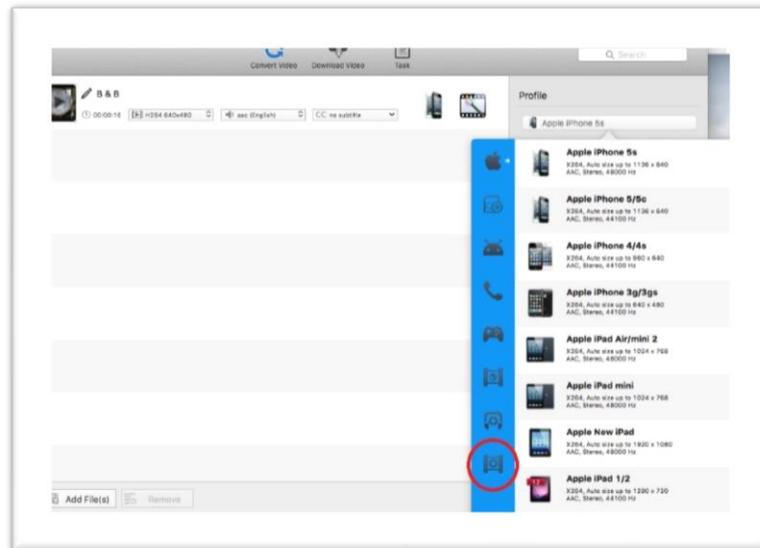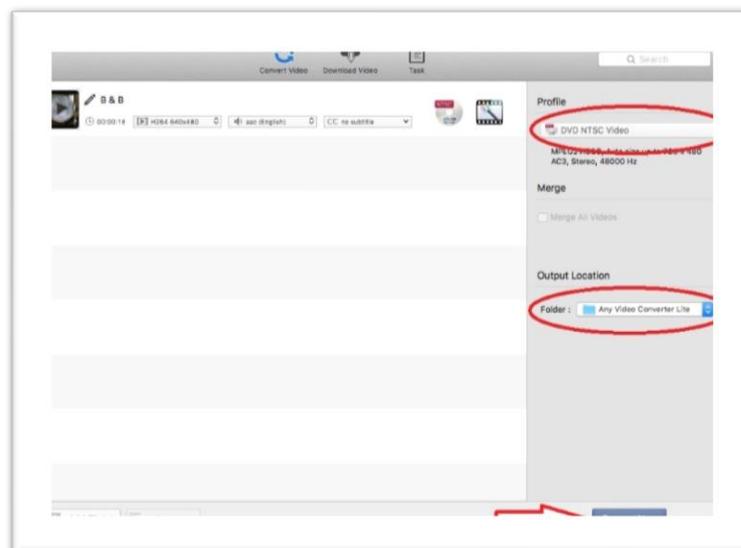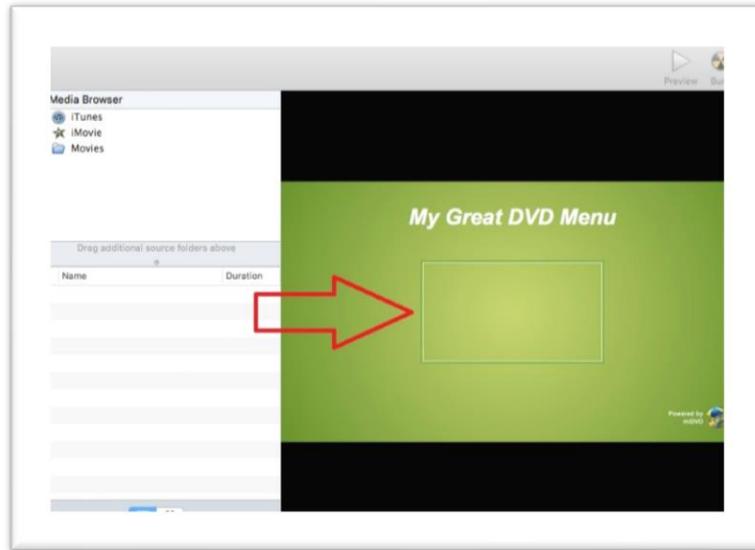# Converting Video for Burning

1. Open the **Any Video Converter Lite** program from the dock. Drag the .mp4 file from the movies folder to area "Drag Media Files Here". From the right side Profile Box click on the bottom film strip icon to choose output format.

2. The first option is DVD NTSC Video. This will format the .mp4 file to an .mpeg format which can be burned to DVD. Once the profile is selected, the Output Location (where the finished file will be placed once the conversion is done) can be chosen. Once selected, click **Convert Now** to begin conversion.

3. The conversion process time will vary depending on the size of the video being converted. Once converted, close the **Any Video Converter Lite** program and open the **MiDVD** program from the dock. Drag the newly converted video file into the center of the window.

4. Double clicking on the text "My Great DVD Menu" will allow you to change the text of the menu before burning. Once the video is in the program, make sure the external DVD burner is plugged into the computer and that there is a blank DVD in the drive. Click the **Burn** button at the top right to start the burn process. Burning tile will depend on the size of the file being burned. Once finished, the disc should eject and be playable in any North American DVD player.