



# ACTING COURSE

## INTENSIVE TRAINING IN ENGLISH

This course is destined to actors, students and other people interested in learning or perfecting themselves in acting techniques while using the English language. Among other objectives, this training aims to prepare students for castings in international productions, as well as for applications and auditions for international acting schools.

In a gradual and dynamic curriculum, the following learning objectives will be pursued through cooperative work integrating different teachers and modules:

- To explore and increase self-knowledge, disinhibition, posture, breathing, vocal preparation, diction, improvisation, listening, exploration of movement and space
- To introduce character-building, dialogue and screen-acting techniques
- To gain basic knowledge on the national and international recorded media market, Career Management, Personal Image and Casting Preparation.

## COURSE PLAN

The different modules will be taught in an integrated way by the various teachers.

The teaching methods used will optimize the individual progression of the participant, through procedures of Awareness, Training and Evaluation.

There will be a "guiding thread", initiated and based around the **Methods and Techniques of Acting** classes and developing in the **Body and Voice** classes, that will consist of a mini-script or adapted dramaturgical text, adaptable to the specific group of students present.

The **Camera Acting Classes** will serve as a "culmination" of the integrated teaching process. Happening alongside the rest of the lessons, this class will be used for the final preparations and the filming of the mini-script / text.

## COURSE SCHEDULE

400 hour course that can be distributed for 4 or 5 days a week, in 3/4/5 daily hours.

The schedule of the course will be adjusted to the group, according to the availability of the school and teachers.

### Admission Conditions:

Total Course Fee: 2.500€ (\*The minimum participants required is 15 students)

## MODULES

## MODULE – ACTING METHODS AND TECHNIQUES

The foundations of how to act and perform on stage for an audience, and on set for a camera. Breaking personal and social habits and acquiring basic tools that facilitate relaxation, concentration and disinhibition. Interaction and improvisation as a source of inspiration and adaptation of the script and the dramatic structure. The basics of character building and dialogue. The “ensemble” and the relationship with the “other” as key to the success of each project and thus, for the individual project.

## MODULE - BODY LANGUAGE AND MOVEMENT

The body as a fundamental instrument for the actor, in the experimentation and discovery of its possibilities, and as support for the imagination. The liberation of habits and inhibitions acquired in everyday life. Posture, yield, resourcefulness, confidence, performance, improvisation ability, flexibility, balance and concentration.

## MODULE – VOICE AND DICTION

Recognizing the importance of voice as a fundamental instrument in the actor’s interpretation. Recognizing the importance of listening and analyzing yours and the other’s vowel production. Acquiring basic tools that facilitate the release of tensions, concentration, imagination, disinhibition, and interaction with the group.

The vocal specificities of the students; characteristics to be corrected, maintained and developed.

## MODULE - ACTING FOR CAMERA

The work of the actor in film and television, the different formats and the various expressions in recorded media.

Basic exercises with camera that provide basic notions regarding marks, different shots, the look at and the voice, among others. Recording the script worked on other modules of the course, its viewing and debate.

## NB ACADEMIA

Nicolau Breyner was an actor, producer, director and one of the most popular figures in Portuguese-language fiction that decisively boosted and promoted the career of hundreds of actors, from the youngest to the most consecrated. With an excellent technical team and spaces suitable for different training needs, NB Academia proposes to spread and deepen the legacy of its founder, through the implementation of pedagogical and curricular plans that adopt the latest trends and best practices in teaching in acting and audiovisual areas.

Officially certified by DGEST (ministry of education) DGERT (labour ministry), the NBA is a vocational training school for film, theatre, television actors and general multimedia contents.

## OUR ACADEMY

### NB ACADEMIA

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Bus: 210, 706, 759, 794 (bus stop: çç. Cruz da Pedra)

Metro: blue line, Sta. Apolónia station

Train: Azambuja line, Sta. Apolónia terminal

You can even reach us by car. There is a non-parking park next to our facilities.

