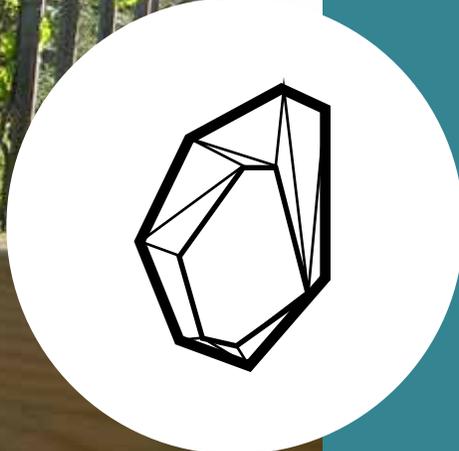


O BANDO.PT

ACTOR'S CONSCIENCE ON STAGE

Directed by João Brites

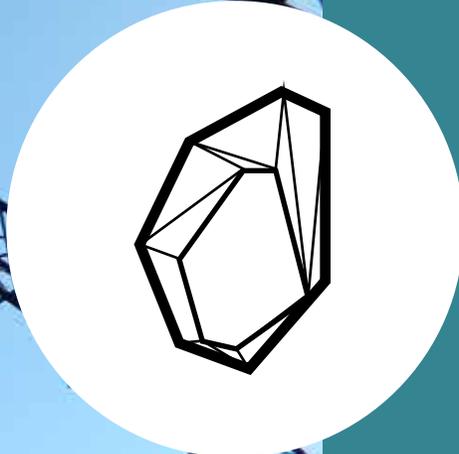
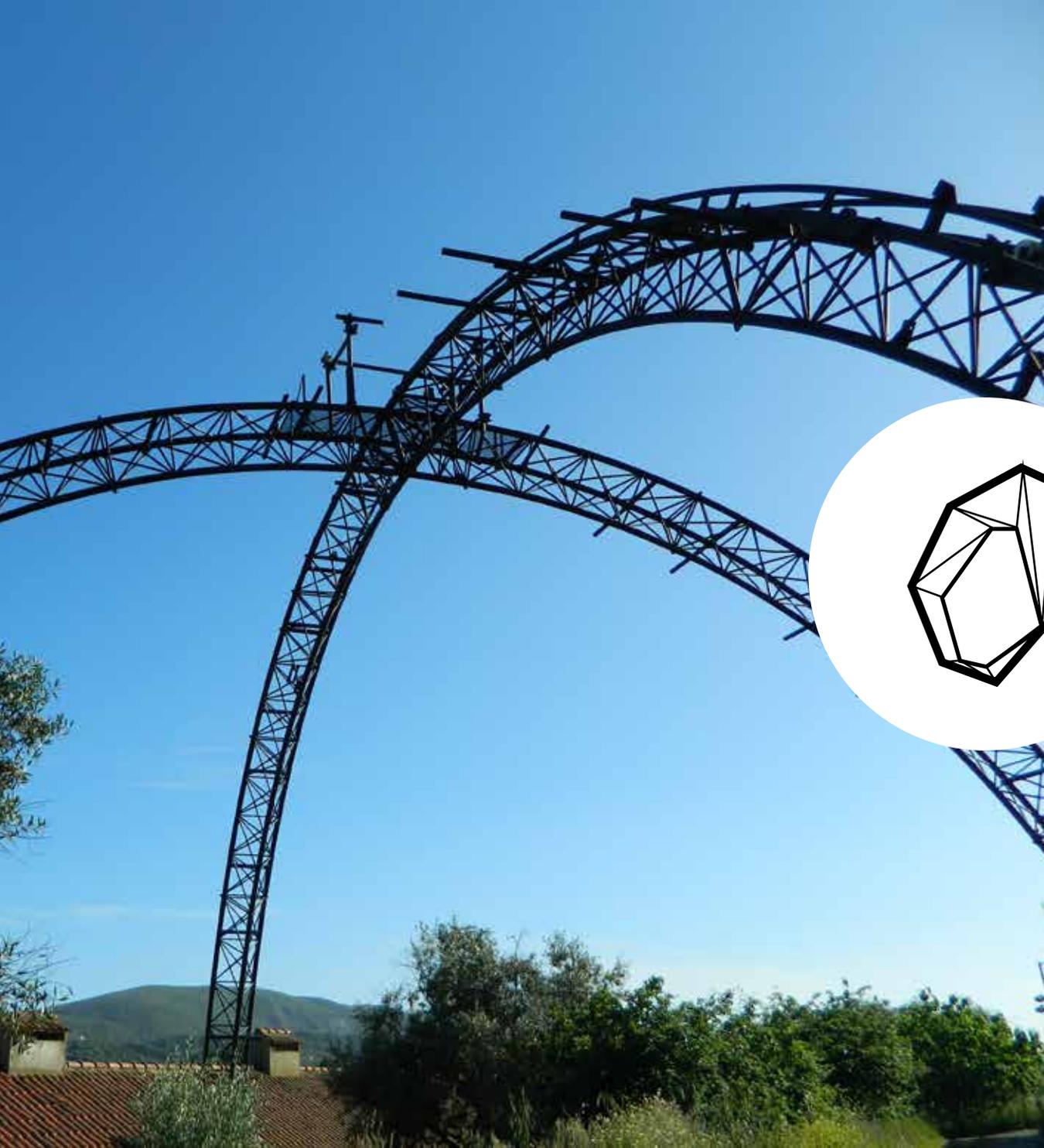


