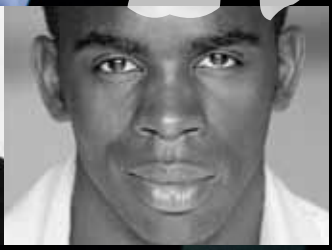
alra
THE ACADEMY OF LIVE AND RECORDED ARTS

2014-15 Prospectus



Welcome to

ALRA

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We are ALRA

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Our Mission:

ALRA aims to equip actors and theatre technicians with those skills fundamental to a productive and creative life in the performance industries.

ALRA is dedicated to helping students of all backgrounds and ages to enter the world of live and recorded arts.

ALRA has a distinguished record of producing professionals prepared and ready to work.

Who trained at ALRA

Miranda studied on the Postgraduate course at ALRA and since has become one of the most recognisable names in British comedy. She earned her reputation as a stand-up comedian at The Edinburgh Festival and on the London stand-up circuit. She first came to prominence with her Radio 4 show Miranda Hart's House Party, and the BBC comedy Not Going Out.

Miranda's most recent sitcom Miranda, on BBC2, earned her two BAFTA Nominations, three British Comedy Awards and an RTS Award.

Miranda Hart.

Jimmy Akingbola

Jimmy graduated from the Three Year Acting course in 1999. He's currently best known for his roles as registrar Antoine Malick in Holby City, and the washed up Mick in the BBC comedy Rev.

He starred alongside Ian McKellen in the world premiere of Mark Ravenhill's play The Cut (Donmar Warehouse and national tour). He went on to take the title role in Frantic Assembly's acclaimed production of Othello. He won a TMA Award for his performance in Joe Penhall's Blue / Orange.

He is co-founder of TriForce Promotions, which seeks to develop young talent and hosts legendary networking events for actors, writers and producers. They work frequently with the BBC workshopping new writing.

Jimmy is also one of ALRA's Trustees.

Sarah Parish

Sarah trained on the Three Year Acting course and since then has become well-known for her gutsy female roles, including Dawn Rudge in Peak Practice, Allie Henshall in Cutting It and GP Katie Roden in in Mistresses. In 2006, she starred alongside Jude Law and Cameron Diaz in The Holiday.

She's also taken lead roles in Doctor Who and the TV film Sex, the City and Me. Most recently Sarah has appeared in BBC One's Atlantis as Pasiphae.

Others Include - Tom Craig: Coronation Street, Soldier Soldier, I.D. & Casualty.

Vincent Regan: 300, Troy & Bonded by Blood.

Tanya Franks: Pulling, Eastenders & Skins.

Recent Graduates -

Fiston Barek: Truth and Reconciliation & Bashir in Routes.

Raj Bajaj: Doctors & Much Ado About Nothing [RSC].

Amrita Acharia: Dead Snow 2: Red vs Dead & Game of Thrones.

Chris Ashby: Marmite Rescue Commercial & Tom's Midnight Garden.

Rob Lonsdale: From Here to Eternity & Silent Witness.

Tom Craig

Vicnent Regan

Tanya Franks

Fiston Barek

Michael Lyle

Amrita Acharia

Chris Ashby

Rob Lonsdale

Other Graduates - Our graduates have also gone on to write, direct and produce their own work.

Rachel Delahay; Playwright – Routes (Royal Court) & The Westbridge (Royal Court) which won 'Best Play 2013' at the Writers Guild Awards 2013.

Rachel Delahay

Papatango; Winner of the Royal National Theatre Foundation Playwright Award and the Critics' Circle Most Promising Newcomer Award.

Geroge Turvey [Papa Tango]

Black Coffee Theatre; Previous productions include 'Found' written by Luke Adamson in association with Northern Stage and 'The Writer and the Oap' written by James Paul Avery.

Luke Adamson [Black Coffee Theatre]

Maddy Anholt; Writer and performer of 'Maddy's Many Mouths' – Performed at TheSpace in Edinburgh – received a five star review.

