



## ESCUELA DE CIRCO CARAMPA COURSE 2020-2022

### GENERAL INFORMATION

All information is subject to possible modifications in adaptation to the operating specifications of the official regulations

<b>Students:</b>	20
<b>Age and Nationality:</b>	no restriction
<b>Fees per year:</b>	4.040 € a year
<b>Schedule:</b>	Monday through Friday 9:00am to 5:00pm (with variations depending on the program). Some of the activities and practical work training sessions take place on weekends.
<b>Hours:</b>	35 hours a week. 1200 hours a year
<b>Duration:</b>	First year: October 2020 to July 2021 Second year: October 2021 to May 2022
<b>Objectives:</b>	<p>Develop the physical qualities, basic training and specific training in circus techniques.</p> <p>Incorporate drama technique, in order to be able to be on stage, and perform in a believable manner.</p> <p>Develop the creative capacity of the individual and the group, as the basis for the formation of new artists.</p> <p>Introduce the pedagogy of teaching circus arts.</p> <p>Complete the formation process with the appropriate theoretical subject matter.</p> <p>Prepare students who want to continue their circus training in one of the Superior Schools of Circus Arts</p> <p>Prepare students for their incorporation in the labor market.</p> <p>To facilitate and energize the job market in the service sector due to the current demand for professional companies and artists for indoor and street performances or animation, as well as to support complementary training in educational centres.</p>



**ESCUELA DE CIRCO CARAMPA  
CURSO 2020-2022**

**Entrance exam:**

**FIRST AND SECOND CALL**

**June / September**

Due to the exceptional situation with regard to COVID-19, the tests may be carried out on a non-presential basis- **NON-PRESENTIAL EXAM** (see ANNEX 1)

**Deadline for sending material and documentation**

First call: June 25<sup>th</sup>, 2020

Second call: September 8<sup>th</sup>, 2020

**Publication of Results**

First call: July 3<sup>rd</sup>, 2020

Second call: September 18<sup>th</sup>, 2020

**Evaluation criteria:** A tribunal constituted by teachers from the school will evaluate the candidates' previous formation, physical condition, technical level, quality of movement, expressiveness, stage presence, potential for creativity, aptitude for theatrical expression and other essential characteristics that determine the entrance to the course.

**Content**

see table of course contents.



**ESCUELA DE CIRCO CARAMPA  
CURSO 2020-2022**

**TABLE OF COURSE CONTENTS – 1<sup>st</sup> YEAR**

**Training and Basic Techniques**

- Physical conditioning
- Dance
- Acrobatics: floor acrobatics, trampoline, hand balance, acrodance
- Drama
- Creation Laboratory

**Circus Techniques – First term: multidisciplinary**

**Second term: choice of specialities**

- Balance on apparatus
- Aerial Techniques
- Juggling
- Acro Balance

**Pedagogic Techniques**

- Teaching Methods
- Teaching Practice

**Theoretical Courses**

- Movement analysis
- Security and Prevention
- History of Circus
- Theatrical Theory and Dramaturgy
- Nutrition and Health
- Make up
- Lighting and sound techniques
- First aid
- Aesthetic creation

**Group show**

Preparation and presentation of a collective End of Year Show

**Formative Actions**

- Practice in spectacles, galas, events
- Conferences and visits

## **TABLE OF COURSE CONTENTS – 2<sup>nd</sup> YEAR**

### **1<sup>st</sup> PHASE**

- Physical conditioning
- Dance
- Drama
- Acrobatics: floor acrobatics, trampoline, acrodance
- Creation Laboratory
- Pedagogy
- Introduction to choice subjects

### **2<sup>nd</sup> PHASE**

#### **Common Subjects**

- Physical conditioning
- Dance
- Acrobatics: floor acrobatics, trampoline, acrodance
- Drama Training

#### **Main and Secondary Choice Subjects**

- Balance on apparatus
- Aerial Techniques
- Juggling
- Hand to hand
- Handstands
- Other specialties depending on the course: teeterboard, chinese pole
- Teaching Practice