INTRODUCTION

Actor's Conscience is a consequence of our need to share experiences, knowledge, practical and theoretical reflexion and a reply to a growing interest from the Art Schools, Actors, Dancers, Musicians, and even the audience members, that seek to find in O Bando's method and creative practice, the enhancing tools for their own artistic, formative and personal route.

Building a specific theatrical language within the actor's work has been João Brites labor for over twenty four years. As founding member and artistic director of Teatro o Bando at Palmela (Portugal), João Brites was also an Actor's Teacher at the Lisbon Theatre and Cinema College (former Portuguese National Theatre Conservatory), were he was able to bond concept and learning technics to methodology, methods and pedagogical sensibility.

The training course is a pedagogical result of O Bando's 40 year artistic path. The workshop is built over a theoretical fundament that reflects over the actor's capacity to exercise, in real time, the domain over the EXPRESSION PLANS (Interiority, Orality, Corporality) always having in mind what can perceived by who's watching – the audience.



“The actor is expected to conduct his scenic speech much alike a great driver does with his car, arguing with someone beside him, and even have great thrills without at the same time losing the cunning ability to perform more complicated manoeuvres.”

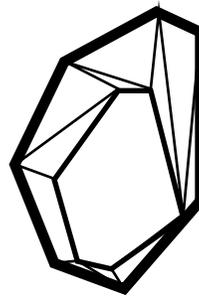
João Brites

This way, the actor can enhance his awareness over the technical possibilities, his artistic virtuosity, and his recurrent characteristics. The course is based on a systematized speech supported by a theoretical and practical consistency and does not endeavor to become a specific aesthetic format.

The Course

The Actor's Conscience on stage full training course is 175 hours long and is composed of 7 training modules (25 hours each) organized sequentially as follows:

