

## **Tailored programs held at NICA or your school**

Circus workshops are great for team building and can be tailored towards particular life and community issues that may be relevant to your school or curriculum.

Whether you choose to run the workshop in the state-of-the-art facilities at The National Institute of Circus Arts (NICA) in Prahran, or at your school, our experienced trainers will inspire and engage your students through a range of drama games, trust exercises and daring circus skills.

Introduce a NICA School Workshop to your program and witness students who love learning.

## **Team building through fun and fitness**

The challenge begins by playing various drama games to achieve the essential aerobic warm up, stimulate focus and introduce team work. Trust exercises are a unique and focused way to demonstrate to participants the concept of working together and supporting one another, while the circus skills invoke a sense of risk and an ultimate feeling of achievement.

## **Victorian Essential Learning Standards (VELS)**

Circus is a learning tool that addresses a range of VELs competencies such as teamwork, personal goal setting, leadership, problem solving and a healthy sense of self. Suitable for students of any age, there are no physical requirements to participate in the NICA Schools Workshop and we endeavour to ensure all activities are challenging yet achievable.