

1-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: Essential on-camera acting skills with emphasis on screen presence, emotional truth, and practical tools for film performance.

Duration: 4 weeks · Saturdays & Sundays · ~5 hours/day (approx. 40 contact hours)

Format: Studio-based scene work, on-camera exercises, playback, and instructor feedback

Level: Beginner to early-intermediate

This program is designed as a **compact weekend training** for actors seeking a practical introduction to acting for the camera, as well as for stage actors transitioning into film and screen work.

WEEKLY STRUCTURE & CONTENT

Week 1 – Foundations of On-Camera Acting

Saturday:

- Intro to camera acting: framing, eye lines, marks
- Acting truthfully on camera: naturalism vs. theatricality
- Warm-ups, partner connection drills
- Self-assessment: casting type and presence

Sunday:

- Acting with intention: objectives, stakes, and obstacles
- Basic scene structure and short scripted exercises
- First take on-camera: emotional truth in simple lines
- Playback and group feedback

Week 2 – Reactivity, Connection & Listening

Saturday:

- Reacting truthfully: presence and impulse
- Physical and vocal listening exercises
- Partnered scene rehearsal: focus on responsiveness
- Exercises in silence, space, and non-verbal reaction

Sunday:

- Moment-to-moment scene work
- Adjusting performance for close-up
- Emotional layering on camera
- Scene rehearsal with coaching and playback

Week 3 – Genre, Character & Performance Style

Saturday:

- Tone control: different genres of performance
- Introduction to character work: voice, posture, rhythm
- Group work: experimenting with status and physicality
- Begin Final Scene assignment (paired 2–3 min scene)

Sunday:

- Brechtian tools for camera
- Emotional access and character transitions
- Blocking and framing
- Rehearsal and director-style adjustments

Week 4 – Scene Shoot & Final Presentation

Saturday:

- Scene rehearsal
- Direction and coverage adjustments

Sunday:

- Playback and peer feedback session
- On-camera performance: shoot multiple takes
- Instructor notes and individual evaluation
- Photoshoot/Headshots
- Casting, self-tapes, career entry points
- Final group reflection and wrap-up

DELIVERED OUTCOMES

By the end of the program, students receive:

- One high quality filmed scene
- 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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