



PEOPLE'S COLLEGE

Adult Education Association

Syllabus 2020- 2021



“students are at the heart of everything we do.”

ENROLMENTS AUTUMN 2020

Due to Covid 19, Enrolments/Registration will be accepted online primarily. We will have an option for over the phone registrations for the month of September and will update on our website with further registration options in the coming weeks.

VENUE: **PEOPLE'S COLLEGE, 31/32 PARNELL SQUARE WEST, DUBLIN 1**

Registration open online for Autumn term - 31st August 2020 - www.peoplescollege.ie

ENROLMENTS SPRING 2021

Monday 11th January - 14th January. **Time 12 noon - 7.30 pm**

Monday 18th January - 21st January. **Time 12 noon - 4.00 pm**

Monday 25th January - 28th January. **Time 12 noon - 4.00 pm**

VENUE: **PEOPLE'S COLLEGE, 31 PARNELL SQUARE, DUBLIN**

Registration opens online for Spring term - 10th December 2020 - www.peoplescollege.ie

Online & Postal Enrolments Welcome.

You can also register over the phone also by calling 01 873 5879

SYLLABUS AVAILABLE AT:

- People's College Office, 31 Parnell Square, Dublin 1 - 01 873 5879
- Liberty Hall, Dublin 1
- Central Library, Ilac Centre
- Teachers' Club, 36 Parnell Square
- Stamped Addressed Envelope (€1) to 31 Parnell Square, Dublin 1.
- Online at www.peoplescollege.ie

AUTUMN TERM 2020 - Week commencing 12th October, 2020

SPRING TERM 2021 - Commences on 1st February, 2021

We now have classes in the following venues:

Teachers Club, 36 Parnell Square, Dublin 1

The Pillar Room, Rotunda Grounds, Dublin 1

Connect Trade Union, 6 Gardiner Row, Dublin 1

Irish Congress of Trade Unions, 32 Parnell Square, Dublin 1

High Lane Gallery, Parnell Square, Dublin 1

Tel: 01 873 5879

Email: info@peoplescollege.ie

www.peoplescollege.ie

People's College Office, 31 Parnell Square, Dublin 1.

 Find us on
Facebook



CONTENTS

ARTS, CRAFTS & CREATIVITY



COMPUTING



MUSIC



HEALTH & WELLBEING



PERSONAL DEVELOPEMNT
SOCIAL, POLITICAL & CULTURAL STUDIES



LANGUAGES





ART, CRAFTS & CREATIVITY

ART APPRECIATION (Term commences Sat. 3th October 2020 – Sat. 17th April 2021)

Avenues into Modern & Contemporary Art Course co-ordinated by Jessica O'Donnell
This series of slide illustrated art history lectures and tours will look at the diverse range of influences, subject matter and artistic movements explored by some of the most innovative artists from the 19th to the 21st centuries. Throughout the course, temporary exhibitions will also be examined alongside works from the permanent collection. These illustrated lectures will offer the opportunity for exploring engaging and wide-ranging themes from art history to contemporary visual art practice, to wider societal concerns such as the notion of borders explored by artists nationally and internationally.

Saturday morning – Time: 11am – Noon 24 classes Cost: €135.00

*Limited places

NEW - FLOWER ARRANGING

Tutor: Sinead Doyle

"In this course each participant will learn everything needed to produce beautiful floral creations for every occasion and season. Classes will begin with how to select and condition flowers and foliage both from your own garden and shop bought. Over the following weeks you will produce a variety of arrangements and bouquets. The course will also cover Christmas wreaths and candle centrepieces. Wedding flowers, including corsage and boutonnieres."

Course breakdown:

1. Flower and foliage conditioning.
2. Bouquet - standing
3. Bouquet - Sheaf.
4. Round posies arrangement.
5. Tall/standing arrangement.
6. Mini/teacup arrangement.
7. Boutonnieres.
8. Corsage.
9. Bridal bouquet.
10. Christmas wreath - base.
11. Christmas wreath - decoration.
12. Table centrepiece - including candle.

Monday Evening: Time: 6.00 - 7.30pm 12 weeks . Cost: €180 Including materials



PAINTING FOR BEGINNERS

Lecturer: Elizabeth Archbold, BA in Painting.

This 12 week painting course is for beginners and improvers.

Focus and Gathering - Painting for All will explore gathering and focus. From watercolour application technique to working in more impasto passages. Acrylic paints offer a choice of approaches. We will look at building individual source material through notebook work and gathering visual aids. We will explore a range of application techniques that build confidence and skill with rendering line and plane, colour interactions, brush stroke, and compositional considerations. We will look at the different aspects of a range of painting making materials. The classes will be delivered with step by step demonstrations of how to start and what to look out for.

Materials required:

A4 hardback notebook of 100gsm or 120gsm cartridge paper.

Drawing tool.

Paints, brushes, and painting surfaces will be discussed in class.

Small canvas panels; 10x7 Acrylic pad.

Brushes: no.4/6 synthetic Filbert; small, fine Round; 1 inch, Flat.

Acrylics set.

Paper palette pad.

A group gallery visit will be organised for a Saturday during the 12 week term.

Monday evening – Time: 6.30 to 8.00pm 12 classes. Cost: €130.00

CREATIVE WRITING

Lecturer: Susan Knight – PhD

Susan is the published author of three novels, three short story collections and a book of non-fiction, as well as several stage and radio plays. Her workshop is aimed at people who want to write but don't quite know how to get started. It will also be useful for people who have done some writing already but who feel the need for the discipline of a class, as well as feedback on their work. There will be two terms of twelve weeks and participants can sign up to both, or to either the first or second part.

The first term will cover the basics of writing personal reminiscence, fiction and poetry, with class exercises providing a jump-start. Optional home assignments will also be set, the facilitator reading everything handed in. Participants will be encouraged to read out their work to the group in a supportive atmosphere.

Thursday Morning – Time: 11am – 12.30 12 classes Cost: €125.00

CREATIVE WRITING

Tutor: Tanya Farrelly

Tanya Farrelly is the author of three books: a short story collection *When Black Dogs Sing*, winner of the Kate O' Brien Award 2017, as well as two novels: *The Girl Behind the Lens* and *When Your Eyes Close*. (Harper Collins) Her next short story collection *Nobody Needs to Know* will be published by Arlen House in 2021.

In this workshop attendees will look at the key aspects of fiction writing. We will explore how to create intriguing characters, the importance of point of view, and how to write believable dialogue, as well as considering the importance of conflict, and how to effectively use setting. With the aid of writing prompts, and through analysing the work of many leading short story writers, participants will have the chance to put into practise what they have learned, and will receive feedback on their work in a fun and supportive environment.

Tuesday Evening – Time: 6.15pm – 7.45pm 12 classes. Cost: €125.00

NEW - PEOPLE'S COLLEGE - LETTERS CLUB with Grainne Carr

"Letter writing is the only device that combines solitude with good company" Lord Byron
Through our recent experience of isolation during COVID 19 many of us have rediscovered the art of letter writing and know the joy of receiving a letter from a loved one or friend. In this new "Club" we will dedicate some time to letter writing. Make someone's day by sending them a handwritten note, card or letter.

A limited amount of stationery will be available, lots of calligraphic help with addressing envelopes, wax seals, interesting pens, inks and more.

Wednesday Afternoon - 1.30pm - 3.00pm. 12 classes. Cost: €125.



CALLIGRAPHY - All Levels

Tutor: Ms Grainne Carr

This class will suit both beginners and intermediate level. We will cover the basic skills of letter forms and formal scripts along with learning to use tools and materials, starting with pencil and moving onto using dip pens with ink and gouache. Learning will be through demonstration and individual guided practice. Students will have the opportunity to create simple personalised projects and compositions over the duration of the course. More experienced students will have the opportunity to learn new scripts and will be assigned individual projects. In this term, students will be offered the opportunity of a field visit to one of the City libraries to view a selection of their calligraphy collections.

