

# How Do I Compress My Videos? Option 1



**Phone: Download a video compression app.**

- Choose the lowest option available (360p or 480p).
- Press Export and wait for your video to be compressed.
- Save your compressed video and upload it to Tk20.

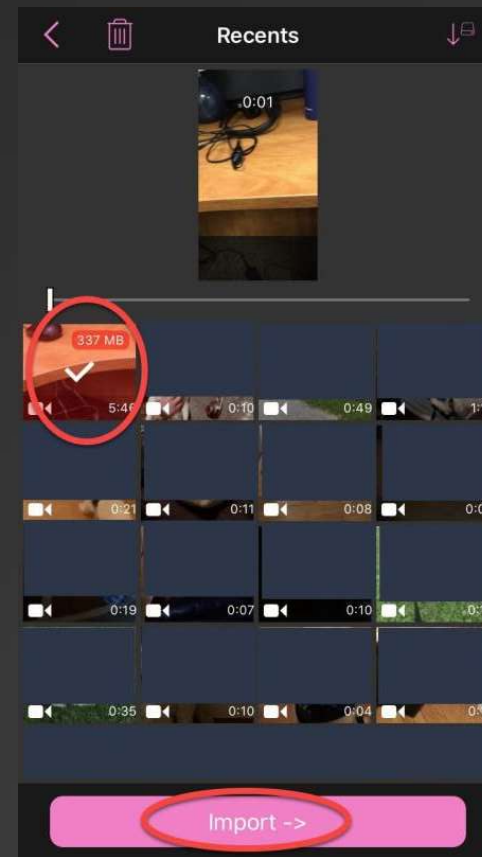
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## Option 1

Select video in app.



Select Import.



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### Check file size.

The screenshot shows the 'Video Compressor' app interface. At the top, it displays 'free space: 203.8 MB'. Below this, there are two columns: 'Before' and 'After'. The 'Before' column shows a resolution of 720x1280, a bitrate of 8.1 Mbps, and a file size of 337.2 MB. The 'After' column shows the same resolution and bitrate, but a significantly reduced file size of 85.2 MB. A red circle highlights the 'After' column. At the bottom, there is a slider for 'Bitrate(1280x720): 2000 kbps' and a 'Preset HD 720p' button, both of which are also circled in red. A large pink 'Compress ->' button is at the very bottom.

Before	After
720x1280	720x1280
8.1 Mbps	2.0 Mbps
337.2 MB	85.2 MB ≈

### Adjust preset (480p).

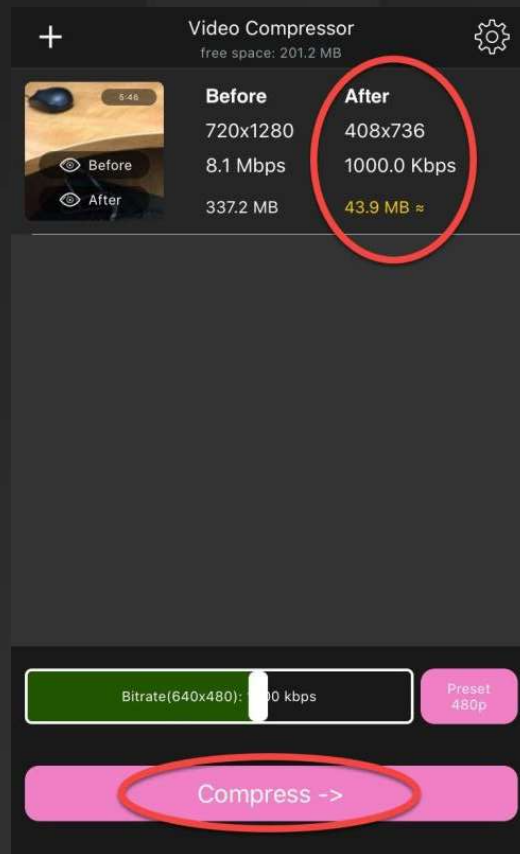
The screenshot shows the 'Preset' selection menu. It lists five options: Full HD (1920x1080), HD 720p (1280x720), D1 (720x576), 480p (640x480), and CIF (352x288). Each option has associated bitrate and data rate information. The '480p' option is circled in red. At the bottom, there is an 'Advance' button.

