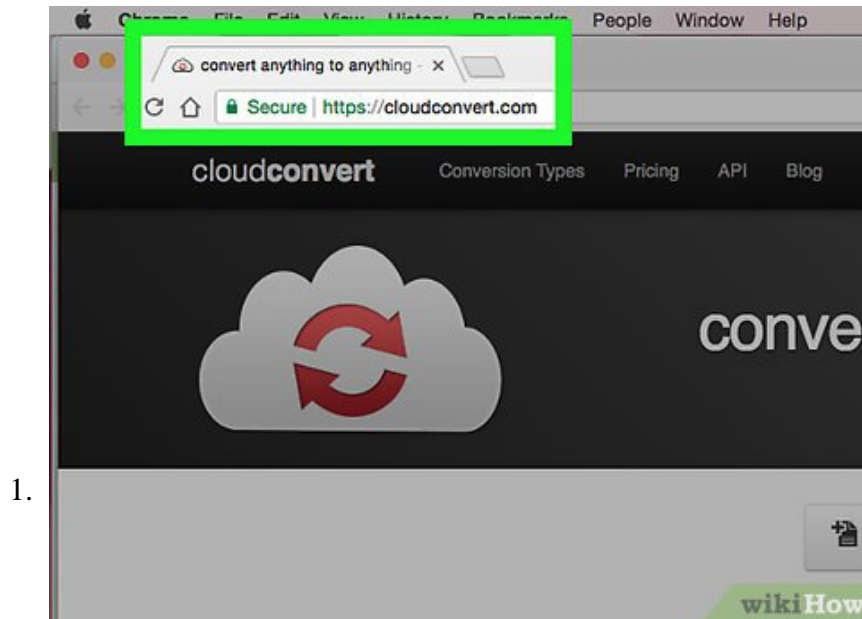


How to Convert a MOV File to an MP4

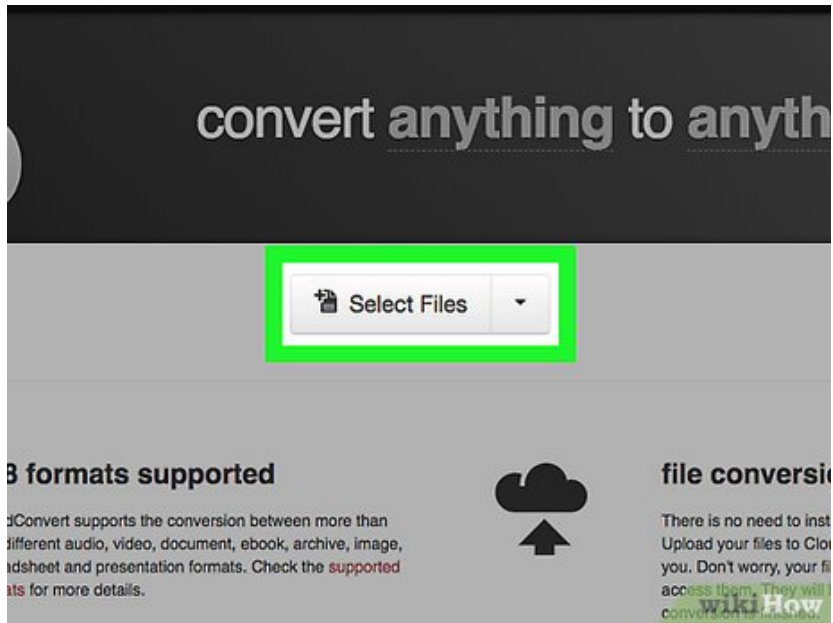
This wikiHow teaches you how to turn an MOV video file into an MP4 video file. You can use an online converter to do so, or you can download and use a free program called Handbrake. Both options are available for both Windows and Mac...

Method 1 of 2:

