

HUMAN TOWERS ACTIVITY:

Let's enter the world of 'castellers'

Human towers are one of the main cultural and festive activities in Catalonia. At the UAB we have our own human towers team or '*colla*' as we call it here. They are called the *Ganàpies* and in this activity they will tell you all about human towers and show you how they are built.

Before trying it out, the *Ganàpies* will give you a brief introduction with pictures to show you what the world of human towers is like: what technique you need to use; which towers have been built in the past, what the *colla* wears, what music accompanies the activity, etc.

Once the talk has finished it's time to try it out for yourselves – with the supervision of the *Ganàpies*, of course!