Preset	Resolution	Bitrate	Data Rate
Full HD	1920x1080	3.5 Mbps	25.0 MB/Minute
HD 720p	1280x720	2.0 Mbps	14.3 MB/Minute
D1	720x576	1.5 Mbps	10.7 MB/Minute
480p	640x480	1000.0 Kbps	7.2 MB/Minute
CIF	352x288	350.0 Kbps	2.5 MB/Minute

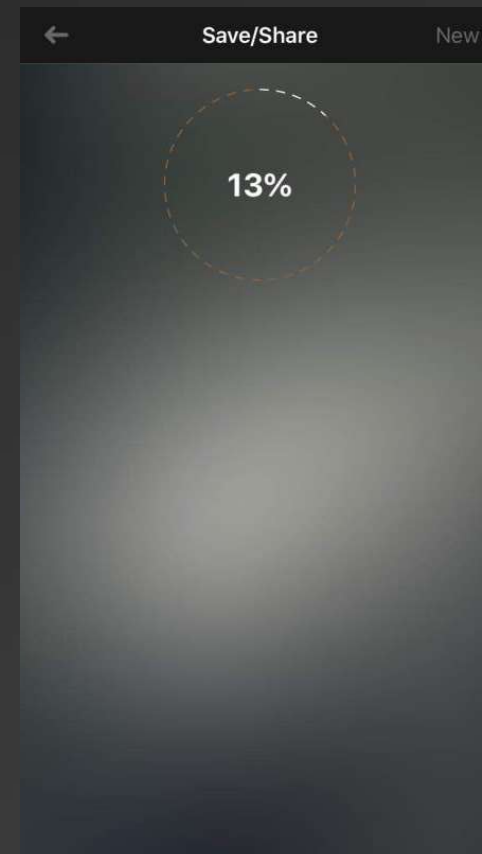
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Check new file size and  
select **Compress**.

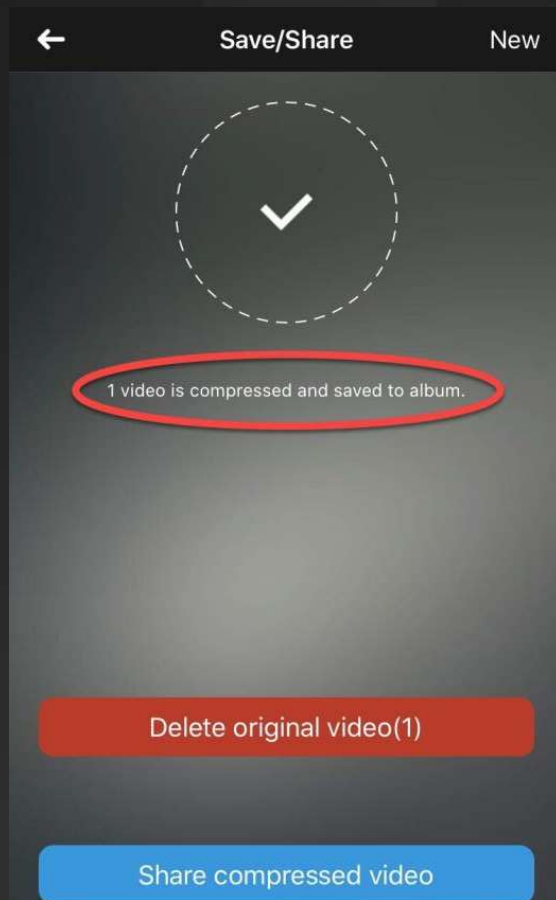


Wait for compression.



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When complete, your original file and your compressed file will both appear in your camera roll.

While the appearance of other apps will differ, the general steps should be the same.