Using CloudConvert

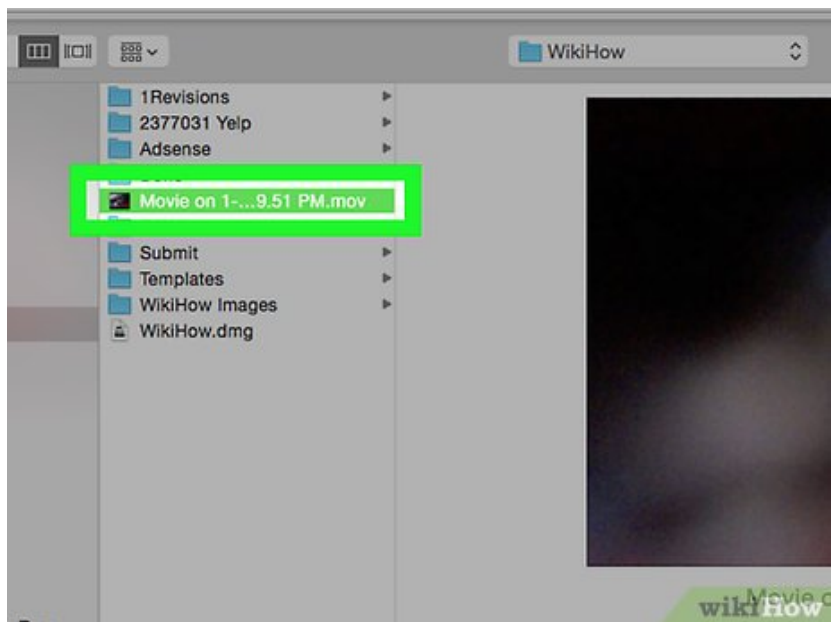


Open the CloudConvert website. Go to <https://cloudconvert.com/> in your browser.



2.

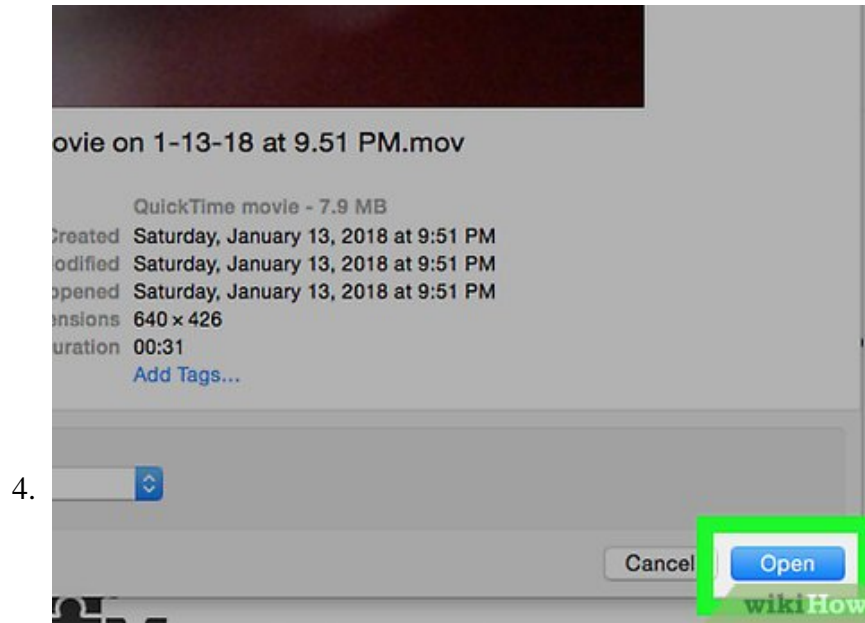
Click **Select Files** . It's a grey button near the top of the page.



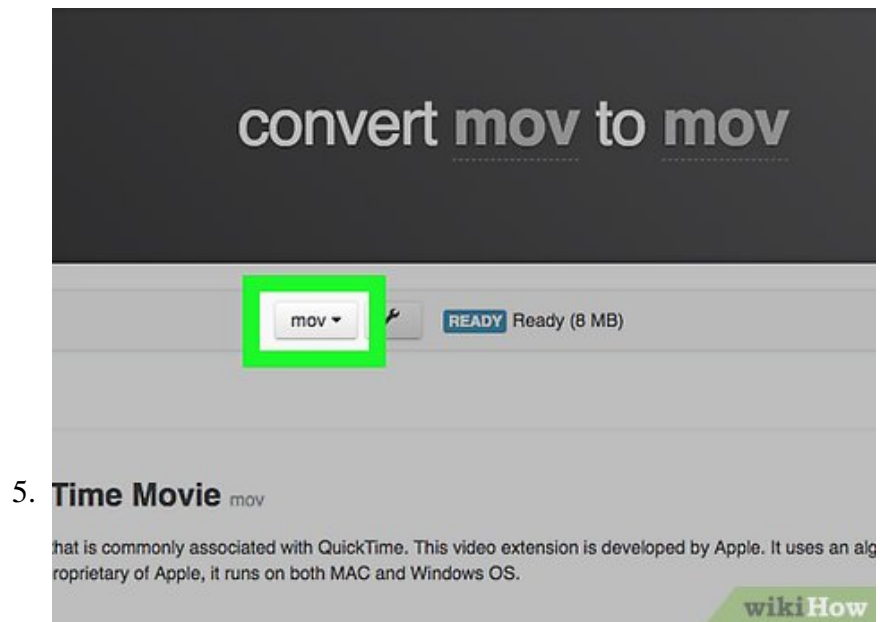
3.

