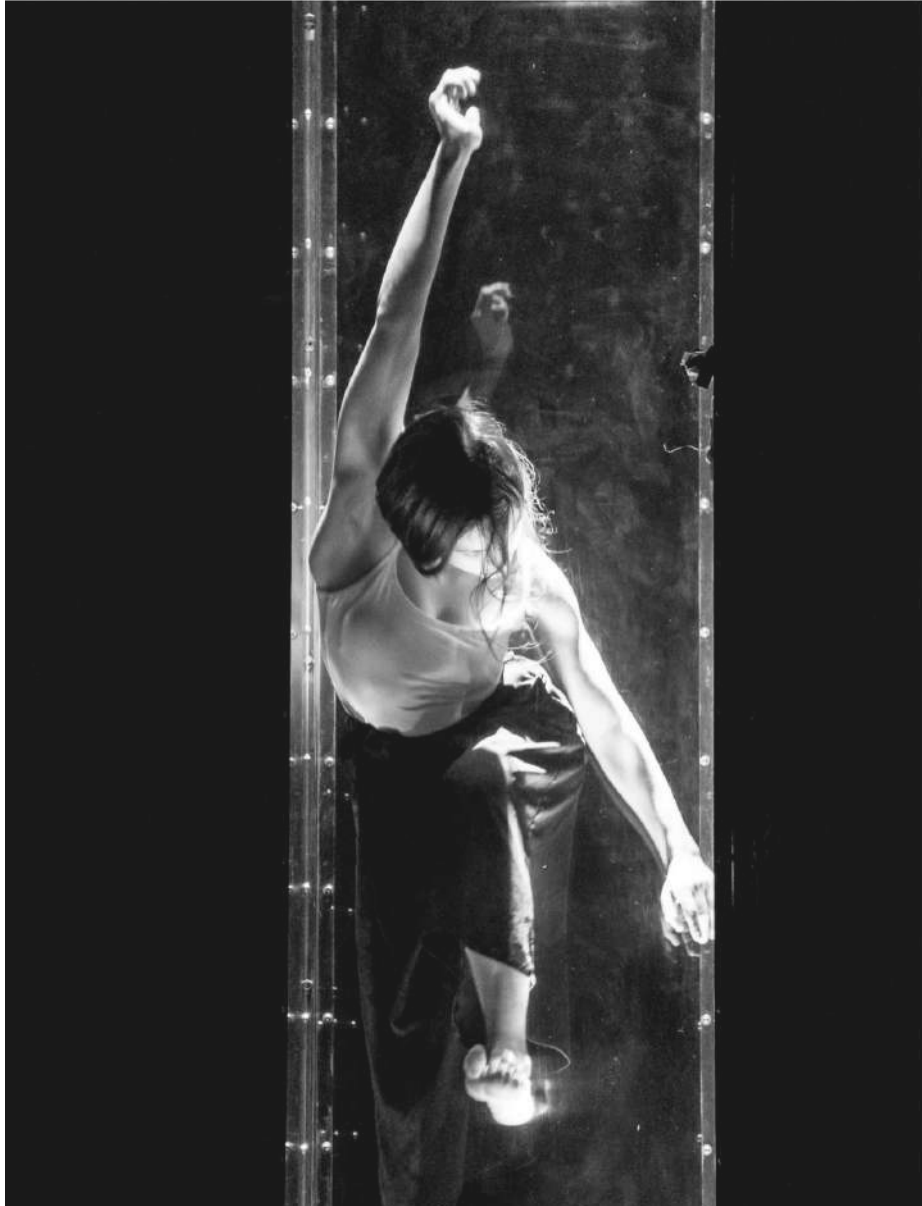


FORA (outside)

Contortion solo behind (almost) closed doors



ALICE MAKES

CREATION 2024

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FORA

(outside)

for the room
duration +/-50 min
from 6 years old

video step of creation:
[video theatre international de la city mai 2023](#)

There is this box, so small, which forces him to do all the contortions. And there is the great escape... But, once outside, does this woman really free herself? The twists continue to reign over his body. A sign of her inner struggle, she continues to defy the invisible walls.

In Portuguese, Catalan, Sardinian & Occitan, FORA means “outside”. Alice Rende's solo brings together 2 practices of flexibility & illusionism: enterology (the art of folding the whole of one's body in a box which is obviously too small) & escapology (the art of escaping from one's constraints).

Intention of the contorted gesture

In this show, contortion becomes an act of rebellion. The performer who moves in a narrow space draws the efforts made to conform to a society, to a norm. FORA is a tribute to the excluded, to the unfit, to those who are “Fora” (outside).

Originally, it was the patients perceived as hysterical who gave a political character to the contortion. In this context, each movement becomes the manifestation of a deep and desperate struggle against a power which wants to take control and be part of the corps¹.

In FORA, contortion takes shape and is transformed into an unconventional apparatus, a plexiglass box. The movements are twisted and mix with an eclectic research: deformation effects generated by the crushing of the body and face, 'levitation' effects thanks to the transparency of the plexiglass, references to enterology numbers (the implementation box of an individual who strives to make himself very small), references to escapology (practice consisting of escaping from moorings or traps linked to techniques of flexibility and illusionism)².



