



PEOPLE'S COLLEGE

Adult Education Association

Syllabus 2024- 2025



People's College
31 Parnell Square, Dublin 1
www.peoplescollege.ie

Registered Charity No: 20014537

ENROLMENT INFORMATION

Enrolments/Registration for our autumn term will be accepted online through our website www.peoplescollege.ie from the 10th July 2024, and for Spring term, enrolments will be open from 2nd December 2024

Registration can also be done over the phone on 01 873 5879, in the office or by post.

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

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 (€2) to 31 Parnell Square, Dublin 1.
- Online at www.peoplescollege.ie

AUTUMN TERM 2024 - Week commencing 30th September 2024

SPRING TERM 2025 - Commences on 10th February 2025

**Please see term calendar at back of this booklet.*

Online & Postal Enrolments Welcome.

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

*Please note, during enrolment period, the phone lines are normally very busy. Please leave your name, phone number and a brief message and we will return your call as soon as possible. Alternatively, you can email the college at info@peoplescollege.ie and we will respond to your enquiry.

Tel: 01 873 5879

Email: info@peoplescollege.ie

www.peoplescollege.ie

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

 Find us on
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ART, CRAFTS & CREATIVITY

ART APPRECIATION

Saturday 5th October 2024– Saturday 26 April 2025 (excl. Bank Holidays)
Avenues into Modern and Contemporary Art for 2024/25 with the first class of the 24 weeks starting on Saturday 5th October.

Co-ordinated by Jessica O'Donnell

This series of illustrated art history lectures 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 artworks from the permanent collection will be explored alongside themes arising from our temporary exhibitions More Power to You- Sarah Purser a Force for Irish Art and Brian Maguire La Grande Illusion. 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 explored by artists nationally and internationally.

Time: 11am – Noon 24 lectures * Limited to 50 places

Fee: €135, You can book your place on our website - www.peoplescollege.ie

Venue: Hugh Lane Gallery, Parnell Square North, Dublin 1

STAINED GLASS WORKSHOPS



“Research has shown that crafting, regardless of the medium you use, can bolster mood, improve self-confidence, and reduce stress overall. In addition, crafting improves mental agility, improves both gross and fine motor movements, and decreases cognitive decline.

(Katrina Norris, Spectrum Health & Human Services)

7 WEEK STAINED GLASS COURSE WITH MADELEINE HELLIER

Stained glass is one of the oldest and most traditional of crafts dating from the 11th century. During this 7-week course (2 hours each week) participants will receive an introduction to the history of stained glass and stained-glass techniques. In the earlier part of the course each participant will work at their own pace to learn all the skills required to make a basic stained glass suncatcher using the Tiffany (copper-foil method). In the following weeks participants will work with the course tutor to develop an original stained-glass work based on their own design.

Materials Provided:

Each participant will have their own “bench” comprising the glass, tools and supplies required to create a beautifully crafted stained glass suncatcher. The suncatchers are finished by soldering individual elements together and applying patina and findings.



For individual works, the tutor will work with the participants to select glass that maximises the beauty of the design. Any additional glass required for these works will be at the participant's own expense but the tutor will work with the class to maximise the sharing of glass and shipping costs to reduce the overall outlay for individuals.

Outcomes:

This practical, hands-on course gives participants the foundational skills needed to create a stained glass suncatcher followed by more advanced skills in pattern design and more complex stained-glass work.

Course content includes:

- Health & Safety
- Introduction to Stained Glass techniques
- Stained glass tools and bench materials
- Glass cutting techniques
- Applying copper foil
- Understanding glass
- Stained glass pattern design
- Soldering and solder effects
- Patinating and finishing
- Mark making on glass
- Working in 3D glass structures
- How display stained glass

The course moves at a gentle relaxed pace and is the perfect analogue antidote in a digitally charged world. The wider benefits of engaging in craft workshops include exercising natural curiosity which is the foundation of innovation and learning new skills which supports cognitive well-being.

Additional Information

At the end of the course participants will be able to purchase a stained-glass starter kit at a reduced cost. The kit includes tools, glass, solder, copper foil and chemicals and will enable participants to set up a basic studio in their own home if they wish to continue with the craft.