Select your MOV file. Click the MOV file that you want to convert into an MP4.

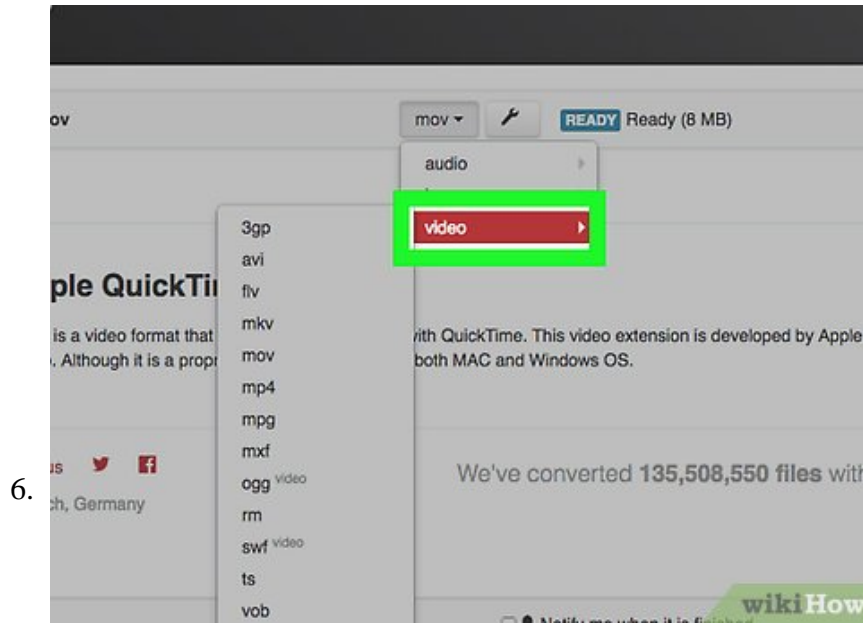
1. If the MOV file is in a different folder than the one that opens, select the MOV file's folder on the left side of the window.



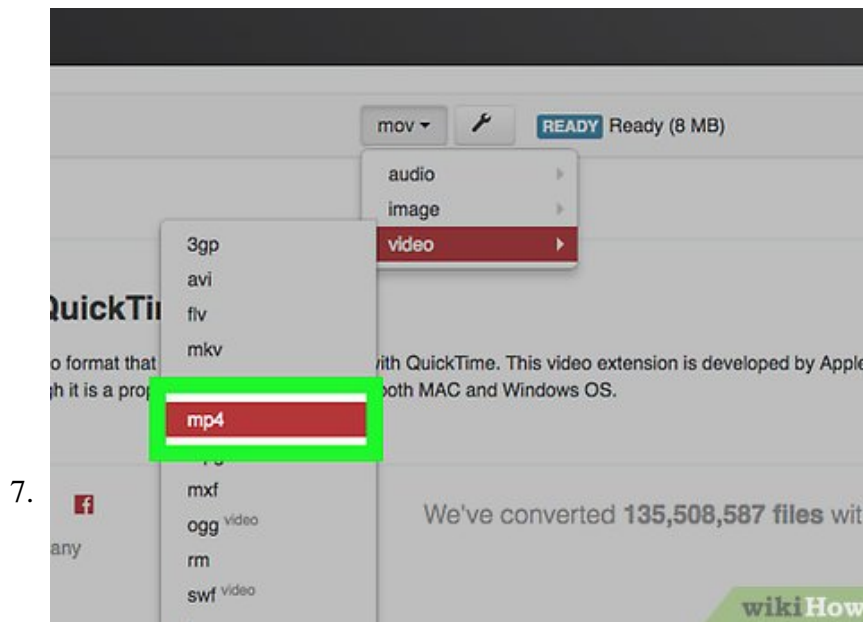
Click **Open**. It's in the bottom-right side of the window.



