



## RISING TALENT

### Adella Demou Runner /Technical & Camera Trainee

For more information on this candidate  
please contact a member of  
The Crewing Company team on  
0208 525 4844

### Skills / Kit / Experience

- Ambitious and proactive runner, BTS content creator and Technical Camera Trainee
- Adobe Premiere Pro Fundamentals, Client Care ,Retail and Customer Service , Production Coordination Fundamentals
- Innovative Idea Development, Interpersonal Relations , Problem-Solving, Detail-Orientated , Independent &
- Team Working Style, Adaptability & Flexibility , Organisation & Time Management

### Testimonials

She is very dependable and enthusiastic, always taking a chance to ask questions and implement the knowledge to make her work better. She also has shown great resilience, trying to sort out or make the best of any unforeseen situation that may come up.

**Abbas Mohsen, Camera Trainer/ MAMA Youth Project**

Adella was a real asset to our production. Adella's running was exceptional along with work ethics.

**Bob Clarke, CEO / MAMA Youth Project**

### Industry/ Work Experience

#### Audience Runner

BBC - Strictly Come Dancing  
09/2024-Present - Checked In guests, Re-stocked and distributed craft, Cleaned & tidied seating areas

#### Photographer

The Wilderness Festival  
08/2024 - Claudia Winkleman, The Teskey Brothers, Michael Kiwanuka, Michael Aldag, Nell Mescal, Alison Goldfrapp Sarah Story along with various workshops

#### Photographer

Medicine & Back to The Roots Festival  
08/2024 - Captured workshops, dance & music performances

#### Office Runner

Studio Lambert  
07/2024 – Delivered confidential documents, assisted staff with various needs including craft runs, maintained office hygiene, and conducted inventory checks

#### Photographer

Camden Grunge Scene  
07/2024 - Promotional Material for the band Neverunder

#### Runner

The JGA Group  
07/2024 - West London Job Fair: Managed crowd control, provided information, scanned tickets and used Hytera Radios

#### Camera Trainee

MAMA Youth Project  
05/2024 - 07/2024 - Camera Traineeship Garden & Sky Studios

#### Camera Operator & Runner Roles

Licklemor Productions:  
05/2024 - 08/2024 - Worked on ITV Digital History Short Documentaries; Colourblind Now In Art, Wired Differently and Cost Of Living Childless Productions:

#### Cinematographer

Chronic Pictures:  
07/2024 What's The Motive?: Short Film Operated a Sony DSLR with camera rig and shotgun mic., executing stationary and moving shots including pan, tilt, and tracking movements on hand-held and tripods

#### Sound Recordist & Talent Runner

The Loss: Short Film:  
06/2024 Concealed Sennheiser EW 112-P G4 Wireless Lav Mics & operated Rode Boom Mics, mixed audio Zoom H6, talent

#### Camera Trainee - Talent Runner

VMI  
02/2024- Provided 100% satisfaction to Singer Abbie Piper, who personally requested off-set discussion about future prospects



## RISING TALENT

### Runner

Fye Productions:  
05/2023 Metanoia: Short Film: Behind The Scenes  
DOP/Edito & Runner Sony A7 III Mirrorless r

### Editor & Runner

BTS DOP:  
02/2024 Somnium Somnium: Music Video

### Runner

The Green Frog: Short Film (07/2023)

### Runner & Editor

The Bleed: Short Film (06/2023)

### Talent Runner

The Importance of Tragedy: Short Film (04/2023)

### Set & Office Runner

Zig Zag Production  
04/2023 Interview segment of a Channel 4 football  
documentary

## Selected Credits (if applicable)

### Audience Runner

BBC - Strictly Come Dancing  
09/2024-Present

### Photographer

The Wilderness Festival  
08/2024

## Education

### Production Management Bootcamp

08/2024-Present / All Spring Media: Finance, Legal,  
Scheduling, Health & Safety

### The JGA Group

Six-week Production Assistant Course  
03/2024 - 04/2024

### National Film and TV School

Workshop  
05-08/2024 / Workshop: Documentary, Story Boarding,  
Creative Business

### Multiverse Apprenticeship

Digital Marketing: Level3  
08/2021- 04/2023 Apprenticeship Diploma