#### **Theoretical Courses**

- Biomechanics
- Aesthetic creation
- Labor Guidance
- Computing

#### **Creation of circus acts**

- Individual Tutorials: monitoring act creation
- Presentation of the individual, pair or small groups end of year act

#### **Workshops**

Technical/artistic workshops with specialized external teachers (FEDEC schools and others)

#### **Formative Actions**

- Practice in festivals
- Conferences and visits



**ESCUELA DE CIRCO CARAMPA  
CURSO 2020-2022**

**STAFF**

- Director	Donald B. Lehn
- Artistic Direction	Javier Jiménez
- Headmaster	Helena Lario
- Administration	David León
- Secretary	Aranzazu Alonso / Carolina Rivainera
- Artistic Director 1 <sup>st</sup> year	Hernán Gené
- Acrobatics	Helena Lario
- Dance / Creation Laboratory	Iris Muñoz
- Acrodance	Stefano Fabris
- Theater/Theatrical Theory/ Dramaturgy	Hernán Gené and guest teacher
- Trampoline	Jose Muñoz
- Physical Conditioning	Rafael Martín / Nina Savidí
- Balance on apparatus	Vasily Protsenko
- Aerial Techniques	Costanza Lovazzano and guest teachers
- Juggling	Óscar Diéguez
- Acrobalance	Rafael Martín
- Handbalance	Stefano Fabris / Vasily Protsenko
- Chinese pole	guest teacher
- Teeterboard	guest teacher
- Pedagogy	Rocío Jiménez and educational department
- History of Circus	Javier Jiménez
- Análisis del movimiento	Nina Savidí
- Nutrition and Health	guest teacher
- Lighting and sound techniques	guest teacher
- Make up	guest teacher
- Aesthetic creation	guest teacher
- other subjects	guest teachers



## ESCUELA DE CIRCO CARAMPA CURSO 2020-2022

### ENTRANCE EXAMS – FIRST AND SECOND CALL June/September

Due to the exceptional situation with regard to COVID-19, the tests may be carried out on a non-presential basis- **NON-PRESENTIAL EXAM**

### ANNEX 1 - NON-PRESENTIAL ENTRANCE EXAM

Escuela de Circo CARAMPA

Camino Robledal, 2 - Casa de Campo, 28011 – Madrid - España

Phone +34 91 479 26 02

[info@carampa.com](mailto:info@carampa.com) [www.carampa.com](http://www.carampa.com)

### DEADLINE FOR SENDING MATERIAL AND DOCUMENTATION

First call: June 25<sup>th</sup>, 2020

Second call: September 8<sup>th</sup>, 2020

### Publication of Results

First call: July 3<sup>rd</sup>, 2020

Second call: September 18<sup>th</sup>, 2020

### REGISTRATION FEE

25 € - bank transfer to the Asociación de Malabaristas account.

Triodos Bank

Asociación de Malabaristas

ES34 1491 0001 2430 0009 2170

BIC: TRIOESMMXXX

Indicate on the concept “NAME LAST NAME – REGISTRATION ENTRANCE EXAM”

### DOCUMENTATION REQUIRED (via e-mail)

- Official Inscription Form
- Motivation letter.
- Photocopy of DNI (Spanish citizens) NIE (Spanish residents) or Passport (other countries)
- Medical certificate: able for physical activities (see annex 3)
- Study certificate
- 1 passport size picture (just head), and 1 picture of the whole body

### VIDEO

- Preferably the video should be sent by wetransfer. Other valid options: youtube, vimeo, google drive

Do NOT send the video attached to the registration mail.

