

## **Advice on how to create a Self-Tape**

We are not expecting you to be experts in self-taping, we are assessing your potential, so please look at the information below which will outline what we would like you to prepare for your self-tape. It includes advice on how to self-tape and where to upload your work. There is also information on how we will store and use your self-tape which you should read carefully before submitting your video. By submitting your self-tape to us you are agreeing to the Ad Astra Academy assessment procedure.

The camera on any smart phone is more than capable of capturing a high definition recording of your self-tape. Here are a few tips on how to approach your recording-

1. Shoot in landscape, rather than portrait.
  - To do this, place your camera on its side rather than in its upright position.
  - Keep the camera steady by propping it up so that it doesn't shake rather than moving the camera around. This means we can focus on your performance rather than the performance of the camera.
2. Framing your shot.
  - If you are seated and want to have a medium frame, shoot from mid chest to a few inches above your head. This frame is useful for intimate monologues or performances.
  - If movement is a part of your performance, you may want a larger frame, from your hips to about 1 foot above your head as this will capture your body in motion.
  - Experiment and see which frame feels better for your performance.
3. Eye line (for acting self tapes specifically but helpful for all performers)
  - Make sure that we can see your eyes and don't turn too far into profile as we will lose your work.
  - You can choose to look directly at the camera or slightly to one side.
  - Experiment with your eye line to see which decision suits your performance best.
4. Location, Acoustic, Light.
  - Natural light is best, falling on your face rather than behind you.
  - Try to shoot on a background that is not too distracting. If you need to, feel free to hang a sheet.
  - A room with some soft furnishings will help the acoustic quality of your performance as they will absorb sound and give us a clearer reading of your voice or instrument.
5. Content.
  - Start the audition by introducing yourself and stating that you are happy for the Ad Astra Academy to view your self-tape for audition purposes.

- For actors- present your chosen monologue which should be 2-3 minutes in length. Please present a stage script, not a screenplay and please note that you do not require any props or costumes.
  - For musicians- perform your chosen piece, which can be either accompanied or unaccompanied.
6. Deadline
- Please make sure that all applications have been submitted to us by **31st January 2021**. No submissions will be accepted past this date.
7. How to upload your video
- Visit [vimeo.com](https://vimeo.com) and click the join button in the top right corner.
  - Create an account (You will not need to pay any money to create a Vimeo Basic account).
  - Once you're signed in, click the '+ New Video' button then 'Upload'
  - Choose the files you wish to upload
  - Please include your name in the upload 'Title'
  - In the 'Privacy' drop down box section select "Only people with a password can see this video"
  - Enter a password please use your name followed by AdAstra2020 (e.g. JoeBloggsAdAstra2020)

Please note, while UCD Ad Astra Academy will follow GDPR guidelines when handling your self-tape, uploading your video to Vimeo obviously comes with a risk that the Ad Astra Academy is not responsible for. Please review Vimeo's Terms and Conditions before uploading your video.