About Madeleine Hellier

Madeleine Hellier is a glass artist and tutor who has been working with glass for more than a quarter of a century. She has a small studio in her home in Marino and where she works mostly to commission. Madeleine has participated in numerous exhibitions in Ireland including Wexford Arts Centre, Talbot Studios and Gallery, Sculpture in Context and most recently Craft Gallery NI. As an invited artist Madeleine participates in the Hugh Lane Gallery's education and outreach programme where she facilitates lunch time talks and stained-glass workshops.

Monday evening at 6.30pm to 8.30pm. 7 Weeks. Cost: €280



CREATIVE WRITING

Tutor: Tanya Farrelly

Tanya Farrelly is the author of four books. Her debut short fiction collection *When Black Dogs Sing* (Arlen House, 2016) was longlisted for the Edge Hill Short Story Prize and named winner of the Kate O' Brien Award 2017. Two novels: *The Girl Behind the Lens* and *When Your Eyes Close* were published by Harper Collins, London. (2016/2018) She curated and edited *The Music of What Happens*, an anthology of poems, stories and essays by over fifty Irish writers published in aid of Purple House Cancer Support Centre. (New Island, 2020) Her latest book: *Nobody Needs to Know*, a short fiction collection, was published in November 2021 by Arlen House. She holds a PhD in Creative and Critical Writing from Bangor University, Wales, and teaches at numerous institutions, including the Irish Writers Centre, Dublin, and the People's College. She was appointed Arts Council Writer-in-Residence at NUI Galway 2021, and is the founder and director of Bray Literary Festival.

In the first term 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 practice what they have learned, and will receive feedback on their work in a fun and supportive environment.

In term two we will explore the world of creative non-fiction and how writers use the skills of the fiction writer to draw the reader into their true stories. Participants will try their hand at writing personal essays/memoir, travel writing and factual essays. We will also return to fiction writing: exploring the subtle differences between writing for print and writing for radio. We will read and discuss previous winning entries to the RTE Short Story competition in honour of Francis MacManus with the aim of writing and editing stories to get competition ready!

Term two can be done as a follow-up or independently of term one

Class time choices

Wednesday evenings: 18.30 -20.00

Thursday mornings: 11.00 -12.30

Thursday afternoons: 14.00 -15.30

Fee: 12 classes in each term. Cost: €125.00

CALLIGRAPHY - All Levels

Tutor: Noeleen Frain

This class will suit both beginners and intermediate/advanced level. We will be working with both the straight holder and oblique holder and the pointed nib using ink, gouache, watercolour and coloured pencils. Beginners will concentrate on the basic Copperplate script while the intermediate /advanced will begin with developing flourished capitals.

Further into the course we will work on some Christmas designs and illustrations using the pointed nib to create decorative borders and scrolls etc. Each month I will also introduce some small projects which will enable the students to develop their calligraphic skills.



Wednesday Mornings 11am 1pm 12 Weeks Fee: €130



ACRYLIC PAINTING CLASS

Tutor: Jenny Cleary, Artist and Illustrator based in Dublin, Ireland

Painting is one of the most rewarding ways to express yourself, it develops your creativity and supports your emotional well-being. This class is suited for people who are beginners and people who have some experience in painting. This course will explore the medium of acrylic paint, a medium which is both flexible and durable. We will focus on different skills, methods and techniques as well as colour mixing and paint application. Some of our subject matters will include landscapes, still life and portraiture and we will look at other famous artists' work for inspiration and ideas. Participants in the class will benefit and grow from getting individual support and attention.

Materials list for Acrylic Painting

Paint

This is a list of a few colours I recommend. You can get more if you need to, but it is not necessary. I would advise you to look out for ready-made sets in shops like Easons, Evans and Reads, which are often cheaper than buying individual tubes. Look for makes like Galeria and System3 which are both reasonable priced student paints.

Try not to get tubes any smaller than 60ml and I would always get a bigger white tube, since this will be the colour you will use the most of.

