

Curriculum Vitae Tamara Allen-Cousins

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DATE OF BIRTH	:	February 25, 1983



Education		
UNIVERSITY	:	Rose Bruford College of Speech and Drama, Sidcup Kent. - European Theatre Arts (BA Honours) (2:1) 2004
		Object Manipulation and Shadow Arts Training Placement at Institut del Teatre, Barcelona, Spain. January 2003 - April 2003
SECONDARY	:	Okehampton College - A' level Drama Studies (A), History (A), English Literature (A) 2001 Various GCSE'S incl. English and Mathematics (Grades A- B)

Professional Arts Experience	
	<p>May-July 2006 - 'Embrace' (<i>Buxton Festival Fringe and Portsmouth</i>)</p> <ul style="list-style-type: none"> • Currently engaged in pre-rehearsal preparation and organisation for Usanu Theatre's next performance project 'Embrace'. • Producer and Director of this solo developmental performance which reveals the hidden encounters and the untold stories, both the delicate and disturbing, as it brings to the forefront the provoking accounts of one woman's sexual experiences. Inspired by the writings of Franca Rame, the female voice is explored through physical and abstract expression, offering the audience a vibrant and stimulating theatrical journey. • Programmed at the Buxton Festival fringe (July 13th, 17th & 18th) and to the Third Floor Arts Centre, Portsmouth (21st & 22nd July). <ul style="list-style-type: none"> • Educational workshops accompany the show.
	<p>April 2006 - Storytelling Session for all ages (<i>Barnes, London</i>) Storyteller of "Mysterious and Magical Tales from the West Indies and the World" at the Barnes Green Day Centre Multicultural Day Event</p>
	<p>April 2006 - 'the Space between our breath' (<i>BAC, London</i>) Director of experimental performance that continued my exploration of Franca Rame's text 'The Same Old Story.' Performed under Usanu Theatre, as part of Battersea Art Centre's Freshly Scratched Programme</p>
	<p>January 2006 - 'Live and Direct 2006' (<i>Contact Theatre, Manchester</i>) Intensive training course for emerging Black and Asian theatre directors. Learning through a series of workshops and presentations given by some of the UK's leading practitioners, culminating in a showcase performance event at Contact Theatre. I directed 2 female performers in a 10-minute experimental exploration of Franca Rame's text 'The Same Old Story'.</p>
	<p>October 2005 - 'Never Ever Land' (<i>Residence Gallery, London</i>) Performance Artist at the Celebrity Halloween Exhibition at The Residence, an experimental art gallery. I played the self-devised, interactive, street-performance characters of 'The Photographer and 'The Fan'.</p>

