

**CARAMPA CIRCUS SCHOOL
COURSE 2023-2025**

GENERAL INFORMATION

Number of students:	20/22
Age and Nationality:	No age and nationality limit
Course fee:	4,200 € per year
Timetable:	Monday to Friday from 9:00am to 5:00pm (with some variations depending on the term/month/day). Some activities and practices take place on weekends.
Number of hours:	35 hours per week 1,150 hours per year.
Duration of the course:	First year: October 2023 to July 2024 Second year: October 2024 to May 2025
Objectives:	<p>Develop physical qualities, basic preparation and specific preparation of circus techniques.</p> <p>Incorporate an interpretative technique that allows you to be on stage and perform with a high degree of truth.</p> <p>To promote individual and group creative work as a basis for the training of new artists.</p> <p>To introduce the pedagogical foundations of teaching. To complement comprehensive preparation with appropriate theoretical underpinning.</p> <p>Prepare those who want to access higher studies in circus techniques.</p> <p>Prepare students for their integration into the labor market. To make the labor market in the service sector more flexible and dynamic due to the current demand for professional companies and artists for indoor and street performances or animation, as well as in support of complementary training in educational centers.</p>
Please note:	If you are admitted, you must present, on the first day of class, a copy of your valid European Health Insurance Card (if you are European) or a copy of your health insurance in Spanish (it is advisable to take out insurance in Spain for better care).



Entrance Exams – Second Call - SEPTEMBER

The admission tests can be taken in one of two formats:
FACE-TO-FACE or ONLINE.

Deadline for registration: Monday 04 September 2023

Publication of results: Friday 15 September 2023

Face-to-face: From Tuesday 12 to Thursday 14 September 2023

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, behaviour 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: workshops and personal interview

Online: The same panel, made up of teachers of the school, in the face-to-face mode, evaluates the material submitted by the applicants.

TABLE OF CONTENTS 1st YEAR

Preparation and basic techniques

- Physical Preparation
- Dance
- Acrobatics: floor, trampoline, handstands, acrobatics, acrodance
- Drama
- Creative workshop

Circus techniques - First stage: multidisciplinary

Second stage: choice of specialties

- Balance on apparatus
- Aerial techniques
- Juggling
- Hand to hand
- Handstands

Pedagogical training

- Pedagogy
- Teaching practice

Theoretical courses to be closed by the head of studies, among others:

- Functional anatomy
- Security techniques
- Circus History
- Nutrition and Hygiene
- Make-up
- Lighting and sound techniques
- First aid
- Aesthetic realization

Group show

- Preparation and presentations of end-of-course group creation.

Formative Actions

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



TABLE OF CONTENTS 2nd YEAR

1st PHASE

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

2nd PHASE

Common Subjects

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

Main and Secondary specialties

- 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

- Dirección	Management Board
- General Coordination	Marisa Agostini Jaén
- Artistic direction	Javier Jiménez
- Head of Studies	Helena Lario
- Administration	Oscar Ortiz de Zárate / Carolina Rivainera / Agustín Arcas
- Acrobatics	Helena Lario
- Dance / Creative Workshop	Iris Muñoz
- Acrodanza	Stefano Fabris
- Drama	Esther Acevedo / Herminio Campillo
- Trampoline	José Muñoz
- Physical Conditioning	Rafael Martín / Carla Rojas
- Balance on apparatus	Laura Montaldo / Javier García
- Aerial techniques	Zenaida Alcalde / Costanza Lovazzano / Abraham Pavón
- Juggling	Oscar Diéguez
- Hand to hand	Rafael Martín
- Handstand	Stefano Fabris
- Chines pole / Straps	Néstor Aguilera
- Teeter board	Vicenç Pastor Sancho
- Pedagogy	Ainhoa Alfaro
- History of Circus	Javier Jiménez
- Functional Anatomy	Guillermo Pajuelo
- Nutrition and Hygiene	Virginia Fernandez
- Lighting and sound techniques	José Luis Ybot
- Make-up	Patricio Valdés
- Aesthetic realization	Monica Florensa
- Other matters	visiting teachers