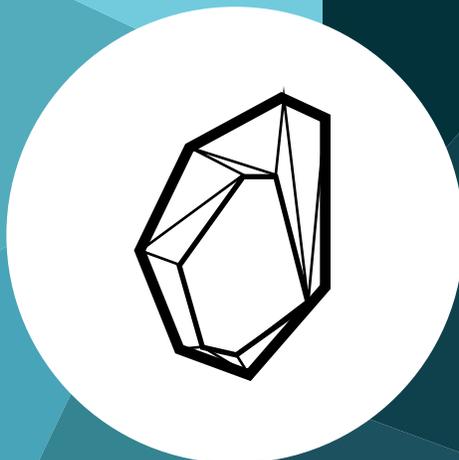
1. **Theatricality | July 1st, 2nd and 3rd**
2. **The Time-Presence Dilation | July 5th, 6th and 7th**
3. **Expression Plans | July 9th, 10th and 11th**
4. **Explicitness Grades | July 13th, 14th and 15th**
5. **Intermediate Character | July 17th, 18th, and 19th**
6. **Building a Character | July 21st, 22nd and 23rd**
7. **Automatisms and Styles | July 25th, 26th and 27th**



In this 2015 intensive course, the sequential attendance to all the training modules is mandatory even if one has already attended one of the modules

Between each training module there is a off day in which you're free to explore either the surrounding environment of our farm, located within Arrabida's Natural Park, or visit the Palmela village or even go to Lisbon.

There's also a possibility to stay at obando working by yourself all the concepts covered during the course.



1.
Theatricality
July 1st, 2nd and 3rd 2015

2.
The Time-Presence Dilation
July 5th, 6th and 7th 2015

3.
Expression Plans
July 9th, 10th and 11th 2015

4.
Explicitness Grades
July 13th, 14th and 15th 2015

7.
Automatisms and Styles
July 25th, 26th and 27th 2015

6.
Building a Character
July 21st, 22nd and 23rd 2015

5.
Intermediate Character
July 17th, 18th, and 19th 2015

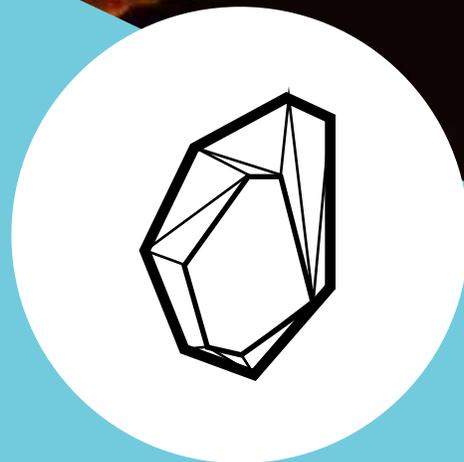
1.

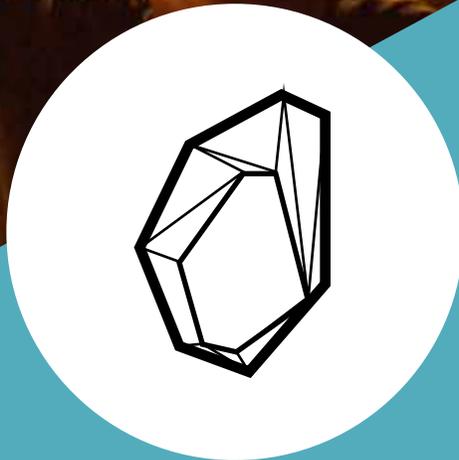
Theatricality

July 1st, 2nd and 3rd 2015

Schedule: 9 a.m. to 6 p.m.

- From sensing to acting
- Look directionality
- Spectator's Focus
- Actor's focus
- Motor-spot
- Actor's Non-Fictional comment
- Concept Application and commented exercise





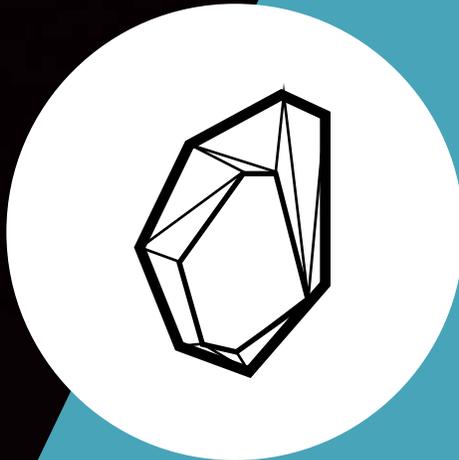
2.

