

TESTAS DURAS

Some **LIKE**
it **NUT**



Supporting:

el disparate
circo

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Synopsis

Alba and Irene have been friends for years, but they are unable to share their deepest fears with each other. They go on a journey of self-discovery and self-care that invites us to reflect on the importance of caring for our mental health and the need for healthy emotional support networks.

Handstand, juggling, dance, and theater are the key elements of Some like it nut.

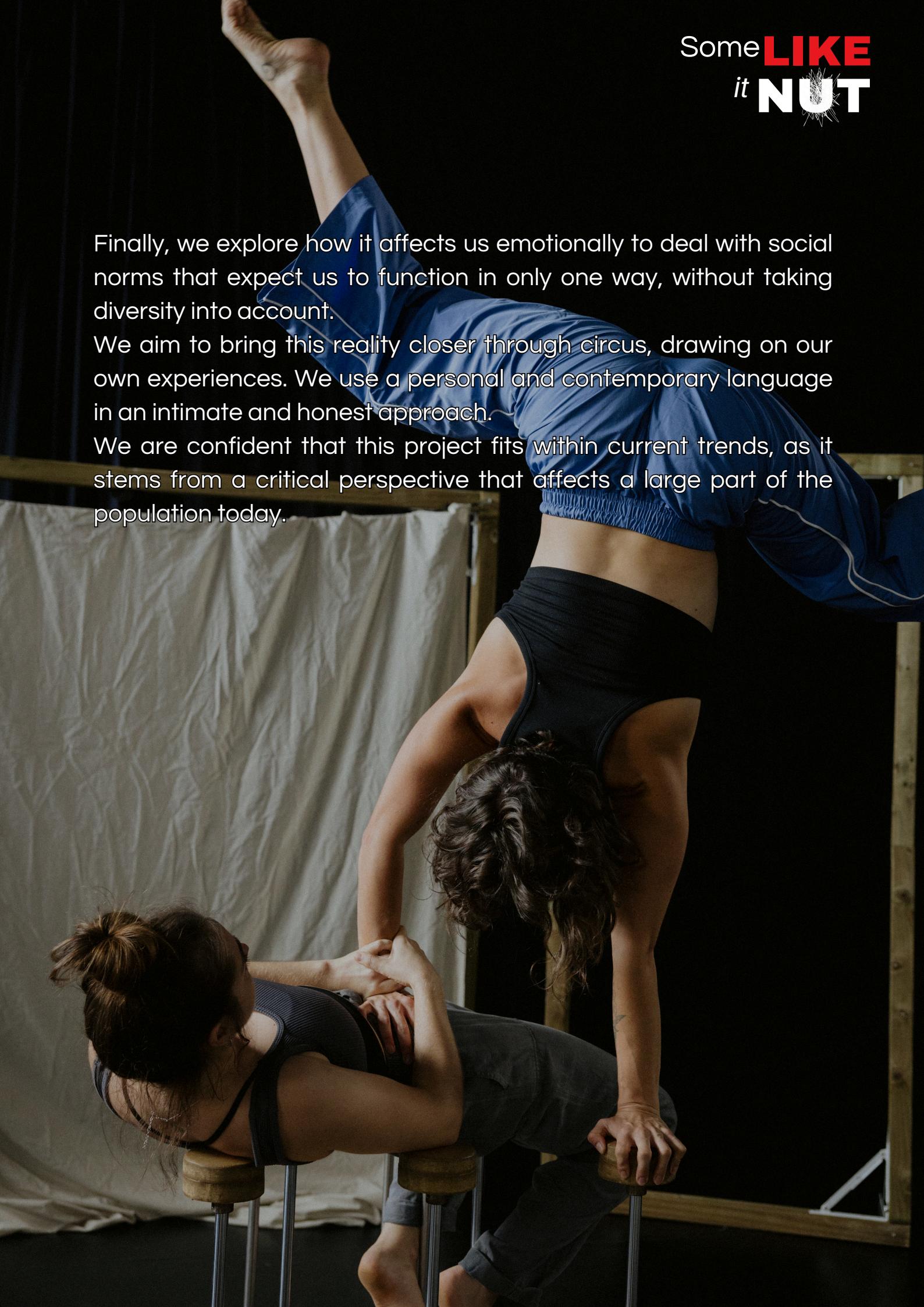
Presentation

Some Like It Nut was born from the need to raise awareness about how mental health affects our daily lives, understanding mental health not only as the absence of mental disorders but as emotional, psychological, and social well-being. We focus on emotional support networks.

We are going through a mental health crisis that affects everyone, but especially teenagers, who are in a vulnerable stage of discovering themselves individually and finding their place in the world.

Moreover, nowadays relationships are increasingly impersonal and often experienced through screens.





Finally, we explore how it affects us emotionally to deal with social norms that expect us to function in only one way, without taking diversity into account.

We aim to bring this reality closer through circus, drawing on our own experiences. We use a personal and contemporary language in an intimate and honest approach.

We are confident that this project fits within current trends, as it stems from a critical perspective that affects a large part of the population today.



Show motivation

This project was created to encourage reflection on mental health and self-care.

We believe that sharing personal experiences adds a layer of authenticity to the performance, transforming the particular into the universal and allowing the audience to see themselves in the story.

Mental health has long been a taboo topic, and it is crucial to normalize the idea that everyone needs to take care of their own well-being.

Finally, we hope to inspire people to seek professional help when necessary. To make this easier, we are compiling a guide to the mental health resources available in Spain—including subsidized or discounted options—to ensure greater accessibility for all.

