



**CIRCE (Cooperative for Information and Research of
Circus Education)**
Joint Staff Training exchange - CABUWAZI (Berlin)
01.11.18 - 09.11.18



1. INTRODUCTION

1.1 PARTICIPANTS

Anais Mas-Masiá Mompó (Valencian Circus Association, Valencia)
 Helena Škovierová (CirKus-Kus, Bratislava, through Cirqueon, Prague)

1.2 PROGRAMME

We had an interesting and diverse programme, during which we had the opportunity to visit the different locations of Cabuwazi, where we got introduced to the most important projects through meetings with each venue coordinator.

CIRCE - Joint Staff Training Cabuwazi

Berlin, 2.11 - 9.11.2018

	Friday, 2.11	Saturday, 3.11	Sunday, 4.11	Monday, 5.11	Tuesday, 6.11	Wednesday, 7.11	Thursday, 8.11	Friday, 9.11
morning				12:45-13:45 Kitamobil course. Frankfurter allee, 16a Kindergarden "Windspiel" be there at 12:35 and Jessi picks you up outside.	10:00-11:30 Cabuwazi academy structure & history (flo)	12:30:13:30 Kitamobil and Cabuwinzigs [8 year olds and younger formats] (Elo Mehlem) meeting in Café	10-13 open training (flo)	10:00 final show of a school project week at the tent 11:00 What is a school project week? (Dajana)
afternoon	14-15: Introduction Kreuzberg + holiday project week (Elli) 15-16:30: Show holiday project week	15-17 Open circus workshop, coffee cake	15-17 Open circus workshop, coffee cake	15: Structure/ history of Cabuwazi as organisation (Julia) meeting in front of the red brick stone house nr. 74	16:15-17:15 7-8 years old training. (Wuna & Simonn)	15-17 Uhr structure and organisation, mobile team, youth plenum, aerial training (George & Dominique)	16:45-18:30 Trapeze training 9< (Antonia & Kati)	14-15:30 Evaluation of the week (flo)
evening	19:30: Juggling- Clown-Show from Matthias Romir (Pfefferberg)	20: doors 21: show: Results of Residency Showing - André	20 doors: 21. show Supamolly: Variete Cabaret Show Jessnerstr. 41,	19:30-21 Open Training Kreuzberg with Flo	19:00 Guided Training (acrobatics, dance acrobatics) Tempelhof		20:30 For a drink. meeting with trainers (Antonia, Kati, Flo)	

2. CABUWAZI AS AN ORGANIZATION

Cabuwazi received funding in 1994 to develop the Contemporary Youth Circus of Berlin.

Their main activity is to offer free trainings for young people from the age of 8 years upwards, although they also offer other activities such as Kitamobil, Cabuwinzigs, school project weeks, circus beyond borders and circus academy, which we will explain in detail later.

They have five tent locations in Berlin: Treptow, Tempelhof, Altglienicke, Kreuzberg and Marzahn. Every location is self-sufficient at the economic level, presents its own projects and receives sub-grants for these. The main sources from which they receive grants and income are: the Senate (State of Berlin), the City of Berlin, District, Foundation courses, and Donations.

Cabuwazi is an organization highly connected at a European level. They have a wide network reach and participate in many different partnership projects including Caravan, Eyco, Nice, Cirque du Monde and Educircation. At its inception Karl Köckenberger, founder of Cabuwazi, decided to wait until the company was developed and competent on a national level before expanding into European projects. They also work with countries outside of the European Union through EVS, through youth exchanges to Mexico, Israel, Palestine and Belarusia, and through social projects around the world.

3.1 PHILOSOPHY AND MISSION:

Cabuwazi represents a <<*cultural learning facility a place for meeting new people and inclusion*>>.

They develop circus pedagogical programmes at five tent locations in Berlin, with the mission that children and young people "become stronger" through training and encouraging the cultural, social, aesthetic and motor skills of youth and adolescents through the involvement of circus arts.

As they explain: <<*Children and teenagers can experience self-awareness and self-confidence, creativity and artistic diversity in the circus. Their shows are part of the cultural life in Berlin and the enriching programmes reach beyond their neighbourhoods*>>.

3.2 DIFFERENT FORMATS OF CABUWAZI:

A) Regular classes

Who: young people 8-16 years (sometimes also classes for teens and young adults)

Where: in one of 5 locations of Cabuwazi

When: Regular afternoons during the school year

What: Regular classes of one circus discipline

The youth need to register for the lessons, but the courses are free for everybody.