The Time-Presence Dilation

July 5th, 6th and 7th 2015

Schedule: 9 a.m. to 6 p.m.

- Present and scenic photogenic
- Impact and spatiality
- Dilated time and corporality
- Actor's focus
- Dilated time and interiority
- Actor's Fictional comment
- Dilated time and Orality
- Concept Application and commented exercise



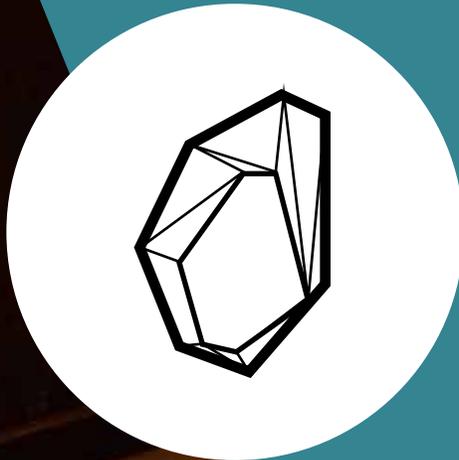
3.

Expression Plans

July 9th, 10th and 11th 2015

Schedule: 9 a.m. to 6 p.m.

- Expression Plans Triangle
- Intercepted and abolished Plan
- Mathematical Combination
- Actor's Dramaturgy
- Active and passive binomes
- Actor's Dynamic focus and dyslexia
- Comment and protagonist plan
- Concept Application and commented exercise



4.

Explicitness Grades

July 13th, 14th and 15th 2015

Schedule: 9 a.m. to 6 p.m.

- Expressive Limits and credibility
- Grades on corporality
- Grande on Orality
- Fixed plan, changing plan
- From realistic to grotesque and reverse
- Subtext and double text
- Hierarchic management
- Concept Application and commented exercise

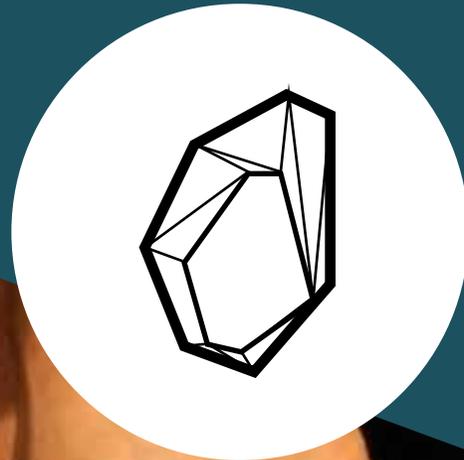
5.

Intermediate Character

July 17th, 18th, and 19th 2015

Schedule: 9 a.m. to 6 p.m.

- Ambivalence wisdom
- Provocation and mimicry
- Listing characteristics
- Building polysemy
- Continuity and discontinuity
- Inner speech
- Options and Manifest
- Concept Application and commented exercise



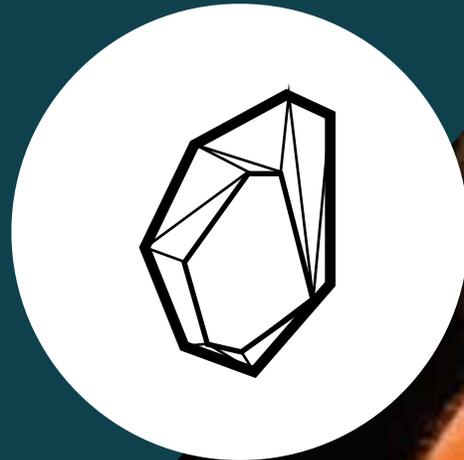
6.

Building a Character

July 21st, 22nd and 23rd 2015

Schedule: 9 a.m. to 6 p.m.

