

## Catalonia – Guest Day in Portugal

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|       | <p><b>Presentation of the members</b></p> <p>Hello!!! Our names are ...</p> <p><b>Where are we from</b></p> <p>We are from Catalonia. Catalonia is a region of <b>Spain. (show map)</b><br/>Spain is a very big country. More than 45 million people live in Spain. Spanish is not the only official language in Spain.</p> |
|       | <p>In fact, there are 4 official languages in Spain:<br/>Catalan - which is our language<br/>Basque – spoken in the Basque Country (North of Spain)<br/>Galician – spoken in Galicia (North-West of Spain)<br/>Spanish – official in the whole country</p>  |
|       | <p>There are seventeen autonomous communities or regions in Spain. Catalonia is one of them. Like a few other communities, Catalonia has its own culture, history, and language.</p> <p>We are going to talk about our region (Catalonia) and the Human Towers, which are a very typical element of our culture.</p>        |
|       | <p><b>Catalonia-Spain</b><br/>Catalonia is situated in the North-East of Spain bordering France.<br/>Catalonia has a Mediterranean coastline. It's a really beautiful coast.</p>  |
|       | <p><b>Human Towers</b><br/>The human towers are a typical tradition in Catalonia.<br/>The origin of Human Towers is from a catalan religious dance called "Moixiganga".</p>   |
|       | <p>This is a picture of Human Towers group of Vilafranca. Sometimes they gather around 1000 people to build high castles.<br/>Vilafranca is a town near our village and school.</p> <ul style="list-style-type: none"><li>- We will watch a video to see how they do it. (watch video)</li></ul>                            |
|       | <p>Now we are going to tell you about the clothes castellers wear.<br/>You can know a group of castellers by the colour of their shirts. Every group has a different colour and all the group always wear the same shirt.</p>   |
|       | <p>There are a lot of castellers: green, red, yellow, purple...<br/>They all wear white trousers and a black "Faixa". Faixa is very important, for two reasons:</p> <ul style="list-style-type: none"><li>1st - To protect their backs</li><li>2nd - To help them climb</li></ul>   |
| _____ | <p>Children climbing to the top also wear special helmets, to protect their heads.</p>  |
| _____ | <p>We are going to show you how to put on a "faixa"</p> <p>"Would you like to put on a faixa?"</p> <p>You straight it, you put it in your pants and then you turn around and around...</p>  |

## TYPES OF HUMAN TOWERS

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|  | <p>There are different types of human towers.</p> <p>They have different names according <b>to the number of people on each floor</b>:</p> <ul style="list-style-type: none"> <li>• Pilar (“it means column”): there is only <b>one</b> person on each floor.</li> <li>• Torre (it means “tower”): there are <b>two</b> people on each floor.</li> <li>• 3 of (7,8,9 i 10 ): there are <b>three</b> people on each floor.</li> </ul> <p>The 3 of 10 is the highest human tower ever built.<br/>There are also human towers with 4 or 5 people on each floor.</p>   |
|  | <p style="text-align: center;"><b>Game</b></p> <p>Now, we are going to play a game. The human tower’s game. We have to make groups and hold arms like in one of the floors.<br/>..... will be the head of the group.</p> <ul style="list-style-type: none"> <li>- If the “head” of the group says “<b>pilar</b>”, we stand alone and raise one hand, like this.</li> <li>- If the “head” of the group says “<b>two</b>”, we stand in <b>pairs</b> holding arms like this: left outside, right inside.</li> <li>- If the “head” of the group says “<b>three</b>”, we make groups of three people and hold arms in the same way: left outside, right inside.</li> <li>-</li> </ul> <p>Sometimes, human towers fall. We call that “<b>fer llenya</b>”.</p> <ul style="list-style-type: none"> <li>- So, if the head says “<b>llenyà</b>”, we all fall down and lay on the floor.</li> </ul> <p>If a group is too slow, or don’t hold correctly (left outside, right inside), or can’t make a group, they will be out.</p> |
|  | <p>Let’s try it . Let’s have a test round:</p> <ul style="list-style-type: none"> <li>• Pilar / llenya / Pilar / two / llenya / pilar / three</li> </ul> <p>- I’m sorry, you are out</p>   |
|  | <p><b>Parts of human towers (esquema)</b></p> <p>There are three important parts of the tower:</p> <ul style="list-style-type: none"> <li>• Pinya : a lot of people together, at the base of the human tower.</li> <li>• Tronc : people holding their arms (one person hold the arms of the other one)</li> <li>• Pom de dalt:             <ul style="list-style-type: none"> <li>• dosos: two boys or girls holding their arms.</li> <li>• cassoleta: the smallest child, crouching on the “twos”, like this.</li> <li>• Anxaneta: this is the child who climbs to the very top of the human tower. Once at the top he raises his arm.</li> </ul> </li> </ul>   |

