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[Tip] How to Convert MOV to MP4 Video File Format Using VLC Player in Windows

SUMMARY: With the help of this article, you'll be able to convert any video file into other popular video formats using a free software "VLC Media Player" in all operating systems such as Windows, Linux or MacOS and mobile phones such as Google Android, iPhone/iPad or Windows Phone.

Yesterday an AskVG reader "Piyush" contacted me and asked **how to convert MOV video file to MP4 format?** He was using [Windows 10](#) operating system and **he didn't want to use free online converters** which claim to convert any video file into any other desired video format for free. He was worried about privacy as he captured those private videos with his family. He was worried that his videos will be stored and shared in the cloud forever if he uses online converter websites to convert video files.

He was using [VLC Media Player](#) as it's portable and widely known to support and play all kind of audio and video file formats. He asked me whether he can **use VLC player to convert video files?** He read somewhere that VLC player can be used to convert video file formats.

He told me that he didn't want to download and install any other 3rd party video converter software available on Internet. He just wanted to use VLC media player in his Windows 10 computer to convert his MOV video files into MP4 format.

Well. **It's true that VLC media player comes with a built-in feature to convert almost any video file into other video formats for free.**

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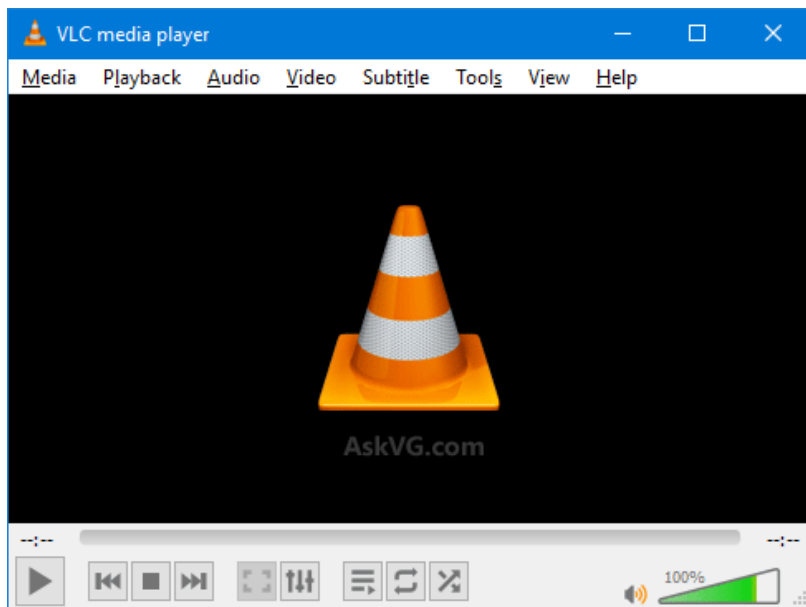
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VLC Media Player is one of the best, portable and free media player as well as video converter software available on Internet.

Today in this article, I'm going to share step-by-step instructions to show **how to convert MOV or other video files (such as 3GP, AVI, FLV, MKV, MPG, VOB, WMV, etc) to MP4 or other desired video formats with the help of VLC Media Player.**

Since VLC Media Player is available for Windows, Linux, MacOS, Google Android, iOS (iPhone and iPad) and Windows Phone, you can take help of this tutorial to convert video file formats in almost all operating systems and mobile phones.

If you also have some video files which are not supported by your smart TV, mobile phone or other video player devices, you can use VLC media player to convert them in compatible video formats which are supported by your playback devices.