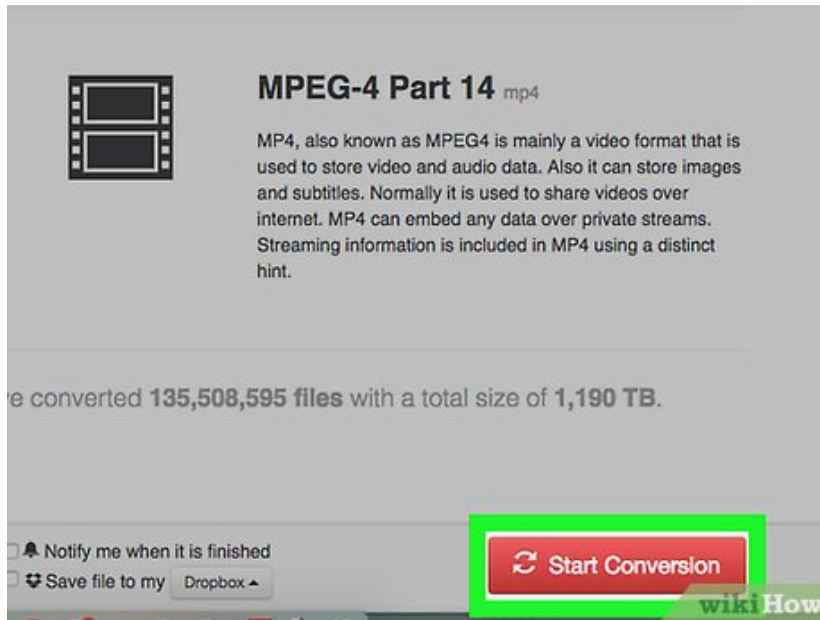
Click the **mov** box. You should see this option at the top of the page, just right of the file's name. A drop-down menu will appear.



Select **video**. It's in the drop-down menu. A pop-out menu will appear next to it.

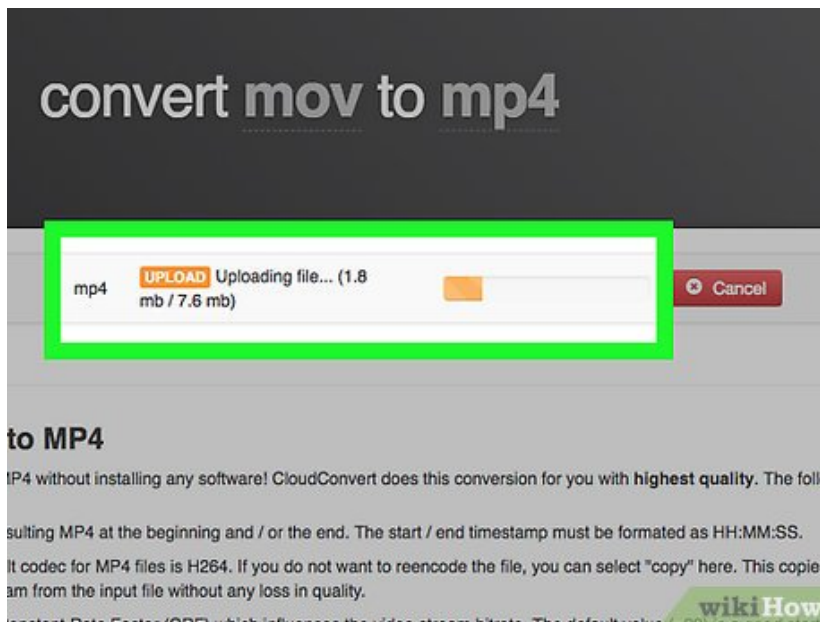


Click **mp4**. This option is near the bottom of the pop-out menu. Doing so selects **mp4** as your file's conversion goal.



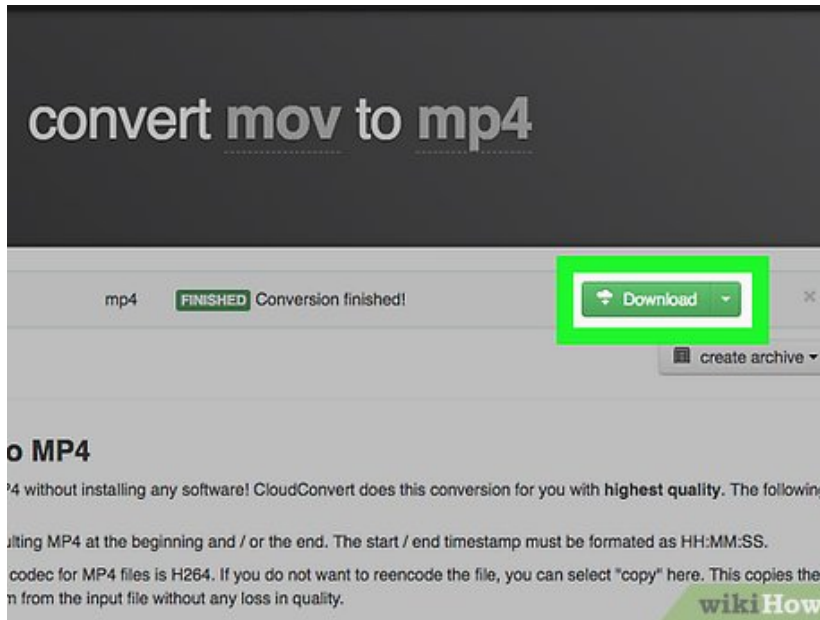
8.

