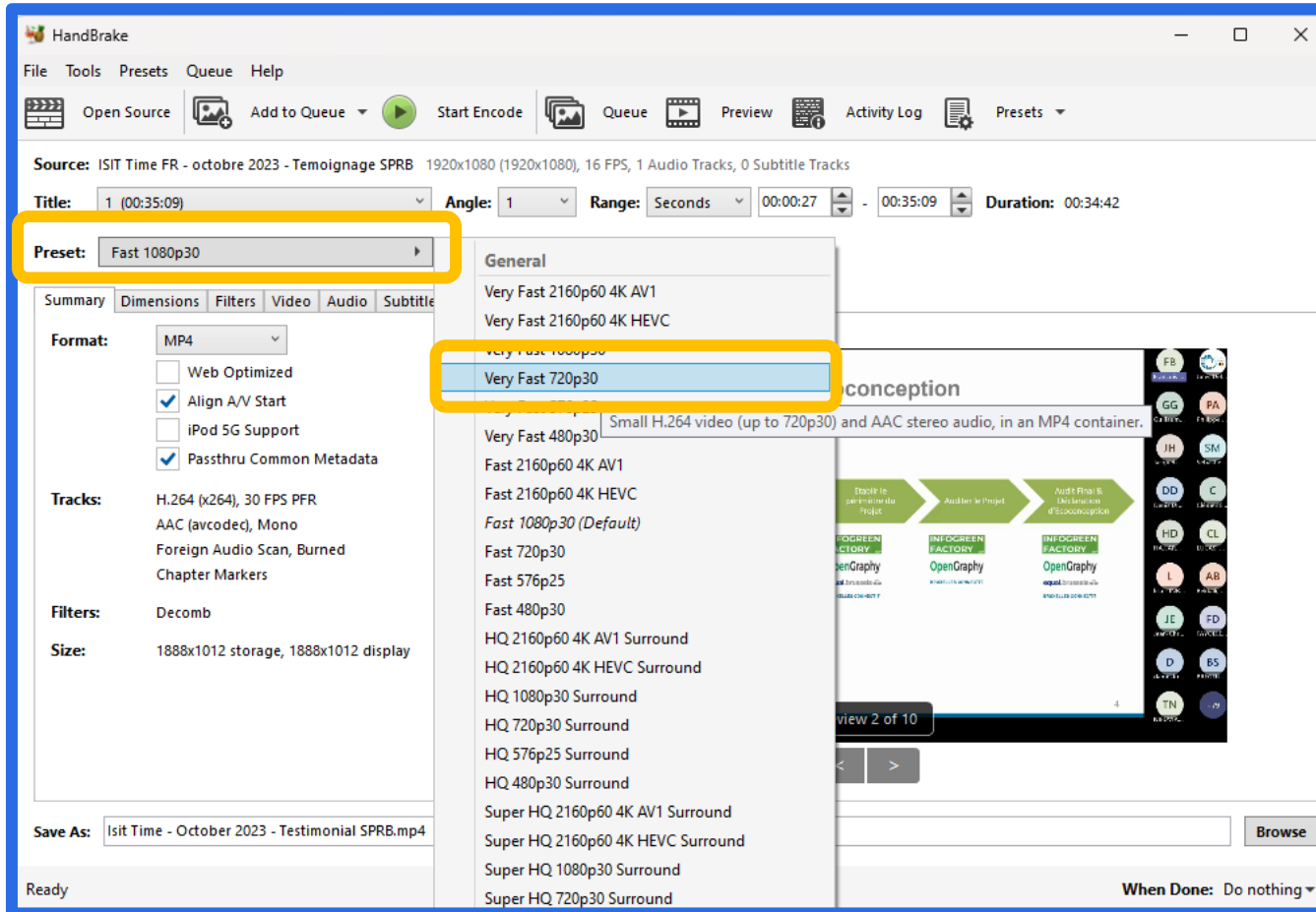## 2. Choose the name & location of the output file

