

STILTS WORKSHOPS

For kids, youth and adults

8+	2	20	0
AGES	HOURS	PARTICIPANTS MAX.	POWER NEEDED

The circus artists of cia. VENDAVAL share their passion for stilts with young people and adults. We bring stilts workshops to festivals, schools, civic centres and events.

Stilts are individual stages that lift each person up. Together, the participants become a moving set of performers who can wander to any corner of the venue. Almost anything you can do on the ground, you can do on stilts: dance, sing, play an instrument, play the fool, even easy acrobatics.

Up on stilts, a street or square becomes a meeting place: people greet each other, play and dance together, and the venue fills with colour.

WITH THE SUPPORT OF TUB D'ASSAIG

CONTACT
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KIDS' STILTS WORKSHOP

SYNOPSIS

Climb up and see the world from above! In this workshop, children learn to walk on stilts and dance to live accordion music. To finish, we put on costumes and parade through the venue together.

WHAT WILL WE LEARN?

- Putting on stilts safely, finding our balance and taking our first steps
- Walking, turning and dancing to music
- Moving together as a group
- Dressing up and parading through the venue

DETAILS

- **Ages**: 8 and up
- **Participants**: up to 10
- **Duration**: 2 hours
- **Instructors**: tyle fernández, with Vic Heredero or Albert Pérez
- **Parents**: outdoors, if there is nothing to hold on to (trees, a fence, a wall), a parent or guardian helps each child for the first 20 minutes
- **Final parade**: route agreed with the organiser beforehand





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STILTS WORKSHOP FOR YOUTH AND ADULTS

SYNOPSIS

Learn to walk and dance with longer legs and free hands! First we become independent on stilts. Then we explore group movement, tricks and characters, and create a short presentation for the public.

All of this happens in a relaxed, trusting atmosphere where safety and mutual support come first. We help each other so that everyone learns something new and leaves behind the fear of heights, of falling or of performing in public.

WHAT WILL WE LEARN?

- Putting on stilts safely, balance, falling and standing up again
- Walking, turning, dancing and moving to live music
- Group movement and choreography
- Simple tricks and games
- Building a character
- Creating and performing a short presentation for the public

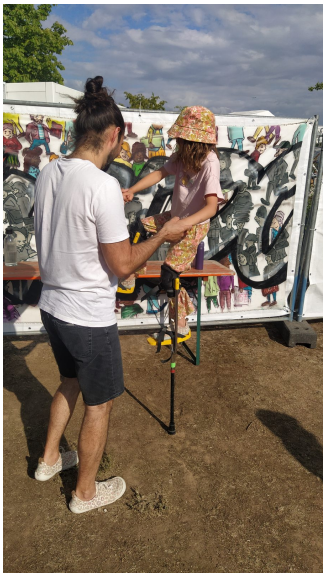
DETAILS

- **Ages**: 8 and up, mixed groups of youth and adults welcome
- **Participants**: up to 20; 10 on stilts at a time, while the others assist and spot, then swap
- **Duration**: 2 hours
- **Instructors**: tyle fernández, with Vic Heredero or Albert Pérez

LONGER FORMATS

- Intensive weekend course
- Weekly course over several months

Ask us for details.





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TECHNICAL SHEET (BOTH WORKSHOPS)

- **Space**: about 10 × 10 m.
- **Ground**: flat and firm: street, square, park, sports hall. Dirt is fine; gravel is not.
- **Indoors**: minimum height 4 m, overhead lighting.
- **Sound**: our own Bluetooth speaker and live acoustic instruments (accordion). No power needed.
- **For participants**: shade and drinking water nearby.
- **Clothing**: comfortable clothes and flat, closed shoes.
- **Materials**: stilts, costumes and everything else are provided by the company.
- **Instructors**: the number depends on the number of participants.
- **Rain and wind**: in rain, the workshop is postponed or moved indoors. Wet ground is fine only with no standing water. Mild wind is fine.





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COMBINE WITH A SHOW

Book a workshop on the same day as one of our shows and save on costs:

- **VENDAVAL Brass**: street band and circus
- **El Joc Etern**
- **Imaginary Friend**: a giant stuffed toy on stilts

If the workshop takes place before the show, the participants can join the show on stilts. Contact us to plan the timing.







FOR ALL BODIES AND MINDS

VENDAVAL wants to reach everyone, including differently abled people. Our instructors have experience with mixed-ability groups. Tell us about your group and we will adapt the workshop.

ORGANISATION

- **Invoicing**: Tub d'assaig circus association
- **Insurance**: in Spain, civil liability insurance through Tub d'assaig. Outside Spain, the hosting organisation (festival, school or venue) provides insurance.
- **Forms**: we bring a participation and image consent form for all participants.
- **Budget**: on request.

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TEAM

- **tyle fernández**: stilts, accordion and live music; workshop lead
- **Vic Heredero**: acrobatics
- **Albert Pérez**: clown, stilts and juggling (cia. Filigranes)

tyle fernández ON STILTS

Performer, stilt walker and stilts teacher. On stilts since 2003, teaching circus since 2010 in more than 20 countries.

PERFORMING

- **antagon theaterAKTion** (Frankfurt am Main, 2003–2009): stilt ensemble shows with dance, fire and live music; 120+ performances in 10 countries; building stilts, costumes and sets
- **cia. Filigranes** (Terrassa, since 2017): stilts and live music in *Freak Frac*
- **cia. Victoria Sickness** (Barcelona, 2021–2023): stilt performance in *Circografía de una travesti*
- **cia. VENDAVAL** (Barcelona, since 2024): stilts, live music, set and costume design
- **Todo Zancos** (Badalona, since 2025): stilt performances
- **Imaginary Friend** (2026): stilt walkabout

TEACHING

- **Tub d'assaig circus school** (Terrassa, since 2018): stilts specialist; circus courses for all ages; circus workshops in schools
- **Escola la Trama** (Sabadell, since 2025): monthly stilts classes for 7–8-year-olds
- **L'Estruch** (Sabadell, since 2020): family circus and "taste of circus" workshops for beginners, ages 3–18
- **Jonglirium e.V. / 2wheels4change** (since 2010): social circus workshops and camps in 20+ countries with young people in refugee centres, orphanages, and with deaf and autistic youth









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