Click **Start Conversion**. It's a red button in the bottom-right side of the page.



9.

Wait for the video to finish converting. This can take several minutes, since the video must first upload to the CloudConvert website before it can begin converting.



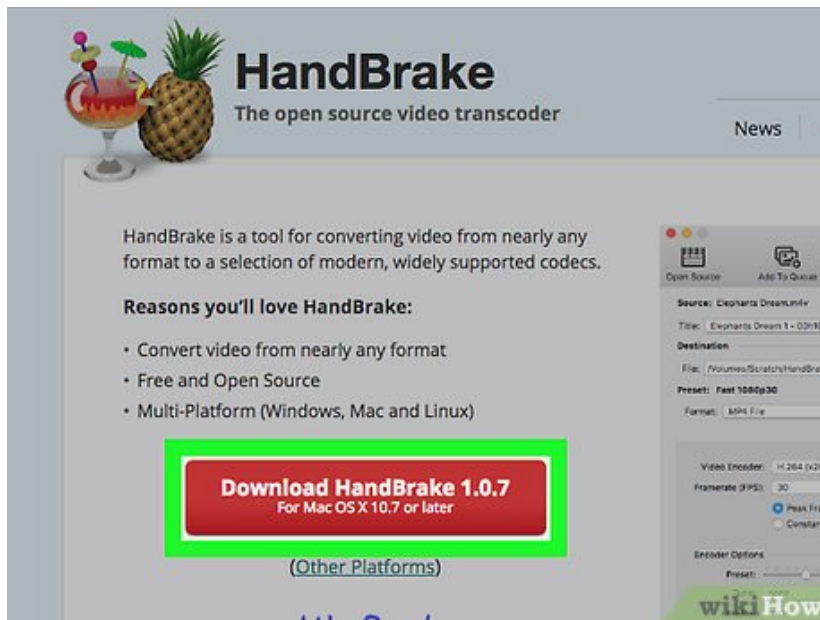
10. MP4 without installing any software! CloudConvert does this conversion for you with **highest quality**. The following...
...ing MP4 at the beginning and / or the end. The start / end timestamp must be formatted as HH:MM:SS.
... codec for MP4 files is H264. If you do not want to reencode the file, you can select "copy" here. This copies the
...n from the input file without any loss in quality.

Click **Download**. It's a green button on the far-right side of the page. Your converted file will begin downloading onto your computer.

1. On some browsers, you'll need to confirm the download by selecting a download location and clicking **Save** when prompted.

Method 2 of 2:

