

1. Download Vimeo (Vimeo has an embedded metadata that goggles read and does not require WIFI)
2. File > Export > Media (command + M)
3. Export Settings > video and audio are checked >Format: H.264 (smallest file highest resolution) >
Output name > save it to appropriate folder > W 3840 x H 1980 or HD 1920 x 1080 or match source
4. Scroll down to bitrate settings > bitrate encoding : VB2, 2 Pass > target bitrate 3 > maxima bitrate 4
5. Scroll down further to VR Video > check box video is VR > Frame layout with goggles > stereoscopic side by side (Monoscopic is 360 Video only)
6. Set in and out points (do about 5 seconds to run a test)
7. Hit export
8. If test is good select in and out for entire video hit export (this may take sometime be patient)

PART 2 Injecting Metadata

Spacial Media Metadata Injector

Go to GitHub

1. Click 360.video.metadata.tool.mac.zip
2. Uncompress zip file
3. Open the file
4. Press button Open Video
5. Press Inject Media
6. Namefile + Save
7. Upload to Youtube or Vimeo (Preferably Vimeo)
8. Experience your awesome video :)