

AUDITIONS 2021

Professional Circus School

application guide

COURSES

TECHNICAL YEAR

One year course full time for those who wish to apply in the future for a Professional Circus program.

—
duration: 1 year

CIRCUS ARTS PROFESSIONAL COURSE

Professional program for Circus Artists (+18).

—
duration: 2 years



**APPLICATIONS
UNTIL MAY 8TH 2021**

SUBMIT TO:

candidaturas@inac.com.pt

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INAC — Instituto Nacional de Artes do Circo

INAC is an international center dedicated exclusively to circus arts based in Vila Nova de Famalicão, Portugal.

The Institute has two main missions: to train artists who are capable of a multidisciplinary approach that assures the development and establishment of new artistic aesthetics; and to take circus to all audiences, spreading and implementing contemporary circus in Portugal, providing a new offer and enriching the current cultural panorama.

Traditionally, the circus is a "big family", and INAC is no exception. All of our projects are made with love for what we do, with passion, and a lot of hard work.

The Instituto Nacional de Artes do Circo is a member of FEDEC - European Federation of Professional Circus Schools.

PROFESSIONAL EDUCATION IN CONTEMPORARY CIRCUS

INAC's contemporary circus training program is aimed at stimulating and training young circus artists in a high technical and artistic level.

We believe that besides risk, poetry and humor, it is technical excellence and virtuosity that support the various forms of contemporary circus.

The pedagogical foundation of this project is centered in an intensive daily training that develops different circus disciplines (such as juggling, clown, balance, aerials, acrobatics, amongst others) in a tight relationship with other artistic forms, namely theater and dance. INAC fills in the gap that existed in contemporary circus studies in Portugal, based in the belief that in the future, exceptional artists will create exceptional art.

INAC offers 2 distinct study programs:

01. Technical Year
02. Circus Arts Professional Course

COURSE 01.

TECHNICAL YEAR

This is a program focused on the technical aspect of the circus training, giving the necessary tools to a good and healthy circus base practice.

During a 1 year period the student will learn the bases of different circus techniques and have an opportunity to have a first contact with artistic and research components. This is a year of basic training in circus techniques.

Program Overview

Number of students per class: 20-25

Duration: 1 year, divided in 3 trimesters

Workload: approximately 1400 hours / 37,5 hours per week

Timetable: Monday to Friday from 09:00 to 17:30

Calendar: September 2021 to June 2022

Subjects

Physical Preparation

Flexibility

Acrobatics

Handstands

Research Laboratory

Trampoline

Base – Aerials

Base – Balance

Base – Juggling

Classical Dance / Ballet

Contemporary Dance

Theater

Autonomous Training

Who can apply?

18+ years old or people who will complete

18 years until the 31st December 2021.

No specific education required. No age limit.

Program Fees:

Audition fee: 50€

Enrolment: 100€

Insurance: 100€

Tuition: 3300€



COURSE 02.

CIRCUS ARTS PROFESSIONAL COURSE

This is a program focused on the technical-artistic aspect of contemporary circus. The first three months of the program will be focused on the bases of acrobatics and circus techniques. After this period each student will choose an area of specialisation.

Apart from circus specific training, complementary areas such as dance and theater will be worked on.

Visão Geral

Number of students per class: 20-25

Duration: 2 years, divided in 6 trimesters

Workload: approximately 1400 hours per year (37,5 hours per week)

Timetable: Monday to Friday, from 09:00 to 17:30

Calendar: 1st year: from September 2021 to July 2022

2nd year: from September 2022 to July 2023

Subjects

Physical Preparation

Flexibility

Acrobatics

Handstands

Trampoline

Base - Aerials

Base - Balance

Base – Juggling

Classical Dance / Ballet

Contemporary Dance

Theater

Research Laboratory

Speciality

Autonomous Training

Circus History

Aesthetics of Contemporary Circus

Anatomy

Production

Collective Composition

Individual Composition

Public Presentations

Performing is big part of a circus artist's life so at the end of each trimester the students take part on a public presentation.

In the end of the first year there is a collective project, directed by an invited director and premiered at the Vaudeville Rendez-vous Contemporary Circus Festival.