- Cadmium yellow - Raw Sienna - Ultramarine - Cadmium red - Burnt umber or Raw umber
- Crimson Lake (sometimes called Alizarin Crimson) - Sap green or Phthalo green
- Titanium white - Mars black

Optional: Cobalt blue, Yellow ochre, Lemon yellow

Brushes

We are trying to keep things simple to start off with so all we need are one large, one medium and one small. There are round and flat brushes, so try at least one of each to see which one you prefer. Make sure that they are suitable for acrylics (ask someone in the art shop if you're not sure) You can get good quality expensive brushes but I would go for something medium priced. Try not to get the cheapest brushes as the hairs often fall out of these while painting.

Ground

The advantage of acrylic paint is that you can paint on most supports. It can be anything from canvas, canvas board, acrylic paper, wood, glass and metal. I would suggest you start off with Acrylic paper and then later when we get to your personal projects you can use canvas or canvas board.

Monday Afternoon : 1.00pm to 3.00pm 10 weeks Cost: €150.00

EMBROIDERY & STITCH CRAFT COURSE – Beginners Level - SPRING 2025

Tutor: Alice Cummins,

Alice is a passionate embroiderer inspired by Ireland. Alice began stitching in school at the age of 15, but it wasn't until she heard about the Degree Course at the Royal School of Needlework, London that she thought she might make a career out of it. Here, she learned a wide range of embroidery techniques and worked on a number of high-profile projects such as the Nicholas Oakwell for GREAT Britain Campaign and the HBO Game of Thrones, Hardhome Embroidery.



This course is for beginners so we will start at the very beginning! The first week we will talk through your materials, cover some of the basics (like how to thread a needle), and learn some simple stitches to get you started.

We will build on this knowledge of stitches and materials as the course progresses each week. We will create a sampler for the stitches we learn, but also apply them to some small designs. Towards the end of the course, Alice will also help you to start creating your own design.

Materials needed for this course:

- Embroidery Hoop (ideally 8inch size)
- Cotton Fabric (at least 2 pieces slightly larger than your embroidery hoop)
- Embroidery Needles (various sizes)
- Embroidery Thread (at least 2 skeins of different colours)

These materials can be purchased from Alice at the first class at a cost of €10.

You can learn more about Alice and her work at www.bealice.ie or on Instagram @be_alice

Thursday Afternoon – 2.00pm to 4.00pm 12 weeks Cost: €130

EMBROIDERY & STITCH CRAFT COURSE – Improvers Level - SPRING 2025

Tutor: Alice Cummins.

This course is for those who have a little experience stitching, and would like to try some new techniques! We will cover techniques such as blackwork, ribbonwork, mountmellick embroidery and needleweaving.

As well as learning the stitches involved in each technique, we will look at the history and traditional designs associated with each one. We will be using a wide range of materials to cover each of these techniques. These materials can be purchased from Alice at the first class at a cost of €15.

Thursday Morning – 11.00pm to 1.00pm 12 weeks Cost €130





WATERCOLOURS - BEGINNERS / IMPROVERS GUIDE

Tutor: Noel Hayes

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 / ADVANCED

Tutor: Noel Hayes

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



DRAWING & SKETCHING CLASS

Tutor: Noel Hayes

Drawing and Sketching is not just for artists, it can be a path to a healthier life. Drawing is a great asset for better memory, reducing stress, increasing creativity, planning and improving observation skills and focus. This course is suitable for all levels, and is a great foundation to the arts. For those who already paint, drawing and sketching is a great way to improve your skills and bring your art to a higher level. This class is suitable for both beginners and improvers.

Monday Afternoon 1.30pm to 3.30pm 10 weeks Cost: €130



POTTERY CLASS, HAND – BUILT

7-week beginner's hand-built pottery course with Therese Hackett.

Therese is a ceramic artist based in Dublin, Ireland. She is a graduate of National College of Art and Design Dublin. She also holds a Master's Degree in Education and Management from Dublin City University.

This course takes place in the People's College on Tuesday from 2.30 - 4.30pm. The class will suit beginners to clay. We will be working with earthenware/stoneware or self-hardening clay.

