

■ Adobe Premiere Pro Beginner Project – Lift, Extract, Crop & PIP

■ **Objective:** Learn basic timeline editing using Lift, Extract, Cropping with In/Out points, and Picture-in-Picture (PIP). All editing must be done without effects — only timeline and Program Panel tools.

■ **Project Description:** Create a 45–60 second video titled '*My Favorite Place*'. Combine 3–4 short clips or images and demonstrate how to lift and extract unwanted parts, crop by setting In/Out points, zoom/reposition clips manually in the Program Panel, and create a simple Picture-in-Picture layout.

■ Step-by-Step Instructions:

1. **Create a New Project:** Open Adobe Premiere Pro → New Project → Name it 'My Favorite Place'.
2. **Import Media:** Import 3–4 video clips or photos of your favorite place (e.g., park, school, home).
3. **Arrange in Timeline:** Drag clips into Video Track 1 in sequence and review the flow.
4. **Crop Using In/Out Points:** Move Playhead → Press I to mark In, O to mark Out → Drag selected part from Source Monitor to Timeline to remove unwanted start/end portions.
5. **Use Lift and Extract Tools:** Mark a section on the timeline with I and O → Use Lift (;) to remove and leave gap, Extract (') to remove and close gap automatically.
6. **Zoom and Reposition in Program Panel:** Double-click a clip in Program Panel → Drag corners to zoom in/out → Move inside frame to reposition the subject manually.
7. **Create Picture-in-Picture (PIP):** Place a clip or image on Video Track 2 → Double-click in Program Panel → Resize smaller and drag to one corner.
8. **Add Simple Titles:** Graphics → New Layer → Text → Add opening ('My Favorite Place') and closing ('Created by [Your Name]') titles.
9. **Preview and Export:** Review full timeline → File → Export → Media → Format: H.264 (.mp4) → Preset: Match Source – High Bitrate → Save as 'My_Favorite_Place.mp4'.

■ Skills Learned:

- Importing and arranging clips
- Setting In/Out points for trimming
- Using Lift and Extract tools
- Zooming and repositioning clips
- Creating Picture-in-Picture manually
- Adding titles and exporting

■ **Assessment Rubric (Total 25 marks):**

Criteria	Marks
Use of In/Out points for trimming	5
Use of Lift and Extract tools	5
Zoom and reposition in Program Panel	5
Picture-in-Picture correctly applied	5
Titles and final export quality	5