

## ACTING EQUIPMENT LIST | RHESTR OFFER ACTIO

### VOICE | LLAIS

<p>A digital recording device (such as a smartphone) with good quality mic, capable of producing .mp3 files is essential for voice and singing classes.</p>	<p>Bydd angen arnoch offer recordio digidol (fel dictaffon) gyda meic ansawdd dda i greu recordiadau .mp3 ar gyfer gwersi Llais a Chanu</p>
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<p><b><u>SKILLS CLASSES:</u></b></p> <p><b>MOVEMENT - VOICE – SINGING - STAGE COMBAT</b></p>	<p><b><u>DOSBARTHIADAU SGILIAU:</u></b></p> <p><b>SYMUD – LLAIS - CANU - YMRYSON LLWYFAN</b></p>
<p>Many of the skills classes and projects are highly physical and need suitable clothing. Therefore, you will need to wear something in which you feel comfortable and which allows freedom of movement.</p>	<p>Mae nifer o'r dosbarthiadau a'r prosiectau uchod yn hynod gorfforol ac yn galw am dillad addas. Bydd angen dillad cyffyrddus y gallwch symud yn rhwydd ynddynt.</p>
<p><b>YOU WILL DEFINITELY NEED</b></p> <ul style="list-style-type: none"> <li>• T shirts</li> <li>• Loose fitting tracksuit or jogging trousers and sweatshirt</li> <li>• Trainers / running shoes</li> <li>• Kneepads</li> <li>• Water bottle</li> <li>• Yoga mat</li> <li>• Disinfectant spray/wipes and hand sanitiser.</li> </ul>	<p><b>BYDD ANGEN ARNOCH</b></p> <ul style="list-style-type: none"> <li>• Crys T</li> <li>• Trowsus rhedeg llac a chrys chwys</li> <li>• Esgidiau rhedeg</li> <li>• Padiau Glin</li> <li>• Potel ddŵr</li> <li>• Mat Yoga</li> <li>• Chwistrellau diheintydd a glanweithydd dwylo.</li> </ul>
<p><b>IN ADDITION/ YN YCHWANEGOL</b></p>	

<p>Trainers aren't always suitable for acting project scene work and showings, so it is advisable to invest in a pair of hard soled "dress" shoes - lace-up or slip on, flat or heeled. (If heeled, no higher than 1 inch though).</p> <p>Dark "dress" trousers and/or skirts (your preference) and a plain white shirt are also good investments for various projects and showings.</p>	<p>Nid yw esgidiau hyfforddwyr bob amser yn addas ar gyfer gwaith golygfa prosiect actio a dangosiadau, felly cynghorir i chi fuddsoddi mewn pâr o esgidiau "gwisg" â gwadnau caled - les i fyny neu lithro ymlaen, fflat neu sodlau. (Os bydd yn sodlau, dim uwch nag 1 fodfedd er hynny).</p> <p>Mae trowsus a/neu sgergiau "gwisg" tywyll (eich dewis chi) a chrys gwyn plaen hefyd yn fuddsoddiadau da ar gyfer prosiectau a dangosiadau amrywiol.</p>
<p>Most of the classes will be in bare feet and you will need to bring along a towel and bottled water. <i>Please note that you may be asked to remove certain facial piercings during classes and projects if your lecturer feels they may restrict your performance and progress or present a health and safety risk.</i></p>	<p>Cynhelir y mwyafrif o'r dosbarthiadau yn droed-noeth. Gallwch ddod a thowel a photel ddwr i'r dosbarth. Sylwch efallai y gofynnir i chi dynnu tyllu wynebau penodol ynystod dosbarthiadau a phrosiectau os yw'ch darlithydd yn teimlo y gallant gyfyngu ar eich perfformiad neu cyflwyno risg iechyd a diogelwch.</p>

### Guidance:

If you are filming with a camera or phone you will need a tripod. For online sessions we would recommend a flexible one that can be attached to chairs as well as propped on a desk so that you can still see the screen when lying down doing floorwork for example.

**TRIPOD** - Joby Goriilapod or similar

### MICS -

For iPhone/iPad plugin with lightning

- Rode VideoMic Me-L
- Shure MV88

For Android phone/tablet with 3.5mm jack

(For these double check that the jacks on mic/phone are compatible - they're generally TRRS)

- Rode VideoMic Me
- Shure MV88+

On Camera

(Again check that the jacks on mic/camera are compatible - they're generally TRS)

- Rode VideoMic Go
- Rode VideoMic Pro

On laptop/PC (USB versions)

- Marantz MPM 1000u
- Blue Yeti

LAPEL Mics:

- Lapel mics are also a great option. Here are links for the RODE Lavalier lapel mic £59.

- [https://www.amazon.co.uk/dp/B07WM65GTF/ref=cm\\_sw\\_r\\_em\\_ap\\_a\\_i\\_nbWhFbAWN1BKV](https://www.amazon.co.uk/dp/B07WM65GTF/ref=cm_sw_r_em_ap_a_i_nbWhFbAWN1BKV)

### **Arewiniad:**

Os ydych yn ffilmio gyda camera neu ffôn bydd angen trybedd arnoch chi. Ar gyfer sesiynau ar-lein rwy'n argymhell un hyblyg y gellir ei gysylltu â chadeiriau yn ogystal â phrop ar ddesg fel y gallwch weld y sgrin wrth orwedd yn gwneud gwaith llawr er enghraifft.