Self Tape Instructions

Here are some instructions and advice on how to nail and deliver a professional self tape.

You will need:

- A Video Camera (I.e phone or video Recorder)
- A quiet space and well lit space. (Natural light works well)
- A tripod is really useful. This will keep the phone/camera steady and save you time trying to create a structure that is eye level to balance your phone/camera on.
- Gorilla tripods are great and really useful! (Check them out) £11.99 on Amazon and a ring light/box light

Filming Tips:

- ALWAYS film yourself in **landscape** unless asked otherwise.
- Frame the camera into a mid length shot. Unless requested otherwise. This is from your chest up to your head.
- Speak Clearly.
- Introduce your self to the camera. Name, Agent (If have one) & Height. Then show the camera both sides of profile and your hands.
- Having someone read with you is **ALWAYS** the best option. If you do not have anyone to help then deliver your line ***pause*** deliver your next line ***Pause.*** It does not look good if you read both parts. this method you can focus on your line and emotion attached to said line.

- Natural Light is often best. You can also use soft practical lights in your house or use specific lighting equipment which you may have. If not, natural lighting is always best!

- Keep the camera in level with your eyes. It is distracting to watch if the angle that you are filming is from above or below your eye-line.

- Learn your Monologue. Knowing the lines is crucial in you nailing the scene. Knowing the lines will help you engage in the emotions and bring us into the scene. We can tell if you do not know your line or are reading them from behind the camera.

Setting up the room:

- Make sure you have a plain neutral coloured background. Backgrounds can sometimes be distracting. We do not want to be working out what holiday you were on in the picture on your mantelpiece. White, cream, or any plain colour works well.

- If you are filming in a room with natural light from a window. Make sure the window is behind the camera and not behind you! The lighting can glare the camera and also be too bright to see you.

- Stand in front of the camera and do a test shot to make sure there are no shadows in the background.

Clothing, Props & Make up

- If you do wear specific clothes make sure they are appropriate to your character. It is not necessary to rent or buy a costume specifically for a self tape. Your acting and understanding of the scene is the most important thing.

- Again only use props which are essential to the scene. Your performance and delivery is the most important thing

- Keep hair out of your face and keep makeup to a minimum. We want to see your face and all your lovely features.

Self Tape Summary

- Your eye-line should be in line with and close to the camera. We want to see your face.
- Get your framing right. Mid shot always works best unless requested otherwise
- Don't go too far from the camera. We want to hear you.
- Sit or stand. Whichever feels appropriate for the scene.
- Don't overthink it
- Don't do too many takes. 3 is enough. If you are not happy take some time and come back to it. You will over do the scene and it will become flat.

Sending the video file

- Renaming of the video is important. YOU are the most important person. If the file does not have your name we could lose it or place the file in another folder which is not attached to your name.
- Files should be in MOV or MP4 format and not too big in file size. Anything under 100mb is good

ALWAYS upload to the link provided – do NOT email a WeTransfer to K&L we cannot upload

Important note for Iphone users

- Apple introduced a new format for recording video and photo.
- This format is currently not supported for our service – HEVC & HEIC files are not acceptable

We look forward to seeing them.

Many thanks

K&L Team