Maddy Anholt

Campuses: North

We are the first and only drama school to offer London and regional training, with campuses in both London and Wigan.

Our courses in London and Wigan are identical; it is just their location and cost that vary.

The Mill at the Pier, Wigan

Our campus in Wigan provides an excellent location for students to travel in and out of Liverpool and Manchester, which are fast becoming bustling hubs for the arts. With the development of Media City and the BBC's move to Manchester, there is a strong national drama output from BBC Radio 4 and Granada TV studios. Increasingly, agents and casting directors are choosing to base themselves in Manchester and the surrounding area.

Some of the most exciting theatre in the UK is produced in the North and Wigan is surrounded by theatres such as the Royal Exchange, the Liverpool Everyman, the West Yorkshire Playhouse, Bolton Octagon and Northern Broadsides.

The school is just five minutes from the main high street - Standishgate - with its shops, bars, clubs and the Grand Arcade, a new shopping centre carrying all the major brands. Wigan Wallgate and Wigan North Western Station is a 15 minute walk away.

The running costs in Wigan are less expensive so we offer reduced fees. The living costs in Wigan are also cheaper and students can expect to pay around £60 a week in rent.

Campuses: South

We are the first and only drama school to offer London and regional training, with campuses in both London and Wigan.

Our courses in London and Wigan are identical; it is just their location and cost that vary.

The Royal Victoria Patriotic Building, London

Our home in London is based at the Royal Victoria Patriotic building, a magnificent Grade II listed Victorian Gothic building on the edge of Wandsworth Common, South West London. This is where ALRA has been based for the last 30 years.

There is excellent access to the city centre for visits to West End theatres, fringe theatres and London nightlife. Trains to Waterloo and Victoria leave every few minutes and take less than 10 minutes to reach their destinations. There are also direct trains to Shepherd's Bush and Westfield Shopping Centre.

Students often choose to live together in shared houses of three or four people. Currently, Tooting Bec is the most popular area and the most cost-effective; it's a half hour walk, or a 10 minute bus ride from the school. You can expect to pay around £100 a week, excluding bills, for a room in a shared house in Tooting.

The B.A. (hons) Acting Course

This programme of study is suitable for those determined to become professional actors working in today's Theatre, Screen and Audio industries. Combining practical actor training with theoretical study and research methodologies, this vocational course aims to equip you to operate effectively in a highly competitive artistic industry.

Qualifications:

Upon successfully completing the Three Year Acting Programme you will be awarded –
BA (Hons) Acting
(validated by St Mary's University College)

In addition you will be entitled to Full Equity Membership through our Drama UK accreditation and join Spotlight at the start of your final year.

Entry Requirements:

Selection is made by audition. In addition you must be:

- 18 years old at the start of the course, although we positively welcome older students
- Have 200 UCAS tariff points (NB – exceptional ability and/or considerable life/work experience could be taken into consideration; we would expect you to take an intensive preliminary course
- Fluent English – if English is not your first language (B2 CEFR or 7.5 TEEP)

St Mary's
University College
Twickenham
London

Content:

Building Performance: Devised work and Scene Study; you will work on a variety of texts – Shakespeare, Greek, C19th Realism, American Classic, Tragedy, TV Comedy, Contemporary writers

Acting Studies: Classes in: Acting Technique, Acting for Camera, Acting for Radio, ImprovisationVoice Studies – Classes in: Voicing Text, Technical Voice, Articulation and RP, Choral

Movement Studies: Classes in: Creative Movement, Movement Anatomy, Movement Studies, Period Movement and Dance, Combat

Contextual Studies: Classes in: Text Analysis & Preparation, Voice Physiology, Physical Theatre Practices, Musicianship, Critiquing, Professional Practice and Industry Opportunities

Teaching and learning:

The first year focuses on discovery and exploration – understanding the equipment you have and how to use and develop it. The second year encourages you to apply your emerging techniques in the acting space, on screen and to the microphone using increasingly complex texts. In the final year your skills and abilities are tested in the public arena in Live Performance (Theatre), Recorded Performance (TV Drama and Radio), Professional Preparation (Showcase and practice auditions) and Contextual Studies – an in depth preparation for character and performance.