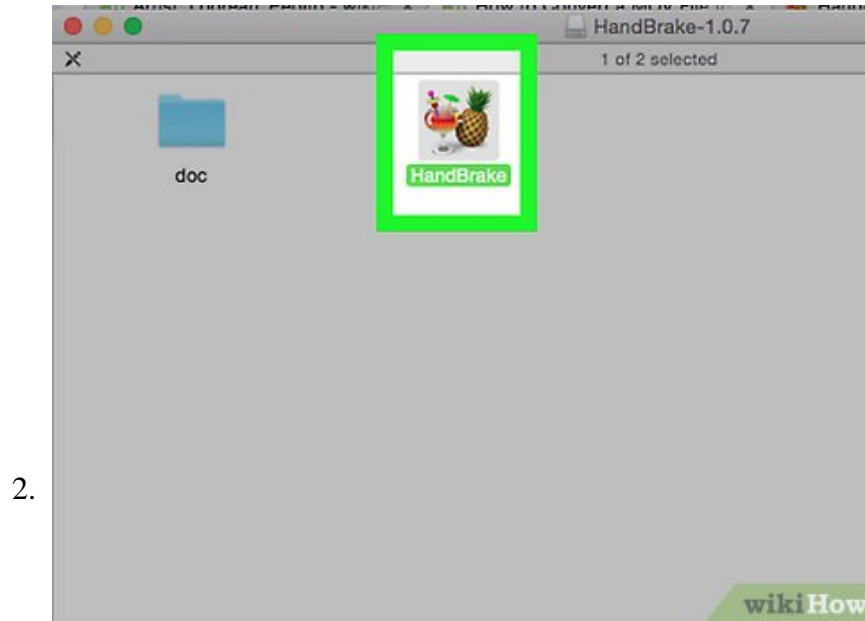
Using Handbrake



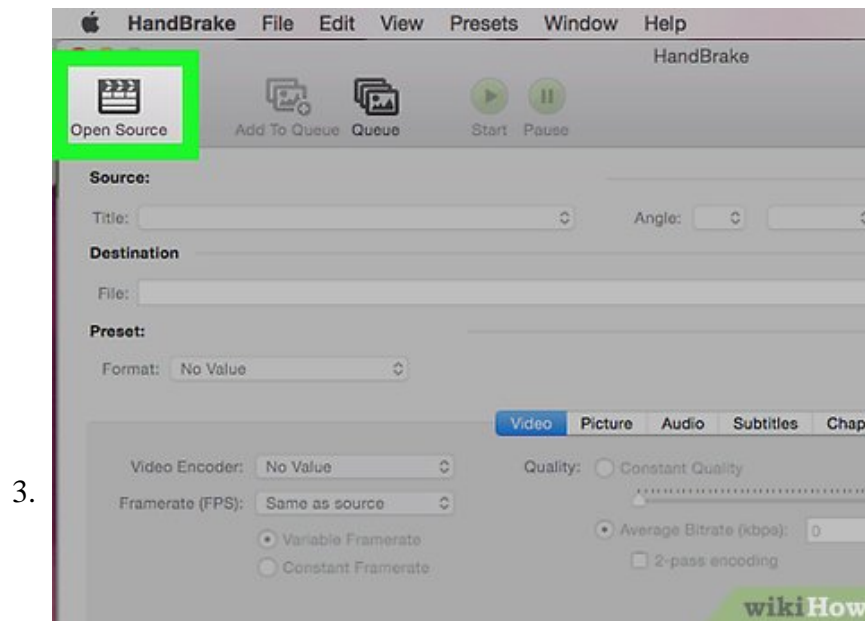
- 1.

Download and install Handbrake. Go to <https://handbrake.fr/> in your browser and click the red **Download Handbrake** button, then do the following:

1. *Windows* - Double-click the Handbrake installation file, click **Yes** when prompted, click **Next**, click **I Agree**, and click **Install**.
2. *Mac* - Double-click the Handbrake DMG file, verify the download if prompted, and click and drag the Handbrake icon onto the Applications folder.

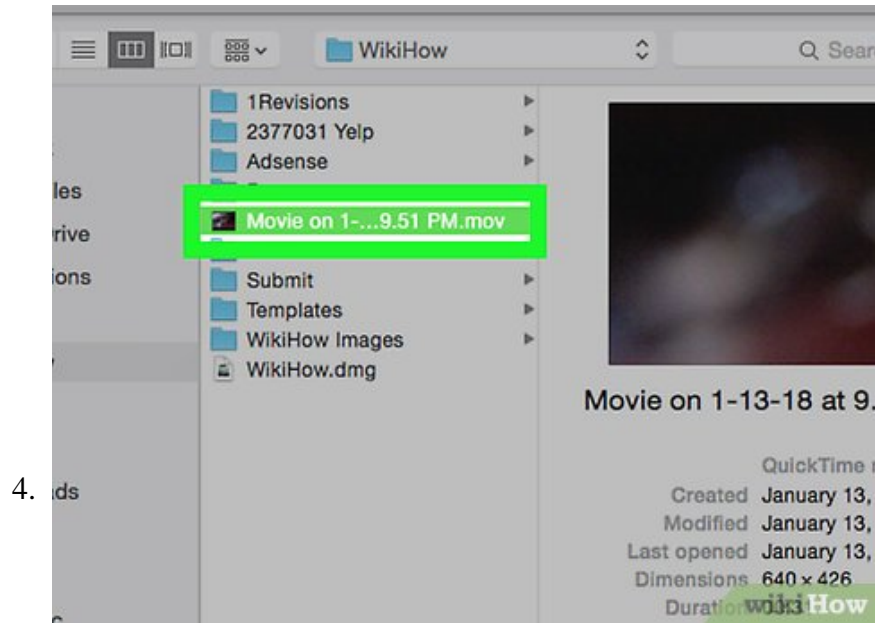


Open Handbrake. The Handbrake app icon resembles a pineapple next to a cocktail glass.



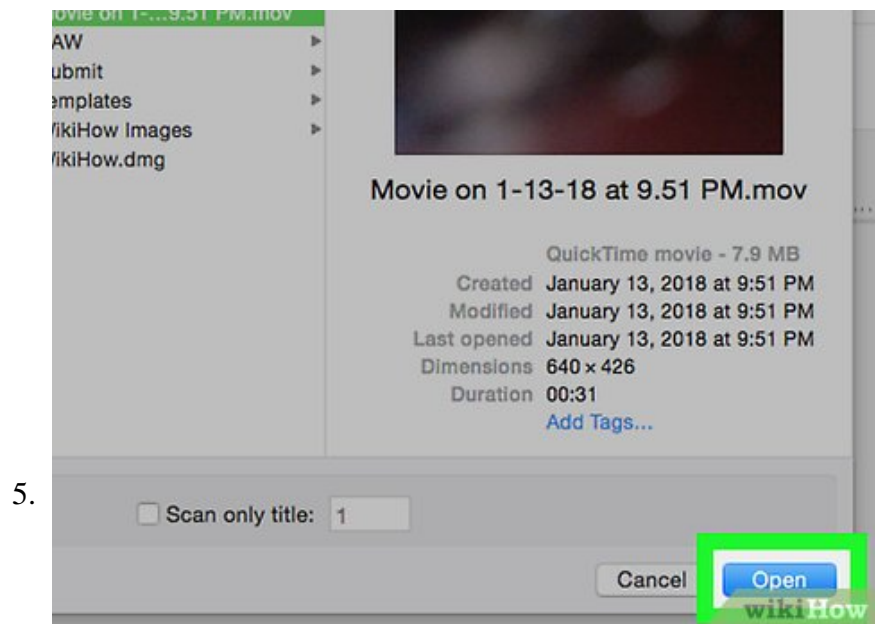
Click **File**. It's a folder-shaped icon on the left side of the Handbrake window.

1. On Mac, you'll be prompted to open a new video file when the Handbrake app first runs. If not, click "Open Source" in the top-left corner.

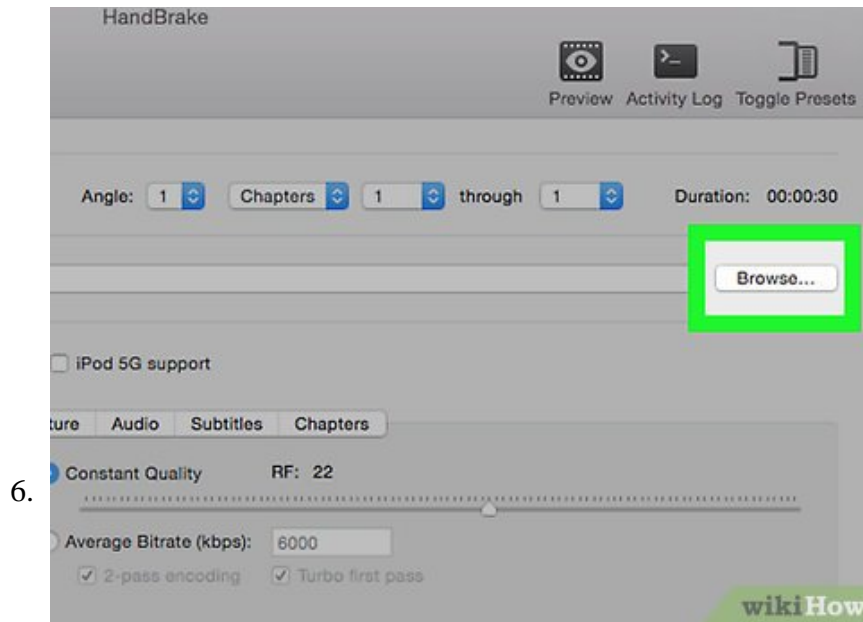


Select your MOV file. Click on the left side of the window the folder in which the MOV file is stored, then click the MOV file itself to select it.

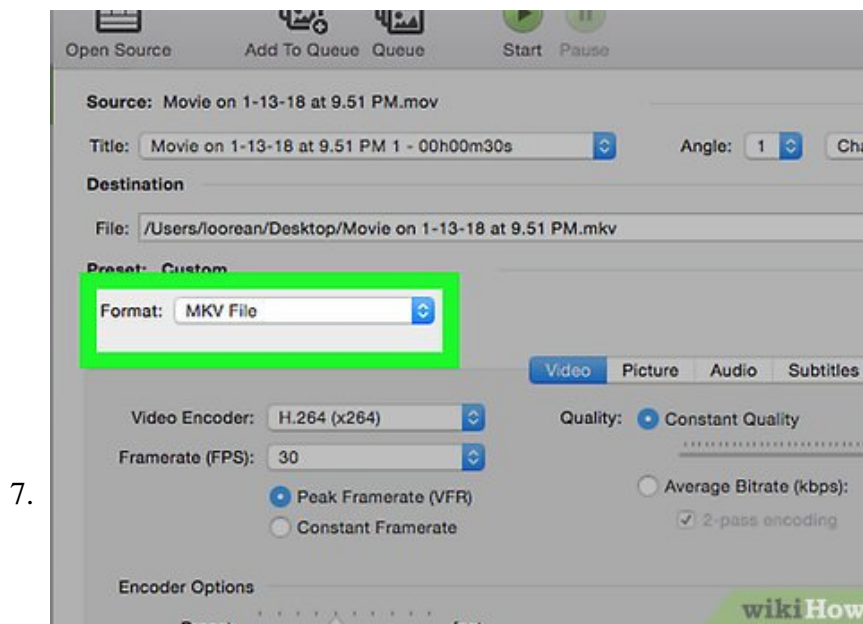
1. On Windows, you may have to scroll up or down the left side of the File Explorer to find the correct folder.



