



“THE BACHELOR / BACHELORETTE” CASTING HOME TAPE INSTRUCTIONS

Hello and thank you for your interest in the show! We are looking for the most eligible singles in America and want you to show us your great, outgoing personality.

We want lots of energy and BIG SMILES!!! Have fun with it! Here are a few pointers for getting ready to shoot your video. The video should be about 10-15 minutes long – however long it takes you to tell us about yourself!

GENERAL INFO:

1. The video that you send us can be on a DVD or USB drive. **IMPORTANT:** Make absolutely sure that the disc is *finalized*.



If you are using a cellphone camera make sure to hold it sideways so the video is in landscape format not portrait!

2. Room should be well lit to avoid shadows.

3. Make sure you are not backlit. Standing in front of windows or other major light sources looks TERRIBLE on camera.

4. Stand in front of a colorful background so you don't appear washed out. White walls do not work well.

5. Be aware of any background noises - turn off the TV, radio, air conditioning, ceiling fans or heating units as this will create a hum or buzz.

6. Do not wear white or black or outfits with intense prints (this can distort the picture). Dress up a little, like you would if you were going to a nice restaurant for dinner. Wear your favorite clothes and show us your style! Do not wear hats or sunglasses.

7. Do not chew gum.

8. Make sure you are framed properly. A medium close-up shot is from just below the waist to *just* above the head, like this:



9. When you are ready to go, **have someone else read you these questions.** Do not have paper in hand or in front of you. Have a friend or a relative film you. It will make the quality of your tape better!

CONTENT (these are suggestions - be creative and have fun with this! Let your personality shine through. If there is something you'd like to tell us that we haven't asked, tell us!

1. Introduce yourself, tell us your name, age and what you do for a living. Where do you live? Do you rent/own? Do you have roommates? Do you have pets? Introduce us to them! If you are doing the tape at home, give us a tour!
2. Give us a dating history. Have you ever been in love? If no, why not, and if yes, tell us your love story! Or tell us your funny first date story!
3. Describe your ultimate fantasy date! Do you have a favorite actor/actress?
4. Tell us about your family – are you close? Do you have siblings? Do you have any funny childhood stories or wacky family members you want to tell us about?
5. If you could travel anywhere in the world, where would you go?
6. What would your hometown date be like? Where would we go and who would we meet?
7. Do you have any special talents? If there is a hobby or activity you like, tell us or *show us*. For example, if you love to cook, take us into the kitchen and show us what's for dinner! If you love to work out, show us your routine! Feel free to take the camera out and about with you and tape in a different location – we want to get a little glimpse of your life!
7. Finally, get both a **close-up** and a **full body shot** of yourself. This is very important!

Make sure your video is labeled with your name and phone number. Casting videos will not be returned.

Send the video along with the application and a few recent photos (these can print-outs or on a USB drive) to:

**THE BACHELOR/BACHELORETTE CASTING
11901 Santa Monica Blvd. #595
Los Angeles, CA 90025**

THANK YOU AND GOOD LUCK!
- THE CASTING DEPARTMENT