¹ **References:** *Georges Didi-Huberman - Invention of hysteria: Charcot and the photographic iconography of the Salpêtrière Paris: Macula. 1982* And *Michel Foucault : The Lives of Infamous Men (Cahiers du chemin, n° 29, January 1977, pp. 12-29)*

² The term escapologist is used to classify people who escape from handcuffs, straitjackets, cells, coffins, boxes, barrels, bags, fires, tanks and the like. Famous artists include Harry Houdini.

Mediation actions

In order to continuously nourish this project, the company offers complementary actions with the public.

Artistic practice workshops

Workshops immersion programs can be set up in which groups are encouraged to experiment with the creation of movements and sound with the plexiglass structure.

These workshops can be adapted to groups of performing arts students, artists but also to groups of people who need special attention due to a social or medical context.

Moments of exchange: promoting subjectivities

The piece offers multiple reading grids and allows everyone to project their personal experience onto it. Informal, educational and accessible discussion times can be organized. The objective is to invite participants to share their points of view and question their different interpretations. These exchanges provide legitimacy in the eyes of people who are not used to performing shows or works of contemporary art.



The Compagnie Ar

Created in 2022 in Aix-en-Provence to carry out Alice Rende's artistic projects, the Ar company's approach is to use movement and contortion techniques to question and transform the injunctions that we experience in the body.

Alice Rende - Author and project leader

Alice is an Italian-Brazilian circus contortionist, researcher and author. His first solo *Passages* has been circulating since 2019 and its second creation *Outside* is winner of the **European label for contemporary circus circusnext**, of **SACD circus process price**. She studied at the National Circus School of Brazil and followed the professional path offered by the Higher School of Circus Arts of Toulouse Occitanie ESACTO'Lido. Alice also completed master's and doctoral research in performing arts at the Federal University of Rio de Janeiro. As a performer, she participated in the creation *Silenzio* by the company Roberto Magro at the Mercat de las Flors in Barcelona in 2018. In 2020, the meeting with Julia Christ led to the creation of the show *Le Moindre Geste* in which she performed alongside Julia . In 2022 she collaborates with the Florence Lavaud company as an actress.

Partners

Supports

Circus Next Winning Project - European Circus Label

SACD Winning Project / Circus Process

Winning First Gesture(s) Project

French institute

Subsidies

AProject idea - DRAC Nouvelle-Aquitaine

Co-productions

Les Subsistances Lyon FR

Espace Périphérique, Paris town hall, Parc de la Villette FR

Archaos National Circus Center of Marseille FR

La Grainerie, Circus arts factory Toulouse FR

Le Lieu, creative space, Périgueux FR

National Circus School of Châtelleraut FR

The Geste(s) FR Group

The Fairgrounds, St André de Cubzac FR

The Agora National Pole of Boulazac Circus FR

Residence assistance

The Cascade Pôle Nationale Cirque Rhône-Alpes FR

Cirkorama, Zagreb, CR

Up - Bruxelles, BE

Cirqueon - Prague, RT



Diffusion

Preview December 27, 2023 - Circumnavigando, Genoa, Italy

Premiere on February 13 and 14, 2014 - Théâtre du Bois de l'Aune,
Aix-en-Provence - as part of the Entre 2 International Biennial of Circus Arts
organized by the Pôle National de Cirque de Marseille Archaos

22 Mars 2024 - La Grainerie, Toulouse - Creative Focus

28 - 29 Mars 2024 - UP Festival - Bruxelles

April 16 - 18, 2024 - C!CAF Copenhagen Circus Dance Festival - Dannemark

May 2024- BALKANA CIRCUS - Belgrade, Serbia

May 2024 - Peculiar Family Festival, Spit, Croatia

2 June 2024 - Contemporary circus festival CIRKULIACIJA - Vilnius
Lithuania

June 2024 - BALKANA CIRCUS - Belgrade, Serbia

October 22, 2024 - Festival Circle, Rotterdam, Hollande

November 2024 - Brazilian Circus Festival - Recife, Brésil

November 15, 2024 - Agora PNC Boulazac, Nouvelle-Aquitaine

November 16, 2024 - Eden A4 Theater, ST Jean
d'Angely/Nouvelle-Aquitaine

Under negotiation:

Jan/Feb 2025 Marseille Circus Biennale

Jan/Feb 2025 - Circus Festival - Finland

13-20 mars 2025 - Théâtre de la Cité Internationale, Paris

Distribution

Original idea, conception and interpretation:Alice Rende

Construction : Benet Jofre et Kob

Light creation:Gautier Devoucoux

Sound creation:Thomas Baudriller et Chloé Levoy

Accomplice Regard:Michael Cerda

Research and iconography partner:Alessandra Vannucci

Production and distribution managers:Clémence Drack and Alina Yanikeeva

Structuring support:Lorraine Burger as part of Studio PACT - Circus Arts Nursery of La Grainerie/Toulouse and Cie Hors Surface

Production : Ar Company

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