Contact time is 36 timetabled hours a week throughout the first two years. Professional hours are worked throughout the final year. ALRA tutors are both trained teachers and professional practitioners. Third year directors are visiting professional theatre or television directors.

Classes are both practical and theoretical, involving group, pair and solo exercises; you will be asked to research, reflect and share your discoveries in occasional presentations.

Rehearsals can be workshops, script analysis and traditional rehearsals.

Building Performance presentations take place twice every term, with studio presentations in Voice and Movement at the end of every term.

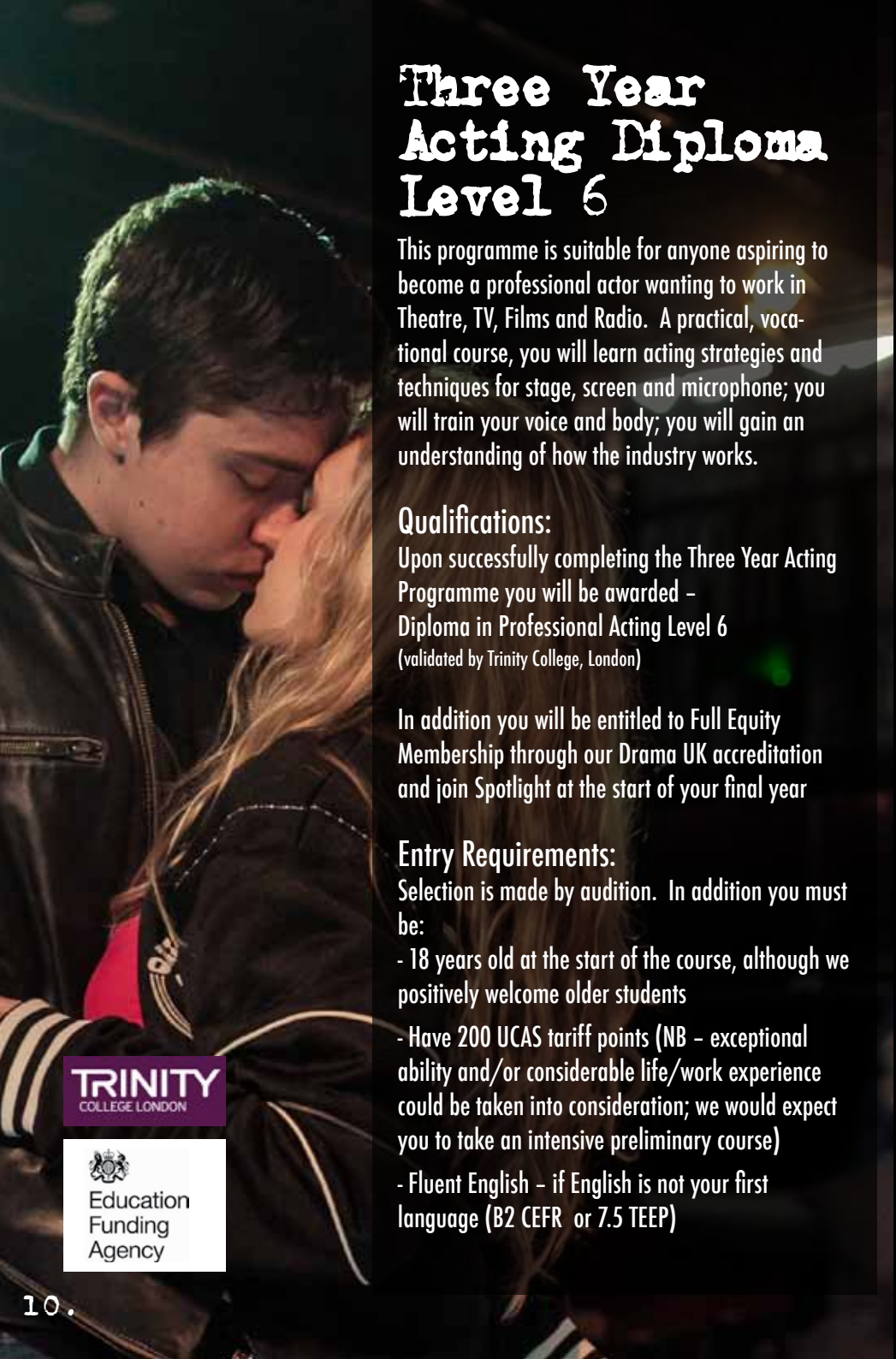
Extra-curricular workshops take place in weeks 5 and 11 of each term