- Character of a divided being
- From the exterior to interior and reverse
- Dramaturgic Anchor
- From an Interiority detail
- From an Orality detail
- From a Corporality detail
- Dichotomy in two plans
- Concept Application and commented exercise



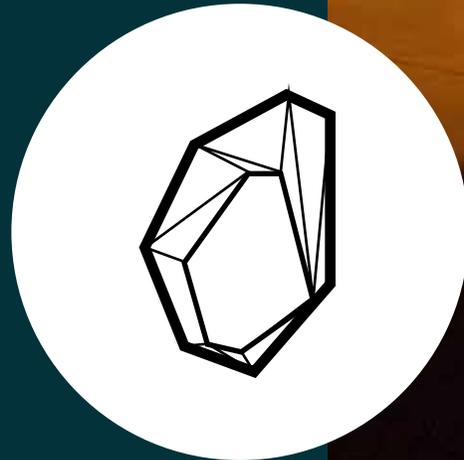
7.

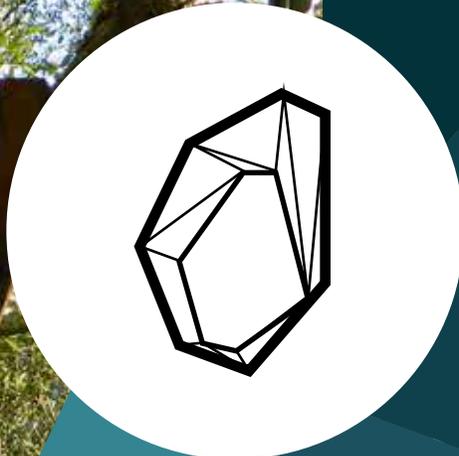
Automatisms and Styles

July 25th, 26th and 27th 2015

Schedule: 9 a.m. to 6 p.m.

- Distinctions between Main and Secondary
- Storytellers and Comedians
- Acting incarnations
- Epic and Psychological Realism
- Characteristic Characters
- Grotesque Characters
- Symbolic expressionists and others
- Distancing and stylistic dyslexia
- Concept Application and commented exercise





APPLICATIONS

We accept applications until **June 13th 2015**. Please deliver the subscription form available at <http://goo.gl/forms/Xp0FvIry4z>, a short CV and a motivation letter to jpinho@obando.pt

Applicants will be selected considering:

- Previous Theatre Training
- Theatre experience
- Motivation letter

REGISTRATION

On **June 15th** the selected candidates will be contacted. To submit your registration you should pay until **June 22nd** half of the course's total value. And a proof of transfer must be sent to the mail above. If the payment isn't made within these registration deadlines, the registration will not be validated.

The payment may be done by wire transfer to the following account

Cooperativa Produção Artística Teatro de Animação
O Bando, CRL

IBAN: PT50 0007 0023 0070 5910 0074 4

SWIFT: BESCPTPL

Bank: NovoBanco, agency bank: Lisboa

The second half of the payment (2/4) will be made in two moments: one (1/4) in the first day of the course (**July 1st**), and the other (1/4) on the last day (**July 27th**)

LOCATION

Our farm is Vale dos Barris, Palmela, within the Arrabida Natural Park, between Lisbon and Setubal.

<http://www.obando.pt>

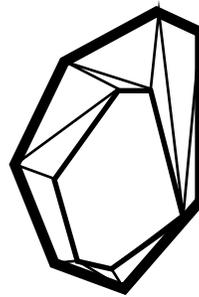
GPS

LAT 38.558964
LONG -8.920126

TRANSPORTATION

Departures from Lisbon to Palmela
ORIENTE station BUS TST n.º 565 – Palmela
(from Gare do Oriente)
<http://www.tsuldotejo.pt/>
Each ride 3,95€

Departures from Lisbon to Setubal (stopping at Palmela) from Roma station, Entrecampos station or Sete Rios station, Fertagus Trains
<http://www.fertagus.pt/pt/fertagus>
Each Ride 4,55€



PRICE POLICY

O Bando has a price policy that allows you to choose what you may pay for the course, according to one's possibility.

