

Getting footage from the Sony AVCHD Camera into Final Cut Pro:

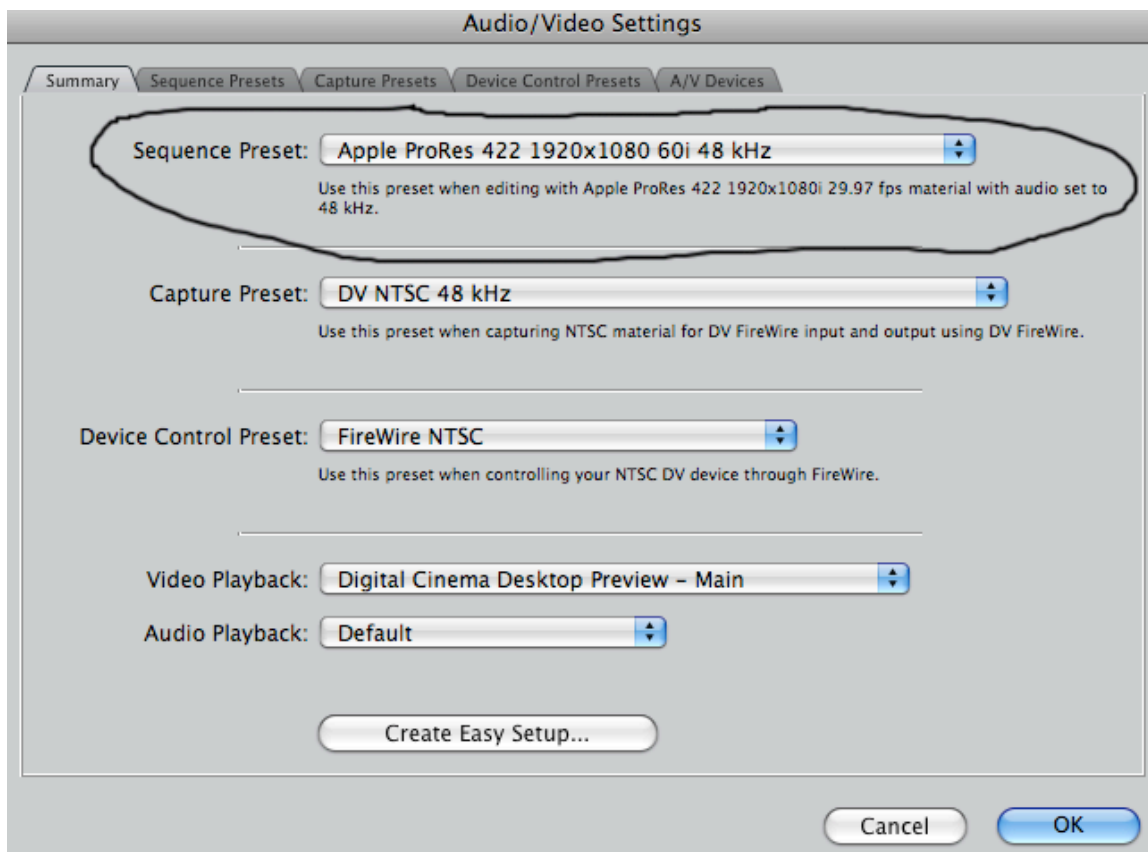
What is the AVCHD format?

The AVCHD format is a high definition digital video camera format used to record a high definition (HD) signal of either the 1080i specification or the 720p specification using efficient data compression coding technology.

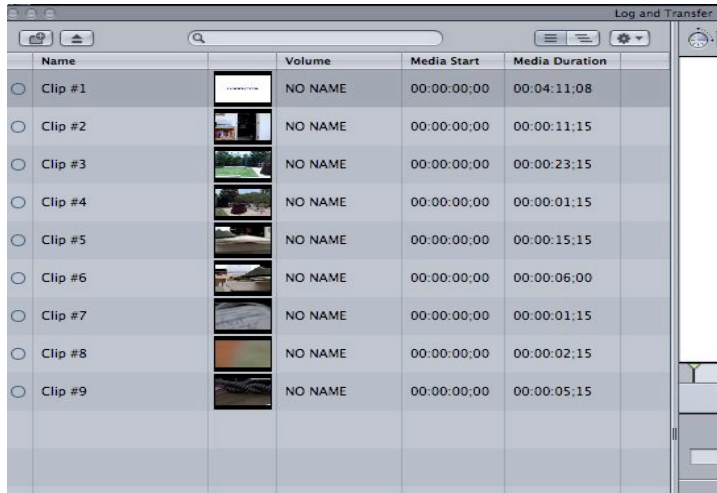
- AVCHD is a variation of H.264 compression. FCP 6.0.2 or later supports this format.
- AVCHD is most often written to an SD card, which is ingested into FCP using the Log and Transfer function.
- This footage cannot be edited natively. Final Cut Pro needs to transcode the footage.

