



APPLICATION FORM ARTISTIC TRAINING

**ARTISTIC PROFESSIONAL TRAINING LEADING TO THE RNCP
LEVEL 5 «CIRCUS AND MOVEMENT PERFORMER» CERTIFICATION**

FRIDAY 29 APRIL 2022
CLOSING DATE

Completed application must be sent
by e-mail or postal mail



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INTRODUCTION

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 **training programme leading to the RNCP Level-5 “Circus and Movement Performer” certification, a qualification recognised** in the artistic community and funded and supported by the Rhône-Alpes regional authorities and Auvergne Rhône-Alpes regional department of cultural affairs.

The Arc en Cirque, Balthazar and Piste d’Azur training centres in Chambéry, Montpellier and Roquette-sur-Siagne respectively together form the ProCirK network, which issues the RNCP Level-5 “Circus and Movement Performer” certification.

Many students who have attended this artistic training programme have gone on to work in the profession as individual artists (cabaret, traditional circus, new circus, contemporary circus, etc) or have created their own companies, such as Cie Non Sin Tri, Cia. Sonel, Cie La Barreballe, Cie Alta Gama, Banlansin Compagnie, CirCoCo, L’Effervescente Collectif d’Artistes, Zirkus Morsa, Sans Concession, Le Cirque Content Pour Peu, 100 Racines, Du Fil à Retordre, Les Plaies Mobiles, Et ta Sœur ?, Les Petits Détournements, Kaoukafela, Morphales Cambrées, Triple Croches, Prise de Pied, Terrain d’Entente, Dis bonjour à la dame, Virevolt, and Avant-Propos.



ARTISTIC TRAINING

AIM OF THE ARTISTIC TRAINING

Artistic Training: direct entry to the profession. Technical and professional artistic training offered over three years.

Students will train to become circus artists, performers and/or creators in the circuses of today and tomorrow by developing their artistic identity and earning professional “Circus and Movement Performer” certification, which is registered in the French national register of professional qualifications (RNCP).

PROGRAMME DURATION, TIMETABLE AND COST

- 3900 hours of artistic training over three years from september to end-June/early July
- i.e. 1,300 hours, of which 1,100 hours at the Centre and 200 hours in internship per year
- 32 hours/week on average

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).

Selected applicants from France or other European countries will have “vocational trainee” status and as such receive compensation that varies according to age and professional experience.

PROGRAMME

The programme is divided into training units that cover specific goals and skills. Students expand their knowledge of the technical aspects of circus performance and establish their artistic identity, which will be used in their professional creative project.

Year 1: Students build on their technical and artistic skills and define their creative project. They showcase the development of their work throughout the year in front of a live audience.

Year 2: Students go through the creation process and perform their work in public on several occasions throughout the year in a professional performance setting.

Year 3: Students finalise their personal exploration and creative project and gain more formal work experience. As students come to the end of their artistic training, they put together an act or show and build live performance experience in a professional setting. This may be as participants in artistic events at the Centre (the “Brèves” circus performances or Cirq’ule Festival) or within its network, as performers in opening acts or events they arrange themselves through their personal networks and promotional efforts, or through other performance opportunities based on their profile and personal initiatives.

At the end of the programme, students’ skills will be assessed by a panel of circus professionals. Successful students will be awarded the RNCP Level-5 “Circus and Movement Performer” certification.

PROGRAMME CONTENT

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The training units are spread over three years.

