

FLIC CIRCUS SCHOOL PROFESSIONAL TRAINING



A project of **Società Ginnastica di Torino A.P.S. A.S.D**



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FLIC CIRCUS SCHOOL TRAINING PROGRAM PROPOSAL

Being an artist is not just a vocation —it is a path that requires study, experimentation, and continuous research. At the FLIC Circus School in Turin, the training is based on a multidisciplinary approach that combines physical, technical, and artistic preparation, offering students a comprehensive and immersive educational course.

The educational program has been designed by the Director Matteo Lo Prete with the support of important consultants: Dario Sant'Unione for pedagogical and technical guidance; Roberto Magro, Francesco Sgrò, and Claudio Stellato for artistic consulting; and Giovanna Milano for project development.

Thanks to this synergy among established professionals, the training pathway enables students to develop solid skills within a dynamic, stimulating, and cutting-edge environment.

Discover the full FLIC Circus School team on the official website:

<https://en.flicscuolacirco.it/about/>

A COMPREHENSIVE TRAINING COURSE

The available training programs are:

- **Preparatory Year – Mise à Niveau**
A year dedicated to discovering and understanding one's vocation, in circus arts, initiating a technical and artistic journey that lays a solid basis in contemporary circus;
- **Two-Year Program (1st and 2nd Year)** A complete technical and artistic path designed to support students in developing their skills and guiding them concretely toward a career in circus arts;
- **Technical-Artistic Year**
A year focused on deepening one's discipline, both technically and artistically, and on developing a personal project. The course is tailored to the characteristics and interests of each student, evolving into a customised manner after the first trimester.

Each training program is independent and diversified according on the needs and abilities of the students. The two-year vocational training programme, on the other hand, is structured over two years and must be completed in full. Training pathways share one essential component: the direct stage experience. During the training course, students have many practical experiences of creation, an essential element to prepare them for the complex and articulated world of live performance.

MORE INFO – PROFESSIONAL TRAINING:

<https://en.flicscuolacirco.it/professional/>



FLIC's training proposal is characterised by a multidisciplinary approach that embraces all aspects of contemporary circus arts. The course leads students through a wide range of activities that integrate physical preparation, technical skills, artistic expression, and creative research, with the aim of training complete and versatile artists.

The activities cover a large variety of disciplines, divided into two main areas: physical-technical and artistic. The first includes circus techniques, general physical preparation, acrobatics, trampoline, functional training with cardio movement & control, handstands, acroportés, flexibility, classical and contemporary dance and acrodance. The artistic area, on the other hand, includes theatre, commedia dell'arte (Italian comedy), circus actor and circus dance (specific accompaniment on the quality of movement with one's own circus tool).

The course is completed by free training sessions at Spazio FLIC and creative space sessions, an environment dedicated to the personal research, in which each student can explore and develop one's own expression language.

These disciplines are complemented from year to year by a variable selection of complementary activities, which are fundamental for expanding the artistic and cultural vision of the students:

1. **Lessons in cultural planning and organisation**, to develop management skills;
2. **Lessons of art and circus history**, in order to understand the evolution of art and especially the circus one's;
3. **Watching theatre, dance and circus shows**, for a direct comparison with the world of live performance;
4. **Educational trips**: the school organises educational trips out of town to allow students to experience important circus events, for example **Festival Mondial du Cirque de Demain - Paris, Festival Circa - Auch**;
5. **Urban incursions**, educational outings in the city, to confront oneself with the everyday;
6. **One-day presentations**, to practise artistic creation within a tight time frame;
7. **Circus Actor Weeks**, which concludes with the "**Circo in Pillole**" show;
8. **Collective shows**, to work in a team and improve stage presence;
9. **Way Out**, personal projects of the Two-year course to stimulate individual research;
10. **Punti di partenza**, personal projects developed during the technical/artistic year;
11. **Un passo nel circo**, individual presentations dedicated to the Mise à Niveau year;
12. **Basics** of anatomy, nutrition education, mental training, training methodology, rigging, safety, audio and lighting technology;
13. **Cinema evenings**, with in-depth analysis of important cinematographic works;
14. **Museum Visits**, to stimulate artistic sensitivity and inspiration.

In addition, **internationally renowned trainers/artists** are invited each year to share their knowledge with the students and permanent teaching staff.

For the three-year period 2025-2027, agreements have been made with five national festivals (Muja, Terminal, Dinamico, Sarabanda, Circonauta), offering concert-selected students the opportunity to present their creations in a prominent artistic context. This experience represents an important opportunity for growth, allowing them to engage with a diverse audience and with professionals in the field, thus broadening their skills and refining their expressive language.

In parallel, other festivals (Oscillante, Fantasy and Dinamico) will engage students in a volunteer experience in event organization. Through this course, participants will gain practical skills in the management and logistics of a cultural event, closely understanding how organizational dynamics work and developing problem solving and teamwork skills.



These collaborations represent a significant added value to the training program, creating a concrete bridge between the learning phase and the professional world, and providing students with useful tools for their future artistic and career paths.

Partner festivals are:

- **Circonauta** <https://www.circonauta.it/it/>
- **Dinamico Festival** <https://dinamicofestival.it>
- **Fantasy** <https://fantasyfestivalcirco.it/filosofia/>
- **Muja Buskers Festival** <https://mujabusker.com>
- **Sarabanda** <https://www.sarabanda-associazione.it/>
- **Terminal Festival** <https://terminal-festival.com>

Our Festival:

- **Oscillante** <https://flicscuolacirco.it/oscillante-2025/>

A PATH FOR THE FUTURE

The FLIC Circus School does not just train artists: it ignites inspirations, opens horizons and leaves room for discovery. Here each student is invited to explore, experiment and chart his or her own course, cultivating autonomy as an engine for artistic growth. In an environment where the stage is laboratory and the guidance of professionals is creative stimulus, each can build an authentic and personal path in the universe of contemporary circus.

