

SKS videotips The perfect interviewee

Part 1: Look good for a TV interview - some quick tips

Avoid checks or stripes, particularly small dog-tooth checks and multiple thin stripes that can flicker or “strobe” on camera. Try to avoid saturated colours like red, although newer digital formats help to diminish the problems associated with these colours.



Bright white can flare and drain the colour from your face - the best colours to wear are plain, neutral or pastel colours.



Avoid “big” jewellery, like necklaces, earrings and bracelets. If you touch them during the interview, (this can be very tempting), the clangs and clunks will be relayed loud and clear by the microphone and can easily distract the audience.



The crew should generally check this before the interview starts. Make-up: It can be hot under the lights so don't glow or shine! Have some powder to hand for nose, forehead and cheeks. The crew may also have some, but not in every case!