

## Self-Contained Movie

With this option selected, the utility creates a single movie file with all the movie and data information. The data in the original AVI file remains unchanged. This means that self-contained movies are efficient, they can be converted quickly, and they require minimal disk space. Also, these movie files can be played using either Video for Windows or QuickTime.

### Technical Notes

The utility creates this format by adding a resource fork to the AVI file. The AVI file remains unchanged. If this file is copied to a LAN Manager server with services for the Macintosh, users can play the same file using Video for Windows or QuickTime. However, the files cannot be transferred between platforms because the PC file format does not support the resource fork.

If you save the converted movie file to a directory other than the source directory, the conversion process will be much slower and require enough disk space to store the resource fork plus the original AVI file.