Technical Training Unit	Artistic Training Unit	Research Training Unit	Personal Development and Training Management Unit	General Training Unit	Career Development Unit
Circus techniques, based on the student’s artistic project and acrobatic work (e.g. general physical conditioning, flexibility, floor work, acrobatics, ...)	Individual and group expression and dance/movement workshops	Workshops on developing performance-creation tools and an artistic project	Format: meetings, interviews, reports, project structuring, viva and physiotherapy check-ups	Theoretical and practical modules in all areas pertaining to the student’s chosen circus arts and project (safety, anatomy-physiology, technical production, circus history, foreign language, communication,...)	Career preparation through meetings, internships and productions in the circus field
<p>GOAL To perform and master one or more Circus Arts disciplines</p> <p>SKILLS Mastery of skills and techniques</p>	<p>GOAL To develop into a young performing arts creator</p> <p>SKILLS Sensitivity and creativity</p>	<p>GOAL To develop one’s own identity and personality through research and experimentation</p> <p>SKILLS Artistic identity and distinctiveness</p>	<p>GOAL To learn more about oneself and actively manage one’s training</p> <p>SKILLS Ability to determine one’s training</p>	<p>GOAL To develop a performing arts culture</p> <p>SKILLS Group dynamics and knowledge exchange. City-based culture and initiatives</p>	<p>GOAL To acquire professional skills related to careers in the Circus Arts</p> <p>SKILLS Sector expertise and professional skills</p>

TECHNICAL TRAINING UNIT

Acrobatics, based on the student’s own artistic project (general physical conditioning, flexibility/stretching, basic acrobatic, etc)

Circus techniques, based on the student’s own artistic project:

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, choreography workshops)

Expression (e.g. acting, clowning, circus acting, drama, improvisation)

RESEARCH TRAINING UNIT

Independent practice and training

Research and creativity workshops

Performance creation workshops / scenography

Set design

Development of performance-creation tools

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 dissertation

GENERAL TRAINING UNIT

Anatomy-physiology/traumatology and practical exercises

Circus history/circus culture

Technical production/Special equipment

Safety

Nutrition

Expression

Foreign languages

Labour law

Communication tools

Research methodology

Project structuring

Internship research

Methodology for written documents (CV, cover letter, internship report, thesis)

CAREER DEVELOPMENT UNIT

Interaction with performing arts professionals at their workplace

Meetings 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

Teaching practice

APPLICANT PROFILE

Applicants must be at least 18 years of age and have already determined the circus discipline that will be used in their creative project.

No certificates or diplomas are required to enter the training programme, only strong motivation and the physical conditioning required for circus arts.

Artistic 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



ENTRY REQUIREMENTS FOR ARTISTIC TRAINING

Completed applications must be received

no later than Friday 29 april 2022. Incomplete applications will not be considered.

Applicants will receive a reply by email or post in **June 2022**.

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.

DATES AND CONTENT

SHORTLISTED APPLICANTS WILL BE INVITED TO ATTEND AN AUDITION ON EITHER THURSDAY 07 JULY OR FRIDAY 08 JULY 2022 (DATE TO BE CONFIRMED BY INSTRUCTORS). FOR ORGANISATIONAL REASONS, DATES CANNOT BE CHANGED.

➤ **Assessment of artistic skills**

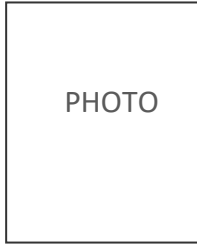
Applicants must perform an act lasting four to six minutes

Please advise in writing whether you will be bringing your own equipment for your presentation or wish this to be provided by the school.

- **Assessment of physical and artistic abilities through movement, exploration and expression workshops**
- **Individual interview to assess the cohesiveness and suitability of the applicant's artistic project**

Results will be advised by post **in July 2022**.





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?

.....

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



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:



INFORMATION REGARDING YOUR PREVIOUS TRAINING

CIRCUS DISCIPLINES

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

Please state the **circus discipline** you will use in your act (4 to 6 minutes) and whether you will be bringing your own equipment or wish this to be provided by the school.

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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				
ROUNDOFF				
HANDSPRING				
HEADSPRING				
BACK FLIP				
FRONT SALTO				
BACK SALTO				
ROUNDOFF FLIP				
ROUNDOFF SALTO				
ROUNDOFF FLIP SALTO				

DANCE

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

ACTING

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

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
STATE YOUR LEVEL:				

WHAT IS YOUR EXPERIENCE OF LIVE PERFORMANCE?

