

AUDITIONS 2023

APPLICATION GUIDE FOR IN-PERSON AUDITIONS



**Applications
until may 1, 2023**

For further information:
candidaturas@inac.com.pt

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the institute

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: October 2023 to June 2024

Subjects

Physical Preparation	Trampoline	Contemporary Dance
Flexibility	Base – Aerials	Theater
Acrobatics	Base – Balance	Autonomous Training
Handstands	Base – Juggling	
Research Laboratory	Classical Dance / Ballet	

Who can apply?

18+ years old or people who will complete 18 years until the 31st December 2023. No specific education required. No age limit.

Program Fees

(NON-REFUNDABLE)

Audition fee: 60€

Enrolment: 200€

Tuition: 3600€



CIRCUS ARTS PROFESSIONAL COURSE

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.

Program Overview

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 October 2023 to June 2024

2nd year: from October 2024 to June 2025

Subjects

Physical Preparation	Theater
Flexibility	Research Laboratory
Acrobatics	Speciality
Handstands	Autonomous Training
Trampoline	Circus History
Base - Aerials	Aesthetics of Contemporary Circus
Base - Balance	Anatomy
Base - Juggling	Production
Classical Dance / Ballet	Collective Composition
Contemporary Dance	Individual Composition

Public Presentations

Performing is a big part of a circus artist's life so at the end of each trimester the students take part in a public presentation. In the end of the first year there is a collective project, directed by an invited director. In the end of the second year each student will create an original solo of about 20 minutes that premieres at ÀMOSTRA 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 2022. No specific education required. No age limit

Program Fees

(NON-REFUNDABLE)

Audition fee: 60€

Enrolment: 200€

Tuition: 3900€



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.

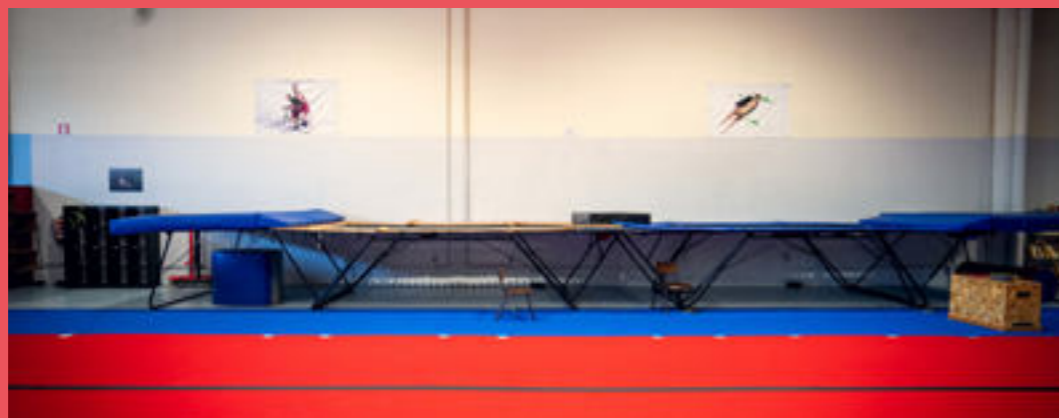
EVALUATION

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.

PERIOD OF ADAPTATION TO PORTUGUESE LANGUAGE

In the first 3 months of class, the student is considered to be in the adaptation period and the school will always do its best to facilitate this adaptation with regard to bureaucratic documents, communications, information sent by email or posted on the wall. However, with regard to classes, after the adaptation period it is expected that the student will be available and make an effort to follow the classes that will be applied in Portuguese.



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 our students are welcome to practice freely after classes in pre-defined spaces.

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





auditions

The auditions in person on **May 19, 20 and 21, 2023 at INAC facilities.** (see registration information on the following pages). For candidates with an official address outside the European Union and who are unable to attend in person, it is possible to hold video auditions. If necessary, request the Application Dossier by Video by email: candidaturas@inac.com.pt

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.



Steps of the Audition Process

In order to guide the candidate, here is a schedule of the stages of the 2023 auditions:

STAGE 1 | PHYSICAL PREPARATION

The candidate will have to perform some flexibility, strength and acrobatics exercises.

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.

strenght

EXAM / BODY PART	MOVEMENT DESCRIPTION
Arms	Push-ups. Stretched legs and torso in plank position (10 repetitions)
Arms	With a bar, Arms in a pull up position. Try reaching your head over the bar each repetition (10 repetitions)
Abdominal Toes to bar Pike	With a bar, legs straight, try to touch the bar with your feet in a pike position.
Abdominal Toes to Bar (Straddle)	With a bar, straight knees, open your legs to a straddle leg position and try to touch the bar with your toes (10 repetitions)
Handstands	Entry to handstands: it's important to reach the line of the handstand every time. No need to balance in the Handstand. 1. Tuck jump to handstand. Jump with bent knees and straight in to the handstand. 2. Straddle jump to handstand. Jump with open legs straight in to the handstand. 3. Pike jump to handstand. Jump with pike straight legs in to the handstand. 4. Press to Handstand. Press in to the handstand in straddle or pike with no jump or inertia. (Optional)
Handstands (Endurance)	Try to hold a handstand without the wall for 1 minute.

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

*These elements will be carried out progressively, guided by the test instructor, following the level of each candidate.

STAGE 2 | MOVEMENT AND INTERPRETATION CLASSES

At this stage, through movement and interpretation classes, candidates will have the opportunity to demonstrate their quality of movement, expression, creativity, interpretation and improvisation.

STAGE 3 | PERFORMANCE (MAX. 3 MINUTES)

At this stage the candidate must present an artistic work using a circus technique of his choice. If you don't have a circus background, you can apply with a dance solo, theater or other artistic field. All material used in the performance is the responsibility of the candidate.

STAGE 4 | 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 following questions will be asked:

- 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?

SUBMISSION OF REGISTRATIONS FOR THE AUDITIONS

Candidates must complete and submit Google Forms by **12:00 on May 1, 2023** (Lisbon/Portugal time):

<https://forms.gle/XAacEc7TMLHWjqWj7>

RESULTS

Applicants will be contacted from June 19, 2023.

Attention, the documents that must be attached to Google Forms:

- Copy of identification document;
- Medical certificate of physical fitness;
- Face photo;
- Full body photo;
- Certificate of studies;
- Authorization from the parent or guardian (if the candidate has not turned 18 by the day the application is sent);
- Proof of payment of the registration fee.

* The lack of a document or video step may result in the candidate being disqualified.

REGISTRATION FEE FOR AUDITIONS

The registration fee for the auditions is €60 non-refundable and 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:

candidaturas@inac.com.pt

(+351) 252 218554

OPENING HOURS

(PORTUGAL MAINLAND TIME)

10:00 am to 1:00 pm

2:00 pm to 5:00 pm

Good Luck!



