



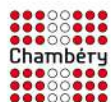
APPLICATION FORM

PREPARATORY TRAINING

PREPARATORY PROFESSIONAL TRAINING IN CIRCUS ARTS : 2-YEAR PROGRAMME

FRIDAY 10 MARCH 2023
CLOSING DATE

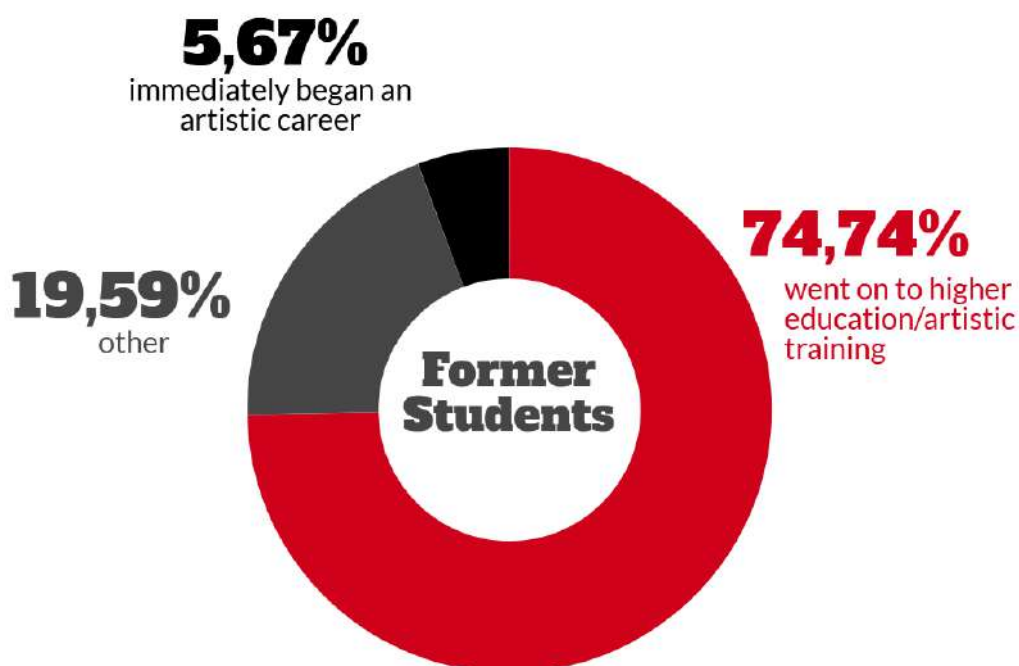
Completed application must be sent
by e-mail or postal mail



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Workplace entry after completion of our Preparatory Training



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 **Preparatory Training** programme funded and supported by the Rhône-Alpes regional authorities and the Auvergne Rhône-Alpes regional department for cultural affairs. Arc en Cirque is listed in the Datadock registry, meaning that it meets the criteria of France's "training quality" decree of 30 June 2015 and is therefore eligible to receive funding from professional training funders. The Centre Régional des Arts du Cirque de Chambéry has also obtained France's Qualiopi certification in recognition of its high standard of training.

Many students who have attended the Preparatory Training programme have subsequently been accepted into **higher education establishments**: including CNAC (Châlons-en-Champagne), EFACTO (Toulouse), Académie Fratellini (La Plaine Saint-Denis), ESAC (Bruxelles), ENC (Montreal), Ecole de Cirque de Québec, the NCCA (London), DOCH (Stockholm), ACAPA (Tilburg), and CODARTS (Rotterdam),...

And into **Artistic Training**: including CRAC Arc en Cirque (Chambéry), CRAC Balthazar (Montpellier), CRAC Lomme (Lille), CRAC Piste d'Azur (La Roquette sur Siagne), Samovar (Paris),...



PREPARATORY TRAINING FOR ENTRANCE EXAMINATIONS

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

AIM OF THE PREPARATORY TRAINING

To prepare students for entrance examinations at higher education establishments/artistic training at national and international circus arts schools.

PROGRAMME DURATION, TIMETABLE AND COST

- 2,200 hours of preparatory training over two years from September 2022 to end-June/early July 2024
- 1,100 hours/year, of which 960 hours at the Centre and 140 hours/year in internship
- 32 hours/week on average

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

Applicants are responsible for the annual €600 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.

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 CONTENT

<h1>PROGRAMME CONTENT</h1> <p>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.</p>				
Technical Training Unit	Artistic Training Unit	Personnal 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	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 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 (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)
- Equilibristics (e.g. tightrope, slackrope, rolla bolla, unicycle, acrobatic bicycle, free ladder)
- Juggling (e.g. balls, bouncing objects, clubs, devil sticks, hats)
- Acrobatics (e.g. equilibristics, 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

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



ENTRY REQUIREMENTS FOR PREPARATORY TRAINING

Completed applications must be received

no later than Friday 10 March 2023. Incomplete applications will not be considered.

You will receive a reply by email or post in **April 2023**.

