

**CARAMPA CIRCUS SCHOOL
COURSE 2022-2024**

GENERAL INFORMATION

All information is subject to possible modifications to adapt to official health protocols.

Number of students:	20
Age and Nationality:	No age or nationality limit.
Course fee:	4.050 € per year
Schedule:	Monday to Friday from 9:00 to 17:00 hs. (with some variation according to term/month/day) Some activities and internships take place on weekends.
Hours:	35 hours per week 1,150 hours per year.
Duration:	First year: October 2022 to July 2023 Second year: October 2023 to May 2024
Objectives:	Develop the physical qualities, basic training and specific training in circus techniques. Incorporate drama technique, in order to be able to be on stage, and perform in a believable manner. Develop the creative capacity of the individual and the group, as the basis for the formation of new artists. Introduce the pedagogy of teaching circus arts. Complete the formation process with the appropriate theoretical subject matter. Prepare students who want to continue their circus training in one of the Superior Schools of Circus Arts Prepare students for their incorporation in the labor market. 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
Please note:	For students who have been admitted. The student must present European Health Insurance Card (European student) or medical insurance (no European student) 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

Entrance exam – Ordinary call

Auditions can be taken in one of two formats:

PRESENIAL or ONLINE

It is recommended that prospective students who need to apply for a student visa in Spain for the formalisation of their legal stay of more than 3 months during their training, apply for this call.

Registration deadline: Wednesday, September 09, both in person and online.

Publication of results: Friday, September 16

Presential format: 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, behavior in group, attitude and other essential characteristics that determine the entrance to the course.
1st phase: physical test (see annex 1) and numbers (maximum number length: 3 minutes)
2nd phase: work shops and personal interview

Online format: The same tribunal of presential format, constituted by teachers from the school, will evaluate the material submitted by the applicants.

TABLE OF COURSE CONTENTS – 1st 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 – 2nd YEAR

1st PHASE

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

2nd 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

STAFF

- Director	Mesa rectora
- Artistic Direction	Javier Jiménez
- Headmaster	Helena Lario
- Administration	David León
- Secretary	Aranzazu Alonso / Carolina Rivainera
- Artistic Director 1 st year	Esther Acevedo
- Acrobatics	Helena Lario
- Dance / Creation Laboratory	Iris Muñoz
- Acrodance	Stefano Fabris
- Theater/Theatrical Theory/ Dramaturgy	guest teacher
- Trampoline	José Muñoz
- Physical Conditioning	Rafael Martín / Stefano Fabris
- Balance on apparatus	To be confirmed
- Aerial Techniques	guest teacher
- Juggling	Oscar Diéguez
- Acrobalance	Rafael Martín
- Handbalance	Stefano Fabris
- Chinese pole	guest teacher
- Teeterboard	guest teacher
- Pedagogy	pedagogical department
- History of Circus	Javier Jiménez
- Movement analysis	guest teacher
- Nutrition and Health	guest teacher
- Lighting and sound techniques	guest teacher
- Make up	guest teacher
- Aesthetic creation	guest teacher
- Other subjects	guest teacher

**ENTRANCE EXAMS
ORDINARY CALL PRESENTIAL**

Escuela de Circo CARAMPA
Camino Robledal, 2
Casa de Campo, 28011 – Madrid - España
Teléfono +34 91 479 26 02 info@carampa.com www.carampa.com

REGISTRATION DEADLINE:
September 09

FEE

30 € by bank transfer in Euros to the account of the Asociación de Malabaristas

Triodos Bank
Asociación de Malabaristas
ES34 1491 0001 2430 0009 2170
BIC: TRIOESMMXXX
Indicar en el concepto “NOMBRE APELLIDO INSCRIPCION ACCESO”

DOCUMENTATION REQUIRED

- Official Inscription Form, click [here](#)
- Motivation letter.
- Copy of DNI (Spanish citizens) NIE (Spanish residents) or Passport/ID Card (other countries)
- Medical Certificate: able for physical activities
- Study Certificate
- Copy of valid European Health Card (European citizens). Non European must provide a copy of a healthcare insurance policy valid in Spain which will cover healthcare incidences during the entrance exam. These documents must reach the school a few days before the beginning of the admissions process.
- 1 passport size photos (just head), and 1 photo of the whole body.

CALENDAR

Tuesday, September 13

10:00 to 11:30 Review of documentation
11:30 - 11:45 Welcome; Presentation and explanations
12:15 to 14:00 Physical tests
15:00 to 17:00 Workshop: Acrobatics
(17:00 to 18:30 space available for training numbers)

Wednesday, September 14

10:00 to 12:00 Presentation of artistic numbers (maximum 3 minutes).
12:00 to 14:00 Workshop: Drama
15:00 to 16:00 Workshop: Balance on apparatus
16:30 to 17:30 Workshop: Juggling

Thursday, September 15

10:00 to 12:00 Workshop: Aerial Techniques

12:00 to 14:00 Workshop: Dance

15:00 to 17:00 Interviews

Friday, September 16

10:00 to 13:00 Deliberation of the tribunal.

15:00 Publication of the list of candidates who have been selected.