Wednesday 11m - 1pm. 12 weeks. Cost €130

Tuesday 6pm - 8pm. 12 weeks. Cost €130



WATERCOLOURS - BEGINNERS GUIDE

Tutor: Ms Grainne Carr

In this course students will learn how to use watercolour paints and how to handle brushes and materials. We will explore the basic methods and techniques used in watercolour painting. The class is aimed to assist students create their own individual artworks in a unique and personal way. This term will include a visit to the National Gallery and /or The Hugh Lane Gallery and a field trip to paint outdoors. Learning will be through demonstration and individual practice.

This course is aimed towards complete beginners.

Tuesday Morning 11.00 am - 1.00pm 10 weeks. Cost: €130

WATERCOLOURS - INTERMEDIATE

Tutor: Ms Grainne Carr

This course is aimed towards students who have basic experience of watercolours or have completed the Beginners Guide to Watercolours in the People's College. The class will focus on a continuation of techniques learned in the previous term, along with further study of colour theory. Students will be further encouraged to explore their own individual practice. In this term we are introducing a visit to the National Gallery and /or The Hugh Lane Gallery and a field trip to paint outdoors.

Monday Morning – 11am – 1.00pm 10 weeks. Cost: €130

FELT-MAKING COURSE - Beginners

Tutor: Niki Collier - Visual Artist

Niki Collier is an award winning visual artist who works in the area of constructed textiles and mixed media. She also produces limited edition collections which are sold through artisan galleries throughout the world. Niki works with the British Museum and Milan millinery boutiques. She is also the first felt designer to be part of the Kilkenny group collection. Her personal work is often included in curated exhibitions and she has biannual solo exhibitions. Her solo exhibitions have been included in curated shows such as World Crafts Council, National Design and Craft Gallery, Kilkenny & Sculpture in Context. Niki is a resident artist with DCCol Education Panel and Dublin Culture Connects.

Feltmaking is creating fabric from fibre. All you need is a handful of fibres, a couple of flakes of soap and a few drops of hot water. From humble beginnings, you could end up with a beautiful pair of wrist warmers, a treasured keepsake box, a jaw dropping scarf or a beautiful sculptural art piece. This is a 12 week course in textile construction. It would simultaneously develop beginner's understanding and expand knowledge of experienced textiles lovers of fibres and fabric. It explores textiles construction and textures and colours balance. At the end of each session you would have a beautiful piece of textile art to take home. Some work would be sculptural pieces to adorn you or your home: a self-portrait, a keepsake vessel or a Christmas decoration. Others would be lush with colour and texture: wrist warmers, silk neckpiece or a vest. Come and explore luxury fabrics, learn about the history of textiles and the significant role Irish textiles play in fashion.



This course is suitable for beginners and those who have already had a go at feltmaking. All materials are included, just bring a towel, your curiosity and smile. Cost of materials, which will be supplied by the tutor, is included in the price

Monday Morning – Time: 11.00am - 1.00pm. 12 Weeks. Cost: €175.00

Tuesday Evening - Time 6.00pm - 8.00pm. 12 Weeks. Cost: €175.00

New - MILLINERY COURSE - 6 Weeks

Tutor: Niki Collier - Visual Artist

Millinery is the craft of creating beautiful headpieces. We would have a go at trying different materials used in millinery- from feathers to beads, from sinamay to straw. Using best grade professional materials we would make different shapes: swirls, bows and curls. We would learn about beautiful finishes such as bias borders and trims. And all these we would express our personal touch by adding some bling. We would find out more about how to put beautiful designs together, how to use colours and compositions to make a wonderful millinery class. There would be lots of tips and examples on the way.

Wednesday Morning: Time 11.00am - 1.00pm. 6 weeks. Cost: €130

New - UPCYCLE, RECYCLE & REPURPOSE WORKSHOPS FOR THE FUTURE WE LIVE IN.

Tutor: Niki Collier - Visual Artist

We live in changing times so let's start playing. The time has come to start playing with our clothes. This course would show you how to breathe new life into clothes, how to make you fall back into love with a jumper you are ready to put in the bin and how to transform a T-shirt into a lace statement that would give you that high fashion look. We would start off with a few classes on surface decoration repairs: torn jeans, a moth eaten jumper, a stained shirt would be refashioned to look better than new and much more. Then, we would brave into repurposing a disaster or even just transforming clothes to something new- a bag would become a skirt, a few shirts would become a fancy dress, a ruined jumper would become a statement bag, an old T-shirt would make a hairband, a hat or a funky T-shirt. You wouldn't need any previous sewing experience.

Wednesday evening: Time: 6.00 - 8.00. 12 weeks. Cost: €145

CREATIVE BOOKMAKING WORKSHOP

Tutor: Sandi Sexton

Sandi Sexton is a book artist teaching and exhibiting in Dublin, Ireland. She has over 25 years of experience in Visual Art/Design. Sandi holds a Bachelor of Fine Art Degree with an emphasis in Visual Communications. A master crafts person with a keen interest in keeping the tradition of book craft alive in Ireland. This course will cover basic book-binding techniques and an exploration of contemporary book making styles suitable for anyone interested in making books. In the classes we will explore the creative application of traditional and non-traditional materials to the book format, as well as sculptural aspects of artist books. Also covered in the course are folded and miniature books.

Please contact the college for more information. 01 873 5879



COMPUTERS – DIGITAL SKILLS LEVEL 1

This course will teach you how to use your own computer/laptop. No more asking someone else to do something for you. You will achieve the basic computer skills needed to enable you use Skype

- Email
- Learning to use your mobile phone and sharing photos etc
- Banking
- Booking a flight, appointment, hotel reservation etc.
- Social Media – Facebook, Twitter, YouTube etc.
- Word documents – learn how to create a letter, poster, card etc....

On hold until Spring 2021

COMPUTERS – DIGITAL SKILLS LEVEL 2

This course will cover the following topics:

- Recap on basic computer skills
- File Management (how to save your files and photos)
- Preparing a presentation – (MS - PowerPoint)
- Learn about computer viruses and how to protect your information
- Spreadsheets – MS Excel Introduction

On hold until Spring 2021

GUITAR Beginners

Tutor: Alan Grundy, M.A. (Mus), Hon. V.C.M., F.T.C.L., L.R.S.M., A.L.C.M.

Alan Grundy is one of Ireland's most qualified and experienced guitar teachers. His career now spans four decades and during this time he has lectured for D.I.T and N.U.I. Maynooth as well as in the People's College. This beginner's course is designed to cater for guitar in general. Starting with simple song accompaniments using strumming and finger-style techniques, it will progress to solo guitar playing and reading music. A strong emphasis is placed on the correct playing techniques as this will serve as a solid foundation for further study.

**Note: Nylon string guitar is recommended but not essential for this course. Guitar may be purchased at discount on advice from Alan Grundy.*

Thursday evening – Time: 7.15 – 8.15pm 24 Weeks Cost: €125.00

GUITAR Intermediate

This course caters for those who have completed the beginner's course or those who have been playing the classical guitar for at least one year. Students taking this course must have a knowledge of how to read music or tablature for the guitar, as most of the study material will be presented in either or both these formats. Students will be given an opportunity to study pieces suitable for guitar examinations and may sit for an examination at the end of term if they so wish.

Thursday – Time: 8.30 – 9.30pm 24 Weeks Cost: €125.00

UKULELE Beginners

Tutor: Alan Grundy, M.A. (Mus), Hon. V.C.M., F.T.C.L., L.R.S.M., A.L.C.M.

This will be the 4th year that the college has offered an introductory course in how to play the Ukulele and it has proven to be very popular with all students. Alan Grundy (also the Guitar Tutor) will give this course and he has designed it to deal with; basic chords; strumming techniques and the correct use of plectrum. This is definitely a 'fun course' and Alan will be presenting various song accompaniments where all of the students can participate.

Thursday – Time: 6.00pm – 7.00pm. 24 Weeks. Cost: €125.00

UKULELE Intermediate

Tutor: Alan Grundy, M.A. (Mus), Hon. V.C.M., F.T.C.L., L.R.S.M., A.L.C.M.

