

# Loop Create

Challenge

Creating  
Sound Worlds  
with A.Fruit

# About the Challenge

This session is about exploring sound effects. You'll imagine, design and create sounds for silent videos, and explore how sound effects can change the mood and content of what we see.

During the session, A.Fruit will be taking on the challenge along with you, demonstrating how she imagines sounds and goes about creating them with a variety of techniques. Watch and work along with Anna to learn from her process, or duck out to try things out on your own. You can use the Ask button below the chat to direct your questions and thoughts to Anna as you go.

Whatever way you work, we encourage you to upload your results at the end, as Anna will review and discuss some audience-submitted results at the end of the session.

## Challenge Segments

To help you explore the techniques and their effects, we've divided this challenge into two activities – Exploring Techniques and Exploring Results.

In both activities, you can import the silent videos into Live to sync with your sounds. There's an [article about importing video on Ableton's Knowledge Base](#) that could be useful if you'd like some details on how to do that.

### Activity One: Exploring Techniques

In this segment, we encourage you to try out three techniques for making sound:

- **Foley**

Foley is a technique of recording sounds made with real-world objects to mimic a sound for film, television or radio. This might mean creating the sound of horse hooves by recording two empty

bowls being clacked together, or creating the sound of a creaky door by recording a squeaky hinge.

- **Found Sound**

Making effects with found sound means finding sound that already exists and applying it to recorded media. [Freesound.org](https://freesound.org) is a great website that hosts sounds that are free to download and use. You can browse recordings other people have made, download them, and use them for your own creations.

- **Synthesis**

It's also possible to make sound effects by using entirely electronic sounds, such as mimicking the sound of a fizzy drink by filtering noise, or using envelopes and reverb to create the sound of an explosion. Live comes with lots of ready-to-use samples that you can manipulate, or you can create something entirely new.

## Activity Two: Exploring Results

In this segment, we encourage you to explore the way sound effects can change the mood or communication of video. Use any combination of techniques you like.

Choose one video, and make two versions of sound for it:

- **Realistic**

Design and create sound for this video that mimics how a viewer would expect it to sound in real life.

- **Imagined**

Design and create sound for this video that is completely different from how a viewer might expect it to sound.

You might also consider other ways that sound effects can affect the mood or communication of visual media, such as atmosphere, room tone, and so on.

# Working with Video

Anna will be demonstrating how to sync sounds to video during the session, but it might be helpful to [check out this article on using video in Live](#) to get started.

We know that working with video can be tricky on some setups. If you run into problems, we recommend checking out [this article on troubleshooting issues with video in Live](#).

## Upload Your Results

Submit your work using the upload link in the schedule below the live stream. Make sure the file name contains what you'd like it to be called, and number your files if you upload more than one (for example `bettySmith_01.mp4`, `bettySmith_02.mp4`).

Feel free to share your results on your channels using the hashtag **#LoopCreate**.