TWO SELECTION STAGES

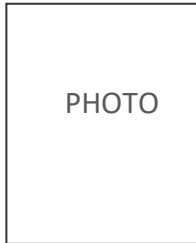
1. An initial shortlist based on the application form (fee: €30).
2. A one-day technical and artistic audition at the Centre Régional des Arts du Cirque (instruction fee: €60).

DATES AND CONTENT

SHORTLISTED APPLICANTS WILL BE INVITED TO ATTEND AN IN-PERSON AUDITION ON EITHER SATURDAY 9 JULY OR SUNDAY 10 JULY 2022 (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 July 2023.



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:

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.) and if you come with you own equipment or not:

.....

.....

.....

.....

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
<i>STATE YOUR LEVEL:</i>				

ACTING

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

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
<i>STATE YOUR LEVEL:</i>				

WHAT IS YOUR EXPERIENCE OF LIVE PERFORMANCE?

.....

.....

.....

.....

ADDITIONAL QUESTIONS

**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

PLEASE INCLUDE THE FOLLOWING WITH YOUR APPLICATION, TO ARRIVE NO LATER THAN 10 MARCH 2023

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

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.

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 OR BANK TRANSFER FOR €30 (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 for the audition.

PLEASE NOTE: WE ARE UNABLE TO ACCEPT FOREIGN CHEQUES.

R.I.B. ARC EN CIRQUE

Banque	Crédit Mutuel
Titulaire du compte	Centre Régional des Arts du Cirque de Chambéry
Adresse	9 rue du Genevois 73000 Chambéry
Domiciliation	CCM la Motte Servolex
Code Banque	10278
Code Guichet	02437
N° compte	00020049401 - 24
IBAN	FR76 1027 8024 3700 0200 4940 124
Code BIC	CMCIFR2A



6 December 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.

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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

For applicants arriving the day before the audition.

ACCOMMODATION OPTIONS IN CHAMBÉRY

FOR APPLICANTS COMING BY PUBLIC TRANSPORT

HOTEL ACTUEL - *Near the train station*

1 avenue de la Boisse 73000 CHAMBERY

hotel@actuel-chambery.fr Tel: +33 (0)4 79 44 32 75

B&B HOTEL

204 rue du Docteur Vernier 73000 CHAMBERY

Tel: +33 (0)8 92 78 80 28

IBIS STYLES - *Near the train station, 5 minutes' walk to buses*

154 rue Sommeiller 73000 CHAMBERY

Tel: +33 (0)4 79 62 37 26

HOTEL SANTAL

3 rue Doppet 73000 CHAMBERY

Tel: +33 (0)4 56 29 93 17

FOR APPLICANTS COMING BY CAR

HOTEL FORMULE 1 CHAMBÉRY NORD

Rue Paul Gidon 73000 CHAMBERY LA MOTTE SERVOLEX

H2285@accor.com Tel: +33 (0)4 79 25 69 68

IBIS BUDGET

391 Av. Alsace Lorraine 73000 CHAMBERY

H2548@accor.com Tel: +33 (0)4 79 96 00 95

HOTEL 1ère CLASSE

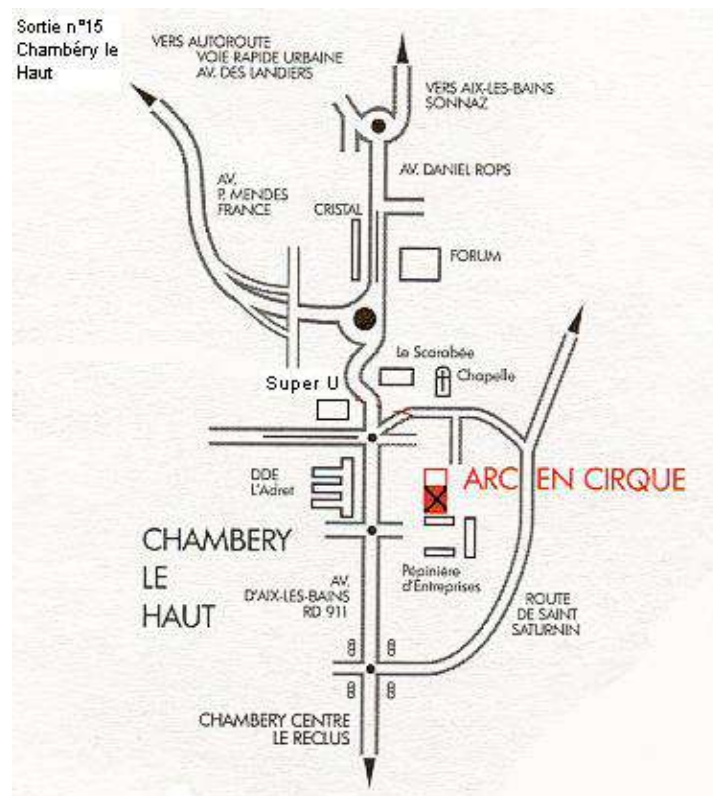
76 rue François Pollet Z.A de l'Erier 73000 CHAMBERY

chambery@premiereclasse.fr Tel: +33 (0)4 79 26 02 90

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