After three very successful years of 'Ukulele for Beginners', The Peoples College now offer an 'Intermediate Ukulele' class, to continue where the beginner's class finished off. Since this class is for those who can already play, the goal here is to form 'The People's College Ukulele Orchestra'. Alan envisions a class which will introduce more advanced techniques and present ensemble music which will ultimately lead to the first People's College Ukulele Orchestra. Alan will also be exploring possibilities where the orchestra can participate in some public performances.

Friday Evening: 6.30 - 7.30pm. 24 Weeks. Cost: €125.00

TIN WHISTLE Beginners

These classes are designed for beginners and will cover all aspects of traditional Irish music. The tin whistle is the generation "D" whistle.

Thursday Evening – Time: 6.15pm – 7.15pm. 24 weeks. Cost: €125.00

TIN WHISTLE Intermediate

These classes will cover more advanced techniques in ornamentation and style. This would suit people who already possess a basic knowledge of the tin whistle.

Thursday Evening – Time: 7.15pm – 8.15pm. 24 weeks. Cost: €125.00

MUSIC APPRECIATION Beginners

Lecturer: John Buckley, NT, MA, PhD, D Mus. and Roisin Róisín Nic Athlaoich, MA

An easy introduction to pieces of popular classical music and the instruments of the orchestra. The course will outline the development of classical music from plainchant to the late 20th century, examining the main features of each period. Questions and discussion are encouraged. No musical experience or ability, other than an interest in listening is required. The course will offer advice on how to start a good CD collection of classical music.

Thursday Evening - Time: 6.15pm – 7.15pm. 24 classes. Cost: €125.00

MUSIC APPRECIATION A guide to listening

Lecturer: John Buckley, NT, MA, PhD, D Mus. and Róisín Nic Athlaoich, MA.

The Course will look in detail at the great masterpieces of classical music. Emphasis is laid on understanding, leading to a deeper appreciation and enjoyment. Composers and their music will be discussed in the general historical and artistic context of their time with key works being considered in detail.

Questions and discussions are welcomed. No musical experience or ability other than an interest in listening is required.

Thursday Evening - Time: 7.45pm – 8.45pm. 24 classes. Cost: €125.00

DANCE CLASS

Don't just watch strictly, come dancing, get your body in gear to the best sounds possible. Learn how to move your body, get fit and meet new friends. We have an exciting dance class coming to the college. No matter what your fitness level is, you will become more flexible and get a great workout while enjoying yourself. You will meet new like-minded people, and be able to impress all your friends and family when you appear at your next event when you take to the floor.

Due to Covid 19 - you will not require a partner for this class. Social distancing will apply.

Wednesday evening – Time: 6.30pm – 7.30pm. 12 weeks. Cost: €130.00

Thursday morning – Time: 11.00am – 12.15pm. 12 weeks. Cost: €130.00

INTRODUCTION TO HERBAL MEDICINE

Tutor: Bernie Mc Cormick, BSc (Hons) Herbal Medicine, Diploma in Applied Chemistry.

Herbalism, or herbal medicine, is the use of plants to maintain health, prevent disease and manage illness. Plants have formed the basis for medical treatment through much of human history. This course will introduce students to Herbal Medicine. You will learn what Herbal Medicine is and about some common plants that grow in the fields and gardens around us and their traditional and current uses in supporting health.

It will introduce the student to:

- Herbs from the Irish Medicine tradition – Cleavers, Dandelion, Elder, Hawthorn, Nettle, Yarrow and Marshmallow.
- The medicinal properties of some common culinary herbs such as; Ginger, Rosemary, Thyme and Turmeric.
- Herbs that aid digestion, the respiratory system and herbs that support the immune system.
- Herbs that support women's health.
- The actions of herbs – Astringent, Anti-inflammatory, Bitter, Calming and Demulcent.
- Balms, ointments and creams, teas and tinctures.
- Commonly-used herbs in two traditional Asian medical systems; Ayurveda, the traditional Indian medicine (TIM) and Traditional Chinese medicine (TCM).
- Herbal First Aid.
- Safety and dosage; children and the elderly. Discussion is encouraged.

This course includes a guided visit to a Herb garden on a Saturday morning and a demonstration of making a simple cream with essential oils and infused oil with Marigold flowers.

Tuesday Evening - Time: 6.30pm - 8.00pm. 12 weeks. Cost: €110.00

Wednesday Morning - Time: 11.00am - 12.30pm. 12 weeks. Cost: €110.00





New - HISTORY OF MEDICINE

Tutor: Bernie McCormick, BSc (Hons) Herbal Medicine, Diploma in Applied Chemistry

Medicine, illness and welfare occupy a central place in all our lives. In the past the approach to medicine was very different from today. Contemporary medicine is different yet it is indelibly marked by its past. The history of medicine shows how societies have changed in their approach to illness and disease from ancient times to the present. This course will introduce students to the fascinating world of the study of the History of Medicine. You will learn some basic Anatomy and Physiology as we go through the topics and also do some Multiple Choice Quizzes to review the course material.

Among the topics we will explore and discuss together are:

- Health and wellbeing in the ancient world
- Early medical traditions
- Medicine in the Middle Ages
- Renaissance medicine
- Medicine in the 18th and 19th Century
- Plants as medicine
- Epidemic and Plague
- Dubious practices - Quacks and fake medicine
- History of Medicine in Ireland
- Some Important medical discoveries – Timeline Modern History of Medicine

This course includes a visit to the Heritage Centre at the Royal College of Physicians of Ireland, which tells the story of the history of medicine and medical education in Ireland.

Thursday Morning - Time: 11.00am - 12.30pm. 12 weeks. Cost: €110

MINDFULNESS, MEDITATION & RELAXATION BEGINNERS, IMPROVERS AND PRACTITIONERS

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK.

Through guided relaxation and mindfulness practice we will introduce Shamatha, the practice of calmly abiding meditation. In spacious relaxed awareness we will learn how to settle and ground in mindfulness of our bodies, breathing/sensations, mind and states of mind. From this natural good humour unfolds an appreciation of being peace, being joy, being healing. This is a wonderful opportunity to stabilize our mindfulness through guided practice, discussion and home practice.

Tuesday Evening - Time: 7.15pm - 8.15pm

Mindfulness for Beginners & Practitioners - 24 weeks - Cost €140

POSITIVE PSYCHOLOGY - Beginners; PUTTING THE SCIENCE OF HAPPINESS INTO YOUR LIFE

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

Positive psychology is, first and foremost, an applied science. It looks at what is right with people, focuses on when people are at their best, and attends to individual and group flourishing. It does not focus on the positive at the



expense of the negative. Rather it recognises negative emotions failure and problems as natural and important aspects of life, produces positive interventions and ways of working with people where the focus is on promoting 'superior functioning'. This is an interactive, self-development course which will introduce strategies for the practice of improving essential life skills, using the tools of Positive Psychology Coaching. It will demonstrate how changing our approach and attitude to life can achieve real and sustainable improvement, boosting our self-esteem, confidence-building, resilience, emotional intelligence and much more! Positive psychology helps us become happier, more optimistic and motivated. It can help us find meaning in life, wakes us up to the power of feeling good, thinking positively and acting generously. Positive Psychology Coaching reveals the principles and practices of positive daily living and demonstrates how every aspect of your life can be improved with Positive Psychology.

This course will enable you to: -

- Understand what to do to feel better almost instantly
- Learn simple practices to improve your well-being
- Discover your strengths and how to use them
- Activate strategies for Success

The Programme is offered as a two-part continuation course over 24 weeks, although it can also be attended for the initial twelve weeks only. It is structured as follows:- The first semester offers an extensive overview of Positive Psychology; what it actually means, its fundamental belief systems, how it operates in our daily lives, and the main topics it covers. The second semester would more closely examine, explore and discuss certain aspects of the more complex issues of those topics.

