

## Converting a Flash File to a .WMV File

In order to embed a flash video into Power Point, you will need to convert the file from a flash file (.flv) to a Windows Media Video (.wmv) file. There are many ways to do this, I think this is one of the easiest.

You will need to download and install a program called VideoLAN, it's a great open source program (Read "Free") you can use for viewing all types of video files, but also use to convert files. You can download it at: [www.videolan.org](http://www.videolan.org). Once that is downloaded and installed, follow these steps to convert the file:

1. Open the .flv file with the VideoLAN program. When it starts playing, click the stop button.
2. Click the file menu at the top and choose "Wizard".
3. Click the "Transcode/Save to File" radio button, click next.
4. Click "Existing Playlist Item", the video you want to convert will show in the box below, click next.
5. Click the "Transcode Video" box and select WMV 3 from the drop down menu. Click the "Transcode Audio" box and select mp3 from the drop down menu, click next.
6. Click the ASF radio button and click next.
7. Finally, give the video a name and end it with the .wmv file extension. (i.e. test.wmv)
8. Click finish, the program will run and convert the video file. It will show up on your desktop.