<p>September 2005 – ‘Camellia in Chiswick Land’ (<i>Chiswick, London</i>)</p> <p>Deviser; Performer; Director of <i>Usanu Theatre</i>’s site-specific performance, commissioned by English Heritage, as part of the Community Arts Festival at Chiswick House and Gardens. Appealing to both adults and children alike, this site-specific experimental piece of children’s theatre took the audience on a sensorial whirlwind journey of the mysterious ‘Camellia House’.</p>
<p>August 2005 – ‘Double Think’ (<i>Edinburgh Fringe Festival</i>)</p> <p>Guest Female Performer in Rotozaza’s ‘Doublethink’: Two unrehearsed guest performers, divided by a screen, follow instructions and given tasks throughout the duration of the show. ‘Doublethink’ explores the notion of seeing a performer truthfully, making live decisions.</p>
<p>July 2005 – Training with Yorkshire Women Theatre (<i>Leeds</i>)</p> <p>Training and rehearsing ‘No Excuses’ / ‘Koi Bahney Nay’ drama workshops based around the subject of Violence Against Women By Men They Know.</p>
<p>June 2005 – ‘Big Arts’ Volunteer Artist (<i>West Devon</i>)</p> <p>Volunteer Performance Artist at Bridestowe Primary School in which the students aged 6-10, explored the poem ‘The Owl and The Pussycat’ through a variety of creative forms including song, drama, theatre games, and art.</p>
<p>June 2005 – ‘Create Her’ (<i>Exeter</i>)</p> <p>Director and Co-Deviser of <i>Usanu Theatre</i>’s ‘Create Her’: an embryonic solo performance showcased at Exeter Phoenix Scratch. ‘Create Her’ challenges the audience’s conception of ‘theatre’ by inviting them to co-create their own experience through the partial interaction and control of the performer. The audience feed the performer and even sign their creation. ‘Create Her’ experiments with audience participation, and the meeting of art and theatre</p>
<p>April 2005 – ‘The Poor Room’ (<i>Greater London</i>)</p> <p>Deviser; Performer; Director and Project Manager of the debut site-specific performance of <i>Usanu Theatre</i>’s ‘The Poor Room’ at The Kew Bridge Steam Museum, Brentford.</p> <p>‘The Poor Room’ is a surreal journey created from fragments and scraps of memories, dreams and fantasies. The audience enter an estranged, disjointed reality where the rules are never divulged. The performers transform the Museum creating a world where we are not bound by logic</p>
<p>April 2005- ‘The Poor Room’ Scratch (<i>London</i>)</p> <p>Deviser; Performer and Director in the final developing scratch performance of ‘The Poor Room’ by <i>Usanu Theatre</i> at The Cockpit Theatre, Paddington.</p>
<p>March 2005 – Workshop Leader (<i>Devon</i>)</p> <p>Theatre Workshop Leader and facilitator at Okehampton College, West Devon (16-18year olds)</p>
<p>February 2005 – ‘The Poor Room’ Scratch (<i>London</i>)</p> <p>Deviser; Performer and Director in the scratch performance of work-in-progress performance ‘The Poor Room’ by <i>Usanu Theatre</i> at The Brit School for Performing Arts, Croydon.</p>
<p>November 2004 – Theatre Workshop Facilitator (<i>Tobago West Indies</i>)</p> <p>I focused on the development of creative expression with a total of 100 participants, who included disadvantaged youths between ages of 17 to 25 years, secondary school students and members of a Drama Ministry whose ages ranged from 8-50.</p>
<p>(Ongoing) June 2004 – Artistic Director of <i>Usanu Theatre</i> (<i>UK</i>)</p> <p>I co-founded <i>Usanu Theatre</i> following my graduation (2004) as a platform with which to showcase experimental performance ideas. As Artistic Director and Producer, I organise and manage all aspects of the company, which includes the promotion and marketing of the company and performance events; liaising with venues, other theatre professionals, potential performers and sponsors; managing the company’s budget and bookkeeping; preparing and facilitating educational workshops and planning and delivering rehearsals.</p> <p><i>Usanu Theatre</i>’s aim is to create theatre which is experimental in style, visual and sensorial, and where possible</p>

site-specific. It aims to question the intellect and stimulate the senses of its audience.
(For more information please visit Usanu Theatre's Website: www.usanu.co.uk)

June 2004 - Various Roles (*Kent*)

Welling Arts 'Creativity in Education' Conference Day; Bexley, Kent.

- Creative Events Organiser: Organised and participated in creative demonstrations.
- Workshop Leader: Outdoor demonstration of Movement Improvisation inspired by my experience of Jerzy Grotowski's 'plastiques'.
- Performance of my directing debut, 'Silence', a 20-minute solo performance exploring texts by France Rame and the representation of abuse in the female performer on stage.

Volunteer Work and Further Training

April - June 2006 - ENYAN (English National Youth Arts Network) Support Assistant and Artswork Administration Assistant - Southampton based - 1 day a week internship

March 2006 - 'Introduction to Youth Work' (with Portsmouth City Council's Mandy Tricker and David Raper)

December 2005 - 'The Actor as Educator' with Carolina Giammetta-Cordes (Bigfoot Theatre Company) Intensive 2-day training course which enables participants to use existing skills to empower children and young people within a formal or informal educational setting

November 2005 - Adults Storytelling workshop with Celebrated Maori storyteller, Rangimoana Taylor

October 2005 - Family Fun Day with Okehampton FLAG (Family Learning Action Group) in which I assisted the facilitator and participants ages 4 - 14 years in the making of Fireshow Masks

June 2004 - Volunteer for the Independent Theatre Council's 'Life starts at 30' Festival (*London*)

Other Skills, Interests and Hobbies

- Skills Include: Improvisation, Devising, rudimentary salsa, prolific acrobatics, swimming, basic French and Spanish, Full Driving Licence and CRB.
- I also enjoy travelling and experiencing different cultures and societies. I have lived in Canada and Barcelona, and have recently spent 3 months on a working holiday in Tobago, West Indies. I have developed many life skills whilst travelling and have found that it has broadened my horizons.
- I am interested in the art of yoga, having practiced it for over four years.