Wednesday Evening - Time: 6.15pm – 7.45pm. 12 weeks. Cost: €125.00

ADVANCED POSITIVE PSYCHOLOGY COURSE FOR REAL LIFE SITUATIONS - SPRING TERM

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

This course is for those students who have already engaged with 'Positive Psychology - Beginners'. It primarily examines in class, various Positive Psychology interventions for utilisation and testing at home. All the interventions have been empirically tested and proven to increase greater awareness and practice of Positive Living and Mindfulness. These interventions are examples of what can be achieved through the science of Positive Psychology, such as experiencing more Life Satisfaction, Gratitude and Increased Happiness /Reduced depression. Even better, they can be practiced and tested at home. The course is predominantly structured as teacher-guided, student-led discussions on Real Life Situations and experiences, based on having tried out the various interventions from the Positive Psychology classes, and applying that learning to those situations. The objectives of the Course include:

- Developing Self-awareness
- Increasing Gratitude
- Changing negative beliefs
- Emotional self-regulation
- Emotional resilience

To Reduce: Tension, stress, anger, and fatigue

To Enhance: • Relationships • Concentration and Focus • Personal achievement – academic, work, goals etc. • Happiness and fulfilment.

The aim of this Course is to facilitate the various discussions that will take place through the lens and experience of Positive Psychology and its proven Interventions. It is intended that what will occur is a deeper exploration, learning and understanding of how to best handle Real-Life Situations, investigating how we cope with them while simultaneously achieving the above-named objectives through the shared experiences of interventions and applications.

Thursday Evening – Time: 6.15 – 7.45pm 12 classes Cost: €125.00

New 'LIFE COACHING USING POSITIVE PSYCHOLOGY''

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

Life coaching practice and skills can be utilised in all situations and for every circumstance, leading to increased capacities and capabilities for personal and professional opportunities. It can help discover and address self-limiting qualities and beliefs, while highlighting how to stay on track and hold onto your values to achieve the goals you want.

Positive psychology is first and foremost, a science. The interventions produced by positive psychologists work with people to promote superior functioning. Ultimately, Positive Psychology emphasises what is right with people and focuses on when people are at their best, facilitating them to flourish.

This Positive Psychology Coaching course offers a unique and comprehensive view of the practice of coaching, using Positive Psychology as its foundation and utilising its interventions to assist boosting Strengths, Optimism, Hope, and other positive emotions. It demonstrates how it can be applied to achieve personal and professional goals, enhance personal and professional relationships, and lead to better self, people and management skills.

Through learning the techniques and skills needed to create transformation, this Life Coaching through Positive Psychology Course can assist with being a more positive and resourceful person oneself, as well as enhancing the life skills of being more understanding, a better listener, and therefore a better friend, partner, manager and a more powerful leader.

Thursday Evening - Time: 6.00pm - 7.30pm Autumn only 12 Weeks. €125.

Thursday Morning - Time 11am - 12.30pm. 12 Weeks. €125

YOGA – BEGINNERS & IMPROVERS

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK.

World renowned for bringing a profound sense of physical and mental wellbeing Hatha Yoga works gently towards the emergence of positive life patterns enabling us to enjoy life with a greater sense of confidence, courage and vitality. Through postures, breathing exercises and guided relaxation we learn how to enjoy Yoga practice at our own pace. This course will highlight how our awareness of feeling in the body and keeping this alive in our practice of the asanas opens into vitality and relaxation. Health concerns such as chronic stress, anxiety, insomnia, tiredness, appetite loss, weight loss/gain and stiff joints, to mention a few, will be addressed and actually commonly improve with Yoga practice. If you are attending a Doctor or are in doubt about Yoga practice please consult your Doctor before enrolling. You are welcome to discuss any considerations you might have with myself before the class.

Tuesday Morning – Time: 11.30am – 12.30pm. 24 weeks. Cost: €140.00.

Optional half hour Mindfulness class - 12.30pm - 1.00pm for €60 - 24 weeks

Tuesday Evening – Time: 6.00pm – 7.00 pm. 24 week. Cost: €140.00



MEDICAL QIGONG FOR Beginners and Improvers

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK.

Practiced in China by young and old alike for over one thousand years Medical Qigong is a complete healthcare system. Its gentle flowing movements, integrated breathing and meditative awareness invigorates our natural healing ability bringing an enhanced experience of wellbeing and physical fitness.

Wild Goose Patting the Meridians - Patting the meridians (channels) is one of the oldest and most fundamental of all medical Qigong forms and this Wild Goose form is one of the most systematic and thorough. Immediately profound and exhilarating in its effects, it supports the health and strength in all the subsequent forms and practices. Zhan Zhuang - Zhan Zhuang is a practice of standing forms, naturally balancing like a tree, in its simple elegance it brings astounding results to its practitioners. This beginner's course will cover both forms.

Tuesday evening – Time: 3.30pm - 4.30pm. 24 weeks. Cost: €140.00.

MEDICAL QIGONG FOR Improvers and Practitioners

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK.

Practiced in China by young and old alike for over one thousand years Medical Qigong is a complete healthcare system. Its gentle flowing movements, integrated breathing and meditative awareness invigorates our natural healing ability bringing an enhanced experience of wellbeing and physical fitness.

Dao Yin Bao Jian Gong - Renowned in China for being remarkably effective as a comprehensive Medical Qigong for prevention and treatment of common illnesses with just 8 simple movements, this most popular form of Qigong is easy to learn yet offers a powerful system to develop good health, vitality and longevity.

Yi Jin Jing - We will also introduce Yin Jin Jing which is reputed to have been developed by the Indian Buddhist monk Bodhidharma who arrived at the Shaolin Temple in the Songshan Mountains in China in 526 A.D. This most highly esteemed Medical Qigong improves balance, flexibility, stamina and muscular strength.

Complimenting and supporting other systems of personal healthcare such as Tai Chi, Yoga, Pilates, Meditation etc., this course is suitable for improvers.

Tuesday evening – Time: 5.00pm – 6.00pm. 24 weeks. Cost: €140.00.

MEN & WOMEN'S SELF DEFENSE

Lecturer: Ben Somers, 3rd Dan Ninjutsu Instructor, Tai Chi Instructor, Ontology Instructor.

The course is taught gently and without the need for, or use of muscle strength. No need for strain!! Learn how to deal with an aggressor with ease and confidence! Our classes are taught very slowly and very gently. It's very effective! For men and women of all ages, shapes, sizes and fitness levels!

"Amazing! The more I relaxed I became, the better it worked!" Our aim here is to give the student confidence that they may evade or deal with an assailant quickly so that all threat is neutralised. We'll also look at some practical issues around self- defense. The training will develop fitness, body awareness, personal development as well as confidence.

Wednesday Evening – Time: 6.30pm – 7.45pm. 12 Weeks. Cost: €130.00 .



ONTOLOGY (REALITY CHECK) COURSE

Lecturer: Ben Somers, 3rd Dan Ninjutsu Instructor, Tai Chi Instructor, Ontology Instructor

Why do we suffer from Fear, Worry, Stress, Anger, Depression, Guilt, Grief, Craving, Insecurity, Tension, etc.?

Can we be free of these crippling internal states?

What is Reality? What is the Self?

Does Reality generate these conditions in us, or do we somehow, unconsciously, create them in ourselves?

And if so, how?

Is it necessary to psychologically suffer in this way?

A wise man once said "We don't suffer reality, we only suffer our thoughts."

Are you in control of your thoughts, or do they control you?

Can you turn them off?

Are we seeing reality as it is, or just what our very limited senses allow?

Are we seeing people as they are, or as we are?

You are the seat and the source of all your experiences. The buck stops with you.

Happiness is the natural state when we stop creating our unhappiness.

To be truly happy and truly peaceful, you don't need positive thinking, or religion, or any belief.

We only need to question our unquestioned assumptions, and to recognise the illusions we're attached to.

Then peace, wisdom, power, clarity and love emerge naturally when you are aligned fully with the only moment there ever is. The moment of Now.

A scientific approach to investigating the experience of you.

