

TRAINING



CAMP CIRCOCAN

NOVEMBER 01 - 05, 2023
RANCHO MC I CURITIBA/BRAZIL



READY? HUP!

WELCOME TO

TRAINING CAMP CIRCOCAN

A CIRCUS RETREAT WITH

5 DAYS OF INTENSIVE

TRAINING, LEARNING AND

SHARING



ALL INCLUSIVE TRAINING CAMP

CAMP CHECK-IN

WEDNESDAY - 01/NOV - 15H

CAMP CHECK-OUT

SUNDAY - 05/NOV - 12H

**** ARRIVAL FOR INTERNATIONALS ****

TUESDAY 30/OCT

(INTERNATIONAL CAMPERS CAN ARRIVE A DAY BEFORE EVENT STARTS)



A CIRCUS RETREAT

CLASSES, WORKSHOPS, PERFORMANCES,
TRAINING AND SHARING WITH
PROFESSIONALS FROM DIFFERENT BODY AND
MOVEMENT SPECIALTIES.



CAMP IS FOR EVERYONE!

OUR CAMP IS OPENED TO ANYONE READY TO CHALLENGE BODY AND MIND, LEARN NEW WAYS TO MOVE AND OVERCOME THEIR LIMITS.

THERE ARE NO PREREQUISITES TO BE PART OF CAMP. WE HAVE CLASSES FOR ALL LEVELS AND BACKGROUNDS.



SEVERAL OPTIONS OF CLASSES AND WORKSHOPS

THE PARTICIPANTS CAN MAKE THEIR OWN SCHEDULE, CHOOSING THE DISCIPLINES THEY WANT TO BE PART OF.

THERE ARE BEGINNERS, INTERMEDIATE, ADVANCED AND OPEN LEVEL CLASSES.

SOME OF THE CLASSES THAT HAVE BEEN PART OF PREVIOUS CAMPS:

- INDOOR FLYING TRAPEZE
- TUMBLING
- AERIAL SILKS
- AERIAL HOOP
- CORDE LISSE
- DANCE TRAPEZE
- GROUP ACRO / HAND TO HAND
- C3 - CONDITIONING FOR CIRCUS
- DANCE
- FLEXIBILITY
- HANDSTANDS
- HIKING
- SEMINARS AND WORKSHOPS FOR TEACHER TRAINING
- CLOWNING
- HAIR HANGING
- RIGGING
- ARTISTIC DEVELOPMENT
- ACT DEVELOPMENT AND CREATION





AN INTENSIVE EXPERIENCE

ALL PARTICIPANTS STAY AT CAMP FOR THE WHOLE EVENT. TRAINING, EATING, SLEEPING, ENJOYING FREE TIME AND SHARING EXPERIENCES TOGETHER ARE A BIG PART OF CAMP!



WE ALREADY HOSTED STUDENTS AND ARTISTS FROM OVER 12 COUNTRIES AND 20 DIFFERENT STATES OF BRAZIL.



THE EVENT PACKAGE OFFERS:



**PICKUP AT CURITIBA
(CWB) AIRPORT**



**ACCOMODATION IN
SHARED BEDROOM
(4 TO 6 PEOPLE)**



**PRIVATE SHOWER AND
TOILET (INSIDE BEDROOM)**



4 MEALS A DAY
with vegan options



**ALL CLASSES AND
ACTIVITIES**



**CERTIFICATE FOR ALL
PARTICIPANTS**

THE EVENT HAPPENS AT RANCHO MC





RANCHO MC

THE PROPERTY HOSTS CIRCOCAN HQ, A STRUCTURE BUILT SPECIFICALLY TO PROMOTE CIRCUS ARTS AND HOST CAMPS, EVENTS AND RESIDENCE FOR ARTISTS.

THE RANCH STAYS IN THE MIDDLE OF THE WOODS AND HAS ALMOST 25 ACRES WITH LAKES, NATIVE FOREST AND LOCAL WILDLIFE.



