

**CARAMPA CIRCUS SCHOOL  
COURSE 2025-2027**

**GENERAL INFORMATION**

<b>Number of students:</b>	20
<b>Age and Nationality:</b>	No age and nationality limit
<b>Course fee:</b>	4,200 € per year
<b>Timetable:</b>	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.
<b>Number of hours:</b>	35 hours per week 1,150 hours per year.
<b>Duration of the course:</b>	First year: October 2025 to July 2026 Second year: October 2026 to May 2027
<b>Objectives:</b>	<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>
<b>Please note:</b>	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).

## **ADMISSION TEST**

The admission tests can be taken in one of two modalities:

**PRESENIAL or ONLINE.**

### **Presential modality:**

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 modality:**

The same panel, made up of professors of the School, in the face-to-face mode, evaluates the material submitted by the applicants.

## **FIRST CALL – JUNE**

**Deadline for registration:** Wednesday 11th June 2025

**Dates of presential tests:** From Tuesday 17th to Thursday 17th June 2025

**Publication of results:** Friday 20th June 2025

## **SECOND CALL – SEPTEMBER**

**will only be held if the places are not fulfilled in June**

**Deadline for registration:** Wednesday 3rd September 2025

**Dates of presential tests:** From Tuesday 9th to Thursday 11th September 2025

**Publication of results:** Friday 12th September 2025

## ADMISSION TEST PRESENTIAL

CARAMPA Circus School -  
Camino Robledal, 2  
Casa de Campo, 28011 - Madrid - Spain  
+34 91 479 26 02 / +34 648 82 24 94

[info@carampa.com](mailto:info@carampa.com)

[www.carampa.com](http://www.carampa.com)

### DEADLINE FOR REGISTRATION

**First call:** 11th June 2025

**Second call:** 3rd September 2025 (will only be held if the places are not fulfilled in June)

### 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 healthinsurance 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 FIRST CALL PRESENTIAL – June

#### Tuesday 17 June

**10:00 - 11:15** Review of documentation  
**11:15 - 11:30** Presentation and explanations  
**12:00 - 14:00** Physical tests

**15:00 - 17:00** Acrobatics workshop  
(17:00-18:30) Space available for preparation of numbers)

**Wednesday 18 June**

- 10:00 - 12:00 Presentation of numbers (maximum 3 minutes).  
12:00 - 14:00 Aerial Techniques Workshop
- 15:00 - 16:30 Drama workshop  
16:30 - 18:00 Juggling workshop

**Thursday 19 June**

- 10:00 - 12:00 Balance on apparatus Workshop  
12:00 - 14:00 Dance workshop
- 15:00 a 17:00 Interviews  
17:00 a 19:00 Deliberation of the tribunal.

**Friday 20 June**

- 15:00 Publication of the list of selected candidates

**CALENDAR SECOND CALL PRESENTIAL – September**  
**will only be held if the places are not fulfilled in June**

**Tuesday 9 September**

- 10:00 - 11:15 Review of documentation  
11:15 - 11:30 Presentation and explanations  
12:00 - 14:00 Physical tests
- 15:00 - 17:00 Acrobatics workshop  
(17:00-18:30 Space available for preparation of numbers)

**Wednesday 10 September**

- 10:00 - 12:00 Presentation of numbers (maximum 3 minutes).  
12:00 - 14:00 Aerial Techniques Workshop
- 15:00 - 16:30 Drama workshop  
16:30 - 18:00 Juggling workshop

**Thursday 11 September**

- 10:00 - 12:00 Balance on apparatus Workshop  
12:00 - 14:00 Dance workshop
- 15:00 a 17:00 Interviews  
17:00 a 19:00 Deliberation of the tribunal.

**Friday 12 September**

- 15:00 Publication of the list of selected candidates

## **PHYSICAL TESTS**

### **FLEXIBILITY**

<b>Nº</b>	<b>test</b>	<b>description</b>
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**

<b>Nº</b>	<b>test</b>	<b>description</b>
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: jumps	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 ON-LINE

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### DEADLINE FOR REGISTRATION

**First call:** 11th June 2025

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### REGISTRATION FEE

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Asociación de Malabaristas

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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](#)
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- 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 the results publication date**

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

	<b>test</b>	<b>description</b>
1.1	Legs- split  <b>Frontal and side camera view</b>	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  <b>Side camera view</b>	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  <b>Side camera view</b>	Bridge. Laying on back. Hands placed at shoulder width, legs together. Extension of legs and arms.
1.4	Lumbar/posteriors  <b>Side camera view</b>	From stand position, forward flexion of the trunk over legs, placing hands on the floor facing backward. Legs stretched.

### 2- **Physical Test** (compulsory) – STRENGTH

	<b>test</b>	<b>description</b>
2.1	Arms: biceps  <b>Side camera view</b>	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  <b>Side camera view</b>	Supported by hands and feet on floor, body straight. Flexion and extension of arms, with elbows closed (push-ups).
2.3	Abdominals  <b>Side camera view</b>	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: jump  <b>Frontal camera view</b>	Standing on mat: 10 jumps: 5 with knees to chest (tuck jump), 5 opening legs to the sides (straddle jump).
2.5	Rope  <b>Any camera view</b>	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

## TABLE OF CONTENTS 1<sup>st</sup> YEAR

### **Preparation and basic techniques**

- Physical Preparation
- Dance
- Acrobatics: floor, trampoline, handstands, acrobatics, acrodance, acrobatic portes group
- 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
- 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 2<sup>nd</sup> YEAR

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

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

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

#### Common Subjects

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

#### Main and Secondary circus specialties

- Balance on apparatus
- Aerial Techniques
- Juggling
- Hand to hand
- Handstands
- (Other specialties depending on the course)

#### Theoretical Courses

- Biomechanics
- Aesthetic creation
- Labor Guidance / Production
- Pedagogy

#### Creation of circus acts

- Individual Tutorials: monitoring act creation
- Presentation of individual numbers, pairs or small groups in different settings

#### Workshops

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

#### Formative Actions

- Practice in festivals
- Conferences and visits

## STAFF

- Dirección	Management Board
- Artistic direction	Javier Jiménez
- Head of Studies	Helena Lario
- Administration	Oscar Ortiz de Zárate / Carolina Rivainera / Agustín Arcas
- Acrobatics	Helena Lario
- Dance / Creation Laboratory	Iris Muñoz
- Acrodance	Stefano Fabris
- Drama	Esther Acevedo / Herminio Campillo
- Trampoline	Vicenç Pastor
- Physical Conditioning	Rafael Martín / César López
- 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
- Pedagogy	Ainhoa Alfaro
- Circus History	Javier Jiménez
- Functional Anatomy	Jaime Alonso
- Nutrition and Hygiene	Virginia Fernandez
- Lighting and sound techniques	Héctor Vázquez
- Make-up	Patricio Valdés
- Aesthetic realization	Monica Florensa
- Other matters	visiting teachers