

The Sampler Mixtape: Host Guidelines

Last updated: 11 November 2024

Introduction

The Sampler Mixtape is an hourly programme which goes live on Resonance FM on Fridays at noon and replays on Mondays at 2pm. It is a programme showcasing new music, with a little bit of introduction and outro text. The aim is to introduce listeners to exciting new music and to curate an interesting and diverse range of artists for that hour. Each Mixtape when aired on FM and DAB has approximately 2,000 listeners, and a few hundred more who tune in online.

The Sampler Mixtapes typically feature mostly:

- UK-based artists
- Music released in the last 2-3 years
- Music that is new, experimental, or pushes some boundary
- A diverse range of voices and artists

You could, for example put together a mixtape with music...

- ...that you've been listening to recently or are inspired by
- ...from artists within a specific region to shine a light on a local scene
- ...around a theme (e.g. film scores, LGBTQI+ artists, environment etc)

You could go Bandcamp Hunting – simply hunt for new music by visiting profiles of labels or people who have purchased a newly-released track and seeing what else they have listened to or purchased, or finding out what other music a label has released or curated, discover new tracks that you didn't know and so on.

We keep commentary to a minimum and only at the beginning and ending (see below for guidance on recording an intro and outro for your mixtape).

Please listen to a couple of past mixtapes to get an idea of the tone, length of intro/outro and general format of The Sampler Mixtape.

You can find previous examples on Mixcloud: [mixcloud.com/samplernews/](https://www.mixcloud.com/samplernews/)

Host Fees and expenses

We pay guest hosts £50 to curate a mixtape. We expect you to legally acquire any tracks required for the mixtape, and thus by agreeing to produce a mixtape you confirm that you own any tracks you have used in it.

In addition to your curating fee, we offer a small budget to purchase new music for the purposes of the mixtape, up to £20. You will need to itemise these separately in your invoice and provide receipts when invoicing us.

All invoices must be dated and must include your VAT Number (if applicable), NI Number and UTR Number (if applicable). If you are not registered as self-employed with HMRC, you must clearly state this and confirm that you are responsible for making your own tax contributions. All invoices should be addressed to: Sound and Music, Oxford House, Derbyshire St, London E2 6HG.

What you need to send us

You need to send all of the below at least a week before the scheduled broadcast to Grace: Grace.Bailey@SoundandMusic.org. We won't be able to schedule your mixtape until we've received all the below:

- An mp3 file of the mixtape, exactly 59 minutes long (± 5 seconds)
 - The mp3 file should be exported as 320kbps mp3, normalised to -2.9db
- A completed tracklist template (see below) including a short bio and a sentence describing the mixtape
- A cover image (square, minimum 800x800px)
- An invoice using the above details

If you don't feel confident putting the tracks together on your own into one mixtape, you can send the tracks as a high quality audio file (minimum 320kbps mp3 files) and indicate the order in which you want the tracks to appear, as well as include recordings of your intro and outro texts, and we can mix it for you.

Strong Language

Resonance FM is regulated by Ofcom and The Sampler Mixtape is aired pre-watershed, which means the content must be suitable for children.

Refer to this Ofcom report on offensive language (pages 44 to 54) for examples of Mild, Medium, Strong and Very Strong language: [Attitudes to potentially offensive language and gestures on TV and radio \(2016\)](#) (pdf)

Mild language is acceptable; Medium language is acceptable in moderation and within context. Strong and Very Strong language is never acceptable.

If you submit a mixtape which includes Strong or Very Strong language it will not be aired and we will not be able to pay you.

Ideally you will use music that does not include Strong or Very Strong language, or radio edits of songs if they exist. If you want to include a track that includes Strong or Very Strong language, you must bleep or silence it out.

If you are unsure about whether a word is considered Strong or Very Strong, please contact us to discuss prior to submitting your mixtape.

Tracklist

You need to send us a completed tracklist with your mixtape, including timestamps for each track so we can populate Mixcloud and for reporting purposes. You can [download our template on the guidance page](#).

We also ask you that you provide a link for each track on the mixtape – ideally the link would be a place where a listener could support the artist as directly as possible, such as Bandcamp, Boomkat or their own website. Please avoid using Spotify or other streaming service unless it's the only place available.

Mixtape Structure

You must record an intro crediting The Sampler Mixtape and Sound and Music. A sample text for guidance below (which you can read as-is or a variation of):

“Welcome to The Sampler Mixtape, an hour of eclectic new music brought to you by Sound and Music. My name is _____ and today we're listening to X, Y, Z and more. For a complete tracklist and to find out more, visit us at soundandmusic.org forward-slash mixtape or follow us at [soundandmusicUK](#) on Instagram, and you can follow me at _____”

You must record an outro. The outro should say something along these lines:

“Thanks for listening. To find out more and for a complete tracklist, visit us on soundandmusic.org forward-slash mixtape or follow us at [soundandmusicUK](#) on instagram. I'm _____ and you can follow me on ____ . Tune in next week for more new music.”

Contact

For any questions contact Grace Bailey (Grace.Bailey@SoundandMusic.org)