Following are the easy steps to convert MOV and other video files to MP4 or other video formats using VLC media player in all operating systems:

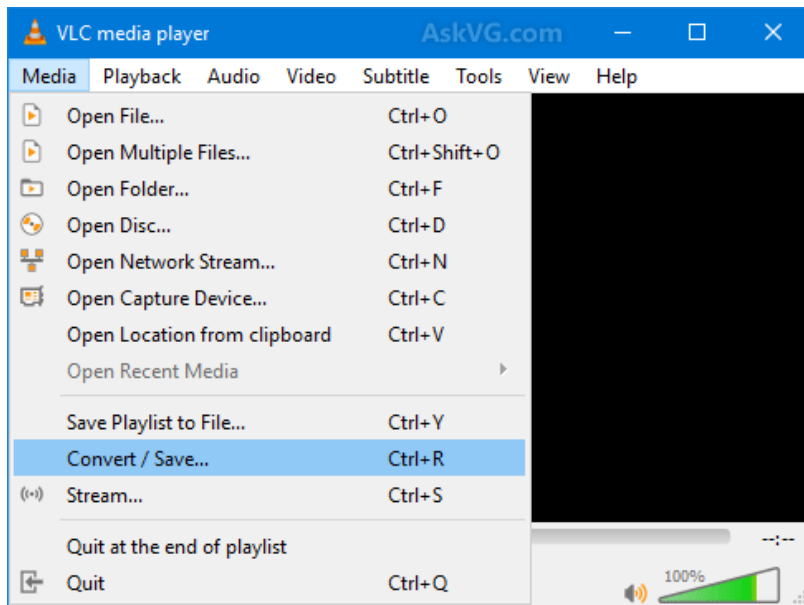
STEP 1:

First of all download VLC Media Player if you don't have it in your device. It's portable and doesn't need installation. You can carry it on your USB drive as well.

[Download VLC Media Player](#)

STEP 2:

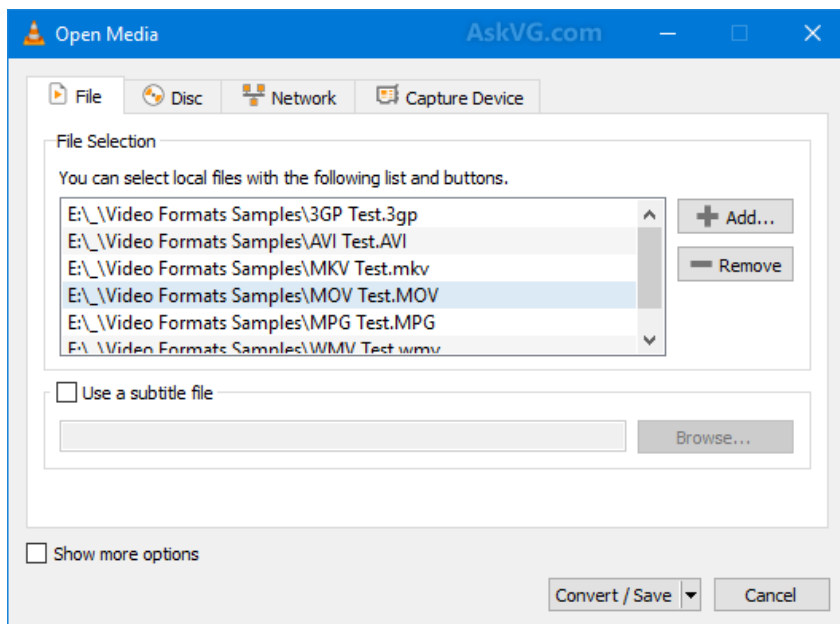
Launch VLC player and select "**Media -> Convert / Save**" option from menubar. Alternatively, you can press **Ctrl+R** keys together to open converter dialog box.



STEP 3:

Now we'll select the video files which we want to convert. In **File** tab, click on "+ **Add**" button and browse and select desired video files. You can select more than one video files if you want.

You can use "- **Remove**" button to remove a video file from the file selection list if selected by mistake.



Now you can jump to STEP 4.

