

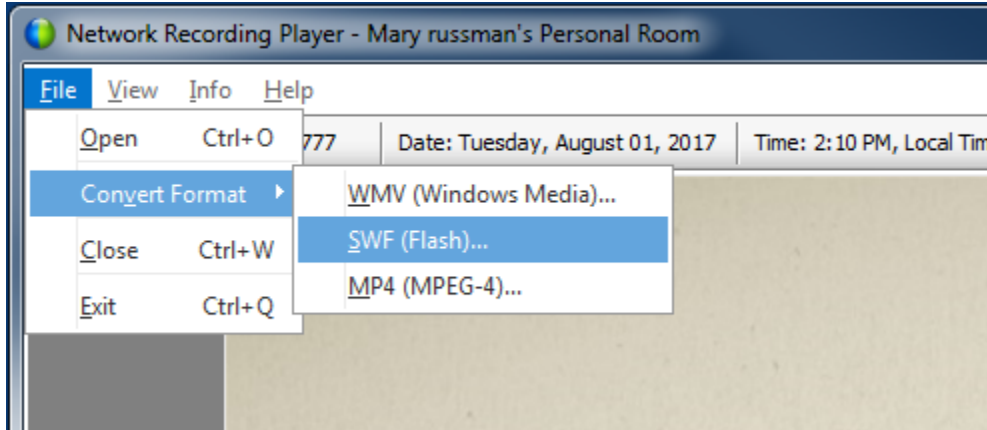
# How to Optimize Video and Audio Output from WebEx ARF

## Tips for WebEx Recordings

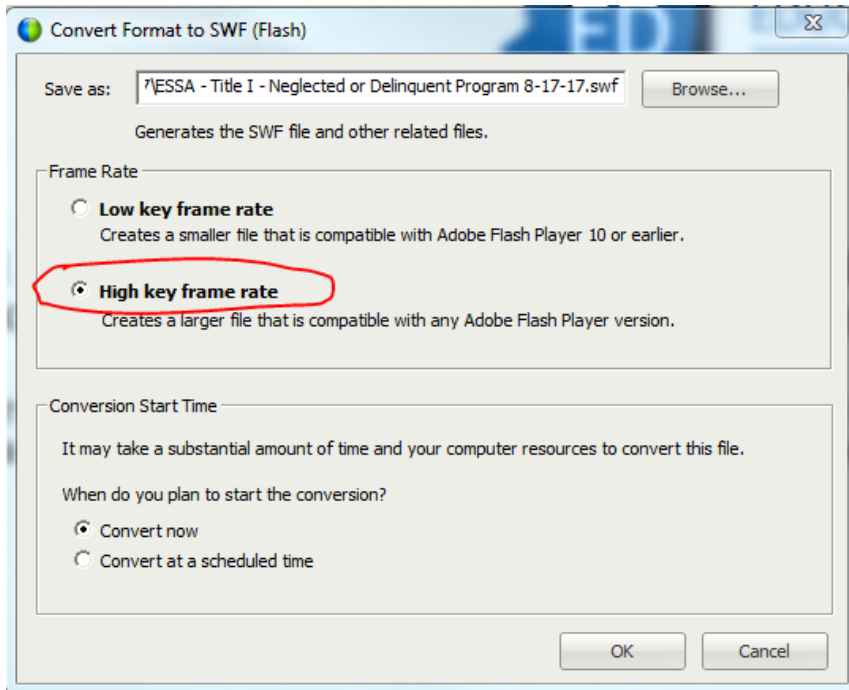
Exporting from .arf to .mp4 has resulted in some glitchy videos. A couple alternative options to fix this include exporting to Flash or WMV.

### Option 1: Flash

1. Exporting to Flash (SWF)



Select High key frame rate:



Exporting to Flash will create a folder with multiple files. The file named screen.flv is the video file, the file named voip.flv is the audio.

2. Load the separate Video file (screen.flv) to Vimeo and then once uploaded export this file to MP4 at high quality:

The screenshot shows the Vimeo video management page for a video titled "screen". The video was uploaded on Sep 2, 2017, at 11:21 PM. The interface includes a navigation menu on the left with options like Basic, Privacy, Collections, Embed, Video file, Advanced, and Upgrade. The main content area has three sections: "Replace this video" with a blue button, "Delete this video" with a red button, and "360 video format" with a checkbox. Below these is the "Access your video files" section, which provides direct links to the video files. The High Def link (https://player.vimeo.com/external/232199236.hd.mp4?s) is circled in red. The Standard Def link (https://player.vimeo.com/external/232199236.sd.mp4?s) is also visible.

