

# How to capture a still frame from a movie

This tutorial will help you capture a single frame from a video or movie and save it as a JPEG or a PNG. We will use a free program called VLC, which is available for both Mac and PC at <http://www.videolan.org/vlc/>

These instructions assume you are using one of the Macintosh workstations in the Vitale Digital Media Lab. If you are doing this at home on your own computer, you may notice a few differences, but the overall process remains the same.

1. If you're capturing from a DVD, put the DVD in the drive. If the DVD Player program starts, close it. ( type Command-Q )
2. Open VLC. The icon in the dock at the bottom of the screen looks like an orange and white striped traffic cone:



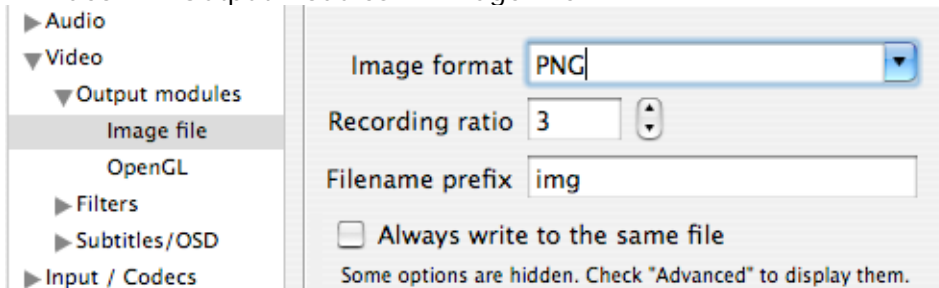
3. Open your movie file or DVD by dragging it onto the VLC player window.



4. Click the play button and use the slider and other controls to move to the point in the movie you want a still frame from, and click pause.
5. Go to Video-->Snapshot. The image should be saved on your desktop as a PNG or JPEG.

*Either a JPEG or a PNG will work in iMovie, Photoshop, Microsoft Word, on the web, or in an email. However, there may be times you wish to specify the output image to be either a JPEG or a PNG. To do this in VLC:*

1. VLC --> Preferences
2. Video --> Output Modules--> Image File



3. In the "Image Format" box choose JPEG or PNG