

INSIGHTS INTO THE LIFE OF A THEATRE ACTOR

The world of theatre is an incredibly exciting one, where that initial position within a cast, even within a minor role, can serve up experiences and excitement untold. And for the theatre actor who's taken numerous leads and truly made it within the industry, life can be particularly impressive.



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Theatre can take a company around the world and the very best of shows will be in-demand continuously (such as the classic *Les Misérables* show, which has ongoing dates within 42 countries). Whilst touring, lead actors of a show may likely have entire days to themselves, with even the odd day completely off so that they can explore all that whatever country they are in has to offer. Ensuring you have quality lodgings or an apartment for the long haul of a stay in a city is a necessity and many prefer serviced apartments over hotel rooms as they allow for plenty of room of your own and the chance to do your own thing.

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Reaching the top of the theatre industry requires consistent performances and rehearsals, readings and shows, which will likely demand 7-day working weeks and 15-hour working days. As a lead actor the success of an entire play schedule can depend upon you and so it's essential that in this position you take good care of yourself. During show runs this can mean the avoidance of all alcohol, junk food and late nights and can instead require gym sessions, healthy food and super early bedtimes.

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Being a veteran of the industry means that your knowledge and input are both in demand and respected. This in itself can open up new opportunities to positions beyond the boards, such as mentoring the younger generations as they train for the industry, or moving into other areas such as production or directorship. Of course for the truly successful there's always early retirement based upon a rather healthy bank balance, however few actors choose to leave an industry that they truly love and have dedicated their lives to.

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