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For Immediate Release

MEDIA RELEASE

ACTORS TRAINING LAB AT NTN CONTINUES FROM FEBRUARY 2026

The National Theatre of Namibia (NTN) is excited to announce the Stage Actors Training Lab, a weekly professional development programme for theatre actors, beginning on 07 February 2026 at the NTN.

Designed for beginner, aspiring, emerging and professional theatre actors, the lab offers structured training in key performance and professional skills. Sessions will run every Saturday from 09h00 to 13h00 at the NTN dance rehearsal room, with each session focusing on a different area of acting and theatre practice.

Participants will receive training in voice and speech, acting technique and text analysis, classical and contemporary performance, character development, scene work, movement and physical acting, improvisation, and storytelling. The lab also includes professional development elements such as audition preparation, CV writing, industry etiquette, and career planning.

“The Stage Actors Training Lab is a weekly training programme that focuses on both artistic and professional growth for actors. While all sessions are connected, each one has a different focus area,” said Desiree Mentor, Public Relations Officer for NTN.

The training will be facilitated by celebrated Namibian theatre practitioners including Tanya Terblanche, Hazel Hinda, Lize Ehlers, Nelago Shilongoh, and Haymich Olivier experienced artists committed to mentoring the next generation of stage actors. *“The trainers are experienced local theatre practitioners who are actively working in Namibia’s performing arts sector. They bring practical, real-world experience from the stage and rehearsal room,”* Mentor added.

Training is open to actors aged 18 years and older and no prior stage experience is required. Tickets for each session cost N\$50 and are available via Webtickets or at Model (formerly Pick ’n Pay) stores nationwide.

Board of Directors:

Manna Matswetu Chairman, **Hazel Hinda** Vice-Chairperson

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***Ms. Martha Katonyala-Simasiku, *Ms. M’kariko Amagulu**

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“We want actors to approach the stage with confidence, curiosity and a strong sense of purpose,” said Nelago Shilongoh, Artistic Director of the National Theatre of Namibia. *“This ongoing training provides a strong foundation for that journey.”*

Interested actors are invited to join the training and sharpen their craft.

For more information and the full training schedule, visit www.ntn.org.na

Issued By:

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