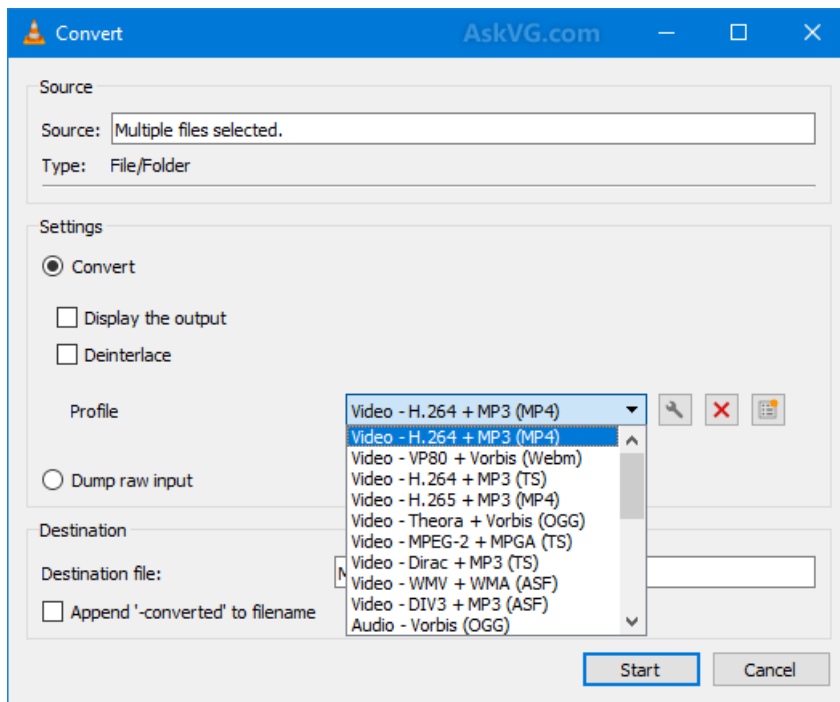
Tip for Advanced Users:

You can select advanced options for conversion by selecting "**Show more options**" checkbox given at the bottom of the converter window. It allows you to select start time and end time of the video clip as well as play another media synchronously.

STEP 4:

Now click on "**Convert / Save**" button. VLC will show another window to select output video file format.

Select "**Video - H.264 + MP3 (MP4)**" option which is present at the top of "**Profile**" drop-down list.



VLC supports following video file formats which can be selected as output format:

MP4, Webm, TS, OGG, ASF, MPEG4, DIVX

You can also **convert a video file into audio file** by selecting **Vorbis (OGG), MP3, FLAC, CD** options from **Profile** drop-down box.

You can also select Video for iPhone, iPad, PSP, HDTV, Android and YouTube options from the drop-down list.

If you want, you can **manually customize output file format** by modifying selected/existing profile or creating a new profile. Just click on the wrench or other small buttons given next to profile selection drop-down box.

Tips for Advanced Users:

If you want to play the output video in the player while the conversion is going on, select "**Display the output**" option.

If you want to convert from interlaced video formats such as 1080i, 720i, you'll need to enable "**Deinterlace**" option.

"**Dump raw input**" option will keep the file sizes same. It'll only change the file format. You don't need to select this option.

You can also select converted file name if a single file is selected for conversion. The "**Append -converted to filename**" option will append -converted text to the output video filename.

STEPS:

At last click on "**Start**" button and relax. VLC player will start converting your selected video files into desired formats. It'll show "**Converting file**" in titlebar to let you know about the conversion process.

The file position seek bar will work like a progress bar and will show you the remaining time of conversion process.

You can pause or stop the conversion process by clicking on the Pause or Stop buttons given in the playback toolbar.

That's it. With the help of above mentioned steps, you can convert any video file into any desired video format using VLC Media Player in any operating system.

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About the author: Vishal Gupta (also known as VG) has been awarded with Microsoft MVP (Most Valuable Professional) award. He has written

several tech articles for popular newspapers and magazines and has also appeared in a few tech shows on TV channels. ([Connect with Us](#))

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