1260€ | O Bando helps the trainee

1400€ | normal price

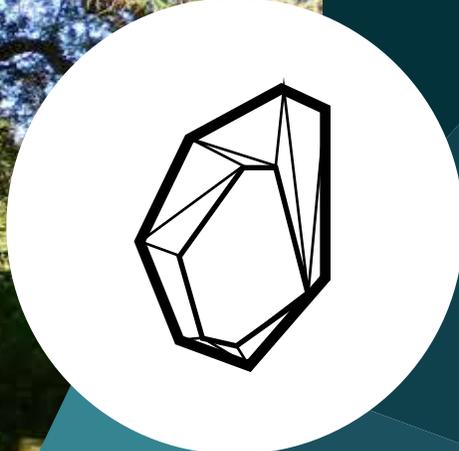
1540€ | the trainee helps O Bando

On the off days, you can stay at O Bando but the meals for those days are not included in the overall price. You can choose to eat at O Bando or go out.

O Bando will guarantee the basic comfort conditions and a personal injuries insurance.

LANGUAGES

Portuguese and English.



RECEPTION

The Modular Training Courses happen within an Artistic Residence regime and during the training days the trainees will be housed and having their meals within our facilities.

Teatro o Bando ensures the cantonment space with individual tents, washrooms and dining and studying rooms. Besides our main Stage, we have other several stages on the hill that you can use during the course.

Teatro o Bando ensures all the meals (breakfast, lunch, and dinner) that concern the active training days. Those meals and the cantonment is included in the course price.

Course Direction and Management

João Brites

Pedagogical coordination

Juliana Pinho

Training team

João Brites

Sara de Castro

Guilherme Noronha

João Neca

Certified Course and Official Certificate by

Teatro o Bando

This is a **DGERT** Certified Course

FAQ

Class limit

The maximum per class is 14 trainees, so that we can ensure an accurate pedagogical and artistic support for each actor.

Food restrictions

If you have a special diet or an allergy to any ingredient we will create a specific menu just for you, but you must inform us in advance.

Final Exercise Presentation

To conclude each module, the class will present a collective theatre performance so they can apply the training concepts. Although it is a collective presentation they work in their individual theatricality as well.

Leisure activities

(Not included in the training course payment)

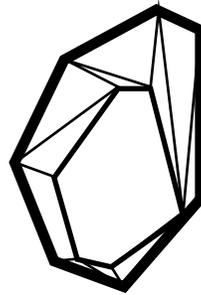
A walk through Palmela's Historic Centre, guided by the City's Heritage Department (free of charge)