They always prepare a Christmas show and a summer show. All the regular classes are involved and make a show based on one topic

Different disciplines:

Acrobatic (floor and partner acrobatics)



Trampoline
Trapeze
Silks
Aerial hoop
Airtrack
Chinese pole
Stilts
Unicycle
Tightrope
Walking globe
Cyr-wheel
Juggling (mainly balls)
Diabolo
Hula hoop
Charivari (mixed disciplines)
Dance
Acro Dance
Breakdance
Acting
Music

Length: 1.5hour or 2 hours

Teaching methods:

Example based on lesson observed in Kreuzberg:

In the classes there are 2 teachers (one teacher and one assistant, one teacher only in very small groups) for around 12-15 kids.

The student chooses a course with one discipline (for example trapeze, unicycle or juggling).

Mostly one teacher takes the beginners and one the advanced students (it depends on the course). Teachers take care of safety (using mats, spotting, etc) and physical needs (creating positive atmosphere.)

Example for the lesson: Trapeze lesson 1.5 hours long. They prepare for the Christmas show with story in art gallery.

1. Students first sit in the circle, small talk about what they will do.
2. Game, warm up and stretching around 20 min.
3. Circus discipline or preparation for the show (one group is in the air learning a choreography, other group is working on the ground to create the theatre part of the act).
4. End of the lesson in circle, small talk, pack up the equipment

The work is mostly instructed by teacher (prepared choreography), but there is also a little space for group creativity (ie making a human sculpture for theatre part).

Example based on on lesson observed in Altglienicke.

- On top of regular classes we also run regular open classes. These are similar to regular classes, but the level is lower and there is always room for new students to join.

B) Cabuwinzig and Kitamobil



Who: youth 4-8 years old. Groups of 4-6 and 6-8 years old.

Where: Cabuwinzig in one of 5 locations of Cabuwazi
Kitamobil in the kindergarten.

When: During the school year regularly.
Cabuwinzig in the afternoon time.
Kitamobile in the morning time.

What: Regular classes of mixed circus disciplines one time for a week.
Cabuwinzig; parents need to register for the course and they pay 35E per month.
Kitamobile; the kindergarten pay the course. Cabuwazi have a contract with an organisation which coordinates 65 kindergartens. In every kindergarten the courses take 6 months.
In one year Cabuwazi visits 10 kindergartens (5 in each half year). The kindergartens are chosen by the organizing institution.

Length: Cabuwinzig 1 hour, Kitamobile 75 min

Teaching methods: Example based on a lesson observed in Kreuzberg:
2 teachers (or one teacher and one assistant)

Maximum 12 students

The course has low skill level and is mostly focused on teaching young people social skills.

The teachers run various games with and without circus material. It is important for the teachers to create a nice atmosphere for the students, it is necessary not to be too structured but able to adapt.

Communication with the parents is very important.

C) School project

For who: young people 8-16 years

Where: in one of 5 locations of Cabuwazi

When: During the school year every week.

What: Circus training for the school classes during school time with a show on the last day.
During the school year, the classes also have project weeks that they can spend at Cabuwazi.
The whole class attends and young people can choose one, or sometimes two, disciplines. They learn some circus skills, rehearse a show and present it to parents and friends. The school pays €2900 for the week.

Length: 4 hours per day, 5 days Monday to Friday

Teaching methods: Example based on a project observed and discussed in Treptow:

3 trainers + 1-2 volunteers, for one class (around 25 young people).

Every trainer is teaching a different discipline (one or two maximum)

The trainers first communicate with the teachers to identify any problems and group dynamics, and discuss a possible topic for the performance (what is the class is interested in). The topic is chosen by the class in dialogue with the trainers.

They use games for team-building exercises of the class.

Week schedule:



- Monday; Know the roles, introduction of the trainers, name game, all the young people try all the disciplines, and at the end they choose the discipline they will perform. (They find ways to encourage students to choose different disciplines).

-Tuesday; Warm up, game, rehearsing intro and finale of the performance, learning the skills, find the skills to perform and build the act.

-Wednesday; Warm up, game, rehearsing intro and finale of the performance, rehearsing the acts, finding a costume.

-Thursday; Warm up, game, general costume rehearsal

-Friday; Warm up, game, performance

D) Holiday circus

For who: young people 8-16 years

Where: in one of 5 locations of cabuwazi

When: During the holidays.

