

3-MONTHS EVENING ACTING COURSE

Study Plan



PRAGUE FILM
INSTITUTE

Last revised: 7 October 2025

Content subject to change based on course updates, number of participants, instructor availability, and equipment scheduling.

PROGRAM OVERVIEW

- **Focus:** Practical acting for the camera. Develop confidence, emotional truth, and technical skill in a professional, supportive environment.
- **Duration:** 3 Months · 3 Evenings/Week · ~3 Hours/Session (Total ~90 hours)
- **Format:** In-studio training, on-camera exercises, rehearsals, and scene filming.
- **Level:** Beginner to early intermediate (no prior camera experience needed)
- **Final Deliverables:** 1–2 filmed scenes, industry feedback, acting workbook

Week 1: Foundations of On-Camera Acting

- Intro to camera framing, eye lines, hitting marks
- Natural behavior vs. theatrical acting
- Simple improv and truth-based performance exercises
- Casting-type and self-assessment

Week 2: Objectives & Emotional Access (Stanislavski Basics)

- Action, intention, and obstacle in scene work
- Emotional truth: relaxation, breath, connection
- Scripted paired exercises: reacting on camera
- Playback and reflection

Week 3: Listening & Reacting – Meisner Tools

- Objective: Improve reactivity, spontaneity, and truth in the moment.
- Reading between the lines in dialogue
- Reacting moment to moment

Week 4: Scene Rehearsal – Moment-to-Moment Work

- Breaking down beats and actions
- Scene rehearsal (partnered)
- On-camera blocking and coaching

Week 5: Framing, Blocking & Continuity

- Acting in wide vs. close-up
- Continuity in emotion and movement across takes
- Shot composition and professional set habits
- Shoot Scene 1 (wide/master coverage)

Week 6: Genre Performance & Tone Control

- Adjusting style for comedy, drama, suspense
- Script rehearsal in contrasting tones
- Playback analysis and instructor notes

Week 7: Auditioning On Camera – Self-Tapes & Cold Reads

- Framing, slating, adjusting to sides quickly
- Commercial vs. narrative scripts
- Record self-tapes with group feedback

Week 8: Character & Physical

- Voice, posture, energy shifts
- Playing type vs. range
- Begin Final Scene rehearsal (scripted duo scenes)

Week 9: Scene Rehearsals

- Rehearsal with blocking and camera setup
- Coaching and adjustment from instructor
- Emotional preparation for performance

Week 10: Final Scene Shoot & Industry Review

- Film Final Scene with multiple takes
- In-class screening + individual feedback
- Tips on agents, casting sites, next steps
- Wrap-up and reflection

Week 11: Final Scene Shoot – Part II & Pick-Ups

- Additional coverage, close-ups, and pick-ups
- Deepening emotional detail for close-up
- Continuity refinement

- Introduction to basic post-production awareness

Week 12: Industry Review, Showcase & Next Steps

- Professional Headshots

A professional photographer will be provided to take industry-standard headshots suitable for casting platforms, agents, and promotional use.

- Professional Introduction Video

Students will be guided in creating a short professional introduction video, covering presentation, framing, tone, and content commonly requested by agents and casting directors.

- In-class screening of final scenes

- Individual performance feedback

- Self-tape and showreel guidance

- Agents, casting platforms, and career pathways

- Course wrap-up and reflection



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