.....

.....

.....



DEFINING YOUR CREATIVE PROJECT

This document must be produced **in French**.

YOUR CREATIVE PROJECT MUST BE A WRITTEN STATEMENT THAT INCLUDES THE POINTS LISTED BELOW

Personal introduction

Your motivation for studying the Circus Arts

Description of your act/concept/artistic project

This should not be a cover letter but rather a description of your future creative project.



LIST OF MANDATORY ATTACHMENTS

**THE FOLLOWING MUST BE INCLUDED WITH YOUR APPLICATION, TO ARRIVE NO LATER THAN
FRIDAY 29 APRIL 2022**

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)

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 DESCRIPTION OF YOUR ARTISTIC PROJECT in French.

A SELF-ADDRESSED STAMPED A4 ENVELOPE (€2.10) for the return of your documents should you not be selected.

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

A CHEQUE OR BANK TRANSFER FOR €60 (NON-REFUNDABLE) payable to Arc en Cirque **if your application is selected**.

PLEASE NOTE: WE ARE UNABLE TO ACCEPT FOREIGN CHEQUES.

ARC EN CIRQUE BANK DETAILS

Bank	Crédit Mutuel
<u>Account name</u>	Centre Régional des Arts du Cirque de Chambéry
<u>Address</u>	9 rue du Genevois 73000 Chambéry
Branch	CCM la Motte <u>Servolex</u>
Bank code	10278
Branch code	02437
<u>Account number</u>	00020049401 - 24
IBAN	FR76 1027 8024 3700 0200 4940 124
Swift code	CMCIFR2A



7 Mars 2022

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.

1/2

2/2

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

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

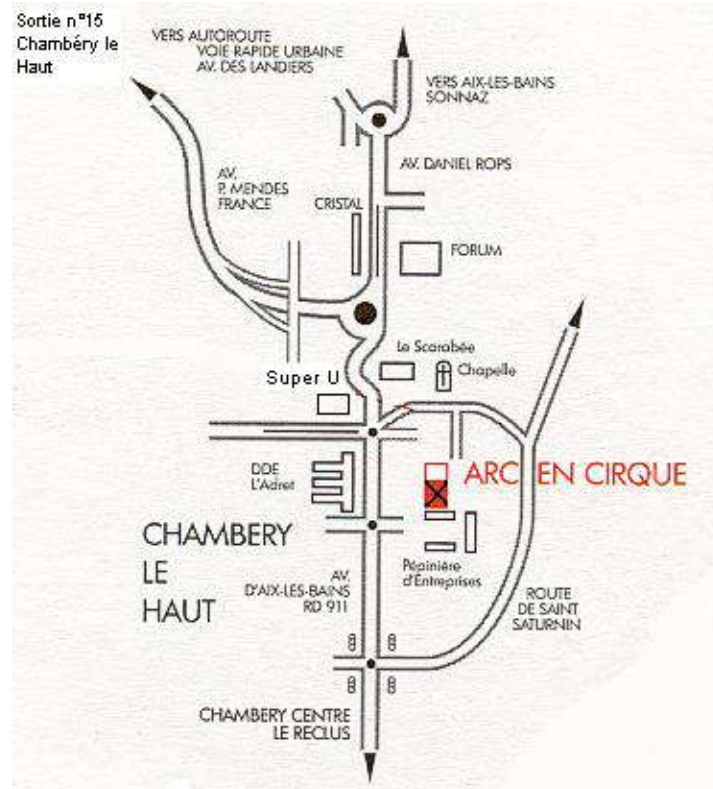
IBIS BUDGET Tel: +33 (0)8 92 68 31 73
391 Av. Alsace Lorraine, 73000 CHAMBERY
H2548@ACCOR.COM

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”.



For further information, please contact Arc en Cirque:

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

Email: aec@arc-en-cirque.asso.fr

