



# APPLICATION FORM

## Preparatory Training: 2-year programme



Professional Training in Circus Arts

ARC EN CIRQUE

Centre Régional des Arts du Cirque de Chambéry



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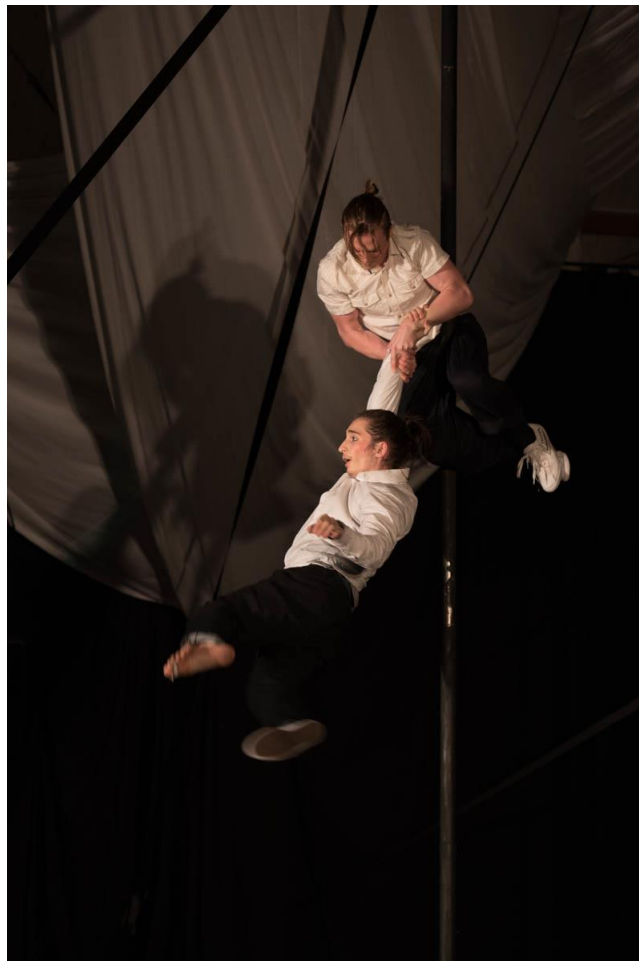
## INTRODUCTION

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**ARC EN CIRQUE, Centre Régional des Arts du Cirque de Chambéry** is a non-profit organisation established in 1987. It comprises three facilities: the Centre for Professional Circus Arts Training, the Centre for Amateur Performance, and the Centre for Resources and Exchange, which includes a resource library and facilities for hosting artists and companies in residence.

Accredited by the French Federation of Circus Schools (FFEC) as a professional training centre and member of the European Federation of Professional Circus Schools (FEDEC), Arc en Cirque offers a **Preparatory Training** programme funded and supported by the Rhône-Alpes regional authorities and the Auvergne Rhône-Alpes regional department for cultural affairs.

Many students who have attended the Preparatory Training programme have subsequently been accepted into higher education establishments, including ENACR (Rosny-sous-Bois), CNAC (Châlons-en-Champagne), Académie Fratellini (La Plaine Saint-Denis), the National Centre for Circus Arts (London), DOCH (Stockholm), ENC (Montreal), ESAC (Brussels), Ecole de Cirque de Québec, ACAPA (Tilburg), and CODARTS (Rotterdam).



## **PREPARATORY TRAINING FOR ENTRANCE EXAMINATIONS**

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**Preparation for entrance examinations to higher education establishments or artistic training: preparatory professional, technical and artistic training offered over two years.**

### **PROGRAMME**

The programme is organised into training units with a focus on general and specific physical conditioning, acrobatics, circus techniques and artistic disciplines such as dance and expression.

**Year 1:** Students build on their technical and artistic skills.

**Year 2:** Students refine their technical and artistic skills and begin creating a technical and artistic sequence that they will use to audition for their chosen circus schools.

### **PROGRAMME DATES**

Mid-September 2019 to the end of June 2021.