Start Here *(These instructions were made using an Intel/Mac – Final Cut Pro 7 workflow)*

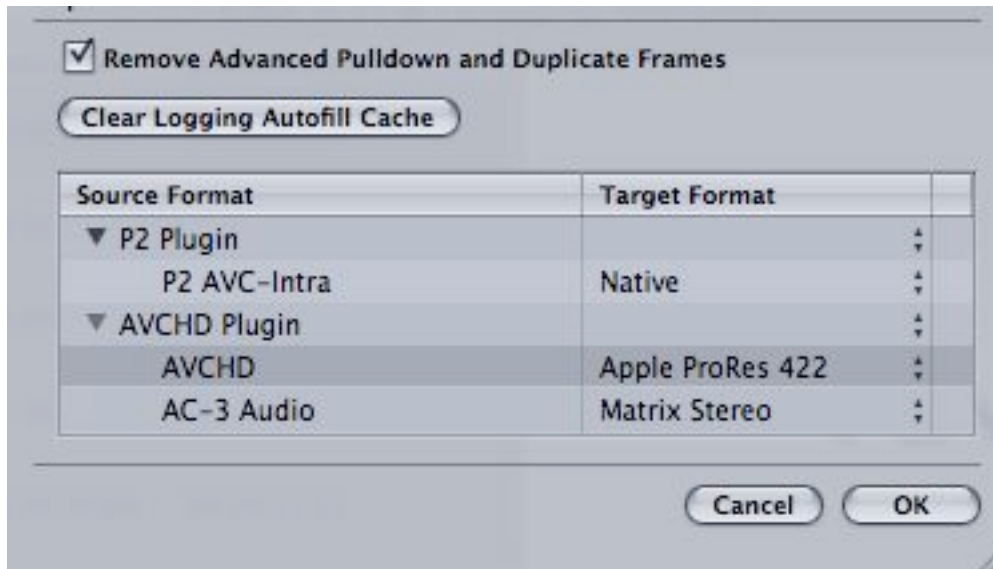
1. Turn on your camcorder, then connect the camcorder to the computer using a USB cable. The [USB select] screen appears on the camcorder screen automatically.
2. Touch click on '**USB Connect**' (left option)
3. The screen should then say **Connected**.
4. Open Final Cut Pro.
5. Go to the Final Cut Pro Menu and choose > **Audio/Video Settings**: Change your Sequence Preset setting to match the selection below. The other Presets do not need to be changed.



6. Go to the Final Cut Pro Menu and choose > **System Settings**: Set your Scratch Disks
7. Go to File > **New Project**: Name and Save your new project
8. Now open File > **Log and Transfer**. You should see your footage as clips in the Log and Capture Window.



Click on this icon > Preferences >
Set the AVCHD Plugin > AVCHD > Apple ProRes 422:



Click OK. Now you are ready to transfer your clips.

9. Select the clips you want to transfer and choose **Add Selection to Queue**:

	Status	Name	In	Out	Duration
		Clip #1	00:00:00;00	00:04:11;07	00:04:11;08
		Clip #2	00:00:00;00	00:00:11;14	00:00:11;15
		Clip #3	00:00:00;00	00:00:23;14	00:00:23;15
		Clip #4	00:00:00;00	00:00:01;14	00:00:01;15
		Clip #5	00:00:00;00	00:00:15;14	00:00:15;15

Once the transferring is complete, you will see your clips logged into your Browser Bin and you can begin editing your footage.

10. Touch **END** on the camera screen > Touch YES to disconnect your USB cable.