




# DIFFERENCE

## SELFTAPE VIDEO MANUAL

**ALL MATERIALS CAN BE PREPARED USING GOOD QUALITY PHONE CAMERA, THEY DON'T NEED TO BE PROFESSIONAL. JUST MAKE SURE THAT VISIBILITY AND SHARPNESS IS IMPECCABLE.**

Preparation for recording:


1. Make sure the background is plain – a clear wall will do the job,
2. Place the camera horizontally 
3. Jump in single - coloured casual clothes such as blue jeans and white t-shirt or black leggings and a shirt. The clothes should fit you and show your silhouette.
4. If you have long hair, do not tie them at the very beginning, you will do that during the recording,  
FOR WOMEN:
5. Put a thin layer of fluid just to make your skin look more vital and fresh. A little bit of mascara never killed nobody... but that's it! (No eyeliners or colorful lipsticks!) You look naturally beautiful as you are – trust us 😊

**Now, collect as many positive thoughts as you can + some kJ of hidden energy and...THERE YOU GO!!! 😊**

STAND 1 METER AWAY FROM THE CAMERA SO YOUR FACE IS CLEARLY VISIBLE AND FOLLOW THE INSTRUCTION BELOW:

***"Hello! My name is ..... I am ..... years old and I am represented by Difference Agency.***

NEXT:

1. Step back (1m) and show your side profiles – left and right.
2. Show your hands - front and back side 
3. Show us your teeth smile 😊
4. If you have long hair, tie them back so we can see your face even better
5. At the very end, take a few steps back and show us your posture.

***You are highly invited to work with us. If you have any questions about me feel free to contact Difference. Thank you and hopefully see you soon. Bye! 😊***

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**The video should be sent via [www.wetransfer.com](http://www.wetransfer.com) to e-mail: [fran@difference.com.pl](mailto:fran@difference.com.pl)**

THANK YOU! // TEAM DIFFERENCE

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