During the seven-week course will explore the basic handmade techniques thumb pots, coil and slab building. We will also explore decorating techniques using imprints. Each week we will focus on developing and building confidence using these skills. If you have a particular piece you wish to make, bring an image of it to class. As this is a beginner's class most of the forms made will be used to develop your skills in clay techniques.

The pace of the course is relaxed giving you time to explore the medium of clay.

Each participant is welcome to take their piece/s home with them on the day (but be advised that the clay will not survive long term in this state) OR you can pay a small additional fee to get the piece fired in our kilns (this process takes time) approximately 7-10 days. There will be new projects starting after Christmas for the Spring term.

*Additional €10.00 charge to be paid if you wish your piece to be taken away to the kiln and fired.

The cost of the class includes materials for the class.

Tuesday Afternoon: 2.30pm to 4.30pm. 7 weeks. Cost: €160





MUSIC

DANCE CLASS *is back*

Viva School of Dance is back with the Peoples College to run more fantastic dance classes for the coming terms and we are glad to say that the Pillar Room in the Rotunda Grounds has kindly given us their beautiful Ballroom for the Dance Classes.

Join our dance class which fuses Ballroom, Latin and mobility together. Learn to move on the dance floor in a dynamic way with a community all the same level as you. This class focuses primarily on dance and exercise with a strong focus on mobility and flexibility. Viva School of Dance pride themselves on building communities so you will expect to have great fun, meet lovely people and feel fantastic! Whether you are learning a new skill or improving your dance floor moves, you will thoroughly enjoy and reap the benefits of this new Dance Class. Move your body to the music making you feel more energised, flexible and happier in yourself.



Wednesday afternoon. Time: 2.30pm to 4.00pm Cost: €130

Thursday morning. Time: 11.30 - 1.00pm Cost: €130

Thursday evening. Time: 6.00 – 7.30pm Cost: €130

GUITAR - Beginners

Tutor: Darren Loughran MMus

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.*

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

GUITAR - Intermediate

Tutor: Darren Loughran MMus

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: Darren Loughran MMus

This will be the 6th 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. Darren will give this course and has designed it to deal with; basic chords; strumming techniques and the correct use of plectrum. This is definitely a 'fun course' and Darren will be presenting various song accompaniments where all of the students can participate.

Thursday - Time: 4.45pm - 5.45pm. 24 Weeks. Cost: €125.00

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

UKULELE Intermediate

Tutor: Darren Loughran MMus

After 6 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'. We envisage a class which will introduce more advanced techniques and present ensemble music which will ultimately lead to the first People's College Ukulele Orchestra.

Darren will also be exploring possibilities where the orchestra can participate in some public performances.

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

MUSIC APPRECIATION – Introduction

Lecturer: John Buckley, NT, MA, PhD, D Mus

An easy introduction to pieces of popular classical music and the instruments of the orchestra. The course will outline the lives of the composers, set in a historical and cultural context. It will examine the development of classical music throughout the ages, examining the main features of each period.

No musical experience or ability, other than an interest in listening is required.

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.

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 class Cost: €125.00

HEALTH & WELLBEING

YOGA

Restorative Yoga – all levels Tutor: Cara Chotiner, Pranic Healing Ireland

Yoga practice helps with reducing stress levels, anxiety, insomnia, appetite loss, weight gain/loss, stiff joints, improves fitness and helps you to relax, just to name but a few. This class takes a slower approach to the traditional poses found in Hatha yoga to unlock their calming, restorative benefits for body & mind.

Come along for simple yoga postures accessible to all levels of experience, breathing exercises and guided relaxation, practiced at our own pace to relax and unwind while gaining better flexibility.

You are welcome to discuss any considerations you might have with the teacher before the class commences.

Tuesday Morning – 11.30am to 12.30. 24 weeks €140

Tuesday Evening – 6.15pm – 7.15pm. 24 weeks €140

DAOIST YOGA

Tutor: Laurence Reddin, Registered Instructor of Tai Chi and Qi Gong-The Jade Sun School of Tai Chi and Qi Gong.