Extra-curricular performances take place at the end of each term.

Public Productions:

At the end of the second year you will take a Shakespeare presentation into local schools. In the final year you will –

- Perform in three plays in the ALRA Theatre, taking one of the plays on a short tour
- Record a 10 minute film which will streamed on the ALRA website in conjunction with your showcase
- Make a TV presenting showreel
- Make an audio reel
- Perform in a Showcase in London and Manchester to industry professionals



Three Year Acting Diploma Level 6

This programme is suitable for anyone aspiring to become a professional actor wanting to work in Theatre, TV, Films and Radio. A practical, vocational course, you will learn acting strategies and techniques for stage, screen and microphone; you will train your voice and body; you will gain an understanding of how the industry works.

Qualifications:

Upon successfully completing the Three Year Acting Programme you will be awarded –
Diploma in Professional Acting Level 6
(validated by Trinity College, London)

In addition you will be entitled to Full Equity Membership through our Drama UK accreditation and join Spotlight at the start of your final year

Entry Requirements:

Selection is made by audition. In addition you must be:

- 18 years old at the start of the course, although we positively welcome older students

- Have 200 UCAS tariff points (NB – exceptional ability and/or considerable life/work experience could be taken into consideration; we would expect you to take an intensive preliminary course)

- Fluent English – if English is not your first language (B2 CEFR or 7.5 TEEP)

TRINITY COLLEGE LONDON

Education Funding Agency

Content:

Acting: Acting Technique, Improvisation, Screen Acting, Radio

Voice: Voicing Text, Technical Voice, Articulation and RP, Choral

Movement: Creative Movement, Movement Studies, Anatomy, Period Movement, Combat

Context: Script Preparation, Voice Makeup, Physical Theatre, Musicianship, Critiquing, Professional Preparation, Industry Opportunities

Performance: Storytelling, Epic Narrative, Contemporary, 19th Century Realism, American Classic, Tragedy, Comedy, Shakespeare

Teaching and learning:

The first year focuses on discovery and exploration – understanding the equipment you have and how to use and develop it. The second year encourages you to apply your emerging techniques in the acting space, on screen and to the microphone
using increasingly complex texts. In the final year your skills and abilities are tested in the public arena in Live Performance
(Theatre), Recorded Performance (TV Drama and Radio), Professional Preparation
(Showcase and practice auditions) and Contextual Studies – an in depth preparation for character and performance.
Contact time is 36 timetabled hours a week throughout the first two years. Professional hours are worked throughout the final year.

ALRA tutors are both trained teachers and professional practitioners. Third year directors are visiting professional theatre or television directors. Classes are both practical and theoretical, involving group, pair and solo exercises; you will be asked to research, reflect and share your discoveries in occasional presentations. Rehearsals can be workshops, script analysis and traditional rehearsals.

Building Performance presentations take place twice every term, with studio presentations in Voice and Movement at the end of every term.

Extra-curricular workshops take place in weeks 5 and 11 of each term.

Extra-curricular performances take place at the end of each term.

Public Productions:

At the end of the second year you will take a Shakespeare presentation into local schools.

