



Polarity Post's Audiobook Overview for Narrators

Parking: Street parking on Green Street and between Front & Battery Streets is controlled by two-hour meters run by the city. From Front Street on east (towards the Bay), the Port Authority runs the meters and although they are more expensive per hour than the city meters, they can be filled for as many hours as needed.

Alternatively, there is a self-park all-day lot at the northeast corner of Front & Green (half a block from the studio).

Whichever way you decide to go, available parking spaces are generally not hard to come by these days.

Clothing: If this is the first time you are recording an audiobook, it can feel like a surprisingly long day requiring intense concentration and focus. We recommend wearing comfortable clothing. Soft cottons are generally a good choice, as they tend to be quiet and don't make much noise during subtle body movements (the mic picks up everything!).

Food: While recording an audiobook, it is likely that we'll be working full days. No one is expected to fast at Polarity, so a lunch break is always taken into account. Typically, we order out from nearby restaurants and have the food brought to the studio. Times being what they are, you may prefer to bring your own lunch. If so, please feel free to do so.

The same goes for anything you might like to drink or snack on during the day. As we know, staying hydrated while recording an audiobook is really important! We have bottled water and a variety of single serving teas (green, black, herbal, throat coat) available at the studio. For snacks, we keep green apples available. Green apples are good if you're feeling a bit peckish, plus they're great at reducing mouth noise (in case that's an issue). Like lunch, bringing your own snacks is perfectly acceptable. Should that be your preference, please avoid any drinks or food that might "gum-up" your vocal cords. Dairy, chocolate, things with a lot of sugar, and the like, are best avoided.

COVID-19: At Polarity Post Production, your continued health remains our top concern. Check in and cleaning procedures are listed on our website, www.polaritypost.com. Additional details regarding the studio's COVID protocols are located in our website's COVID banner as well.

If you have any questions, please let us know.

We look forward to your project!