



AN ACTOR'S GUIDE

TO SURVIVING THE CORONAVIRUS

To all my acting family out there who's projects have been put on hold due to this crisis, I send you my love and prayers! I'm right there with you!

I invite you to review this guide that I've developed specifically for these challenging times, that I feel could be helpful to my industry colleagues and to those just breaking into the business.

My hope is that you find it to be a resource of value, as we all get through this crisis. – *Victor Cruz*

1. Review and Update Your Actor's Resume

Make sure that the credits on your resume are up to date. Check platforms like actors' access and casting networks to see if they too, have your updated information. And lastly, if you have representation, make sure that they have on file the most updated resume. If you need to clean up the format of your current resume or need to make one because you are just starting out, here is a great resource where you can download a FREE Template of an actor's resume.

[Download Here](#)

2. New Headshots

If you're considering getting new headshots, now is the perfect time to do the research and reach out to photographers.

If you're in the New York City area, reach out to Jose "ZALO" Castillo, Jr at LionChaser Films, Inc at zalo@lionchaserfilms.com for samples and pricing.

3. Create a Slate

For those of you that don't know what a slate is, it's a video where you state your name and sometimes your height and the city you live in. Some casting directors enjoy a slate where an actor not only states their name but gives them a very small and short glimpse of "Who They Are". A slate is normally used with an audition tape or not, it depends on the instructions given. But you can create a slate with your smartphone. All you need is a solid background (White, Light Gray, Blue, or Green), film yourself mid-chest up, and state the following items: Your Name, Your Height, The City You Live In, and a sentence or two max that states who and what you are!

Watch the beginning of the video for a sense of how slates work:

[Watch Here](#)

4. Improve Your Self Tape Audition

Watch this video with Casting Director Elaine Del Valle as she explains how your self-tapes should be created:

[Watch Here](#)

5. Rejuvenate Your Auditioning Technique

Watch this video with Casting Director Stephanie Holbrook on The Ingredients Of A Great Audition:

[Watch Here](#)

6. Keep Your Body Healthy

If you're an actor who is trapped at home with no access to your gym due to the crisis, here's an excellent video from **POPSUGAR Fitness** to get your day started in a positive way:

[Watch Here](#)

7. Create your own content

Write a monologue, a scene, a play, a short film or full-length feature film. If you're trying to figure out, how to even begin this process, here's a video to help inspire that process:

[Watch Here](#)

8. Create a YouTube Channel

Here's a video to show you how:

[Watch Here](#)

9. Organize a remote reading

Bring the script to life by using online conference platforms such as Zoom or Google Hangout. Zoom has an option to record your conference sessions. This way you can review the reading at another time to help with any changes you might want to make in your script.

10. Sign up for a remote acting class

Covering anything from *On-Camera* to *The Business Of Acting* to inspire you and to keep your tools sharp. The Victor Cruz Acting Studio will be offering workshops and classes remotely very soon.

Be sure to [sign up for our email listing here](#) so that we can let you know when they officially kick off!

In Conclusion:

You are now truly an independent actor and you can do it again and again and again. So, when this crisis has finally left for good, you will have planted the seeds of independent success and have added to your journey moving forward.

Below are resources that my manager shared with me today that may be helpful to you. Sending you all sorts of love and prayers to you, your family and friends!

Thank You,

Victor Cruz

Resources

- California Unemployment Insurance: <https://www.edd.ca.gov/Unemployment/>
- New York Unemployment Insurance: <https://labor.ny.gov/unemploymentassistance.shtm>
- SAG-AFTRA Foundation: <https://sagaftra.foundation/assistance/disasterrelief/>
- The Actors Fund / SAG-AFTRA Foundation: <https://actorsfund.org/am-i-eligible-help>
- Another Round Emergency Assistance (emergency grants for service industry workers): <https://anotherroundanotherally.org/>
- Artists + Activist Relief Fund: <https://www.wearesoze.com/relief-fund>
- Artist Relief Tree: <https://artistrelieftree.com/>
- Arts Leaders of Color Emergency Fund:
<https://docs.google.com/forms/d/e/1FAIpQLSfv4AazvLFVUNAgXoxqBqfZ7jJVkrMroa-CET6Vt6XygR-CaQ/viewform>
- CERF+ : <https://cerfplus.org/get-relief/apply-for-help/>
- Dramatists Guild Foundation: <https://dgf.org/programs/grants/grants-for-writers/>
- Rauschenberg Emergency Grants: <https://www.nyfa.org/Content/Show/Rauschenberg-Emergency-Grants>
- Restaurant Workers' Community Foundation (via Southern Smoke)
<https://form.southernsmoke.org/smoke/application/>
- United States Bartenders' Guild Foundation: <https://www.usbgfoundation.org/beap>
- NY Times article with info / resources – [NY Times Resource List](#)

- Broadway League info for Broadway employees (The Broadway League has reached a deal to pay and provide health insurance to all Broadway employees during the currently scheduled suspension of Broadway shows. And a deal on payment for tours).

<https://broadwaynews.com/2020/03/20/all-broadway-unions-reach-payment-deal-with-broadway-league/>

<https://broadwaynews.com/2020/03/21/broadway-league-and-theatrical-unions-reach-deal-on-payment-for-tours/>

- Keep an eye on SAG-AFTRA in general for updates / info / podcasts, etc.:

<https://www.sagaftra.org/news-events/news/covid-19>

- Americans For the Arts is a great website for info:

<https://www.americansforthearts.org/by-topic/disaster-preparedness/coronavirus-covid-19-resource-and-response-center>

- And Backstage has some great resources & links:

<https://www.backstage.com/magazine/article/coronavirus-actor-remote-jobs-coronavirus-70327/>

<https://www.backstage.com/magazine/article/actors-coronavirus-help-assistance-money-sag-aftra-70296/>