In the final year you will:

- Perform in three plays in the ALRA Theatre, taking one of the plays on a short tour

- Record a 10 minute film which will streamed on the ALRA website in conjunction with your showcase

- Make a TV presenting showreel

- Make an audio reel

- Perform in a Showcase in London and Manchester to industry professionals

The M.A. in Professional Acting

This 15 month, full time programme has three taught terms followed by two performance terms; including 2 theatre productions (one in collaboration with a professional theatre company), recording a film and 2 showcases in London and Manchester.

Focusing on skills and techniques needed by today's professional actor, the programme encourages you to view your practice as continual development and to further your particular strengths.

The brevity and intenseness of this programme demands a strong professional focus, a good level of stamina and an excellent level of commitment, and whilst we welcome all applicants, typical students are those with some performance experience or those seeking to change career.

Qualifications:

Upon successfully completing the Course you will be awarded –
MA Professional Acting
(validated by St Mary's University College)

In addition you will be entitled to Full Equity Membership through our Drama UK accreditation.

Content:

Acting and Performance Studies: Classes in Acting Technique, Acting for Camera, Acting for Radio, Improvisation. Scene Study includes – Shakespeare, Chekov, Ibsen, Greek Tragedy, and Contemporary writers.

Voice Studies: Classes in Voicing Text, Technical Voice, Articulation and RP, Choral.

Movement Studies: Core and Alignment, Creative Movement Stage Craft and Characterisation, Period dance and movement, Combat.

Contextual Studies: Approach to text, Character Research, Research Methodologies Muscianship, Professional Practice, Practical Research Project.

Teaching and learning:

The first three taught terms consists of practical skills classes in acting, voice and movement together with scene study rehearsals. This practical work is supported by theory in contextual studies. The programme is designed so that you build your skills base and knowledge in a methodical way so that you are able to apply them with autonomy in the two performance terms.

Contact time is 36 timetabled hours a week through the first three terms. Contact time in the performance terms, whilst dependent on each project, is considered to be professional hours.

ALRA tutors are both trained teachers and professional practitioners.

Term 4 and 5 directors are current professional theatre or television directors.

Classes are practical involving group, pair or solo exercises; you will be asked to research, reflect and share your discoveries in occasional presentations. Rehearsals can be workshops, script analysis and traditional rehearsals.

Scene Study presentations take place twice a term.

Extra curricula workshops take place at the end of every term.

Public Productions:

In terms 4 and 5 you will:

- Record a 10 minute film which will be streamed on the ALRA website

- Perform in a play which will tour the local community in collaboration with a professional theatre company

- Perform in a play in the ALRA Theatre

- Perform in a Showcase in both London and Manchester to industry professionals

- Create a 20-25 minute live or recorded performance

Entry Requirements:

Selection is made by audition.

If English is not your first language you must be fluent in English (B2 CEFR or 7.5 TEEP).

The Diploma in Professional Acting Level 5

This full time programme has three taught terms followed by two performance terms which includes 2 theatre productions (one in collaboration with a professional theatre company), recording a short film and a showcase in London and Manchester

Focusing on skills and techniques needed by today's professional actor, the programme encourages you to view your practice as continual self- development.

The shortness of this course demands a strong professional focus, a good level of stamina and a very high level of commitment.

We welcome all applicants and typical students are those with some performance experience or those seeking a career change.

Qualifications:

Upon successfully completing the Course you will be awarded –
Diploma in Professional Acting Level 5
(validated by Trinity College, London)

In addition you will be entitled to Full Equity Membership through our Drama UK accreditation.

Content:

Acting and Performance Studies: Classes in Acting Technique, Acting for Camera, Acting for Radio, Improvisation. Scene Study includes – Shakespeare, Chekov, Ibsen, Greek Tragedy, and Contemporary writers.

Voice Studies: Classes in Voicing Text, Technical Voice, Articulation and RP, Choral.

Movement Studies: Core and Alignment, Creative Movement Stage Craft and Characterisation, Period dance and movement, Combat.

Contextual Studies: Approach to text, Character Research, Research Methodologies Muscianship, Professional Practice.

Teaching and learning:

The first three taught terms consists of practical skills classes in acting, voice and movement together with scene study rehearsals. This practical work is supported by theory in contextual studies. The programme is designed so that you build your skills base and knowledge in a methodical way so that you are able to apply them in your two performance terms.

Contact time is 36 timetabled hours a week through the first three terms. Contact time in the performance terms, whilst dependent on each project, is considered to be professional hours.

ALRA tutors are both trained teachers and professional practitioners.

Term 4 and 5 directors are current professional theatre or television directors.

Classes are practical involving group, pair or solo exercises; you will be asked to research, reflect and share your discoveries in occasional presentations. Rehearsals can be workshops, script analysis and traditional rehearsals.

Scene Study presentations take place twice a term.

Extra curricula workshops take place at the end of every term.

Public Productions:

In terms 4 and 5 you will:

- Record a 10 minute film which will be streamed on the ALRA website

- Perform in a play which will tour the local community in collaboration with a professional theatre company

- Perform in a play in the ALRA Theatre

- Perform in a Showcase in both London and Manchester to industry professionals

Entry Requirements:

Selection is made by audition.

If English is not your first language you must be fluent in English (B2 CEFR or 7.5 TEEP).

The ALRA Foundation Acting courses

Focusing on the basics of acting, voice and movement the aim is to prepare you vocally, physically and mentally for entry into full time accredited training programmes.

Over the last three years ALRA Foundation students have gained places at ALRA, Arts Ed, Birmingham School of Acting, Central School of Speech and Drama, Drama Centre, Drama Studio, East 15 Italia Conti, Oxford School of Acting, American Academy of Dramatic Arts, PPA and the Musical Theatre Academy

Full-time Foundation Acting

ALRA North only [Winstanley College] .
24 hours per week.

Programme content:
Acting Studies: Introduction to Acting, Acting Technique, Audition Preparation, Devising
Voice Studies: Introduction to Vocal Awareness, Technical Foundation, Technical Foundation and its Application
Movement Studies: Introduction to Movement, Movement Fundamentals, Movement Analysis, Movement Expression

Qualifications
ALRA Foundation Acting Certificate

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Part-time Foundation Acting

ALRA North and ALRA South
8 hours per week.

Programme content:
Acting: Basic acting approaches, Audition preparation
Voice: Introduction to vocal techniques
Movement: Introduction to movement techniques

Qualifications
ALRA Foundation Acting Certificate

St Mary's
University College
Twickenham
London

Stage Management

Foundation Degree in Stage Management & Technical Theatre

Programme content:

Stage Management: Hands on experience of ASM and DSM roles.

Lighting and Sound: Working alongside industry professionals to design, rig and operate both lighting and sound.

Production Management: Budgeting, Prop Sourcing & Scheduling on all ALRA public productions.

Set Design: Scale Drawing, Carpentry and Scenic Art

Work Placement: Four weeks industry work experience in the Second Year.

Qualifications

Stage Management & Technical Theatre
Foundation Degree

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What HELP will I get?

ALRA

will support you with

- Study skills support for students who need extra help; a high proportion of our students are dyslexic or dyspraxic.
- Counselling at both centres as required. Sessions are free and confidential.
- A Hardship fund for students in urgent financial need.
- Accommodation days at both centres to put you in touch with agents, landlords and vacant student accommodation.
- Induction week at the start of First Year to help you settle in.
- Enrichment activities including workshops with external practitioners.
- Extra Curricular events like the Music Hall and Stand-up night.
- Combined North and South Workshops in Movement, Voice and Film
- Easter & Summer Ball
- 5 Minute Play and Film Festivals.
- Observation and Taster Days - come and see if drama training is right for you before accepting your place.

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How much will it cost?