**Note:** The High Def file may not be immediately available after uploading the file. Wait some time and refresh this screen until the High Def link appears.

3. Open a new project in VSDC Video Editor. Add the exported MP4 file from step 2 and the audio (voip.flv) to the project by dragging the files into the project window. The added files will be indicated in the scene panel:

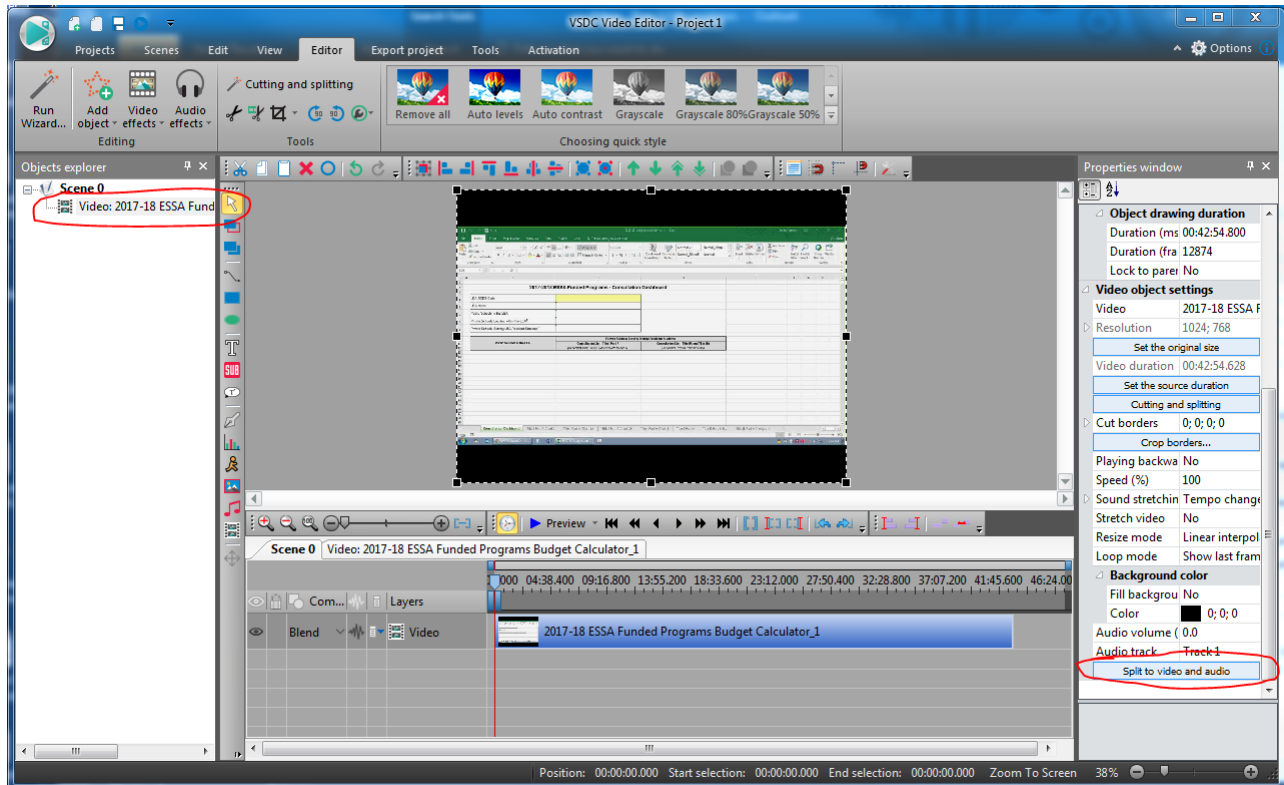
The screenshot shows the VSDC Video Editor interface. The main preview window displays a video frame with text from the New York State Education Department. The interface includes a menu bar (Projects, Scenes, Edit, View, Editor, Export project, Tools, Activation), a toolbar with various editing tools, and an "Objects explorer" panel on the left. The "Layers" panel at the bottom shows two tracks: "Video" and "Sound". The video track contains a clip labeled "822121761\_1" and the sound track contains a clip labeled "voip\_1". Both clips are circled in red.

4. Export the project to MP4 to combine the video and audio into a single file.

## Option 2: WMV and MP4 Exports

1. Exporting from .arf to .wmv can also produce good video, but sometimes glitchy audio. In cases where this happens, the audio can be extracted from the .mp4 file and used to replace the audio on the .wmv file using VSDC Video Editor.

To do this load the files, click on the video file and select Split to video and audio:



Do this for both the .wmv file and the .mp4. Delete the audio generated from the .wmv and delete the video from the .mp4 leaving just the good audio and video that can then be exported:

