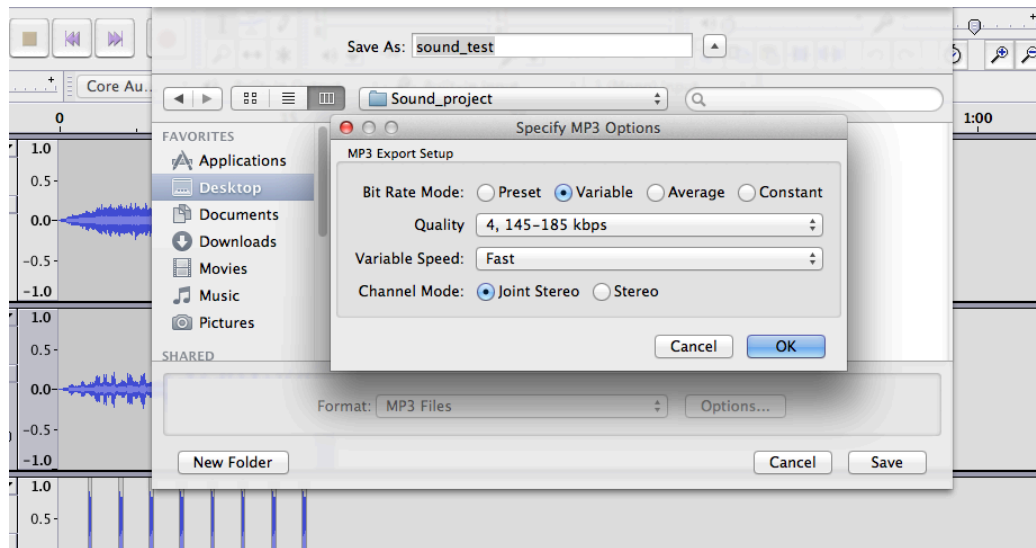


Exporting Sound Compositions from Audacity (vers. 2.0.4)

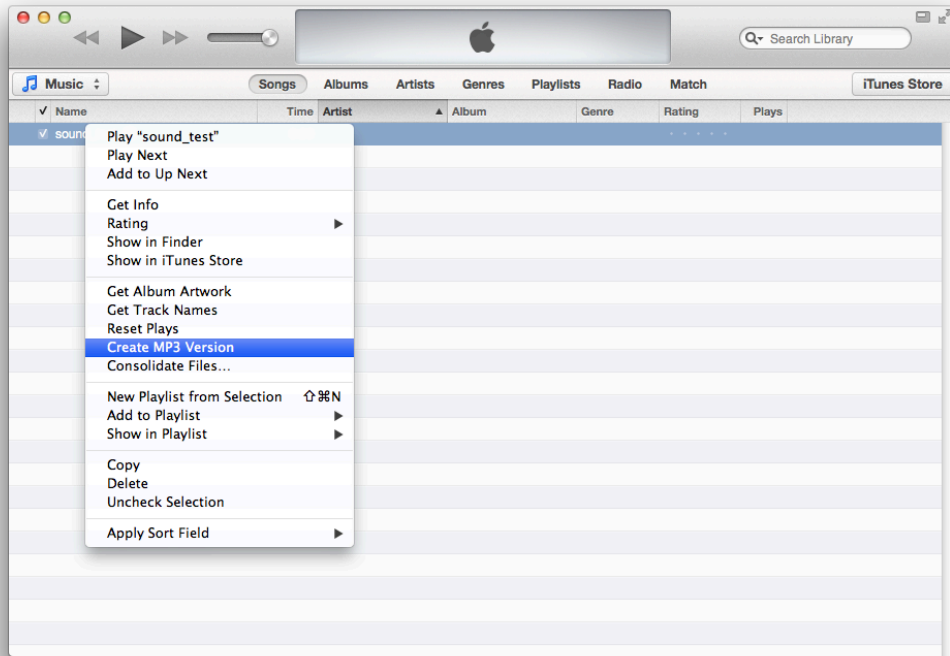
There are two ways to turn your Audacity projects into .mp3 sound files:

- 1) Preferred: using the LAME Mp3 Encoder – you will need to install this add-on to your Audacity software by following these instructions:
http://audacity.sourceforge.net/help/faq_i18n?s=install&i=lame-mp3

After the installation, simply go to File > Export and choose under Format: MP3 files. Under options choose Variable bitrate (a quality setting of 4 should work well, going to 6, 7 or 8 decreases the sound quality considerably). Either joint stereo or stereo should work well, for a difference between the two settings see: http://manual.audacityteam.org/man/MP3_Export_Options

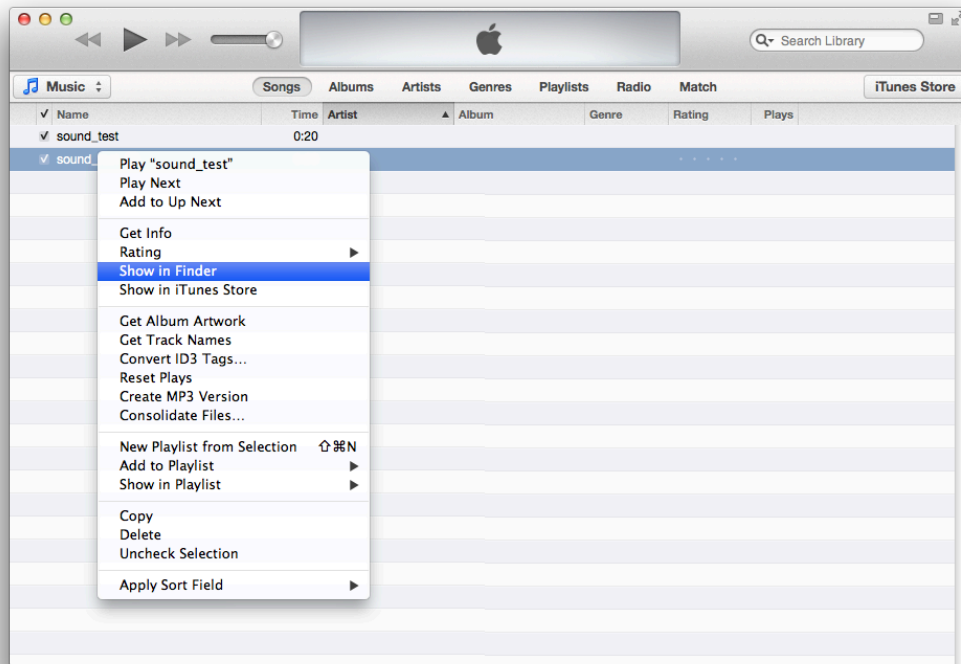


- 2) Using iTunes (vers. 11): Export the final sound composition from Audacity as an .AIFF file. Then simply drag and drop the file onto iTunes. In iTunes' Music Library select the file, ctrl.+click on it and select Create MP3 version.



Where is my .mp3 file?

After you created the .mp3 version ctrl.+click on the new file in the Music Library and choose "Show in Finder" – this will open a new Finder window with your .mp3 file in it.



Even though this works well, there are much fewer options controlling the sound quality, metadata, etc. of the resulting .mp3 file using this method...