Course fees:	Course with DADA	paying Privately	paying Privately with Student Loan
Three Year Acting North [inc £400 University fee]	£1,675	£9,300 [1]	£3,300 [1]
Three Year Acting South [inc £400 University fee]	£1,675	£12,885 [1]	£6,885 [1]
Postgraduate Acting North [inc £400 University fee] Five Terms	£1,675	£2,200 [1] [per term]	n/a
Postgraduate Acting South [inc £400 University fee] Five Terms	£1,675	£3,020 [1] [per term]	n/a
Foundation Acting North [part time]	n/a	£1,995 [1]	n/a
Foundation Acting North [full time]	n/a	£7,000 [1]	n/a
Foundation Acting South [part time]	n/a	£1,995 [1]	n/a
Stage Management Foundation Degree South EU Student [International Student]	n/a	£7,900 [£9,375]	£7,900
Stage Management Foundation Degree North EU Student [International Student]	n/a	£7,900 [£9,375]	£7,900

- ALRA offers an annual payment discount for private fee paying students on the Three Year Acting course and Postgraduate Acting course.
- Three Year Acting and Postgraduate Acting course students at ALRA South will receive a £500 fee discount for annual payment in full.
- Three Year Acting and Postgraduate Acting course students at ALRA North will receive a £300 fee discount for annual payment in full.

N.B. All fees may be subject to small annual increase. Some fee rates are externally imposed, and may fluctuate.

Further Funding Info:

Dance and Drama Awards:-
www.direct.gov.uk/danceanddrama

Student Loans:-
www.direct.gov.uk/studentfinance

Where can I get help with the FEES?

ALRA is a private school, working with partners in Further and Higher Education. Depending on personal circumstances and the course undertaken, students can access funding from a variety of sources.

The Three Year Acting course and the Postgraduate Acting course are part-funded by Dance and Drama Awards (see below).

On the Stage Management & Technical Theatre Foundation Degree, Home/EU Students are eligible for a Tuition Fee Loan through the Student Loans Company (SLC) to match the level of tuition fees payable.

Students on the Three Year Acting course who are not offered Dance and Drama Awards are entitled to apply for a Student Loan to assist them with the cost of tuition. The maximum tuition fee loan available for this course is £6,000. This will leave a balance of tuition fees to be payable (see table, left) from private means. The amounts vary at ALRA North and ALRA South.

All students who are eligible to receive Student Loan funding, whether on the Three Year Acting course or Stage Management & Technical Theatre Foundation Degree, are eligible to apply for a Maintenance Loan to help with living expenses. The amount you are entitled to depends on your income (or that of your parents), and where you are living while studying, but can be as much as £7,675 at ALRA South, and £5,500 at ALRA North. Students living at home can apply for a maximum of £4,375.

Dance and Drama Awards (DaDAs) are scholarships funded by the Young People's Learning Agency. They are awarded by schools to the students who display the most potential to succeed in the profession. Applicants are considered for awards as part of their audition, and notified if they have been successful at a later date.

Please note, Dance and Drama Awards and Student Loans have eligibility criteria which must be met in order to receive funding. Please visit the respective websites [bottom previous page] for full details.

Professional and Career Development Loans are commercial bank loans that can be used to help pay for work related learning. You can borrow between £300 and £10,000 to help support the cost of up to two years of learning (or three years if it includes one year's relevant unpaid practical work). The Government will pay the interest on the loan while you are learning and for one month afterwards. You will then need to start repaying the loan as you would any other commercial loans product. The loan can be used to pay course fees or other costs such as travel and living expenses. You can also use the loan to supplement other forms of support such as grants or bursaries.

As the Professional and Career Development Loan is a commercial loan product, you should make sure you have investigated all the funding options that may be open to you to ensure you take an informed decision about whether the Loan is right for you. For further information on financial assistance to support your learning, visit: www.direct.gov.uk/adultlearning or contact Next Step on 0800 100 900. Our learning provider registration number is: 1026.

There is no funding support available for students on the Foundation Acting course.

The ALRA Outreach Programme.

Our popular outreach scheme sees us attend more schools every year. Going in to schools we hold a two-hour workshop consisting of vocal warm-ups, movement games, work with text and a talk from either our Co-Director or Student Advisor, giving you a first-hand insight into life at ALRA.

Outreach auditions can also be booked alongside the workshop at your school or college.