Daoist yoga is gentle, yet profound sequence of openings and stretches. It is appropriate for all ages and levels. No mat is required. The movements are done in a standing position, or sitting if required. This practice is designed to help regulate and harmonise the flow of energy in the body. As a result this practice promotes general and physical wellbeing. We will also explore The White Crane Method of Qi Gong as presented by The Jade Sun School to enhance the healing effect of the openings.

Tuesday Afternoons – Time: 1.30pm to 2.30pm 24 weeks €140

TAI CHI

Tutor: Laurence Reddin, Registered Instructor of Tai Chi and Qi Gong-The Jade Sun School of Tai Chi and Qi Gong.

Learn The ancient arts of Tai Chi and Qi Gong. In this class we will explore posture, alignment, breathing and movement through White Crane Qi Gong as presented by The Jade Sun School of Tai Chi and Qi Gong. We will also incorporate the principals of Qi Gong into the practice of the Tai Chi Form. These arts can help in many ways - essentially improved flow of chi leads to improved health, wellbeing and energy levels. This includes better sleep, recovery from injury/sickness, improved balance, strength and mood.

Tuesday Afternoons: Time: 2.30 to 3.30 pm 24 weeks €140

QIGONG

Tutor: Laurence Reddin, Registered Instructor of Tai Chi and Qi Gong-The Jade Sun School of Tai Chi and Qi Gong.

Qi Gong which means “energy work” is an ancient practice that originated from The Taoist Tradition. The Taoists held a very deep and profound understanding of how balance and harmony promote health and wellbeing. In this class we will explore this wisdom in a way that is practical and applicable to our everyday life. To do this we will be learning White



Crane Qi Gong as presented by The Jade Sun School of Tai Chi and Qi Gong. The benefits of Qi Gong are many including improved breathing, regulating the nervous system. It is also helpful in terms of mood, sleep and general well-being.

Lastly it can provide an excellent practice for anyone interested in exploring personal growth and development.

Tuesday Evening – Time: 4.00pm – 5.00pm 24 weeks €140

MINDFULNESS: How to Practice the art of being present.

Tutor: Aurora Procopio – Mindfulness tutor, Wellbeing facilitator, Forest Bathing Guide, Tour Guide.

“You can’t stop the waves, but you can learn to surf.”

-Jon Kabat-Zinn-

Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment. Numerous studies have shown that mindfulness can help to reduce stress, anxiety and rumination, increase positive states of mind and improve quality of life. During the course of these 24 weeks, we learn what mindfulness is and explore different themes such as acceptance, kindness and self-compassion.

There will be opportunities to practice mindfulness through different activities from journaling to mindful walking, from mindful movement to mindful eating. Participants will start to get familiar with the autopilot mode and learn how to step out that cycle and settle the mind.

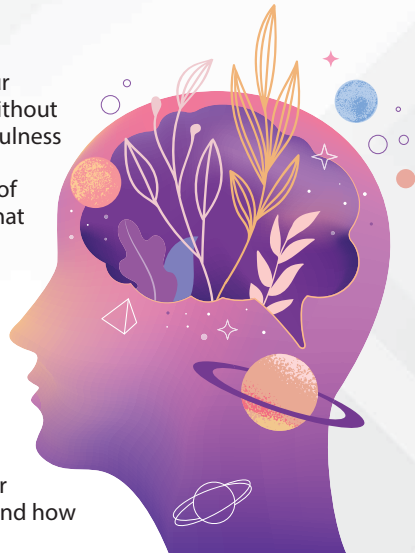
At the end of this course, participants will have a clear understanding of the core elements of mindfulness and how they can integrate this practice into their daily life.

Participants will be encouraged to watch videos and read related material throughout the programme for a deeper understanding of the practice.

The course is suitable for everyone, beginners and those with previous mindfulness experience alike.

Group sharing as well as reflection are part of the course as they help to develop and improve understanding of your mindfulness practice. Participants are invited to bring pen and paper to each class and wear comfortable clothing as there will be opportunities to practice some slow and gentle movement.

Monday Afternoons, Time: 3.30pm to 4.30pm 24 weeks €140





POSITIVE PSYCHOLOGY - 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 sustain- able 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 2025

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.

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

ENLIGHTENMENT & TRANSFORMATION – (ONTOLOGY)

Tutor: 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.

