

UM BELO DIA





UM BELO DIA: An Emotional Comedy

**“Um Belo Dia is
a red pepper
onto which we
put wings and
it becomes a
butterfly”**

An oneiric, metaphorical and surreal show of physical theatre, circus, dance and juggling/club balancing, for all audiences.

‘Um Belo Dia’ (A Beautiful Day) is a feminine and extremely human solo, where we see how the character interacts with objects, the audience and our own emotions.

Joy, sadness, anger and love - a cathartic journey that ends in a moment of union and acceptance of human imperfection.



Duration: 40 minutes

The show can be performed twice daily

Concept/Choreography: Dulce Duca

Direction: Iris Ziordia

Soundtrack: Jaime del Blanco

Costume: Sara Munro & Dulce Duca

Co-production: INAEM, La Central del Cirque, Festival Trapezi, Teatro LAVA Valladolid, L'Estruch.

For more information:

> [click for dulceduca.com](http://dulceduca.com) <

> [click to view promo video](#) <

Reviews

“Impressive, lyrical, passionate work by Dulce Duca. Juggling without hands, with the tongue, chin, shoulders, surrealistic figures. A little gem for the most demanding palates”

**Carlos Gil Zamora Artez
Magazine**

“Highlight for the Portuguese Dulce Duca. A work with clubs never seen before. Emotions emerge from this extremely original show.”

**Isabelle Maurisse,
Regards Paris**

“She balances herself like a flower with everything that is to come and then the clubs appear, but be careful, we do not see a classic juggling routine with 3, 4, 5 or 6 clubs. Duca cultivates the art of balance subtly and ironically with her shoulders, eyes, fingers and especially her mouth - the club is manipulated with the artist's tongue and teeth”

**nuvol.com
Festival Trapezi, 2016**





About Dulce Duca

Dulce Duca is
the greatest
living juggler in
Geldeston...

Dulce Duca conceives comic, absurd and surreal shows that will make you laugh or run away.

She's never won any awards, but her first solo show 'Um Belo Dia' was nominated for 'best street show' at the 2013 Zircolika Awards.

Duca has since performed in more than 10 countries, including China, Mexico, Brazil and Cape Verde.

She runs Drillaz Circus School (UK); creates stories for radio, has broadcasted on BBC; collaborated on several projects such as Gandini Juggling (UK), Collective Protocole (FR), Pistacatro (ES); and has created events with and for local communities and city councils - provoking connections between the population, with the aim of raising awareness about emigration through music, gastronomy and circus.

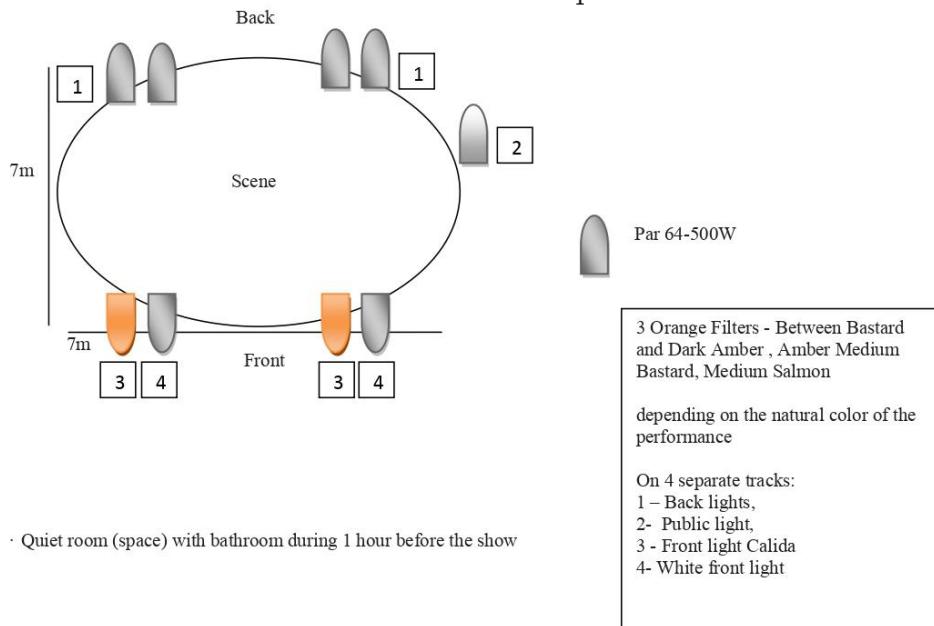
Stage Requirements

Performance Area:

- Size: Optimal 7m x 7m
4m height min
- Space: Flat - can be grass, stone or asphalt but not gravel
- Set up time: 10 min
- Clear time: 20min

Venue to Provide:

- Dressing room close to the performance area, with a bathroom
- Sound system with mini jack input and a sound technician
- Sound table on stage back right corner. Sound check from 2h to 1h before the first show
- If the show is presented indoors or at night, these are the minimal lighting requirements



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