### **PROGRAMME CONTENT**

#### **TECHNICAL TRAINING UNIT**

Acrobatics (e.g. general physical conditioning, flexibility, floor work, trampoline, mini-trampoline)

Circus techniques based on the prerequisites of the targeted schools

Aerial (e.g. trapeze, rope, silk, cradle, swinging trapeze)

Equilibratics (e.g. tightrope, slackrope, rolla bolla, unicycle, acrobatic bicycle, free ladder)

Juggling (e.g. balls, bouncing objects, clubs, devil sticks, hats)

Acrobatics (e.g. equilibratics, lifting, Chinese pole, teeterboard, banquine)

#### **ARTISTIC TRAINING UNIT**

Dance (e.g. classical, jazz, contemporary)

Expression (e.g. creativity, acting, clowning, drama)

#### **PERSONAL DEVELOPMENT AND TRAINING MANAGEMENT UNIT**

Plenary meetings and student council

Physiotherapy check-ups, medical follow-up

Individual interviews for assessment and adjustment/support as needed

Internship reports

Writing and defending a term paper

## **GENERAL TRAINING UNIT MODULES**

Anatomy-physiology/traumatology and practical exercises  
Circus history/circus culture  
Foreign languages  
Technical production  
Safety  
Expression  
Labour law  
Research methodology  
Internship research  
Methodology for written documents (CV, cover letter, internship report, thesis)

## **CAREER DEVELOPMENT UNIT**

Interaction with performing arts professionals at their workplace  
Interaction and discussions with companies and artists in residence at the Centre Régional des Arts du Cirque de Chambéry and/or at cultural centres such as Espace Malraux  
Internships alternating with school-based training  
Introduction to institutions involved in the performing arts  
Participation in public productions  
Access to live performances  
Role-playing exercises for those pursuing the Instructor Training option

The programme includes the option of Instructor Training for students wishing to prepare for the Circus Arts Instructor Certificate (*Brevet d'Initiateur aux Arts du Cirque*), awarded by the French Federation of Circus Schools.

## **APPLICANT PROFILE**

Applicants must be aged between 16 and 22. Those from France must hold a “BEPC” or “BAC” school leaving certificate, depending on the schools to which they wish to apply.

Preparatory Training is open to foreign applicants who are advised to contact their local French embassy regarding residence permits (European applicants) or long-stay visas.

## **TRAINING VENUES**

- Centre Régional des Arts du Cirque de Chambéry
- Palestre acrobatic sports complex in Chambéry
- circus tents, depending on the artistic event

## PROGRAMME COSTS

The programme is funded by the Auvergne Rhône-Alpes regional authorities.

Applicants are responsible for the annual €500 registration fee for Arc en Cirque in addition to their living expenses (accommodation, meals, healthcare, etc).

Successful applicants from France or other European countries will have non-remunerated “vocational trainee” status.





## ENTRY REQUIREMENTS FOR PREPARATORY TRAINING

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Completed applications must be received **no later than Monday 25 March 2019**. **Incomplete applications will not be considered.**

You will receive a reply by email or post in **early April 2019**.

### TWO SELECTION STAGES

1. An initial shortlist based on the application form (fee: €25).
2. A one-day technical and artistic audition at the Centre Régional des Arts du Cirque (instruction fee: €60).

### DATES AND CONTENT

**SHORTLISTED APPLICANTS WILL BE INVITED TO ATTEND AN AUDITION ON EITHER SATURDAY 20 APRIL OR SUNDAY 21 APRIL 2019 (DATE TO BE CONFIRMED BY INSTRUCTORS). FOR ORGANISATIONAL REASONS, DATES CANNOT BE CHANGED.**

- **Assessment of general physical conditioning skills (e.g. strength, flexibility)**
- **Assessment of acrobatic skills (e.g. floor work, equilibristic, trampoline)**
- **Assessment of artistic skills (dance)**
- **Assessment of circus and artistic skills during a performance lasting no more than three minutes**

Results will be advised by post in May 2019.



## PERSONAL PROFILE FORM

Last name: ..... First name: .....

Date of birth: .....

Place of birth: ..... Age: .....

Address: .....

.....

Town: ..... Postcode: .....

Land line: ..... Mobile: .....

E-mail: ..... Nationality: .....

*For non-French applicants:*

Residence permit number: ..... Does it allow you to work? .....

### LEVEL OF EDUCATION

School leaving qualification(s):

Highest qualification obtained: ..... Year obtained: .....

### CURRENT SITUATION (*unemployed, student, etc*): .....

Are you registered with a French job centre? If so, please state which one: .....

### FAMILY BACKGROUND

Father (*first and last name/profession*): .....

Mother (*first and last name/profession*): .....

