

FREJA ABRAHAMS

Runner

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SKILLS

Confident reading and understanding call sheets. Knowledge of children's licensing hours and regulations. Experienced working alongside multiple departments both in prep and shoot. Working with cast with a range of ages. Experience on the floor and on base with both small and large crews across multiple bands.

EXPERIENCE

- 2025 **RUNNER - GRANDBOY | ORANGE VISION PRODUCTIONS**
Manging facilities for crew. Aiding multiple departments. Taking care of cast including children and chaperones. Returning location property to high standards.
- 2025 **DAILY RUNNER - TRUE LOVE AND WORMHOLES | INDEFINITE FILMS**
Locking off on Location. Speaking with members of the public.
- 2024 **FLOOR RUNNER - JAIME'S YOGA ADVENTURES | ZODIAK KIDS UK LTD**
Aiding in the running of the floor, maintaining facilities for crew and ensuring the lead Actor is comfortable whilst keeping to a tight schedule. Creating daily AD reports.
- 2023 **BASE RUNNER - DODGER CHRISTMAS SPECIAL | BBC KIDS & FAMILY**
Ensuring that the shoot ran smoothly, running a unit base to schedule and ensuring that all Cast, Crew, and Equipment travelled on time to arrive promptly on set.
- 2022 **TRAINEE A.D (RUNNER) - SILVERPOINT SERIES 2 | ZODIAK KIDS UK LTD**
Working both in prep and during shoot in multiple locations with Cast and Supporting Actors including children and Chaperones as well as multiple departments.
- 2021 **TRAINEE A.D (RUNNER) - TEDS TOP TEN | ZODIAK KIDS UK LTD**
Safely travelling actors, arranging transport, following call sheets and working cohesively with multiple departments.
- 2021 **TRAINEE A.D (RUNNER) - SILVERPOINT SERIES 1 | ZODIAK KIDS UK LTD**
Sorting through large volumes of documents, inputting data quickly and efficiently.
- 2020 **TRAINEE A.D (RUNNER) - SECRET LIFE OF BOYS SERIES 5 | ZODIAK KIDS UK LTD**
Maintaining a secure locked-off area. Communicating with a crew whilst shooting.
- 2025 **EVENT OPERATIONS ASSISTANT - DREAMWEAVER OPENING CEREMONY | GLASTONBURY FESTIVAL**
Coordinated all performer and crew arrivals, managed accreditation, and arranged accommodation. Managed artist transportation requirements.
- 2019 - 2025 **STAGE OPERATIONS | CIRCUS BIG TOP | GLASTONBURY FESTIVAL**
Working in rehearsals and shows, learning multiple complex acts. Setting up and striking shows from the stage, including standing by to use fire blankets.

TRAINING & CERTIFICATES

- Enhanced DBS check with update service
- Level 2 - Food Safety and Hygiene for Catering
- Level 3 - Emergency First Aid at Work
- Work Well Series - ScreenSkills | 2024
- ScreenSkills Training Passport - ScreenSkills | 2024
- Risk Awareness Safety (RAW) Training - First Option | 2023
- Introduction to production - Production Managers Association | 2021

EDUCATION

- Production Arts (Stage & Screen) BA (Hons) | Bristol Old Vic Theatre School
- 3 A-levels - Grade A*- C
- AFA Creative Writing - Grade A