"Brilliant course, eye-opening and tutor explained everything very well"

"This course has really changed me, it's wonderful"

"This is my second time to do this course, it's excellent"

Monday Evening – Time: 6.30pm – 8.00pm. 12 Weeks. Cost: €130.00

ENERGY AND VITALITY IN MOVEMENT

Lecturer: Ben Somers, 3rd Dan Ninjutsu Instructor, Tai Chi Instructor, Ontology Instructor.

Aches and pains? Stiff joints? Bad circulation? Have your body work for you, not against you!

We will teach you a whole-body routine for releasing tension and increasing energy flow.

Once learned, you can employ any combination of these exercises.

These exercises can be used for muscle toning and definition, or just to keep the body healthy, flexible and energised. Gentle, but powerful stretching exercises. Includes elements of Tai Chi,

Qi Gung and various martial arts warm up exercises. Ideal for the older person but very beneficial for all ages.

"I'm feeling far better even after a few weeks."

"This course really was gentle, effective and fun."

"I feel stronger and more flexible".

Wednesday – Time: 11.00am - 12.30pm. 12 Weeks. Cost: €130.00

NEW 'A BASIC INTRODUCTION & GUIDE TO SOCIOLOGY'

Facilitator: Thomas Moore: B.A. Honours (Mod.) Sociology and Social Policy, T.C.D.; Higher Diploma in Further Education, N.U.I. Maynooth.

This learner-centered course offers a basic introduction to Sociology. No qualifications, educational or otherwise, are necessary to fully participate and enjoy this course and learners from all backgrounds are welcome. Class discussion and interaction is encouraged and is integral to an enjoyable learning experience. No materials are required, and optional readings will be provided. The course is aimed at those who want to get a better understanding of how the societies in which they live have come into being and how and why they operate in the way they do. The intention is for learners to develop a consciousness allowing them to critically analyze the societies in which they live. It is also suitable foundation platform for those thinking about progressing into further studies in the Social Sciences field such as Sociology, Social Studies, or Social Work/Social Care.

- Understanding Sociology. Its relevance in understanding a persons' position in society as an individual, a family member, and as part of their wider community.
- Explore Marxist, Functionalist, and Feminist theories.
- Understand processes and agents of socialisation by examining families, peer groups, education, the media and their impact on both individuals and society.
- Apply theories to Investigate the role and function of the family as a social unit. Consider the implications of changes in family structure in recent times.
- Examine areas of social stratification in society exploring divisions in along the lines of social class, gender, religion, race/ethnicity, nationality etc.
- Discuss the experience of discrimination/discriminating practices encountered by different groups in Irish society.
- How discrimination and racism impact on the life chances of socially marginalised groups such as Travellers, new nationals, marital status, age, disability, minority religions, LGBT communities, and other groups of diverse racial and cultural backgrounds.
- Research methods. Sampling, Qualitative and Quantitative methods, Primary and Secondary methods.
- Acquire basic research skills by summarising the differences between primary and secondary research and qualitative and quantitative methods.
- Ethics in social research. Explore classic examples – Tearoom Trade, Stanford Prison experiment etc.

Thursday Evening - Time: 6.15pm - 7.45pm. 12 Weeks. Cost: €125.

New - CINEMA, FILM and MEDIA APPRECIATION

Tutor: Karl Gough, BA in English, Media and Cultural Studies, PGDLT (further education).

"Movies touch our hearts and awaken our vision, and change the way we see things" Scorsese

The aim of this 12 week course is to provide students with an overview of the history of cinema and the development of film as a medium of artistic expression. It will involve lectures and discussion about some of the key developments in the history of cinema; montage, editing and sound and explore the ways these helped to shape the development of film as a new and exciting artistic and commercial enterprise. We will explore a number of key stages in the history of cinema; the silent era, Hollywood's 'Golden Age', the European schools of filmmaking and 'New' Hollywood and examine the wider social, economic and cultural factors surrounding the development of each.



We will learn about some of the key ideas and concepts in the study of film; genre, representation, and study a number of key theories in media studies concerning media ownership and the use and effects of media. We will become familiar with the language of film; auteur, cinematography and mise en scene and gain an appreciation for how films are constructed.

Students will learn about the history of cinema and development of film as means of artistic and commercial expression.

Students will learn about the key developments in the history of cinema and explore how these helped to shape films overall development.

Students will learn about a number of key movements in the history of cinema and examine the wider social, economic and cultural contexts of each.

Students will learn some of the key ideas associated with the study of film and gain an understanding of some of the key issues and debates in media studies.

Students will learn about the language of film and gain an appreciation for how films are constructed.

This is a new course and the first year Karl will teach at the Peoples College. He is an avid fan of film, literature and the arts, generally, and is currently enrolled in UCD where he is studying a professional master's in education. Each class will have a warm and friendly atmosphere and aim to discuss the various topics in a relaxed, jovial and stimulating way. A number of viewing titles will be recommended each week to be watched at students own discretion. For anyone who has an interest in watching movies, going to the cinema and has wanted to engage in a thoughtful and light-hearted discussion about film.

Wednesday evening: Time: 6.30pm - 8.00pm. 12 Weeks. Cost: €130

PUBLIC SPEAKING/PRESENTATION SKILLS

Tutor: Colm Mc Glade B.Ed; DTM (Distinguished Toastmaster Award)

Whether you are a student, preparing for presenting your assignments or an employee seeking promotion, a bestman preparing for the wedding speech - This is the course for you. Many people feel uncomfortable when speaking or presenting in public, at meetings or at interviews. This course will help participants to overcome many of the common fears of presenting in public and to develop the skills to speak with confidence in any situation. Areas covered include:

- How to control nervousness
- How to make the best use of your voice
- Non-verbal communication
- How to structure a presentation
- How to choose appropriate words and language
- How to handle a questions and answers session
- The use of humour etc.

This is a practical course and participants will learn by doing, with guidance and feedback. This is a great opportunity to learn how to speak and present with flair and confidence, to become the best speaker/presenter you can be.

Thursday Evening – Time: 6.30 – 8.00 pm 12 Classes Cost: €110.00

NEW – “GET MONEY FIT” – 5 week course

Tutor: Mark Herman, qualified life coach and trainer

Want to save more, but your money just seems to disappear?
Are you puzzled by pensions? Muddled up on mortgages?
Would you like to have more money and get more from it?
Here's your chance!

This course is practical, fun and is all about making real improvements. In just 5 weeks you'll have your money sorted, all done and dusted in good time for Christmas. And it'll be zero hassle with handy Saturday morning sessions – not too early! – split between the city centre and online in your own home. You'll be guided on the easy, simple steps to getting money fit:

- * Find out where your money is going and make quick, valuable fixes
- * Learn the 8 Pillars to Being Money Fit incl. Savings, Pensions, Mortgages, Insurance and more
- * Write your own Future Money Story of what you want and a plan to get it
- * Set money goals that matter and reach them, with valuable tips and support

You'll get more money, by spending and saving smarter. More control by understanding and making great choices. And more happiness by knowing and getting what matters to you. Visit makeitrealcoaching.com/gmf to see photos, activities and happy people who got money fit!

Saturdays – Time: 11am – 1.15pm. 5 weeks. Cost: €125.
(3 sessions in class & 2 sessions online)

IRELAND AND EUROPE: CURRENT AFFAIRS, POLITICS AND THE ROLE OF THE CITIZEN

Tutor: Odran Reid, BA (Mod), H.Dip Ed, MSc Spatial Planning, MIED, SIMCV

This course is for those interested in understanding how current affairs, local, national and European government works. It will involve lectures, discussions and debate and visits to key institutions. We will look at issues such as the economy, the referendum process, crime, health, transport and other policy areas as they arise. There will be a focus on the day-to-day breaking stories as well as looking at the structures behind the stories.

We will look at the governance structure in Ireland and the European Union and examine what makes them act the way they do. How do we influence them as a citizen? Current Affairs programmes and articles appear on a daily basis – but what makes the story of the day? In this short course we will look at the political system, political parties, the media, PR and spin-doctors, examine how stories get legs and others fade away. This course will look at the EU's historical evolution, some of the wide policy areas that it addresses how Ireland and the citizen engage with this complex entity. It will also look at significant political events in Europe such as major elections and the Brexit issue.

