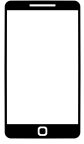
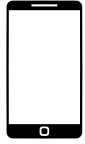




# Self Tape Instructions



Shoot your video files in the highest resolution available in **portrait orientation**

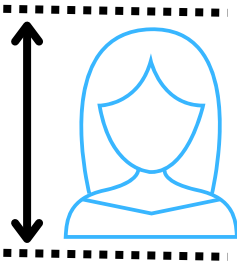
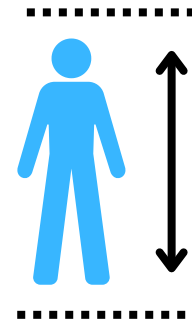


## Shooting the slate

Please include a **full body shot** for your slate at THE END of your audition video.

Include the following details in your slate:

- Your full name
- Your Height (feet and inches)
- The city you are based in



## Shooting the scenes



Please shoot your self-tape with a **TIGHT frame** from the top of your head to just below your shoulder.



## Helpful Tips for a successful audition video

- It is imperative that the scene(s) be shot in a tight frame – (top of your head to just below your shoulder)
- The wall behind you should ideally be white or blue. Try to position yourself a few feet away from the wall to avoid shadows.
- Find a quiet room that has very little or no background noise. TVs, fans, running water and air conditioning can be distracting.
- Always look at the person you're reading with, never at the camera, and place the person just to the side of the camera.