### TRAINING IN CIRCUS ARTS

Have you ever received training at a Circus Arts preparatory school? .....

If so, please state which one and in which year: .....

From whom/how and when did you hear about the Centre Régional des Arts du Cirque de Chambéry?

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Have you applied to other schools? If so, which ones?.....

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## MEDICAL FORM

### PERSONAL INFORMATION

Last name: ..... First name: .....

Date of birth: ..... Nationality: .....

Height: ..... Weight: .....

Address: .....

Town: ..... Postcode: .....

Land line: ..... Mobile: .

### SOCIAL SECURITY (ATTACH A COPY OF YOUR "CARTE VITALE" HEALTH INSURANCE CARD - FRENCH RESIDENTS ONLY)

Social Security number (French residents only) | \_ | \_ | \_ | \_ | \_ \_ | \_ \_ | \_ \_ |

Caisse d'affiliation (French residents only): .....

### PERSON TO BE CONTACTED IN THE EVENT OF AN ACCIDENT

Last name: ..... First name: .....

Address: .....

Land line: ..... Mobile: .....

### AUTHORISATION (IF UNDER 18 YEARS OF AGE)

I hereby authorise the head of the Centre Régional des Arts du Cirque to take any emergency action in the event of an accident or illness (including hospitalisation):

YES  NO

- Hospital: .....
- Clinic: .....

### **To whom it may concern**

Signed in ..... Date .....

Signature



## INFORMATION REGARDING YOUR PREVIOUS TRAINING

### ACROBATICS

NUMBER OF YEARS' EXPERIENCE	NAME OF FACILITY AND TOWN	NUMBER OF HOURS PER WEEK	NAMES AND QUALIFICATIONS OF YOUR INSTRUCTORS

#### STATE YOUR LEVEL:

TECHNICAL ELEMENT	MASTERED	LEARNING	NOT MASTERED	SPOTTER REQUIRED (YES/NO)
BALANCING				
CARTWHEEL				
ROUND OFF				
HANDSPRING				
HEADSPRING				
BACK FLIP				
FRONT SALTO				
BACK SALTO				
ROUND OFF FLIP				
ROUND OFF SALTO				
ROUND OFF FLIP SALTO				

### CIRCUS DISCIPLINES

DISCIPLINES	NUMBER OF YEARS' EXPERIENCE	NAME OF FACILITY AND TOWN	NUMBER OF HOURS PER WEEK	NAMES AND QUALIFICATIONS OF YOUR INSTRUCTORS

Of the following disciplines, please tick the box corresponding to your choice of specialisation:

- Acrobatics
  Aerial
  Juggling
  Balancing arts

Please state the specialisation in which you will be performing your three-minute act (e.g. if acrobatic disciplines: equilibristics, lifting, Chinese pole, contortion, banquine, etc.)

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Application for Preparatory Training

**DANCE**

DESCRIPTION	NUMBER OF YEARS' EXPERIENCE	NAME OF FACILITY AND TOWN	NUMBER OF HOURS PER WEEK	NAMES AND QUALIFICATIONS OF YOUR INSTRUCTORS
<b>STATE YOUR LEVEL:</b>				

**ACTING**

DESCRIPTION	NUMBER OF YEARS' EXPERIENCE	NAME OF FACILITY AND TOWN	NUMBER OF HOURS PER WEEK	NAMES AND QUALIFICATIONS OF YOUR INSTRUCTORS
<b>STATE YOUR LEVEL:</b>				

**OTHER DISCIPLINES OR TRAINING PROGRAMMES**

NAME AND DESCRIPTION	NUMBER OF YEARS' EXPERIENCE	NAME OF FACILITY AND TOWN	NUMBER OF HOURS PER WEEK	NAMES AND QUALIFICATIONS OF YOUR INSTRUCTORS
<b>STATE YOUR LEVEL:</b>				

**WHAT IS YOUR EXPERIENCE OF LIVE PERFORMANCE?**

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## ADDITIONAL QUESTIONS

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**YOUR COVER LETTER MUST BE HANDWRITTEN  
AND ANSWER THE FOLLOWING QUESTIONS SO  
THAT WE CAN GET TO KNOW YOU BETTER**

- Who are you?
- How did you discover the Circus Arts?
- What has been your personal, amateur or professional circus arts experience?
- Are you involved in other cultural or artistic activities? If so, which ones?
- Which companies and circuses are you interested in? Why?
- Which higher education establishment(s) or artistic training would you like to focus on? Why?
- What do you expect from the programme, and what can you bring to it?
- How will you meet all your expenses (registration fee, accommodation, meals, transport, etc)?



