



# self-tape 101:

## how to tape your audition

presented by Sobre Actuando, the actor's podcast for THEA3600





# equipment.

FOR EVERY BUDGET

- camera
- microphone
- tripod
- backdrop
- light



# camera.

Your cellphone is enough.

*If you want to invest in a DSLR  
Camera, I recommend the Canon  
SLR3 series with auto-focus on  
video.*





# mic.

if you can invest in a usb or smart-lav mic, you'll achieve better sound quality. If not, your phone's mic works (or a second device placed closer to you using a recording app).



USB MICROPHONE  
*starting at \$30 on amazon*



PHONE LAVALIER  
*starting at \$5 on amazon*



# tripod.

You can find some simple amazon basics ones, or you can make one with what you have at home.



BASIC TRIPOD  
around \$15 on amazon



HOMEMADE TRIPOD  
*your imagination*

# backdrop.

You can use a blank wall, a cloth taped to your wall, or a backdrop stand.



## BACKDROP STAND & CLOTH

*starting at \$50 on amazon*



## BLANK WALL

*free*



# backdrop colors.



blue



grey

*(other markets prefer white)*

# light.

Natural light is perfect,  
you can also invest in a  
large ring light or  
professional lights.



## NATURAL LIGHT

*free*



## RING LIGHT

*starting at \$20 on amazon*



## PROFESSIONAL LIGHT SET

*variedad de precios*



# using natural or ceiling light.



If you place yourself directly under the sun, you will get **shadows** and shine that will change the shape of your face.



If you place yourself **in the shade** and in front of a large light source, the light will be soft and show your face as it is.





# camera position.

Always horizontally.





# shots.



Most often asked for **medium close up**: below the shoulders and slightly above the head.



Some ask for a **medium shot**: waist up and slightly above the head.



# audio.



If you're in an empty space without furniture or soft textures — such as curtains, rugs, cushions — there will be a lot of **echo**.



Try looking for a space full of objects that **absorb sound**: maybe your living or bedroom.



# tips from constanza & adrian



[@connihernandez1](#)



[@adrianmakala](#)

- Your **performance** is the most important part of your self-tape.
- If you're going to film with natural light, do it **between 9am and 2pm**, so the light doesn't change as you work.
- Look for the **script's arch**, no matter the size of the role.
- **Take notes** as you film, so you remember which were the best takes.
- **Do it with TRUTH.**

# break a leg!

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I hope this helps you make the best self-tape you can and deliver an amazing audition.

