

Laura Avis
Sound Trainee

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Location: West Midlands but willing to relocate. I hold a full UK Driving Licence with access to a car.

Personal Profile

I am currently a Video Editor at a corporate video production company, but I am now eager to begin a career in the production sound department. I have enjoyed various sound opportunities in television, live audio playback and short films. I graduated with a First Class in Film Production Technology (BSc) in 2023, for which I was awarded the Millennium Point Scholarship.

Relevant Work History

Sound Trainee for BBC Studios' Scripted Drama [paid] (July to August 2025) = I was a Sound Trainee on the final block of the HETV drama "Silent Witness" Series 29. My daily responsibilities involved setting up and monitoring the video feed for the Sound Mixer, distributing radio packs for crew members, and general assistance and running duties for the sound department.

Video Editor and Production Assistant for Slinky Productions Ltd [paid] (March 2023 to present) = I edit and animate promotional videos for a range of clients. I also assist on shoots and with pre-production, liaising directly with clients. I was the Production Assistant intern preceding this (August 2021 to 2022).

Runner for Sunset+Vine (Crafts) [paid] (March 2023) = I assisted the social media team gather daily footage.

Supporting Artist for Optomen Television [paid] (September to December 2022) = I was an on-screen waitress for Series 18 of The Great British Menu on BBC2. I also enjoyed being a runner to cover absences.

Audio Playback Assistant for Progress Productions (Commonwealth Games) [paid] (July to August 2022) = I organised and played back live audio for the Cricket T20 matches at Edgbaston Stadium.

Sound Recordist and Designer [volunteer and paid] (November 2020 to present) = For various funded and award-winning short films, including: "Jen's Den" (The Jenna Wilkin's Foundation, 2025); "Pick A Card" (Ace Productions, 2023); "Beautiful Meadow" [stereo and 5.1 mixes] (Barker Studios, 2023), "Homesick" Amazon Prime feature (Black Elk Productions, 2021), and others.

Teaching Assistant for The Pauline Quirke Academy (PQA) [paid] (March 2022 to present) = For the Film and Television module for children aged 6-18, developing my leadership and organisational skills.

Freelance Filmmaker for The Open Theatre Heritage Projects [paid] (September 2019 to January 2020)

Course Mentor for the BFI Academy Network programme [paid] (October 2019 to October 2020)

Education, Qualifications and Training

- First Class in BSc (Hons) Film Production Technology (July 2023).
 - BFI Academy and NFTS Craft Skills residential alumni. I specialised as a sound engineer (April 2019).
 - Avid Pro Tools Certified User (101 and 110 exams) (January and April 2023).
 - Grade A in Film Studies, English Literature and Psychology A Levels (August 2019). Grade B in Photography AS Level (August 2018). Grades 9-5 and A-B in all 9 GCSEs (August 2017).
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Interests: I regularly enjoy competitive running, volunteering for amateur musical theatre and the Chasewater Heritage Railway, filmmaking for local events, and creative writing. I also have 5 years of waitressing experience.

GDPR: I consent for the above CV to be processed and shared for job applications.