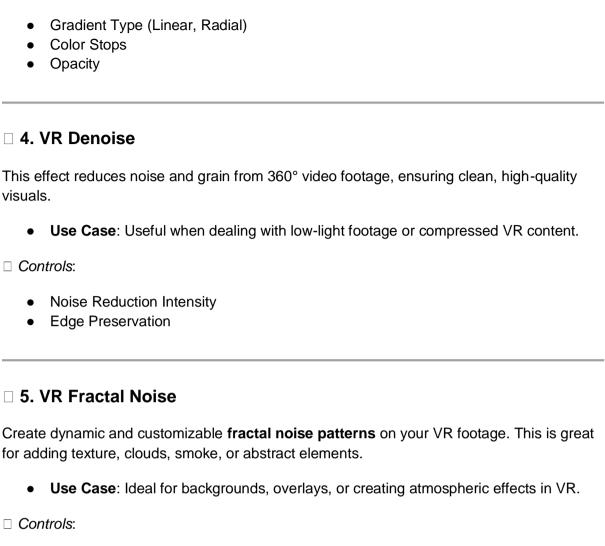
☐ Immersive Video Effects in Premiere Pro
The Immersive Video Effects in Adobe Premiere Pro are specifically designed for VR (Virtual Reality) and 360° video editing . These effects allow creators to apply seamless effects across spherical footage, ensuring there are no visible seams or distortions when viewed through VR headsets or platforms like YouTube VR. Here's a breakdown of some popular immersive effects:
□ 1. VR Blur
This effect applies a smooth, even blur across the 360° footage. Unlike traditional blur effects, VR Blur ensures there are no seams in the video, maintaining a seamless look in spherical formats.
Use Case: To soften details, create depth, or guide the viewer's attention.
□ Controls:
Horizontal BlurVertical Blur
□ 2. VR Chromatic Aberration
This effect mimics the optical phenomenon where colors split around the edges of objects. It's commonly used to create a stylized, retro, or glitchy look.
Use Case: Adds a sci-fi or futuristic vibe to VR content.
□ Controls:
Red, Green, and Blue color offsetsIntensity
□ 3. VR Color Gradients
Apply color gradients to VR footage without causing breaks at the stitching points. This

effect helps in creating mood and atmosphere by tinting the footage in various hues.

• **Use Case**: To enhance the cinematic feel or apply color corrections.

☐ Controls:



- Noise Type
- Contrast
- Complexity
- Evolution (animation control)

☆6. VR Glow

This effect adds a soft glow around bright areas of the footage. It's commonly used to create dream-like or ethereal visuals in VR.

Use Case: Enhances highlights and creates atmospheric effects.

☐ Controls:

- Glow Intensity
- Threshold
- Radius

□ 7. VR Plane to Sphere
This effect converts flat footage into spherical format , making it compatible with VR environments.
Use Case: Essential for transitioning standard footage into a VR/360° project.
□ Controls:
 Horizontal and Vertical Field of View Reorientation Controls
□ 8. VR Projection
The VR Projection effect allows you to reorient or change the projection type of your 360° video.
Use Case: To fix stitching issues or adjust the framing of 360° footage.
□ Controls:
Yaw, Pitch, RollFOV (Field of View)
□ 9. VR Rotate Sphere
This effect allows you to rotate the entire spherical video , changing the direction of the viewer's perspective.
Use Case: Adjust viewer orientation to highlight key points of interest.
□ Controls:
 Yaw (left/right) Pitch (up/down) Roll (tilt)
□ 10. VR Sharpen The VR Sharpen effect enhances details in your VR footage without causing artifacts or

seam lines.

Use Case: To make footage appear crisper and more detailed.

- Sharpen Amount
- Radius

☐ Controls:

Threshold

☐ Tips for Using Immersive Effects in Premiere Pro

- 1. Always apply immersive effects to **360-degree equirectangular footage** to avoid distortion.
- 2. Use the VR Video Display in Premiere Pro to preview your footage in 360° mode.
- 3. Combine effects like **VR Glow**, **VR Sharpen**, and **VR Color Gradients** to create unique visual styles.
- 4. Use VR Plane to Sphere for standard videos to make them VR-compatible.