RADA

Part-Time Blended Foundation Course in Acting: Self-Tape Guide Entry 2025

Please read the following guidelines and instructions which will help you prepare for recording your self-tape.

Setting up

The most important thing for us is that we can see and hear you clearly. You don't need to go anywhere or use any specialist equipment - you can film where you're most comfortable, using your phone, and keep it steady by propping it against some furniture or books.

If you can, try and find a plain wall to film in front of so that you are the focus of the shot, rather than any pictures or ornaments in the background. You could hang a sheet up behind you if you want to cover a busy wall.

If you are using your phone to record, please ensure that the camera is NOT in 'High Efficiency' mode. You should be able to check this in your phone's camera settings. For iPhone, you will need to switch on 'Most Compatible' mode. We can only accept one file so if you have different files for each speech, please make sure to combine them before you upload.

Lighting

Choose a room with natural daylight if you can - make sure that the window is behind your camera, not behind you, otherwise we won't see you. If it's dark when you're filming, you could put a lamp behind your camera so that you're well lit.

Sound

Try and find somewhere quiet, so that the recording doesn't pick up any background noise or other people's conversations. Bathrooms can be a bit echoey because they have a lot of hard surfaces - rooms with soft furnishings, like a bed, will help your voice sound clearer.

Framing

Shoot in landscape, so that your tape will fill the screen when we watch it - think TV, not Tiktok.

A wide shot will show your full body, with a little room above your head at the top of the shot.

A mid shot will show from your waist to the top of your head in the frame- again, with a little room at the top.

Try not to look straight down the camera when you're performing, as it might put you off. Instead, look slightly to the side (e.g. the edge of your phone), as though you're speaking to another character in your scene. You might find it helpful to have someone stand to the side of the camera, so that you can direct your speech to them.

Set up your shot, test a couple of lines from your speeches and then watch it back to make sure you're happy with it.

You don't need any costumes or props - we just want to see you do what you do best!

Summary

1. Check your phone's camera settings
2. Do not look directly into the camera
3. Visualise the person you are addressing in your speech
4. Film in landscape
5. Try to film in front of a plain background
6. Can you be seen clearly?
7. Can you be heard clearly?

RADA

Filming your self-tape

If you are not able to use the shot suggestions below due to lack of space, that's fine. Please just try to film in a way that means the panel can see as much of you as possible.

1. Start in wide shot - (full body in the frame and leave a little headroom at the top of the shot).

2. At the start of your tape, please tell us your full name and postcode

3. Tell us which 3 pieces you will be performing and why you have chosen them.

4. Perform your speeches – these should be a maximum of 6 minutes in TOTAL:
   i. Perform your first classical speech (maximum 2 minutes)

If you are able to move towards the camera to a mid shot (waist and top of head in frame), do that now:
   ii. Perform your second classical speech (maximum 2 minutes)
   iii. Perform your contemporary speech (maximum 2 minutes)
   iv. Sing your song - verse and chorus only (maximum 1.5 minutes).

And that's it! Watch it back and make sure that we can clearly hear what you're saying and see you in the frame.

If you'd like to try it again, take a break, charge your phone if you need to and give it another go - but don't overthink it and record too many times. We want to see the real you.

Summary

1. Tell us which speeches you will be performing
2. Perform 2 classical and 1 contemporary speech (maximum 6 minutes)
3. Perform 1 verse and chorus of a song, without backing music (maximum 1.5 minutes).