As part of ALRA's commitment to widening participation and access for all we run an extensive outreach programme which covers schools, colleges and universities.

> "I think the fact that ALRA came to our college to audition us was brilliant. We all felt so comfortable as we were in an environment that we were used to. Of course it was still nerve-wracking but I really enjoyed it; it was a fabulous experience and lots of fun.
>
> I'm so glad that I got the place in the end."

Hannah Gaskell, Winstanley College

How do I get a place at ALRA?

Acting:

- Apply online
- Learn two speeches
- Come and audition
- We guarantee to see every applicant
- We like to be different at ALRA
- We like you to be different at ALRA

We won't make a decision about your work in five minutes; we will see you for two to three hours before we make a decision.
We'll see you work individually and as part of a team. First, make sure you read the Audition Guidelines and related information on our website.

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Technical:

Stage Management & Technical Theatre students should check the latest details about applying at:

www.alra.co.uk/apply

Bring yourself, bring some examples and photos of your work and be ready to talk.

This is your opportunity; show us how you communicate.

Short Courses:

Summer School

The Theatre Experience Course at ALRA is aimed at anyone who is interested in applying to drama school or those that have an interest in theatre and wish to improve their acting skills. The course will give you a taste of what life is like at drama school and test your expectations and aspirations against the realities of vocational training.

Inset Course: 'Preparing Your Students for Drama School Auditions'

Inset at ALRA is different, with no presentations and no handouts. We put you through the audition workshops. Then we add you to the audition panels and for the whole audition day you will be able to take part in the discussions and see how decisions are made. Feedback from previous days has been fantastic and we hope the experience goes straight back to your students.

Audition Technique

Course Leader: John Wild

A one day workshop aimed at those applying to drama schools or actors who wish to further their audition technique. Various Saturdays through Autumn and Spring.

Email John at johnroyhart@gmail.com for details and to book.

Get started on a teaching career with our 'Preparing to Teach in the Lifelong Learning Sector' course

This course leads to the City and Guilds Level 3 qualification 7303: Preparing to Teach in the Lifelong Learning Sector. It is ideal if you have just started your career in adult education as a teacher or trainer or if you wish to gain employment in this field.

HSE First Aid

Appointed Person [1 day] &
Paediatric First Aid [2 day]
First Aid at Work [3 day]

Course Leader: Adrian Hall

ALRA is now to be able to offer HSE certified First Aid Training.

Yellow Academy

Course Leaders: Clive Duncan and Kumiko Mendl

Yellow Academy is a summer school run jointly by ALRA and Yellow Earth Theatre for British East Asians interested in acting. British East Asians from across the UK audition for a place on the course, and gather for a week of drama school training in late July.

How do I find ALRA?

ALRA North
Turner Street
Wigan
WN1 3SU

Trencherfield Mill
Mill at the Pier
Trencherfield Mill
Heritage Way
Wigan
WN3 4EF

Train Stations: Wigan Wallgate and Wigan North Western
Buses: 320, 362, 620, 352, 360, 375, 385.

By Train
Wigan Wallgate and Wigan North Western are a 15 minute walk away.

Access
ALRA North has excellent access for people with disabilities, and we welcome applications from those with access needs.

ALRA South
Studio 24
The Royal Victoria Patriotic Building
John Archer Way
London
SW18 3SX

Train Stations: Clapham Junction and Wandsworth Common
Buses: 77 & 219

By Train
Clapham Junction is a 20 minute walk away.

Access
Please call us on 020 8870 6475 to discuss your needs before setting off on your journey.

For more detailed travel and access information visit:
www.alra.co.uk

Partners & Sponsors:

St Mary's University College Twickenham London

Rotary Club of Wigan

For more information please contact:
020 8870 6475
info@alra.co.uk
www.alra.co.uk

ALRA Head Office:
Studio 24, Royal Victoria Patriotic Building,
John Archer Way,
London,
SW18 3SX

Company Number: 4306353.
Charity Number: 1090724.
Registered in England.
Registered Office as above.

St Mary's
University College
Twickenham
London

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