Physical Test

FLEXIBILITY

Nº	test	description
1	Legs- split	Split with left leg and right leg Shoulders symmetrical and frontal. Hands to the sides, with weight evenly distributed. Legs extended.
2	Legs- frontal	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	Bridge. Laying on back. Hands placed at shoulder width, legs together. Extension of legs and arms.
4	Lumbar/posteriors	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	Hanging from trapeze with dorsal grip, arms and body extended. Flexion of arms, until the chin is above the level of the trapeze bar. (Complete extension of arms in between.)
6	Arms: triceps	Supported by hands and feet on floor, body straight. Flexion and extension of arms, with elbows closed (push-ups).
7	Abdominals	Hanging with back towards the wall bar. Lifting of both legs together, to touch the bar above the head. (maximum score with legs extended)
8	Legs: jumping	Standing on mat: 10 jumps: 5 with knees to chest (tuck jump), 5 opening legs to the sides (straddle jump).
9	Rope	Climb the rope in any position. Max. score with legs extended horizontally (together or separated).

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REGISTRATION DEADLINE:

September, 9

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- Medical Certificate: able for physical activities
- Study Certificate
- 1 passport size photos (just head), and 1 photo of the whole body.

INSTRUCTIONS ABOUT THE MATERIAL TO BE SUBMITTED

- Please **do not send photos or videos attached or embedded in the registration email**, send it in a WeTransfer or a link to a drive/cloud where we can access it without any problem. Keep an eye on your email to give us access permission in case we have problems. The drive/cloud link will be to the folder containing the documentation, video and/or images, do not send a link for each of them.
- Ways to submit the video:
 - WeTransfer
 - YouTube link (Hidden or public, not private)
 - Vimeo link with download permission.
 - Drive/Cloud link.
- Video format:
 - Record all shots horizontally.
 - Send a single video with all the requested content.
 - Same order as indicated in the audiovisual content (see below the summary of the video order).

- Section 2 (technical-artistic number) and 4 (movement skills), do not allow cuts or editing, it has to be recorded in a single take.
- The rest of the sections do allow edition.
- Avoid the use of music and/or background noise in sections 1 (physical skills) and 3 (acrobatic skills).
- Titles of the video (see below summary of the video order):
 - At the start of the video, a first title with the name of the candidate.
 - Indicate, by means of titles, each time the section is changed.

Example: 1. Physical skills – Strength

Summary of the order of the content of the video, in bold the titles to be included:

0. Candidate name

1. Physical test – Flexibility

- 1.1. Legs-split
 - 1.1.1. Frontal side camera view
 - 1.1.2. Side camera view
- 1.2. Legs front
 - 1.2.1. Side camera view
- 1.3. Lumbar/shoulder
 - 1.3.1. Side camera view
- 1.4. Lumbar/posterior
 - 1.4.1. Side camera view

2. Physical aptitudes – Strength

- 2.1. Arms: biceps
 - 2.1.1. Side camera view
- 2.2. Arms: Triceps
 - 2.2.1. Side camera view
- 2.3. Abdominals
 - 2.3.1. Side camera view
- 2.4. Legs: jumping
 - 2.4.1. Frontal camera view
- 2.5. Rope

3. Technical-artistic number

4. Acrobatic skills

- 4.1. Headstand
- 4.2. Handstand
- 4.3. Roll forward
- 4.4. Roll backward
- 4.5. Handstand to roll forward
- 4.6. Roll backward to handstand
- 4.7. Cartweel
- 4.8. Round off (optional)

4.9. Handspring (optional)

4.10. Back flic flac (optional)

5. Movement skills

6. Circus technique (optional)

DETAILED DESCRIPTION OF THE AUDIOVISUAL CONTENT

1- Physical Test (compulsory) – FLEXIBILITY

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

2- Physical Test (compulsory) – STRENGTH

Nº	test	description
2.1	Arms: biceps Side camera view	Hanging from trapeze with dorsal grip, arms and body extended. Flexion of arms, until the chin is above the level of the trapeze bar. (Complete extension of arms in between.)
2.2	Arms: tríceps Side camera view	Supported by hands and feet on floor, body straight. Flexion and extension of arms, with elbows closed (push-ups).
2.3	Abdominals Side camera view	Hanging with back towards the wall bar. Lifting of both legs together, to touch the bar above the head. (maximum score with legs extended)
2.4	Legs: jumping Frontal camera view	Standing on mat: 10 jumps: 5 with knees to chest (tuck jump), 5 opening legs to the sides (straddle jump).
2.5	Rope Any camera view	Climb the rope in any position. Max. score with legs extended horizontally (together or separated).

3- 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.

4- Acrobatic skills

Compulsory

- 4.1. Headstand: tuck to headstand. Hold 3 seconds
- 4.2. Handstand: kick to handstand. Hold 3 seconds
- 4.3. Roll forward
- 4.4. Roll backward
- 4.5. Handstand to roll forward
- 4.6. Roll backward to handstand
- 4.7. Cartweel

Optional

- 4.8. Round off
- 4.9. Handspring
- 4.10. Back flic flac

5- Movement skills (compulsory)

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

6- 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