- Only one video with:
  - .cover: name and surname
  - .1-Physical tests
    - flexibility
    - strength
  - .2-Technical-artistic act - unedited recording
  - .3-Acrobatic skills
  - .4-Movement skills - unedited recording
  - .5-Circus technique (optional)
- All recordings must be made horizontally

**AUDIOVISUAL CONTENT** - All recordings must be taken horizontally

**1- Physical Test** (compulsory)

Flexibility

Nº	test	description
1	Legs- split <i>Frontal and side camera view</i>	Split with left leg and right leg Shoulders symmetrical and frontal. Hands to the sides, with weight evenly distributed. Legs extended.
2	Legs- frontal <i>Side camera view</i>	Sitting with legs separated and back straight. Arms extended next to the head. Descend the upper body with the back straight. Legs extended with knees upwards.
3	Lumbar/shoulders <i>Side camera view</i>	Bridge. Laying on back. Hands placed at shoulder width, legs together. Extension of legs and arms
4	Lumbar/posteriors <i>Side camera view</i>	From stand position, forward flexion of the trunk over legs, placing hands on the floor facing backward. Legs stretched.

Strength

Nº	test	description
5	Arms: biceps <i>Side camera view</i>	Hanging from trapeze (or any other bar) with dorsal grip, arms and body extended. Flexion of arms, until the chin is above the level of the bar (complete extension of arms in between). Maximum number of repetitions
6	Isometric: lifting of legs in forward position <i>Frontal and side camera view</i>	"Grand battement" forward and hold: back to the dance bar (wall bar, back of a chair, etc), lifting of leg forward, in external rotation. Hold 3 seconds (L / R)
7	Arms: triceps <i>Side camera view</i>	Supported by hands and feet on floor, body straight. Flexion and extension of arms, with elbows closed (push-ups). Maximum number of repetitions
8	Abdominals <i>Side camera view</i>	Hanging with back towards the wall bar. Lifting of both legs together, to touch the bar above the head. (maximum score with legs extended). Maximum number of repetitions
9	Legs: jumping <i>Frontal camera view</i>	From standing: 10 jumps: 5 with knees to chest (tuck jump), 5 opening legs to the sides (straddle jump). 10 jumps without stopping
10	Rope <i>Any camera view</i>	Climb the rope in any position. Max. score with legs extended horizontally (together or separated).

## **2- Technical-artistic Act** (compulsory)

Maximum duration of three (3) minutes (NEVER MORE THAN THAT TIME)

*Not only technical skills, but also expressiveness, stage presence, potential for creativity, and aptitude for theatrical expression will be taken into account in the evaluation.*

## **3- Acrobatic skills**

Compulsory:

- Headstand: tuck to headstand. Hold 3 seconds
- Handstand: kick to handstand. Hold 3 seconds
- Roll forward
- Roll backward
- Handstand to roll forward
- Roll backward to handstand
- Cartwheel

Optional:

- Round off
- Handspring
- Back flic flac

## **4- Movement skills** (compulsory)

Staging with movement. Maximum duration of two (2) minutes. With music

## **5-Circus technique** (optional)

It will only be sent if the circus technique(s) included are different from what was shown during the Technical-Artistic Act (#2), and the candidate wish to find out more about its technical capabilities. Maximum duration of three (3) minutes

**DEADLINE FOR SENDING MATERIAL AND DOCUMENTATION:**

**First call: June 25<sup>th</sup> 2020**

**Second call: September 8<sup>th</sup> 2020**





## ESCUELA DE CIRCO CARAMPA CURSO 2020-2022

### ANNEX 3

#### **MEDICAL CERTIFICATE TO BE SUBMITTED FOR CANDIDATES**

The medical certificate that is due to present the other documentation along with to make the access tests must include: "able for physical activities".

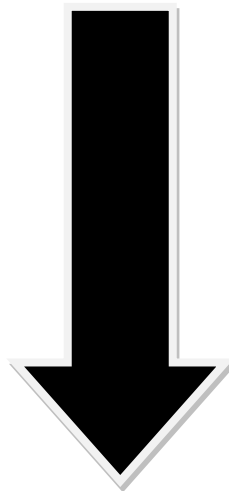
#### **HEALTH INSURANCE (FOR STUDENTS WHO HAVE BEEN ADMITTED)**

It is obligatory to have HEALTH INSURANCE to do the Course.

The student declares that he/she has a health insurance policy, public or private, that is in force, and is operated by an entity that is authorized to operate in Spain, that covers sickness, common contingencies, and accidents that might occur during their period of studies at the school. The Escuela de Circo Carampa will not be responsible for the consequences of the student not fulfilling this requisite.