## LIST OF MANDATORY ATTACHMENTS

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PLEASE INCLUDE THE FOLLOWING WITH YOUR APPLICATION, TO ARRIVE NO LATER  
THAN 25 MARCH 2019

### PERSONAL PROFILE FORM (ATTACHED) WITH:

- Three passport photos (one to be attached to the personal profile form)
- A full-length photo
- Your CV specifying your circus, academic and/or professional career, along with the dates and locations of this experience and your skills
- Any supporting documents that you think will shed more light on your abilities and skills (photos, press kit, certificates, etc)
- Parental authorisation if you are under 18
- *For applicants from outside the EEC:* a residence permit authorising you to work in France.

### MEDICAL FORM (ATTACHED) WITH:

- A medical certificate of fitness for an intensive sporting activity, **issued within the last three months** by a sports medicine doctor. Please find below a letter to provide to a sports medicine doctor.
- A legible copy of your health insurance card (carte vitale) (do not send the card itself) – French residents only.

### LIST OF YOUR PREVIOUS TRAINING (ATTACHED)

**A HANDWRITTEN COVER LETTER**, stating what you expect from the programme and your professional ambitions, and answering the additional questions listed above.

**A CHEQUE FOR €25 (NON-REFUNDABLE)** payable to Arc en Cirque for the purpose of processing your application.

**A CHEQUE FOR €60 (NON-REFUNDABLE)** payable to Arc en Cirque for the audition.

**A SELF-ADDRESSED STAMPED ENVELOPE (€0.95)** for your selection-process invitation.

**A SELF-ADDRESSED STAMPED A4 ENVELOPE (€1.90)** for the return of your documents should you not be selected.

**PLEASE NOTE: WE ARE UNABLE TO ACCEPT FOREIGN CHEQUES. PLEASE CONTACT US IF YOU WISH TO MAKE A BANK TRANSFER.**



15 January 2019

Attn: Sports Medicine Doctor

Dear Doctor,

Re: Information regarding the issuance of a medical certificate for those applying for professional training at Arc en Cirque

The Centre Régional des Arts du Cirque “Arc en Cirque” de Chambéry is a professional training centre for Circus Arts.

It is accredited and recognised for its preparatory training programmes by the Auvergne Rhône-Alpes regional authorities, the French Ministry of Culture (through the regional department of cultural affairs or “DRAC”), the French Federation of Circus Schools (FFEC) and the European Federation of Professional Circus Schools (FEDEC).

It offers two training programmes:

- Two-year programme: Preparatory Training to prepare students for entrance examinations
- Three-year programme: Artistic Training

For more than 15 years, we have been setting rigorous health standards for our students, whose average age is 21. We provide them with orthopaedic check-ups, performed by myself, at the beginning of the school year, and set them goals and targets. We also teach classes on traumatology, accident prevention and stretching, and provide students with timely access to a treatment network tailored to the specific demands of Circus Arts.

Circus Arts comprise:

- gymnastics: floor and aerial acrobatics
- ball work: juggling (dexterity, coordination)
- wrestling: including lifting
- climbing: balance and traction work
- sometimes horse riding (not in Chambéry)

The purpose of this letter describing our activity is to stress the importance of this sports physical examination.

Our training programmes are full-time and very intense, and the physical commitment required from students is similar to that of top-level athletes.

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We consider this medical fitness certificate to be the fundamental basis on which these young artist-athletes will take responsibility for their bodies, which will be so involved in their future profession.

Our statistical analysis of trauma and injuries to athletes, produced over the past seven years, shows that the areas most prone to injury are the lumbopelvic region (35% of cases), followed by the knees (16% of cases) and the shoulders (13% of cases).

Assurances about the integrity of our students' lumbopelvic region are therefore crucial to us as a training centre and even more so to the students themselves, who are about to choose their long-term specialisations.

The most recent information from the French Ministry for Youth and Sport (decrees of 6 February 2004 and 1 February 2004) regarding targeted preventive screening for top-level athletes is reflected in the clarity of our own approach.

Your examination and subsequent issuance of a Certificate of Fitness is a mandatory part of our selection process.

