[Using mencoder to convert a .VOB file to a .flv file](#)

I've been working for a Japanese NPO, Leap High 28. Today I was asked by the NPO Chairperson, Yoko Ishikawa to upload a DVD file to Help Japan 2011, a website we made together to raise support for the March 11, 2011 earthquake and tsumami victims. This is the code I used to convert the file to .flv on a laptop with the Ubuntu 11.10 Linux. Note the you need to have mencoder installed.

```
mencoder VTS_03_1.VOB -of lavf -ovc lavc -lavcopts
vcodec=flv:vbitrate=150 -ofps 25 -oac mp3lame -lameopts abr:br=32 -
srate 22050 -vf scale=720 -o unitedearth.flv
```

After creating the flv file, I uploaded it to the server using FTP. I also created a starting .jpg image of the same name as the .flv from one of the frames of the video, and uploaded it in the same folder.

I also installed a handy WordPress plugin, FLV Embed to display the video.

On the page to post the video, in the HTML editor I added the following:

[flv:/wp-content/uploads/unitedearth.flv 480 368]

Click this link to see the result! Audio in Japanese only.