Click **Open**. It's in the bottom-right side of the Handbrake window.



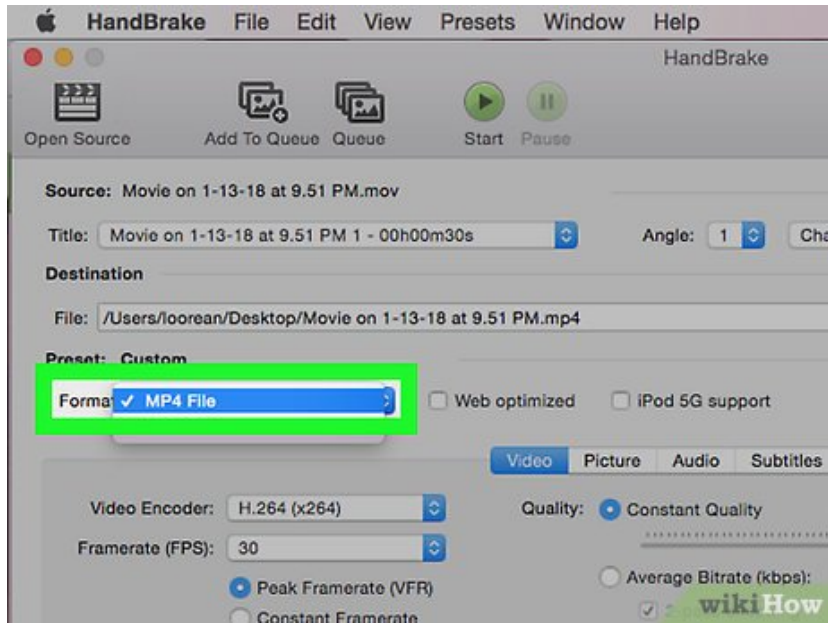
Select a save location. Click **Browse** on the far-right side of the "Destination" section, click a folder in which you want to save the MP4 file, enter a file name, and click **Save**.



Click the "Container" drop-down box. This option is directly below the "Output Settings" heading. A drop-down menu will appear.

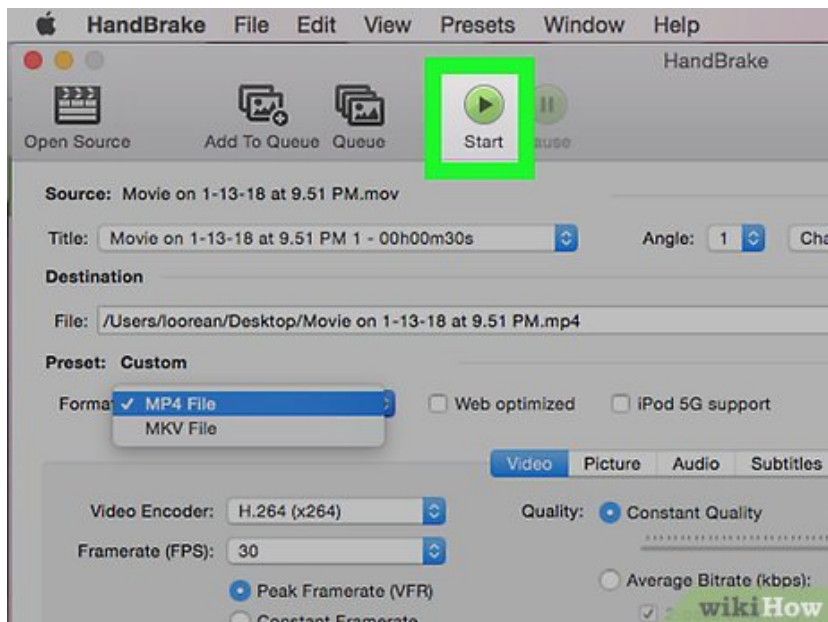
1. Skip this step and the next step if the drop-down box has "MP4" written in it.

8.



Click **MP4**. It's in the drop-down menu. Doing so sets your file conversion type to MP4.

9.



Click **Start Encode**. This is a green and black "Play" triangle at the top of the Handbrake window. The MOV file will be converted into an MP4 file and saved in your selected file location.

1. On Mac, just click **Start** here.

You finished reading the article "**How to Convert a MOV File to an MP4**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.