This year the class will look at how Ireland and the rest of the world managed the Coronavirus epidemic and how we will all rebuild our economies and in some cases our societies. Once the epidemic is addressed, the issue that faces the world will have to be looked at again. We will look at how populism has emerged and what future it has post coronavirus. Ireland's general election of 2020 gave both a clear and somewhat indecisive result. There will be a focus on how the EU emerges after the exit of the UK and its future direction.

At the end of the course, you may not be an expert, but you will have informed opinions and a sense that there are many sides to the one argument. The class will be expected to participate in debate and discussion

Monday Evening - Time: 6.15pm – 7.45pm. 12 classes. Cost €100.00 .



ENGLISH LITERATURE APPRECIATION

Tutor: Stephen O’Kane BA (Hons), DipM

This popular course offers a friendly, relaxed and stimulating journey through some great works of literature. It can best be described as a teacher led, student centered book club. The tutor tends to put forward some thought provoking ideas about the text and students are sufficiently enthused to read the works critically and share their own research and ideas with the group.

In the Autumn term we will read the following texts:

Faith Healer - a play by Brian Friel

The Road - a novel by Cormac McCarthy

Travels with My Aunt - a novel by Graham Greene

After Christmas, in the Spring of 2021, we will read the following:

All My Sons - a play by Arthur Miller

Saturday - a novel by Ian McEwan

The French Lieutenant’s Woman - a novel by John Fowles

In addition, we may also read short stories and poetry with themes included in the above texts. The literature class has a loyal following but new students are particularly welcome.

Monday Evening – Time: 6.15pm – 7.45pm. 12 classes. Cost €100.00.

ASTRONOMY – ELEMENTARY

Tutor: Mr John Flannery of the Irish Astronomical Society.

John is one of the best known figures in amateur astronomy in Ireland. He has lectured, broadcast and written extensively on the topic of Astronomy. There will be additional speakers that will contribute on particular subjects during the course.

This course will introduce you to the following topics:

- Mapping the Skies
- Constellations
- Practical observing – Telescopes and equipment
- Right ascension and declination
- Earth’s orbit
- Measuring astronomical distances
- The Sun and the Moon
- The Heliosphere
- The Planets
- Copernicus, Kepler and knowledge of the solar system
- Exoplanets
- Stars – their formation and evolution
- The Herzsprung - Russell diagram
- Light and the Electromagnetic Spectrum
- Transits and eclipses – what they reveal
- Cosmology
- Galaxies, the Universe Each session will outline a current feature of the night sky.

Tuesday Evenings - Time: 6.15 – 7.45pm 12 Classes Cost: €140.00

HISTORY – DUBLIN IN THE RARE AULD TIMES

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

This course will provide an overall insight into Irish life. It's society, culture, customs and traditions from the early 18th Century to the present day. It will explore how Irish society evolved and changed, and how Church and State, individually and collectively, collaborated and influenced those changes, as well as examining important historical figures that helped shape events which left a legacy for many years to come. Often, the people who lived in their time were the catalysts for changes, good and bad, that affected the country and Dublin in particular.

Against a backdrop of historical occurrences – such as rebellions, uprisings, major constitutional changes and wars – and the famous Irish men, women and Dubs who lived through those times and created our country and city, such as Jonathan Swift, Robert Emmet, Wolfe Tone, Daniel O'Connell, Charles Stuart Parnell, Lady Arabella Denny, Cardinal Cullen, Anna Haslam, Archbishop John Charles McQuaid, Maria Todd, Frank Duff, to name but a few, we will consider the interplay of circumstances and personalities and how we got to here.

Tuesday Mornings – Time: 11.00am – 12.30pm. 12 weeks. Cost: €120.00.

HISTORY – 'IRELAND, 1798 – 1998 WAR, PEACE AND A STUDY OF THE PEOPLE AND EFFORTS IN BETWEEN'.

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

*THIS IS A 24 WEEK COURSE, SPLIT INTO TWO TERMS OF 12 WEEKS - AUTUMN AND SPRING.

From the granting of Home Rule to the Home Rule Party under Redmond during the First World War, to 'New Nationalism' and the Peace Agreement in 1998, this course will examine the people and events that shaped Modern Irish History. It will look at the circumstances leading up to the 1916 Rising, the emergence of Sinn Fein, the Irish Civil War, and the situation in the North as it developed from No Home Rule to a protectorate of Britain.

Moreover, the famous Irish men and women who played a prominent role in the history of their time and who left an indelible legacy for years to follow, will be observed against the back-ground of the climate and conditions that created the circumstances which thrust them centre-stage in the political and social milieu of their era.

People such as Michael Collins, De Valera, Sam Carson, Margaret Thatcher, the Hungers Strikers, Bernadette Devlin, Martin McGuinness, Jack Lynch Ian Paisley and Gerry Adams - to name but a few and their contribution to Irish history, will be explored in detail on this course, in order to better understand the paths they took, all of which lead to where we are as a Nation today.

Tuesday Evening – Time: 6.00pm – 7.30pm. 12 weeks. Cost: €120.00 per term



LITERATURE - EXPLORING JAMES JOYCE'S DUBLINERS AND A PORTRAIT OF THE ARTIST AS A YOUNG MAN. (Autumn term)

Tutor: Dr Conor Farnan

This course introduces the early life and work of James Joyce through two masterpieces: the short story collection, *Dubliners*, and the autobiographical *A Portrait of the Artist as a Young Man*. Written between 1904 and 1916, the two works capture an Ireland of cultural change, as old certainties of church, family and nation are interrogated by the young writer's vision. Filled with vivid Dublin characters and recognisable moments of political and domestic turmoil, Joyce's earliest works retain a rare freshness and serve as a gateway to *Ulysses* and beyond.

Led by a seasoned teacher of Joyce, this course is aimed at all readers. While previous knowledge of *Dubliners* and *A Portrait* will be useful, neither is strictly necessary. Each session will be a stimulating, enjoyable mixture of group reading, instruction, discussion and guided exploration of the book. The only thing you need to bring is a copy of the books themselves: the inexpensive Wordsworth Classics editions are recommended.

Dr Conor Farnan has a longstanding passion for all things Joyce. Having worked with Joyce's nephew at the James Joyce Centre, he has gone on to teach Joyce both in university and adult education settings. A number of his publications on Joyce are also in print. It is his third year leading the James Joyce courses at The Peoples' College.

Wednesday Evening – Time: 6.00pm – 8.00pm. 12 weeks. Cost: €145.00

LITERATURE - INTRODUCING JAMES JOYCE'S 'ULYSSES' (Spring Term)

Tutor: Dr Conor Farnan

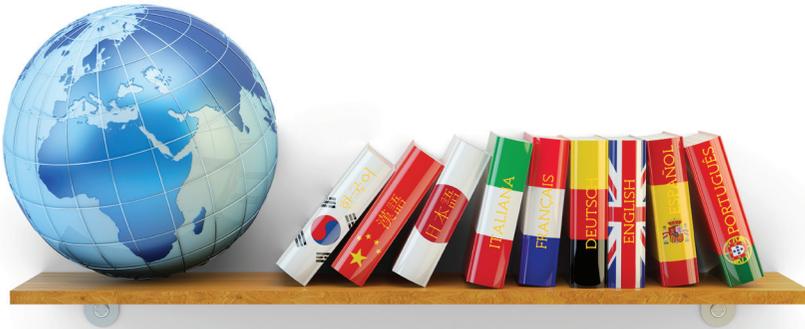
Meet Joyce's everyman Leopold Bloom and his racy, earthy wife Molly, along with a host of other Dubliners brought to vivid life. Experience the sights, sounds, smells and speech of Dublin in 1904 as captured in Joyce's immortal words. Week by week, you will enter a world of love, family, comedy, politics, betrayal and passion, all played out on the streets so familiar to us all.

