

ACTORS' LAB – FREQUENTLY ASKED QUESTIONS (FAQ)

1. What is the Actors' Training Lab?

The NTN Stage Actors Training Lab is an intensive training programme under the National Theatre of Namibia's Edu-Train Programme. It is designed to equip aspiring, emerging, and professional actors with practical performance skills and professional tools to thrive in the theatre sector.

2. Who is the programme for?

The lab is open to:

- Aspiring actors
- Emerging performers
- Professional actors seeking to refine their craft

Participants must be **18 years and older** and committed to artistic growth and discipline.

3. When does the Actors Training Lab take place?

- **Day:** Saturdays
- **Time:** 09H00 – 13H00

4. Where is the training held?

All sessions take place at the NTN Rehearsal Room, Windhoek.
Entry is via the NTN Backstage entrance, John Meinert St.

5. What does the training cover?

The programme offers weekly, hands-on sessions covering:

Performance Training

- Voice & Speech (breath control, articulation, vocal range, clarity)
- Acting Technique & Text Analysis
- Classical and Contemporary Performance
- Character Development & Scene Work
- Improvisation
- Styles of Acting (comedic, dramatic, etc.)
- Storytelling, Spontaneity & Active Listening

Physical Training

- Movement & Physical Acting
- Spatial awareness
- Body-mind connection
- Expressive movement

Professional Development

- Audition preparation
- CV writing
- Marketing strategies
- Industry etiquette and ethics
- Career planning

6. Is there a schedule.

Yes, a schedule is released every two months, available [here](#).

7. Is the training suitable for beginners?

Yes. The training schedule is structured to accommodate both beginner and advanced levels, ensuring that participants are supported according to their experience and skill level.

8. Who facilitates the training?

Sessions are facilitated by **local professional theatre practitioners**, creating a collaborative and industry-relevant learning environment.

9. How much does it cost?

- N\$50 per session
- The fee is subsidized and tickets **must** be purchased in advance from Model stores, or online at [Webtickets Namibia](#).

10. How do I purchase tickets?

Daily workshop tickets must be purchased in advance via:

- Stage Actors Lab Training ([Webtickets online](#))
- Model (formerly Pick n Pay) outlets nationwide

Only ticket holders will be allowed entry.

11. What should participants bring?

Participants are expected to:

- Arrive on time, 15 minutes prior
- Wear comfortable clothing suitable for movement. No jeans.
- Bring their own water bottle and notebook

12. Are there beginner and advanced levels?

Yes. The training schedule is structured to accommodate both beginner and advanced participants. Sessions are designed to support those new to acting while also challenging experienced actors who wish to deepen and refine their practice.

Please ensure that you purchase the correct ticket level: Beginner or Advanced.

13. Why can't I find tickets for some dates?

This is due to major productions taking place at the theatre on those days, or sessions falling on or immediately after a public holiday long weekend.

14. In which language is the training conducted?

All sessions are conducted in English.

15. Who are the facilitators?

The pool of facilitators are professional award-winning theatre makers from Namibia. the current pool comprises Nelago Shilongoh, Tanya Terblanche, Hazel Hinda, Lize Ehlers and Haymich Olivier.

16. Is attendance flexible?

Participants may attend individual sessions; however, consistent attendance is encouraged to gain the full benefit of the training programme.

17. Will I receive a certificate?

Yes. Participants will receive a certificate of attendance upon completing a minimum of 10 sessions in total.

18. Who can I contact for enquiries?

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