In the end of the second year each student will create an original solo of about 20 minutes that premieres at À MOSTRA Contemporary Circus Solos Festival, at "Casa das Artes de Vila Nova de Famalicão".

Professional Possibilities After Graduation

After this program the student will be able to:

- Integrate the cast of circus companies;
- Create / integrate artistic projects related to the circus area;
- Continue their studies at circus higher education schools;
- Focus on a specialisation in a connected educational area (such as cultural animation).

Who can apply?

18+ years old or people who will complete 18 years until the 31st December 2021.
No specific education required. No age limit.

Program Fees:

Audition fee: 50€

Enrolment: 100€

Insurance: 100€

Tuition: 3300€



ABOUT INAC

ACADEMIC TEAM

INAC has a broad group of portuguese and international teachers on its Academic Team. For each subject we chose people with pedagogical experience and knowledge to share, that develop dynamic and effective classes, always presenting the latest research made in their own fields of expertise.

In order for this flow of knowledge to exist, new teachers are welcomed into the school as needed, according to the changes in the curriculum and the specific needs of the students.

This multidisciplinary team sees the student as an individual and, at the same time, as part of a collective body, contributing to their social and autonomous development.

METHODOLOGY

The guidelines addressed in our methodology are based on a process of exchanging and sharing between the student and the tutor. We use a progressive methodology and a clear and effective guidance that helps the student in their relation with society and the artistic creation.



Some areas of expertise that are highlighted during this study-program:

- Circus Training.
- Health: theoretical and practical knowledge in anatomy, biochemistry, nutrition, and biomechanics, applied to the everyday life of a circus professional.
- Cultural Policies and Economics: market analysis, Portuguese and European funding opportunities, cultural projects, the circus circuits at an international level.
- Artistic Thinking: humanistic approach to circus through subjects such as art history, circus history, aesthetics, ethics and artistic concepts, applied in hands-on exercises and analysis.

EVALUATION

Students are evaluated in:

- Knowledge of body technique and the of the chosen circus specialty;
- Artistic personality and expression of creativity using a correct appreciation of physical and plastic possibilities;
- Ability to work autonomously and as part of a group;
- Ability to translate an artistic director's proposal.



FACILITIES

INAC is located in Vila Nova de Famalicão, a cultural city in the north of Portugal.

With a space with more than 3000m², it is exclusively dedicated to circus practice.

Three warehouses with 9 meters high, a dance and theatre studio/blackbox, 3 Trampolines, Trampwall, Airtracks, 2 Spring Floors (140m² each), 20 meters Tumbling, Foam Pit, Change Rooms, Lockers, Creation and Presentation Space, Eating Space and Lounge Area.

The facilities are open from Monday to Friday, from 09:00 to 20:00. All of our students are welcome for free practice after classes.

INAC also has a beautiful circus tent where some of the public periodic presentations take place.



AUDITIONS

The auditions are the same for both courses the Technical Year and the Circus Arts Professional Course. Selection criteria will determine which of the programs the school believes is the best fit for each candidate.

A Jury constituted by INAC's teachers and board will evaluate and grade the potential students in physical condition, technical level, stage presence, quality of movement, group attitude, amongst other characteristics.



DESCRIPTIVE SUPPORT OF THE VIDEO TUTORIAL

👉 link to the video: youtu.be/s3LChdnkMxk 👈

Attention to some important points:

- The steps of flexibility, interpretation and movement **cannot be edited**. It is important that you record everything followed without cuts;
- The camera must be fixed;
- Do not exceed the stipulated time;
- If some of the exercises are out of your level, do not do / feel free to show us others that you consider important;
- You only need to create one video that includes all the steps.
- This single video must be named "Full Name_INAC2021", **placed in unlisted mode** on the **YouTube** platform and at the end send us the link. **Attention, video sent in another format will not be accepted.**
- All the exercises described below can be found in the video tutorial.

Stage - Flexibility

Exam / Body Part	Movement Description
Antero-posterior / Legs	Split with right and left leg.
Frontal Legs	Split with legs apart, pelvis in the centre, arms stretched above the head.
Frontal Legs	Legs apart, trunk vertically. Descends the trunk between the legs with the belly facing down.
Antero Legs	Sitting base, legs straight to the front and upper body bended over the legs.
Column and Posterior Legs	Standing up, trunk bending over stretched legs and arms stretched with the support of hands on the floor.
Specular Waist and Column	Bridge. Hands resting on the floor with arms outstretched. Legs together and stretched.
Shoulders	At the seated base, arms stretched behind the shoulders to extend maximum with the hands close together.

