

# Importing Video

iSpring Pro supports the following video formats: avi, wmv, mpg, mp4, mkv.

You can select one of the available import options:

- [One video file to each slide](#)  
The duration of each slide will match the duration of the video narration that was imported. You can import one or multiple files at once.
- [Video files across slides](#)  
One video file will play over several slides.

All imported files will be automatically copied to the presentation resource folder. This way, you won't lose inserted clips even if you move your presentation to another computer.