What: Circus training for youth on holidays with a show on the last day.

The young people need to register for these courses. Parents pay a fee.

Young people can choose between 1 or sometimes 2 disciplines. They learn some skills, rehearse a show and present it for parents and friends.

Length: 4 hours per day, 5 days Monday to Friday

Teaching methods: Example based on one project observed and discussed in Kreuzberg: Very similar to school projects, only not working with established school groups but rather individual young people who register for a holiday programme.

E) Open training

For who: Many open trainings for; young people, families, young adults

Where: Cabuwazig in one of 5 locations of Cabuwazi, or as outreach programmes for example in accommodations of refugees or in the settlements.

When: During the whole year. There are regular and also not regular workshops.

What: Many different types of open trainings. For example: open training for families with parents present (mostly just watching their child) on weekends. Regular workshops with low level trainings open to all young people from 8-16 years.

Duration: Varied.

Teaching methods: Depends on the project.

Example based on on project observed in Tempelhof:



- Family circus in a big open space, youth can choose a discipline. Every discipline has its own teacher who demonstrates the skills and takes care of the young people, but the parent must be there and stays responsible for their child. The young people can come and go or change the discipline whenever they choose.
- Open training for adults (trainers, young refugees, other young adults) starts with warm-up for all the participants. After the warm-up everybody can choose a workshop from 2 or 3 possibilities (handstand, dance acrobatic, occasionally air track or other discipline)

F) Circus Akademie Berlin:

This is the only way to get an education in the field of circus pedagogy with a final certificate in Germany. It is run in addition to a high school or university education. This course has been running since 2010.

The students come mainly from (circus) artistic or social education background.

Structure of education up until 2017:

- min. 8 max.16 participants in one year.
- 40 hours per week (Monday to Friday 9:00-16:00 + internship after the regular time)
- in one year there is 17000 hours of lessons and 200 practical hours.

Lessons:

***Pedagogic**

- Psychomotorik
- Physical and psychical care and protection of young people
- Pedagogic
- Communication
- Work with refugees

***Acrobatic**

- Floor acrobatics
- Pair acrobatics
- Dance acrobatics
- Skipping rope
- Pyramids
- Mini trampoline

***Aerial acrobatics**

- Trapeze
- Silks
- Aerial hoop
- Duo trapeze
- Rigging

***Balance**

- Ball
- Stilts
- Tightrope
- Rolla bolla
- Unicycle



***Juggling**

- Balls (and a little bit of some other disciplines)
- Diabolo
- Clubs
- Juggling and movement

***Performance**

- Acting and stage presence
- How to create an act and how to build a performance
- Costume, props, light and sound engineering
- Dance

***Body**

- Body work (Yogs, Feldenkrais)
- Stretching
- Power trainings
- Methodology of the lesson

***Open training**

***Economic (for self-employed)**

***History of circus**

***First aid**

During the studies the students participate in 4 holiday camps.

1. They observe the camp
2. They teach 1 Workshop (one discipline)
3. They organize it with help
4. They organize it alone

Students also have practicals and feedback and a final show.

After 2017 the financing changed. Now there is only a basic circus trainer course possible with 318 hours in one year and the lessons are on weekends. The programme is greatly reduced. The participant has to pay 2500 EUR for the course.



3. CABUWAZI TREPTOW

In this location there is a circus tent and a building where the main offices and headquarters of Cabuwazi are based. There is also a “Zirkus macht stark” (circus makes you strong) office where part of the money for culture projects from the government go towards. In these offices they divide the money up for different youth circus projects, they have a costume warehouse, and they run regular circus classes, school projects, holiday circus courses, open training and Cabuwanzig. They also have workshops for circus trainers and youth trainers and the possibility to hold birthday parties.

4. CABUWAZI TEMPELHOF

In Tempelhof, as in the other locations, they run school project weeks in the morning and in the afternoons 10 groups of Cabuwanzigs, 7 open trainings, and 17 specific classes in different disciplines.



The characteristic of Tempelhof is that it has been created from the ideas of Circus Beyond Borders as it is located near a refugee accommodation. This project is the most characteristic of social circus because it focuses on the inclusion and development of refugees at risk of social exclusion.

For this reason they have special projects such as open trainings on Saturdays and Sundays, a sewing workshop for adults and the stunt workshop for young people. All groups are open to everyone, so the work of inclusion arises naturally by promoting integration and connections that arise spontaneously by sharing a class, skills, objectives and a common space.