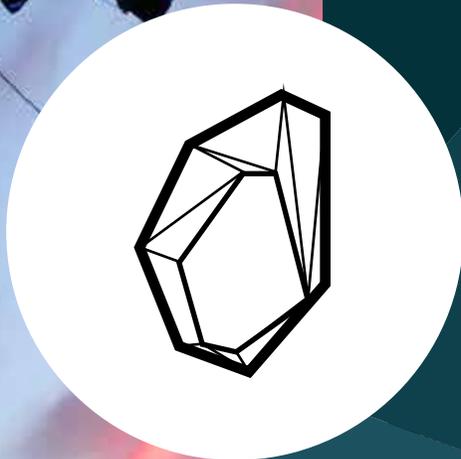
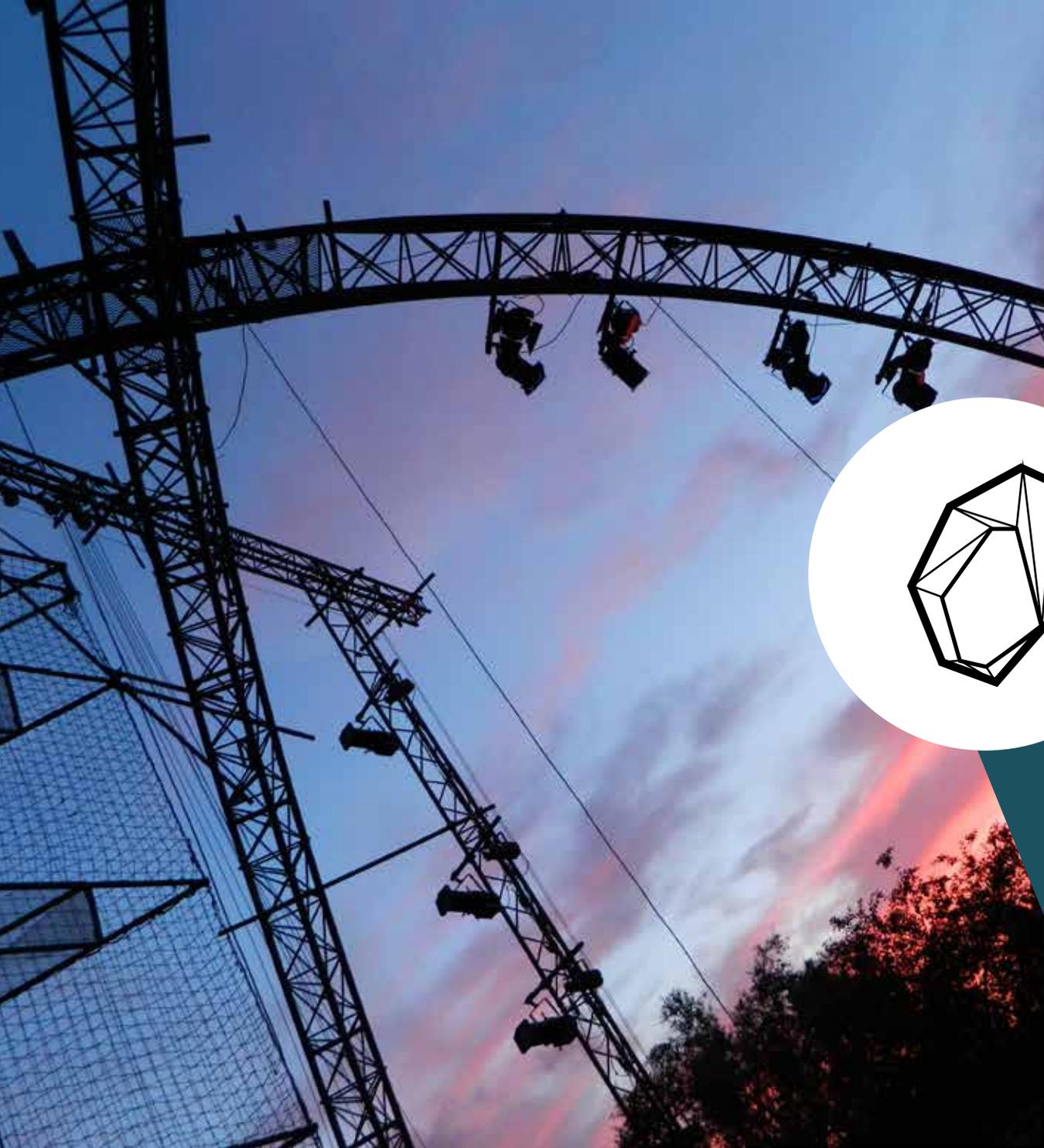
A boat ride through Setubal Bay on a traditional ship (value depends on the number of subscriptions)

Natural Ink Production Workshop, Ink made from the materials on the hill. (5€)

Hill Exploration Game (free of charge)

Scene Machines Exposition (free of charge)





CONTACTS

Pedagogical coordination | Juliana Pinho
jpinho@obando.pt | 00351 91 53 47 943

General contacts
geral@obando.pt | Tel: 00351 21 233 68 50

ESTRUTURA FINANCIADA POR



*dg*ARTES DIRECÇÃO-GERAL
DAS ARTES

E APOIADA POR

Município
Palmela

OUTROS APOIOS