Stage – Strength

Exam / Body Part	Movement Description
Arms	Push-ups, with support of hands and arms apart. Legs stretched and trunk in plank position (15 repetitions).
Abdominals	Lying base, elevation of arms and legs together and elongated. (15 repetitions).
Abdominals	Lying base, lifting arms together and legs apart and elongated (15 repetitions).
Handstands	1) Group entry 3 repetitions; 2) Entrance with legs apart; 3) Olympic handstand (optional)
Handstands	Fixed handstand maintenance (max. 1min)

Stage - Acrobatics

Exercise
Roll (front / back)
Cartwheel (right / left)
Handstand
Handstand roll
Roundoff
Opcionals
Spider (front / back)
Flic-flac
Roundoff flic-flac
Back flip
Roundoff back flip
Roundoff flic flac back flip

Stage – Dance (Máx.1 minute and 50 seconds)

In this stage the candidate must present the sequence of movements of the video tutorial, followed by 1 minute of improvisation.

It is important to delimit the space (3mx3m).

Stage – Interpretation (Máx. 3 minutes)

At this stage, the candidate must tell a story using the phrase: "Once I had a dream ..."

We will evaluate not only your imagination but also your way of communicating. Use your body with actions, explore your voice and be expressive!

You can tell your story in Portuguese, Spanish or English.

Stage – Performance (Máx. 3 minutes)

At this step the candidate will present an artistic solo using a circus technique of their choice.

If you don't have a circus background please apply with dance, theatre or other artistic performance.

If you are unable to record properly, you can compile videos from previous shows or training that have been recorded at most 1 year ago.

Stage – Interview (Máx. 3 minutes)

In this interview, candidates have the opportunity to talk about themselves, explain why they want to study at INAC and what their goals are in relation to the study program.

It is important that you answer the questions below in a concrete and objective way.

This step can be in Portuguese, Spanish or English.

The candidate must answer the following questions:

- 1) Briefly describe your life path.
- 2) How did you hear about INAC? Why do you want to enroll in a professional circus arts course?
- 3) Can you afford to pay for the course?
- 4) What would be your specialty choice?
- 5) What are your professional goals after formation?
- 6) Assuming you are not approved for the 1st year of the professional course, would you be interested in doing the Technical Year?

Click bellow to access and complete the FORM

https://docs.google.com/forms/d/e/1FAIpQLSeLx1V0mdJh7b6x_w_kJZW5aCVOJEUsny1g_cX_BSjZ5XV2Ag/viewform?usp=sf_link



SUBMISSION FOR AUDITIONS - VIDEO

Applicants must send the application dossier and the respective video until **23:59 of May 8, 2021 (Lisbon / Portugal time)** to the e-mail:

candidaturas@inac.com.pt

→ **RESULTS:** Candidates will be contacted until June 8, 2021.

Each application dossier must include:

- YouTube **unlisted link** of the video with all the steps (flexibility, strength, acrobatics, dance, interpretation, performance and interview)
- Registration form (Google Forms link);
- Copy of the identification document;
- Medical certificate of physical fitness;
- Face photo;
- Full body photo;
- Certificate of studies;
- Authorization by the parent (if the candidate is not 18 years old by the day the application is sent);
- Proof of payment of the registration fee.

*** A missing document or video step may result in disqualification of the applicant. The receipt of the application will be confirmed within 5 days after sending the video, registration and requested documents.**

TAXA DE INSCRIÇÃO PARA AS AUDIÇÕES

The registration fee for the auditions of **50€** (non-refundable) must be paid **only by bank transfer** to:

Account holder: INAC – Instituto Nacional de Artes do Circo

Bank: Millenium BCP

IBAN: PT50 0033 0000 45508041015 05

BIC/SWIFT: BCOMPTPL

**** Only payments by bank transfer will be accepted. Proof of payment must be attached to the application dossier.***

CONTACTS

For further information:

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