

## Aerials in Social Circus

21-23 of January, Budapest, Hungary

Organizer: Hungarian Juggling Association

Implemented by Visegrad Standard Grant



This training was organized by Hungarian Juggling Association in Inspiral – Circus Space in Budapest, Hungary. Aerials we mean – all circus disciplines based on acrobatic technics performed with trapeze or silks or hoop or other props which are suspended in the air. Aerial technics also serve to develop skills of participants of social circus workshops. This area is not well developed in the Visegrad countries due to adequate space conditions and sufficient equipment and mattresses, so this training was really important for all project partners.

We focused on following topics: practising basic and intermediate moves and aerial positions on trapeze, silks and an aerial hoop (being able to show and evoke wonder), how to teach and spot in a safe way (being able to provide a safe learning environment). We also learn new exercises and games to play and move

•  
• Visegrad Fund  
•



FUNDACJA  
MIASTO  
PROJEKT



**CIRQUEON**



## *Social Circus Without Borders Project implemented by Visegrad Standard Grant*

freely in the air. Another topic of the training was creative work for any level – how to stimulate creativity of every specific person. We also spend time on discussions about aerial and social work.



### **Trainer: Isabel Van Maele**

Isabel Van Maele has been teaching circus since 1993 and is a member of a pedagogical staff at Circus in Beweging (a youth circus school in Leuven, Belgium).

Following her master's degree in physical education she entered the pedagogical circus training at the Ecole de Cirque de Bruxelles. From 2000 she

trains at ECB future trainers in aerial work. Isabel Van Maele coordinates the Flemish Basic Circustrainer Program (BIC); she is co-author of the book *Circus in school* and writer of *The Guidelines for Trainers Development Program Youth Circus* published by Kunstfactor.nl. She participated in 2012-2014 in the CATE program, what resulted in the online available European model for basic circus training. She has given trainer weekends in Italy, Spain, Finland, Switzerland and the UK. Concerning social circus, she participated at several international workshops and was a trainer herself at the pilot edition of *Circus TransFormation (Caravan)* in Amsterdam 2013 and at the international edition *Circus For Understanding* in Brussels in 2016.

•  
• Visegrad Fund  
•



FUNDACJA  
MIASTO  
PROJEKT



**CIRQUEON**



*Social Circus Without Borders Project implemented by Visegrad Standard Grant*



Participants from all 4 partner's countries took part in this training, with total number of participants: 18 people. Training took 3 days (8 hours per day with 1 hour lunch break). During training, participants learned basic and intermediate moves and positions on trapeze, silks and hoops, as well as safety aspects. Isabel presented methodology - exercises and their impact in social circus work. Apart from training participants could observe social circus workshops led in Inspiral circus space and meet social circus workers in Budapest.

•  
• Visegrad Fund  
•



FUNDACJA  
MIASTO  
PROJEKT



**CIRQUEON**