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Artistic profile

Irene Aicrag - Author and Performer

Alba Moraga - Author and Performer

Eva Luna García-Mauriño - Assistant Director

Miguel Frutos - Juggling Choreography Director

Juan Carlos Panduro - Handstand Choreography Director

Sabrina Catalán - Artistic and Dramaturgical Support

Manolo Ramírez - Lighting design

Raquel Molano - Music

TestasDuras - Set Design

Mamen García "La moza" - Manager

María Folguera - Artistic Advisor

Abel del Fresno - Psychological Advisor

Cristina Martín - Psychological Advisor

Lucas Escobedo - External Perspective, Character development

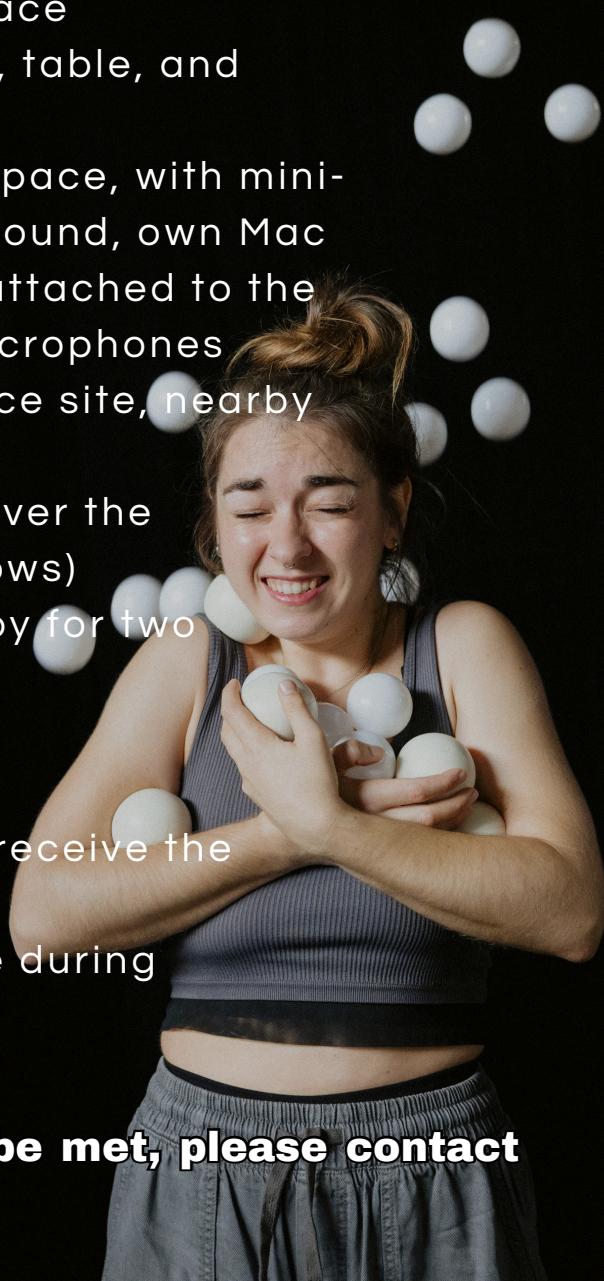
Technical specifications

- Show for young audiences (from 11 years old).
- Duration: 45 minutes
- Theatrical format: Italian-style (180°)
- Versions: Night street version (with lighting) and daytime version
- Setup time: 6 hours with lights, 3 hours without lights/ Breakdown: 1 hour
- Stage space: 8 m wide, 6 m deep, 3 m high. Open space, free of obstacles and sound disturbances.
Flooring: Smooth, homogeneous, compact, and level linoleum, 8 x 6 m
- Warm-up area: Close to the stage space
- Lighting technician station: Spotlight, table, and chair with a frontal view of the stage
- Sound equipment: Adequate for the space, with mini-jack input; QLab used for lights and sound, own Mac
- Microphones: Headset microphones attached to the cheek, plus two wireless belt pack microphones
- Access: Vehicle access to performance site, nearby reserved parking
- Street performance: Barricades to cover the perimeter (only for outdoor street shows)
- Dressing room and bathroom: Close by for two people, with mirror and lighting

Staff requirements:

- One person from the organization to receive the company
- One person responsible for the space during performances

***If any of these requirements cannot be met, please contact the company.**



Background

Testas Duras was founded in 2023 to create Some like it nut. The project has been funded by the IVC and has received support from the MADPAC grants, Generación Circo 2024, and the Puntocero artistic residencies in Madrid. We have been fortunate to perform at festivals in the Valencian Community such as Fora d'Órbita, Contorsions, and Circarte. Highlights from our time in Madrid include performances at Teatro Circo Price.



Irene Aicrag is a multidisciplinary artist and circus instructor in Alicante, working with the socio-educational circus association Donyet Ardit.

Her work as a performer includes Adeu! (produced by the IVC and Cía. Lucas Escobedo), No ni poc! (Cía. Sot de Vint), Paca i Pilo (Cía. Aicrag), Hermanos Barbini (Cía. Hermanos Barbini), and her personal project Desempolsant.



Alba Moraga is an actress and circus artist specializing in handstands.

She has performed in Celtic Iberian Circus (Cía. Ibérica de Danza) and De Bueyes Perdidos (Cía. Bueyes Perdidos). She has also acted with the theater company Paso Azorín in A Midsummer Night's Dream and Ausencia de Bernarda. Currently, she is performing in Mary Stuart with La Joven Compañía.

Contact

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Web:

[Link](#)

Teaser:

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Full show:

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