- **No European student:** The student must present proof of this insurance on or before the first day of class (card or copy of insurance policy), if possible, in Spanish. If you must take out the insurance specifically for the school, we recommend that you do so with a Spanish company for the best attention, and to facilitate Visa procedures
- **European student:** European Health Insurance Card

#### **Official Inscription Form**





**ESCUELA DE CIRCO CARAMPA  
CURSO 2020-2022**

**APPLICATION FORM**

**CALL:**

**FIRST CALL**

**PERSONAL INFORMATION**

**SECOND CALL**

Last Name(s):

Name:

Date of Birth: Age (on October 1st, 2020)

Place of Birth: Nationality:

Other nationalities recognized by passport

Street Address / n<sup>o</sup>: City: Postal Code:

Country: E-mail

Telephone: Cellular phone:

Contact phone in case of accident Contact person in case of accident  
(capacity to remain calm)

DNI (Spaniard)/ NIE (resident) / Passport (other countries)

Spanish Social Security number, or European Health Insurance Card number (EU) or name of Health Insurance Company (non-EU)

Language spoken (mother tongue): other languages

Telephone in Spain

**APPLICATION FORM** (continued)

Last name, first name:

**PREVIOUS FORMATION:**

**Academic Level** (indicate: years studied, diplomas or titles received, or specialty studied, and name of the institution)

General Education (i.e.: Bachelor, Licensed in ..., Master in ..., etc.)

Specific Formation in Circus Arts:

Artistic Formation (i.e.: dance, drama, music, etc):

**Sports Training** (indicate sport, years practiced, titles or level achieved)

**Professional Experience related to circus, drama, dance or other artistic expressions and sports** (indicate: years worked, company or establishment, shows presented, and other details that you consider important).

**APPLICATION FORM** (continued)

Last name, first name:

**Medical History**

Injuries en bones, articulations, muscles (indicate if you have suffered any important injury, what part of your body, date, and treatment received)

Other medical factors that might affect physical activity, or require treatment (i.e.: cardiovascular conditions, diabetes, allergies, asthma, epilepsy...)

**Other information that you consider important**

**Where did you hear about E.C. CARAMPA?**

## APPLICATION FORM (continued)

- The candidate declares that he/she has a health insurance policy, public or private, that is in force, and is operated by an entity that is authorized to operate in Spain, that covers sickness, common contingencies, and accidents that might occur during their period of studies at the school. The Escuela de Circo Carampa will not be responsible for the consequences of the student not fulfilling this requisite.
- **No European student:** The student must present proof of this insurance on or before the first day of class (card or copy of insurance policy), if possible, in Spanish. If you must take out the insurance specifically for the school, we recommend that you do so with a Spanish company for the best attention, and to facilitate Visa procedures
- **European student:** The student must present proof of this insurance on or before the first day of class (European Health Insurance Card).
- The school will not accept responsibility for any action that causes loss or damage to installations, property or persons of which the student (or candidate) is the cause. This person will be individually responsible for any civil damages that are legally established. The school also reserves the right to take action against any student that it considers maliciously responsible for damage to the school, the material or other persons, and pursue the adequate compensation.
- Students from outside the European Union will be responsible for obtaining the necessary residency permits for periods longer than those established in their initial Visa (usually 3 months in European territory), which must be resolved in accordance with Spanish legislation. The student must inform the school (and show the corresponding documents) of the status of their applications for the required permits. The school will provide the necessary documents, but will not be responsible for the legal consequences if the student does not obtain the necessary Visa.
- I confirm that I have read and understand all the stipulations in this document, and agree to all of the terms and obligations that they contain:

Last name, first name:

Signature:

### Documents to include with application form:

- Official Inscription Form
- Photocopy of DNI (Spanish citizens) NIE (Spanish residents) or Passport (other countries)
- Medical Certificate: able for physical activities (see annex 3)
- Study Certificate
- 1 passport size picture (just head), and 1 picture of the whole body.
- Motivation letter

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