**THE RANCH IS LOCATED IN MANDIRITUBA,
45KM (30 MILES) FROM CURITIBA (CWB)
AIRPORT.**

FOR PARTICIPANTS COMING FROM
OTHER COUNTRIES WE OFFER AIRPORT
PICKUP INCLUDED IN THE PACKAGE,



ENJOY THE WOODS WITH A FULLY EQUIPPED STRUCTURE:

- GYMNASIUM WITH HIGH CEILING AND INDOOR FLYING TRAPEZE
- DANCE STUDIO
- MULTI PURPOSE ROOM FOR TRAINING AND PRACTICE
- CAFETERIA
- LODGING FOR 48 STUDENTS (SHARED ROOMS - UP TO 6 PPL PER ROOM WITH PRIVATE BATHROOM)
- PREMIUM SUITES
- FAMILY ROOMS
- FOOTBALL FIELD
- BEACH VOLLEY COURT
- 2 LAKES
- SWIMMING POOL
- GAME ROOM/SALOON
- SAUNA
- JACUZZI

















TRAINING SCHEDULE

IN THE FIRST DAY OF CAMP STUDENTS WILL RECEIVED A BRIEFING ABOUT CLASSES AND ACTIVITIES OFFERED AT THE EVENT. AFTER THAT THEY'LL MAKE THEIR OWN SCHEDULE.

PARTICIPANTS CAN JOIN UP TO 8H A DAY OF CLASSES AND ACTIVITIES, BOTH PRACTICAL AND THEORETICAL.

CAMPERS ARE FREE TO CHOOSE THE CLASSES AND ACTIVITIES THEY WANT TO BE PART OF.



SCHEDULE

NOVEMBER 01 - 05, 2023

DAY 1

CHECK-IN 3PM

- TOUR AROUND THE RANCH
- WELCOME CLASSES
- OPEN GYM
- DINNER
- EVENT BRIEFING (CLASS AND COACHES SHOWCASE)
- CAMPERS SIGN UP

DAYS 2, 3, 4

CLASSES AND ACTIVITIES

- 07H45: BREAKFAST
- 9H00 TO 12H30: CLASS 1 | CLASS 2 | CLASS 3
- 12H30: LUNCH | NAP TIME | CHILL
- 14H00 TO 16H30: CLASS 4 | CLASS 5
- 16H30: SNACK
- 17H00: CLASS 6 | FREE TIME | OPEN GYM | SEMINARS
- 20H15: DINNER
- 21H30: EVENING PROGRAM | FUN TIME

DAY 5

CHECKOUT 12H

- BRUNCH
- OPEN GYM/FREE TIME
- DEPARTURE | END OF CAMP

CAMP HEAD STAFF



PEDRO MELLO E CRUZ

Director and Founder of Circocan, started circus in 2003 practicing aerial acrobatics disciplines. A few years later got involved with Flying Trapeze and in 2006 became head coach and director of Circocan.

In 2011 moved to Beijing to study and train at Beijing International Arts School, diving into high level circus coaching and performing. Upon returning to Brazil created one of the few circus professional programs in the country.

Since 2013 runs the Circus program at Camp Medolark in the US, also promoting exchanges and collaborations with companies from Canada, England, Scotland, Australia and Germany.

In 2022 became a certified Circus Trainer at Ecole Nationale de Cirque (Canada).



NICKOLLE ABREU

I'm Nickolle de Abreu, former Rhythmic Gymnast for Brazil's National Team (2005-2008), dancer, circus artists and coach. Since I was a kid moving my body and finding new ways to train and explore it have been my passion.

After competing gymnastics in International Level representing Brazil, I became a professional contemporary dancer and finally in 2014 met the Circus. Currently I perform, coach and work as Artistic Director at Circocan, leading the company's creations and movement research.

In 2022 I completed the Circus Trainer program at Ecole Nationale de Cirque (Canada).



CAMP GUEST COACHES

BEYOND AN AMAZING FACILITY AND CIRCOCAN'S TEAM, THE HIGHLIGHT OF CAMP IS THE SHARING BETWEEN ARTISTS, STUDENTS AND TRAINERS FROM DIFFERENT CULTURES AND BACKGROUNDS.

IN EVERY EDITION WE INVITE COACHES WITH STRONG EXPERIENCE AND A DEEP KNOWLEDGE IN CIRCUS AND MOVEMENT.



ALL INCLUSIVE CAMP PACKAGE

INTERNATIONAL CAMPERS: 30/OCT TO 05/NOV

- AIRPORT PICK-UP (CURITIBA - CWB)
- 6 DAYS / 5 NIGHTS AT CAMP
- 4 MEALS A DAY
- ACCESS TO ALL AMENITIES AT THE RANCH
- ACCOMODATION IN SHARED BEDROOM
- PRIVATE TOILET/SHOWER
- ALL CLASSES AND ACTIVITIES AT CAMP
- CERTIFICATE WITH 30 HOURS

INFO AND SIGN UP

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CONTACT US