ADMISSION TEST SECOND CALL- FACE-TO-FACE

CARAMPA Circus School -
Camino Robledal, 2
Casa de Campo, 28011 - Madrid - Spain
Telephone +34 91 479 26 02 info@carampa.com www.carampa.com

DEADLINE FOR REGISTRATION

04 September 2023

REGISTRATION FEE

35 € to be paid into the account of the Asociación de Malabaristas

Triodos Bank
Asociación de Malabaristas
ES34 1491 0001 2430 0009 2170
BIC: TRIOESMMXXX

Indicate in the concept "FIRST NAME LAST NAME REGISTRATION ACCESS".

DOCUMENTATION TO BE SUBMITTED BY THE APPLICANT

- Registration form in official format, click [here](#)
- Letter of motivation.
- Copy of DNI (Spaniards) NIE (residents) or passport/ID Card (foreigners)
- Medical certificate: fit for physical activity.
- Certificate of studies
- Copy of the valid European Health Insurance Card (European citizens) or health insurance valid in Spain (non-Europeans) that covers your health needs during your stay at the entrance exams (this document can be sent to the school a few days before the start of the entrance exams).
- 1 passport-size photograph and 1 full-length photograph

CALENDAR

Tuesday 12 September

10:00 - 11:00 Review of documentation
11:00 - 11:15 Presentation and explanations
11:45 - 13:30 Physical tests

14:30 - 16:15 Acrobatics workshop
(16:15-18:00) Space available for preparation of numbers)

Wednesday 13 September

10:00 - 11:30 Presentation of numbers (maximum 3 minutes).
11:45 - 13:30 Drama workshop

14:30 - 16:15 Balance on apparatus workshop
16:30 - 18:00 Juggling workshop

Thursday 14 September

10:00 - 12:00 Aerial Techniques Workshop

12:00 - 14:00 Dance workshop

15:00 - 16:30 Interviews

16:45 Deliberation of the tribunal.

Friday 15 September

15:00 Publication of the list of selected candidates

Physical tests

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).



ADMISSION TEST SECOND CALL- ON-LINE

Carampa Circus School,
Camino Robledal, 2
Casa de Campo, 28011 - Madrid - Spain
Telephone +34 91 479 26 02 info@carampa.com www.carampa.com

DEADLINE
04 September 2023

REGISTRATION FEE
35 € to be paid into the account of the Asociación de Malabaristas

Triodos Bank
Asociación de Malabaristas
ES34 1491 0001 2430 0009 2170
BIC: TRIOESMMXXX
Indicate in the concept "FIRST NAME + LAST NAME INSCRIPTION ACCESS".

DOCUMENTATION TO BE SUBMITTED BY THE APPLICANT

- Registration form in official format, click [here](#)
- Letter of motivation.
- Copy of DNI (Spaniards) NIE (residents) or passport/ID Card (foreigners)
- Medical certificate: fit for physical activity.
- Certificate of studies
- 1 passport-size photograph and 1 full-length photograph

Instructions on 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.

IMPORTANT: Do not send links that expire before July 1st.

Video format:

- Record all shots horizontally.
- A single video with all the requested content.
- Same order as indicated in audio-visual content (see video order summary below).
- Section 2 (technical-artistic number) and section 4 (movement skills), no cuts or editing allowed, must be recorded in one take.

- Other sections allow editing.
- Avoid the use of background music and/or noise in sections 1 (physical skills) and 3 (acrobatic skills).
- Video titles (see video order summary below if in doubt):
 - At the beginning of the video, a first title with the name of the candidate.
 - Indicate, by means of titles, each time a section is changed within the video.
 E.g.: 1. Physical skills – Flexibility

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. Cartwheel

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

	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/posteriors 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

	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