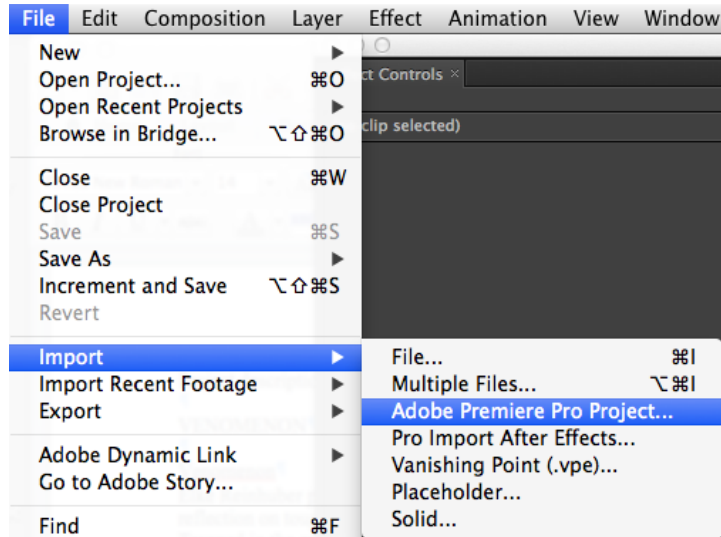


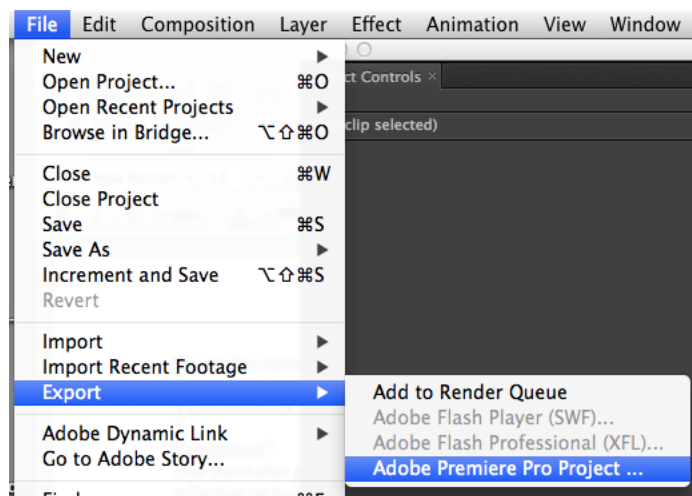
Workflow:

Start **basic editing in Premiere** and save the project
Import Adobe Premiere Project file in **After Effects**.



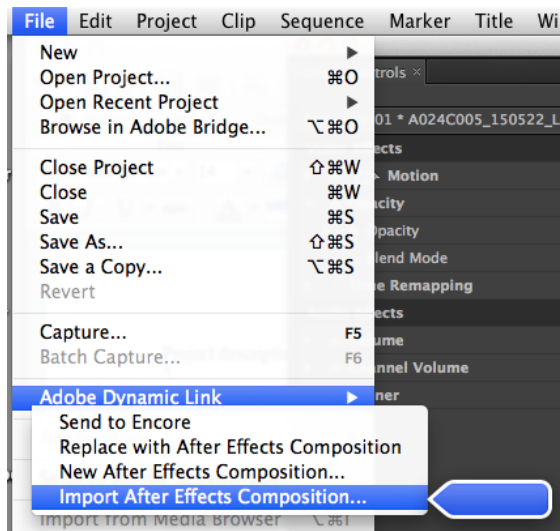
Apply special effect, animate, add text

Export the project as Premiere Project



Alternatively, an After Effects composition can be imported into
Premiere

Also Photoshop .psd files can be imported into both applications, as
composition with all layers and effects or flattened.



For the **Audio** – either optimise it beforehand with **Audition** (or **Audacity**, it is easier to use, but has less options <http://audacityteam.org/download/mac>. It's free).

Then select “Edit in Audition” and optimize the audio in Audition before you export it again to Premiere Pro. You can also export it as downmix and then import the audio file in Premiere.