Led by a seasoned teacher of Joyce, this course is aimed at all readers. While knowledge of *Dubliners* and *A Portrait* will be useful, neither is strictly necessary. Each of our sessions will be a stimulating, enjoyable mixture of group reading, instruction, discussion and guided exploration of the book.

The only thing you need to bring is a copy of the novel itself: the inexpensive Wordsworth Classics edition is recommended. The course will build toward Bloomsday (June 16) and conclude with an optional guided walking tour of many of the sites mentioned in *'Ulysses'*.

Dr Conor Farnan has a longstanding passion for all things Joyce. Having worked with Joyce's nephew at the James Joyce Centre, he has gone on to teach Joyce both in university and adult education settings. A number of his publications on Joyce are also in print. It is his third year leading the James Joyce courses at The Peoples' College.

Wednesday Evening – Time: 6.00 – 8.00pm 12 weeks Cost: €145.00



SPANISH 1 – LEVEL A1.1 CEFR

Tutor: Marta Sanz

This course is aimed at students who want to start learning the language. This course will be using “Edmodo”, an online platform to enhance learning. This course is a 24 week course divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Ask and provide personal information: name, address, phone number
- Express intentions
- Describe places
- Talk about the weather
- How to manage in a shop
- Talk about character and personality
- Talk about likes and dislikes
- Talk about family

Wednesday Evening – Time: 6.00pm – 7.30pm. 12 weeks. Cost: €95.00

SPANISH 2 – POST BEGINNERS LEVEL A1.2 CEFR

Tutor: Marta Sanz

This course is not complete beginners. Students should have done some Spanish before. We will be using “Edmodo”, an online platform to enhance learning. The course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Talk about daily actions
- Manage in a restaurant



- To give and provide information about food
- Talk about a city
- How to get to a place
- Arrange to meet
- Give instructions
- Talk about experiences
- Talk about skills and aptitudes

Wednesday Time: 7.30pm – 9.00pm. 12 weeks .Cost: €95.00.

SPANISH 3 – PRE BASIC SPANISH LEVEL A2.1 CEFR

Tutor: Marta Sanz

Students should have previous knowledge in Spanish This course will be using “Edmodo”, an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Ask for permission and favour
- Give excuse
- How to react in social events
- Talk about past experiences
- Talk about intentions and projects
- Talking about hobbies and activities
- Describing places
- Talking about intentions in the future
- Talking about dishes and plates
- Talking about food tastes

Tuesday – Time: 12.30pm – 2.00pm. 12 weeks. Cost: €95.00.

SPANISH 4 – BASIC SPANISH LEVEL A2.2CEFR

Tutor: Marta Sanz

Students should have done beginners course already. This course will be using “Edmodo”, an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Give advice
- Describe in the past
- Talk in the past
- Describing actions in the past
- Talking about past habits
- Expressing emotions and feelings
- Tell stories in the past

Tuesday Evening – Time: 6.00pm – 7.30pm. 12 weeks. €95.00 per term .

SPANISH 5 – PRE-INTERMEDIATE SPANISH LEVEL B1.1.1 CEFR

Tutor - Marta Sanz

Students should know the past tenses. This course will be using “Edmodo”, an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to :

- Express conditions and probabilities
- Express prohibition, obligation and impersonality
- Summarize the plot of a film or a book
- Giving advice and recommendations
- Giving instructions
- Expressing wishes, needs
- Proposing solutions
- Leaving messages.

Tuesday Morning – Time: 11.00am – 12.30pm. 12 weeks. €95.00 per term .

SPANISH 6+, UPPER INTERMEDIATE LEVEL B2.2..1 CEFR

Tutor: Marta Sanz

Students should know the subjunctive tense. This course will be using “Edmodo”, an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to :

- Discuss about different types of work
- How to deal with a work interview
- Talk about law and crime
- Deal with problems with a car
- Talking about the weather and climate change
- Talking about arts and literature

Thursday Evening – Time: 6.00 – 7.30pm 12 weeks €95.00 per term

FRENCH FOR BEGINNERS

Tutor: Laurence Devaux

This course is designed for people with NO previous knowledge of French. It will start from the very beginning. No books necessary as materials will be provided. This is a 24 week course divided into 2 terms of 12 weeks each.

Wednesday Evening – Time: 6.15 – 7.45pm 12 weeks Cost: €95.00

FRENCH FOR IMPROVERS

Tutor: Laurence Devaux

This course is aimed at those who have a little knowledge of French – who have completed a beginner’s course and are familiar with the Present Tense and simple vocabulary. No books necessary.

**This is also a 24 week course divided into 2 terms of 12 weeks each.*

Wednesday Evening – Time: 7.45 – 9.15 pm 12 weeks Cost: €95.00



FRENCH INTERMEDIATE 1

Tutor: Laureen Richard.

This course is designed for people who have completed the People's College Elementary course or those who have acquired basic spoken French. It will equip the student with new language skills required to cope in France, whether on business or holiday.

**This is a 24 week course divided into two terms of 12 weeks each.*

Thursday Evening – Time: 7.45pm – 9.00pm. 12 classes. Cost: €95.00 .

FRENCH INTERMEDIATE II

Tutor: Laureen Richard.

This course is designed for people who have completed the People's College 'French Intermediate I' course or those who have a good knowledge of the various past tenses, future and conditional tenses. It will bring the student to a higher level of understanding and speaking modern French.

**This is a 24 week course divided into two terms of 12 weeks each.*

Thursday Evening – Time: 6.15pm – 7.45pm. 12 classes. Cost: €95.00

CONVERSATIONAL IRISH

This course is geared towards those who have some Irish but would like to increase their vocabulary and general knowledge of the language. The emphasis will be on speaking Irish in class. Students will also learn some poetry and song and will develop their comprehension through listening to Irish speakers on tape. The class will continue in the Spring. The course will be interactive and sociable.

**This is a 24 week course divided into two terms of 12 weeks each.*

Monday Evening – Time: 6.15pm – 7.45pm .12 weeks. Cost: €95.00

IRISH FOR BEGINNERS

This course is suitable only for those who have never done Irish before. By the end of the course students will be able to hold a basic conversation. You may wish to resurrect the 'cupla focal' that you may have from your school days. You will also learn some Irish songs, poetry and seanfhocail. The aim is to learn, in an enjoyable way, the rudiments of the Irish language and culture.

This is a 24 week course divided into two terms of 12 weeks each - it will continue in February 2020.

Monday Evening – Time: 8pm – 9.30pm 12 weeks Cost: €95.00

ITALIAN FOR BEGINNERS

Tutor: Daniela Vargiu – Native Italian, MA in foreign languages and literatures – Italian linguistics specialisation.

This course is designed for real beginners with no previous knowledge of Italian. At the end of the course students should be able to satisfy basic communicative needs, such as talking about themselves; being able to interact in one-to-one conversations about basic topics, in

both formal and informal contexts; being able to ask the main communicative questions. Part of the course will be dedicated to open discussion of topics related to Italian culture, history, and way of life that will enable students to have a better understanding of the background of the language. No book needed.

**This is a 24 week course divided into two terms of 12 weeks each.*

Monday Evening – Time: 6.00pm – 7.30pm. 12 weeks. Cost: €95.00.

ITALIAN INTERMEDIATE

Tutor: Daniela Vargiu – Native Italian, MA in foreign languages and literatures – Italian linguistics specialisation.

This course is intended for students who have acquired a good level of understanding and who wish to further their knowledge of Italian language and culture. Open topics will be discussed with an accent on cultural themes as well as key grammar points. By the end of the course, students will have learnt new communicative structures of both spoken and written Italian, and developed a new and deeper understanding of what being Italian and living in Italy means.

**This is a 24 week course divided into two terms of 12 weeks each.*

No particular text book will be required, materials will be provided.

Tuesday Evening – Time: 7.30pm– 9.00pm. 12 weeks. Cost: €95.00

CONVERSATIONAL ITALIAN

Tutor: Daniela Vargiu – Native Italian, MA in foreign languages and literatures – Italian linguistics specialisation.

