

2-MONTH ACTING FOR FILM COURSE

Study Plan



**PRAGUE FILM
INSTITUTE**

Last revised: January 2026

Content subject to change based on course updates, staff availability, and production resource

COURSE OVERVIEW

Focus: Intensive on-camera acting training with emphasis on truthful performance, character transformation, and professional readiness for film work.

Duration: 8 weeks · approx. 20 hours per week · 4–5 sessions per week

Format: Combination of theory, rehearsal, on-camera scene work, and professional shoot simulations

Level: Beginner to intermediate

This program is designed as an intensive daytime training for actors seeking a strong practical foundation in film acting and a deeper understanding of professional on-set work. The course progressively builds technical skill, emotional truth, and industry awareness through structured scene work and filmed performances.

WEEKLY STRUCTURE & CONTENT

Week 1: Foundations for the Camera

Objective: Ground students in camera awareness, truthful behavior, and fundamentals of screen acting.

- Camera frame, eye line, continuity, hitting marks
- Stanislavski basics: objectives, actions, inner monologue
- On-camera warmups and relaxation
- Scene partnerships and casting assignments

Week 2: Naturalism & Inner Life

Objective: Deepen internal work using Stanislavski tools; focus on believable, emotionally connected film performance.

- "Given circumstances" and backstory creation

- Sensory memory and emotional access
- First on-camera scene (scripted)
- Playback and feedback analysis

Week 3: Listening & Reacting – Meisner Tools

Objective: Improve reactivity, spontaneity, and truth in the moment

- Meisner repetition and improvisational listening
- Reacting on camera without "acting"
- Cold reading and commercial audition technique
- Scripted scene rehearsal (emphasis on behavior > result)

Week 4: Filming Techniques & Set Simulation

Objective: Practice full take scenes with technical precision under mock set conditions.

- Matching across takes (emotional and physical continuity)
- Framing for wide/medium/close
- Group scenes with movement and overlapping dialogue
- Filming Scene #1 – multiple takes and playback

Week 5: Brecht, Style, and Breaking the Frame

Objective: Introduce Brechtian techniques to explore stylized, socially aware performance choices.

- Alienation effect, gesture, direct address
- Contrasting Brecht and Stanislavski in film
- Rehearsal of short stylized scene
- Monologue performance with Brechtian commentary

Week 6: Genre Acting & Script Analysis

Objective: Adapt performance to tone and genre while maintaining truth.

- Acting for thriller, comedy, drama, and surrealism
- Tone control and emotional pacing
- Breakdown of scenes from existing film/TV scripts

- Begin Final Scene

Week 7: Final Scene Rehearsal & Shooting Prep

Objective: Rehearse and block the final filmed scene. Work with directing and camera teams.

- Actor/director collaboration
- On-set etiquette and terminology
- Final Scene #2 rehearsal (2-person scene with arc)
- Wardrobe, blocking, and coverage planning

Week 8: Final Filmed Performance & Industry Readiness

Objective: Deliver final performance and prepare professional materials.

- Shoot Final Scene #2
- Industry talk: agents, casting sites, union basics
- Resume formatting and headshot strategy
- Actor reel review & next steps

DELIVERED OUTCOMES

By the end of the program, students receive:

- Final filmed scene(s) suitable for showreel use
- Professional headshots (industry-standard photography session)
- Professional introduction video (guided recording and presentation coaching)
- In-class screening of final scenes
- Individual performance feedback
- Self-tape and showreel guidance
- Orientation to agents, casting platforms, and career pathways
- Course wrap-up and reflection



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