In holidays they have camps, when the young people can practice circus and take German lessons.

To bring this project to life, they have hired 42 teachers and 8 coordinators. To ensure the objectives of the social circus, they hold meetings with the head social workers of the refugee accommodation.



Although, the project “Circus Beyond Borders” have the site in Tempelhof they move to other places like specific accommodations and refugee houses.

5. CABUWAZI ALTGLIENICKE

In this location they have 3 Cabuwinzigs, 13 open trainings, 11 advanced groups (specific disciplines) and 2 open craft workshops in the afternoons. And in the morning kindergarden with refugees during project weeks. They also hold street workshops, and once a month the whole family meets for the Family Saturday, where they play, cook, and investigate different disciplines from the circus world.

The main things that make Altglienicke unique to the other locations are:

- **The youth plenum.** Most of the decisions for the youth classes are made and discussed here. Everybody is welcome to join and participate in the Plenum. For example they created here a document with the basic rules that their teachers must abide by.
- They have initiatives to promote respect for sexual orientation and **gender identity**.
- **Coordination:** There are around five coordinators who meet once a week to organize everything and to give feedback and express to others what has helped them with their work, and what would be of further help. Some tasks are also transferred sporadically. This is possible through a document connecting the different areas who work in the organization. The document contains the specific tasks of each area and other information that serves to optimize the performance of their work.
As George Williams, one of the coordinators, tells us, it is thanks to this document that any new members who join the team are able to adapt to their new position by providing them with the necessary information for the development of the tasks.
- In general, the locations are made up of circus tents, but in Altglienicke two towers have been placed for aerial training, which represent fixed and **own infrastructure**.

6. CABUWAZI KREUZBERG

In Kreuzberg there are regular classes for young people and Kabuwinzig courses for the youngest ones. They also make school projects and holiday circus camps. The big difference between other spaces is that the district is not supporting this circus space financially, so the regular courses are not free for the young people. Another speciality is the Circus Akademie Berlin which only takes part in this place.



7. PERSONAL EXPERIENCES (WORKSHOPS/ TRAININGS/ SHOWS)

7.1 Matthias Romir

We had the opportunity to see a clown- juggling performance by freelance professional circus artist Matthias Romir. The performance was full of new ideas, it was colourful in using different artistic tools such as video projection, spoken word, work with material, juggling different props, using roller skates, interacting with audience... It had a clear message, professional form and very high skill level.

7.2 André Hidalgo

In Katapult space we could see a work-in-progress a short juggling show of André Hidalgo. It was a presentation after a residency. He was playing with juggling in and out of a imaginary box/ room and a sound from a speaker. He showed an impressive juggling skills but as in the work in progress there were some less developed parts of the show like for example the idea and message. After the show was a discussion with the artist where we gave feedback and could ask questions.

7.3 Open trainings with Florian Bogner:

The trainings led by Florian, gave us the opportunity to train with the teachers of Cabuwazi. In this way we exchanged tricks, we motivate ourselves together, we learned new ways to warm up, stretch, different techniques and new artistic ideas emerged. It was the perfect metaphor of how the exchange of staff can make us grow as organizations by observing other ways and forms and the joint creation of ideas and projects that enrich human capital and therefore our organizations, because they benefit from the synergies that have arisen in these exchanges.

7.4 Kids training

We had opportunities to observe different trainings and also take part on open trainings and also speak with the teachers about their teaching methods.

7.5 Acrobatic Workshop

It was very enriching to attend the workshop, due to its social and inclusive nature. We could participate with people of many nationalities, including refugees. And where we all felt the same and a great team. The pedagogy to take such a large and diverse group was impeccable and there was an atmosphere of cooperation and overcoming limits.

8. LEARNING FROM EACH OTHERS ORGANIZATIONS

- Use the free time during the JST



Informal learning, so important in these exchanges. It arises especially in free time.

- Informal meetings

Safe atmosphere, more confident feeling, more empowerment, more possibilities of taking the initiative

- There is no hierarchy or leaders

Cooperation is very important in the JST and you can share responsibilities/ tasks during the stay

- Learn about the other organizations

You learn about the management, courses, pedagogy of the other participating organizations. We share experiences and tricks of others.

- Networking

Knowing everyone really well in an intimate environment, leads to more trust and connection between organizations