In addition to the above certificate, students selected by the school must also undergo a lumbopelvic x-ray, at their expense , before their admission can be approved.

Thank you in advance for your assistance, and please feel free to contact us if you have any questions or need further information.

Yours faithfully,

Aimé Favre  
Certified Physiotherapist & Osteopath  
School Health Adviser for the Board of Directors  
Directors: Christine Perrin and Eric Angelier



## MISCELLANEOUS INFORMATION

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For applicants arriving the day before the audition.

### ACCOMMODATION OPTIONS IN CHAMBÉRY

#### FOR APPLICANTS COMING BY PUBLIC TRANSPORT

**HOTEL ACTUEL**                      Tel: +33 (0)4 79 44 32 75  
1 avenue de Boisse, 73000 CHAMBERY  
hotel@actuel-chambery.fr

**B&B HOTEL**                        Tel: +33 (0)8 92 78 80 28  
204 rue du Docteur Vernier, 73000 CHAMBERY

**IBIS STYLES**                        Tel: +33 (0)4 79 62 37 26  
154 rue Sommeiller, 73000 CHAMBERY  
Near the train station, 5 minutes' walk to buses.

**HOTEL DES VOYAGEURS**        Tel: +33 (0)4 79 33 57 00  
3 rue Doppet, 73000 CHAMBERY

#### FOR APPLICANTS COMING BY CAR

**HOTEL FORMULE 1**                Tel: +33 (0)8 91 70 52 12  
10 Rue Paul Gidon, 73000 CHAMBERY

**IBIS BUDGET**                        Tel: +33 (0)8 92 68 31 73  
391 Av. Alsace Lorraine, 73000 CHAMBERY  
H2548@ACCOR.COM

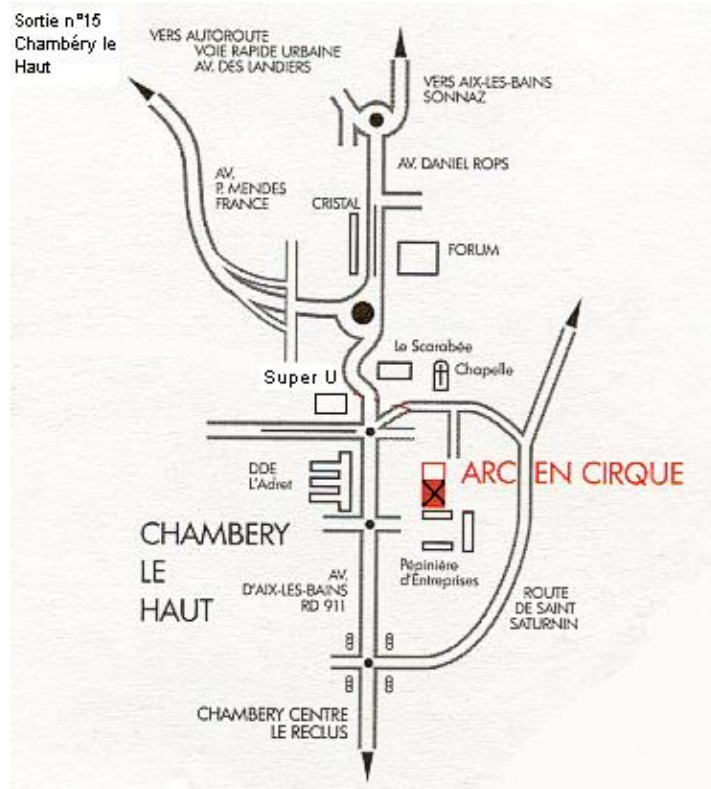
**HOTEL 1ère CLASSE**            Tel: +33 (0)8 92 70 71 85  
76 Allée F. Pollet, 73000 CHAMBERY  
chambery@premiereclasse.fr



## GETTING TO THE AUDITION VENUE

Auditions will be held at the Centre Régional des Arts du Cirque de Chambéry, 9 rue du Genevois, Chambéry.

Bus from town centre (“Ducs”), routes B and 2 – get off at “Cévennes” or “Côte Rousse”.



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For further information, please contact Arc en Cirque:

Tel: +33 (0)4 79 60 09 20

Fax: +33 (0)4 79 60 08 94

Email: [aec@arc-en-cirque.asso.fr](mailto:aec@arc-en-cirque.asso.fr)