Monday Evening – Time: 6.30 – 8.00pm 12 weeks Cost: €130



ENERGY AND VITALITY IN MOVEMENT

Tutor: 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 Gong and various martial arts warm up exercises.

Ideal for the older person but very beneficial for all ages.

"Course was brilliant! Looked forward to it every Monday."

"like no other course I have ever done!"

"will not forget your course in a hurry. Great information!"

"explained everything very well"

"eye-opening and fun"

"amazing how many illusions I'm catching myself reacting to"

"I'm finding my life getting a whole lot easier!"

Thursday – Time: 11.00 - 12.30 12 Weeks Cost: €130.00

HERBAL MEDICINE

Tutor: Susan O'Donoghue, BSc (Hons) Herbal Medicine, MNIMH

Herbal Medicine is the use of plants in the prevention, management and treatment of disease, it is one of the oldest forms of medicine known to mankind and is steeped in history and folklore.

The aim of this course is to give the student an understanding of herbal medicine and a practical knowledge that can be used in daily life. It will focus on herbal medicine of European tradition, also incorporating some of the more commonly used Ayurvedic and Traditional Chinese Medicine herbs.

The course includes:

- Herbs used for the digestive, respiratory, immune, cardiovascular, nervous and urinary systems, as well as herbs used in musculoskeletal, skin and hormonal health
- The medicinal properties of some common culinary herbs such as Garlic, Ginger, Rosemary, Thyme, Turmeric, and herbs we may see growing locally such as Dandelion, Elder, Hawthorn and Nettle
- Demonstrations showing how to prepare herbs to make your own herbal remedies such as teas, decoctions, tinctures, macerated oils, balms, ointments, creams
- Weekly Herb tastings and herbal teas.

Monday: 6pm – 7.30pm. 12-week term Cost: €130

PERSONAL DEVELOPMENT

FACING INTO CHANGE

A learning programme for dealing with life transitions.

Course Presenters

The course will be presented by Eileen Quinn and Tom Doyle. Both Tom and Eileen are retirees from the management team at the Institute of Technology in Blanchardstown that is now part of TU Dublin. Both completed doctoral degrees in the area of organisational change and the role of individuals in effecting such change. Both are experienced group facilitators.

About the programme

There are times in our lives when we feel compelled to be more intentional about change, to seek a different future, to discover what is possible and act on those discoveries rather than waiting passively for something to happen. We sense that we have reached some transition point, where what went before can no longer apply, where the future can seem uncertain or maybe unsettling.

For many of us, retiring or departing from a structured work environment marks such a pivotal transition. It challenges us to redefine how we perceive time and work, our family and community connections, about how we want to shape the future story our lives.

What do we mean by facing into change?

Facing into change is about embarking on a course of action despite an uncertain outcome, driven by a belief that the pursuit itself holds meaning. It is meaningful because even if we cannot foretell our future, we know we can change what is possible in that future. It is an optimistic stance with the anticipation that there is always a preferable state to what we live with at present. The process does not begin with some clearly defined end point in mind but instead emerges from a deeper awareness of our present situation and self-perception, the story we tell about ourselves. It involves reflection and dialogue about what is happening now, believing that future possibilities will emerge from this new awareness. Such a change process might appear to occur haphazardly. In fact, it is not random but very much influenced by how we engage with it.

Engaging openly with change

We start by accepting that we ourselves are the most important instrument of change, that facing into change involves a new and more open way of attending to the world. Writers on change talk about three essential characteristics needed to allow transformative change to happen:

An open mind

enables us to question old mental models or preconceptions about ourselves and others that can be a source of resistance to change. We suspend judgement and criticism and approach our present life situation with curiosity and openness to new ideas. We begin to craft a richer life story about ourselves and how it might evolve.

An open heart

allows us to be gentle with ourselves and have empathy for others. It allows us to listen more deeply and have more authentic conversations from which come the insights and trust that guide us during periods of change.





An open will

allows us to act on these new perspectives, to try new things and be open to learning from such experiments. It involves taking purposeful action which aligns with what we believe is good for ourselves and those around us.