## PINYA

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|  | <p>Now we are going to build a “pinya”.</p> <p>We need a lot of people to build a “pinya” for a high castle. All the people in the pinya are very, very close to each other, pushing all together to the center. We need different types of people (tall, short, strong, plump, thin, agile, ...) to do different tasks in different places of the pinya.</p> |
|  | <p>We need to be ready to hold hands and arms with any of the other children in the pinya (boys, girls...).</p> <p>Are you ready?</p>   |
|  | <p><b>“Pinya” means “pine cone”.</b> All the people at the base are the “pinya”. They look like a pine cone. It is a very important part of the castle: they push to the centre of the tower to make it strong.</p>   |
|  | <p><b>“Baix” means “short” and also “down”:</b></p> <p>Is a person that has to be short and strong, a bit plump.<br/>He is at the basement.<br/>This person is not alone at the base, because he has all the “pinya” around.</p> <p><b>“We need a _____ - You can be a good _____”</b></p>  |
|  | <p><b>“Contrafort” means “cord”:</b></p> <p>This person doesn’t have to be very tall, but taller than the “Baix”.<br/>It holds the “Baix” like this (show).</p> <p><b>“We need a _____ - You can be a good _____”</b></p>   |
|  | <p><b>“Crosses” means “crutch”.</b> Crutches are the sticks you use when you break your leg.<br/>They are two people.<br/>They don’t have to be very tall, like “Baix”.<br/>They hold the “Baix” from their underarms, like this (show)</p> <p><b>“We need two _____ - You can be a good _____”</b></p>   |
|  | <p><b>“Agulla”:</b></p> <p>In English it means needle.<br/>This person has to be tall.<br/>He holds the “Anxaneta’s” knees. In high castles Agulla holds the second’s knees.</p> <p><b>“We need a _____ - You can be a good _____”</b></p>  |
|  | <p><b>“Primeres mans” – “First hands”:</b></p> <p>They are the two tallest people in the group.<br/>One holds the “Anxaneta’s” bottom while the other holds his thighs.<br/>They are opposite and behind the “Baix”.</p> <p><b>“We need two _____ - You can be a good _____”</b></p>  |
|  | <p><b>“Laterals”:</b></p> <p>They are the second tallest people in the group.<br/>They hold “Anxaneta’s” thighs.<br/>They are situated next to the “crosses” (crutches).</p> <p><b>“We need _____ - You can be good _____”</b></p>  |
|  | <p><b>“Diagonals”:</b></p> <p>They are also tall.<br/>They hold “Anxaneta’s” thighs too.<br/>They are between “primeres mans” and “laterals”.</p> <p><b>“We need _____ - You can be good _____”</b></p>   |

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|             | <p><b>“Anxaneta”:</b><br/> The person is short and slim.<br/> It situated at the top of the tower.<br/> Once at the top, anxaneta raises her hand, like this.<br/> <b>“We need one _____ - You can be a good _____”</b></p>  |
|             | <p>Now, with everybody knowing their own place in the “pinya” we’re going to step back, and build it again in order. Please, hold each other really tightly, and push to the centre. We have to be really close to each other to do this. So, let’s do it!</p>   |
|             | <p>When we practised it with “professional” castellers, the “baix” and the “contrafort” were taken out of the pinya, when the “anxaneta” was at the top, to show that this is a real team work. Today, without any “professional” casteller around, we will be happy to build this “pillar of two” with all the elements all the time ;)</p> |
| <b>TOTS</b> | <p>The SLOGAN of Castellers is:</p> <p>Strength</p> <p>Balance</p> <p>Courage</p> <p>Wisdom</p> <p><b>TEAM WORK!!</b></p>  |
|             | <p>Thank you very much for your attention.</p> <p>Now roll your “faixa” like this and give it to us.</p> <p>Thank you!!</p>  |