HandBrake

3. Define a new interval (in seconds) to cut off the start or end of the video

HandBrake

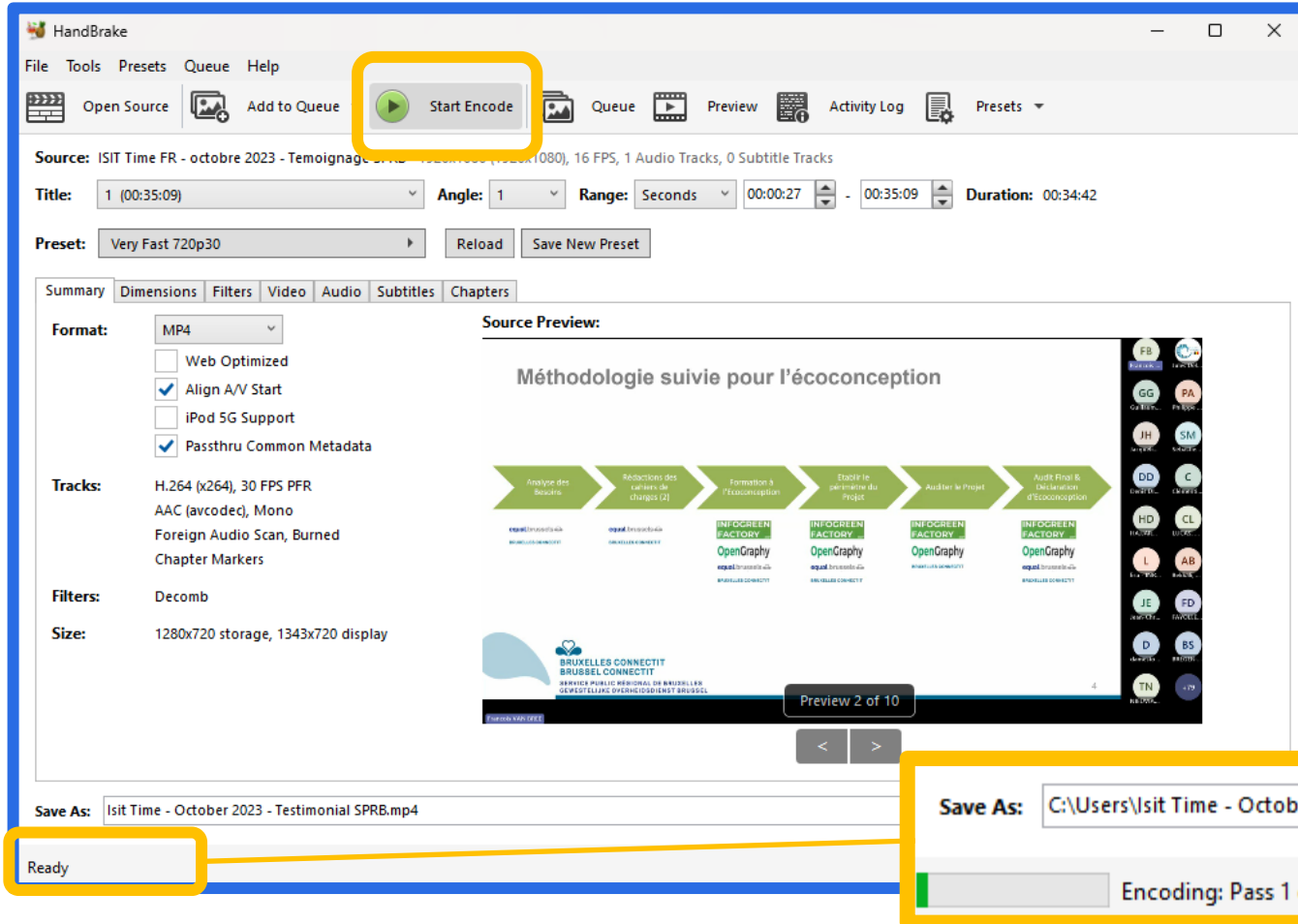4. Select a new format from the preset choices.

ISIT-BE uses the "**Very Fast 720p30**" output preset, which will give you an output video with a maximum resolution of 1280 x 720 pixels, i.e. "HD 720p", with 30 frames per second.

Other presets allow you to define a limited output weight, for a maximum duration, such as the "**Email 25 MB - 5 Minutes - 480p30**" preset.

HandBrake

5. Start encode

As soon as encoding is launched, a progress report is displayed at the bottom of the HandBrake window

HandBrake

	Before re-encoding in 720p30	After re-encoding in 720p30
❖ Replay of SPRB testimony on eco-design (4/10)	141 Mo	42,6 Mo
❖ Replay of webinar with Jean-Brieuc de Swarn (12/09)	472 Mo	124 Mo
❖ Trailer for the 'The Wonder' Fair, pro video format (26/09)	740 Mo	79,6 Mo
❖ Presentation of Label NR with UCB (26/06)	427 Mo	174 Mo
❖ Presentation of Label NR with dFakto (in French - 26/06)	450 Mo	198 Mo

ISIT-BE YouTube channel: https://www.youtube.com/@belgianinstituteforsustain8419

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"IF NOT US, WHO ?
IF NOT NOW, WHEN ?"
JOHN F. KENNEDY

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