This course is designed for students who have good basic grammar but do not feel comfortable at launching into conversations. The course is structured around some situation related scenarios and also makes use of listening comprehension activities. Students will be provided with the opportunity to improve their conversational skills.

**This is a 24 week course divided into two terms of 12 weeks each.*

No text book is required as material will be provided.

Tuesday Evening – Time: 6.00pm – 7.30pm. 12 week. Cost: €95.00.

PEOPLE'S COLLEGE WEXFORD

COURSES - 2020- 2021

Registrations are now being taken at our office in The SIPTU premises,
O'Leary Road, Coolcotts, Wexford.

You can also register online through www.peoplescollege.ie
Please call 053 9146774 for directions.

TERM COMMENCES ON THE MID SEPTEMBER 2020

- Yoga
- Introduction to Astronomy
- Stained Glass levels 1, 2 and 3
- Spanish levels 1 and 2
- Genealogy
- Italian
- Conversational Irish
- Creative Writing

These courses are run by the Wexford Council of Trade Unions (WCTU) in conjunction with the People's College, Dublin as part of its outreach programme. For further information about the People's College programme and course dates/costs etc., contact the WCTU office in the SIPTU building on 053 9146774 or E-mail wexcountu@gmail.com or find us on Facebook The Peoples College. All dates and times are subject to change.

ECONOMICS MADE SIMPLE

Series of Lectures in the People's College for Autumn 2020/Spring 2021.
Delivered by NERI – Nevin Economic Research Institute

This course will offer participants a fresh insight and appreciation of some of the main ideas in economics in a contemporary Irish context. No prior academic study in the field of business or economics is required.

Aim of this course:

The aim is to provide a very basic course linked to current topics and challenges over matters such as

WHAT IS HAPPENING TO LIVING STANDARDS?

DOES WORK HAVE A FUTURE?

WHAT NEEDS TO BE DONE ON THE ENVIRONMENT?

'WILL THERE BE ANOTHER RECESSION?'

Participants will be encouraged to take part in discussions and to give feedback on selected topics. The programme will involve 90 minute sessions and will be spread out over 8 weeks."

Monday Evenings at 6.00 - 7.30pm

Registration details to be confirmed



CHOIR

“The People’s College Choir is looking for you – MEN”

No musical experience is necessary! If you can hum a tune or simply sing for your own personal enjoyment why not join people of like mind and entertain others. The choir currently comprises c. 54 members. We perform in concert, share choral exchanges with other choirs and travel abroad to festivals! Early in 2020 we travelled to Louvain, Brussels.

Our repertoire includes a wide variety of music: 16th century madrigals, spirituals, traditional Irish airs, classical and modern popular songs (Neil Young, Billy Joel) etc. Our aim is to entertain. So why not come along and you can audition us!

We rehearse on Tuesday nights from 8.30pm to 10.00pm in the Teachers’ Club, 36 Parnell Square, Dublin 1. We intend to resume rehearsals in the autumn of 2020.

If you are interested you can email us at peoplescollegechoir@gmail.com
Contact the musical director (Paul Walsh) at 087 744 6787



DRAMA GROUP

Not enough drama in your life? Then why not contact the People's College Drama Group led by author & playwright, Tom O'Brien. New members are always welcome. Joining the group means you are definitely in our next show which will be presented in late November 2020.

The group now has twelve productions under its belt. If you are interested, contact the People's College for more details. 01 873 5879 or info@peoplescollege.ie

START DATE TO BE CONFIRMED



STUDENTS' COMMITTEE

In keeping with the ethos of the college the students' committee encourages students to get involved and contribute ideas for courses and events.

The Student committee help with events organised by the college and arrange cultural, social and educational activities throughout the year tailored to student interests.

All events are advertised by leaflets in the classrooms and on the College website.

As a committee we try to represent all students, currently our members represent various courses; e.g., Current Affairs, Art Appreciation, various Language Classes, Music Appreciation, the Debating Society and the Drama Group.

If you are interested in joining the committee or becoming a representative for your class/group please contact: Bernie Grant on 085 737 1374 or Tony Black on 01 453 1568



DEBATING SOCIETY

Last year we celebrated our 25th Anniversary and although times have changed, we continue to grow as a society.

Our autumn term will start in September, date to be confirmed. We hope that our meetings can take place in the Teachers Club or another venue close to Parnell Square. If this is not possible, we will hold our meeting on Zoom - this is how we operated from March to June and it worked well.

Our programme of events will include Debates on a wide range of topics, Workshops and various activities aimed at improving our public speaking skills and building confidence.

After our first meeting we will meet every 2nd Wednesday.

New members and visitors are always welcome.

For further information please contact Bernie 085 737 1374 or Helen 01 623 1509

Learning at The People's College

Felt Making



Public Speaking



Flower Arranging



Get Money
Fit



Yoga



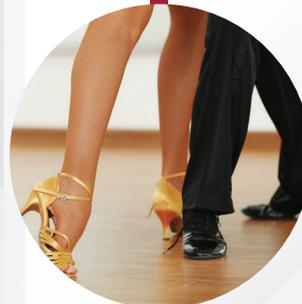
Self
Defense



Astronomy



Dancing



New Terms for 2020 – 2021 Syllabus

Autumn Enrolments

Enrolments will be open online – www.peoplescollege.ie from 10th August 2020

Course Dates – 12 Weeks (**PLEASE** note the Saturday Morning - Art Appreciation - Term commences Saturday 3rd October 2020 – Saturday 17th April 2021)

Autumn Term

Course Dates -12 Weeks

Week Number	Week Commencing	Week Number	Week Commencing
Week 1	12th October	Week 7	23rd November
Week 2	19th October	Week 8	30th November
Week 3	26th October	Week 9	7th December
Week 4	2nd November	CHRISTMAS BREAK	14th December – January 4th
Week 5	9th November	Week 10	11th January
Week 6	16th November	Week 11	18th January
		Week 12	25th January

Spring Term 2021

Enrolment dates for Spring Term

Monday 11th January – 14th January. **12 Noon – 7.30 pm**

Monday 18th January – 21st January. **12 Noon – 4.00 pm**

Monday 25th January – 28th January. **12 noon – 4.00 pm**

Spring Term

Course Dates - 12 Weeks

Week No	Week Commencing	Week No	Week Commencing
Week 1	1st February	Week 8	22nd March
Week 2	8th February	EASTER BREAK – COLLEGE CLOSED. 29th March	
Week 3	15th February	EASTER BREAK – COLLEGE CLOSED. 5th April	
Week 4	22nd February	Week 09	12th April
Week 5	1st March	Week 10	19th April
Week 6	8th March	Week 11	26th April
Week 7	15th March	Week 12	3rd May

**Bank Holiday Wednesday 17th of March will be back filled on Wednesday the 12th of May*

**Bank Holiday Monday 3rd May will be back filled on the 10th May*

The peoples college was established in 1948 under official trade union auspices.

The college is affiliated to Aontas, Forás Éireann and the Irish Labour History Society.

PLEASE NOTE:

Classes which are canceled due to government warnings will NOT be back filled.

GENERAL INFORMATION:

Fees are payable on enrolment. Fees are non-refundable except where a class is not formed. In such a case, you may choose another class or have your fee refunded. Fees cover tuition and the use of rooms only. Materials used are at the discretion of the tutors and must be paid for separately. The formation of classes depends on demand.

Enrolment Form People's College

Date of Registration:

(Block Letters Please)

Name:

Address:

.....

Email:

Phone:

Mobile:

Are you a new student at the People's College? Yes / No:

Trade Union:

Course:

Fee Paid:

Cheque Cash Debit/Credit Card

Students who wish NOT to receive information during the term about lecturers, tours, extra class's, Please tick here:

Postal Enrolments welcome,
please make cheques payable to The People's College.

People's College Office
31 Parnell Square,
Dublin 1

Phone: 01 873 5879 – Office Hours
Email: info@peoplescollege.ie
www.peoplescollege.ie



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