How this programme can help

We believe that these ideas have particular relevance to people at this phase of life. Retirement is now being reframed as a time to harvest, to make new connections, to be who we want to be. Our programme is essentially an opportunity to practice this type of engagement. It provides a framework and a forum for reflection and dialogue, an opportunity to explore in a structured way the why, how and wherewithal of facing into change at this particular life juncture.

The aims of the programme are to:

- Provide participants with a new perspective on the possibilities and challenges that retirement and other life transitions can hold.
- Advocate for a response that involves actively engaging with such transitions rather than passively letting them happen by demonstrating the process of emergent change and our role in shaping its outcome.
- Show how this approach can lead to a deeper awareness of what we want to achieve and how we want to be in this period of our lives.
- Provide participants with the tools that will enable them to take the first steps towards making such transitions

Who is it for?

The programme is intended for those who have recently retired or are contemplating retirement and are open to new ways of thinking about personal growth and change.

Tuesday Mornings – 11.00am to 1.00pm 8 x 2-hour sessions Cost: €130

IRISH AMERICA, A Historical Overview

Facilitator: Ray Esten Egan. B. A. History and Religion. H. Dip in Education. MA. Irish Political History

This course aims to offer students an overview and understanding of Irish America. The timeline, the early nineteenth to the late-twentieth century, contains many of the critical events which fashioned our perceptions of Irish America.

The course links these events to the people, sports stars, factory workers, criminals, politicians and labour leaders, who built the Irish American legacy. Particular themes covered in the course include, anti-immigration and anti-Catholic sentiments in urban America (1840s). The Irish in the Confederate and Union Army (1860s). Prohibition and the Irish American criminal (1920s). The Irish American as a powerful political force in the twentieth century.

Closing with Chicago's Democratic machine and its controversial Mayor Richard J. Daley (1955-1975). The course is aimed at those with an interest in history and is open to all. It is delivered in a friendly environment in which all participants can engage openly. By the end of the course participants will be inspired to think critically about historical events whilst identifying comparisons within modern society.

Tuesday Afternoon- 2.30pm to 4.00pm. 12 Weeks. Cost: €125

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 Evening – Time: 6.15 – 7.45pm. 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.

Thursday Evening – Time: 6.15 – 7.45pm. 12 weeks. Cost: €120.00



PUBLIC SPEAKING/PRESENTATION SKILLS

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

This is a 12-week course, each class is 90 minutes long.

Whether you are a student, preparing for presenting your assignments or an employee seeking promotion, a best man 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. 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 – 8.00pm. 12 Classes. Cost: €110.00

HOW LITERATURE AND BOOKS CAN TELL US MORE ABOUT OURSELVES AND OUR LIVES.

Tutor: Anne Gormley. B.A. H. Dip in Ed. Hons, M.A. Mod English Literature/Hons

'A classic is a book that has never finished saying what it has to say.' Italo Calvino

Books are powerful levellers, great healers and superb sources of conversation as well as being solid dependable companions on our journey through life.

C.S. Lewis author of *The Lion, the Witch and the Wardrobe* once wrote that Literature doesn't simply describe reality, but it adds to it by irrigating the deserts that our lives have already become.

Join us in this popular course where you will be transported into different worlds and meet new and exciting people. You may find yourself in Russia with Gogol and Chekov or even in West Cork and Mayo with Frank O Connor, William Trevor John Millington Synge and many others. Or you can climb the moors in Yorkshire and discover Emily Bronte and the passionate Heathcliff.

This course consists of 24 workshops (split into two terms, 12 weeks in the autumn term and another 12 weeks for the spring term) where we will discover how Drama, Poetry, Fiction, Short Stories can change us. Our capacity for language will become re-energised and our imaginations and inner worlds more enriched and inspired.

The course will look at literature of the 19th, 20 and 21st centuries and compare the similarities and differences between them. We will look at writers such as Beckett, Joyce, Bronte, Yeats, Seamus Heaney and other Laureates and authors and learn how to get the most from books and understand better how literature works to tell us more about ourselves and the world around us.



Join us for stimulating sessions on:

- Women in Literature past, present and future
- Learning from certain themes in English literature-Fear, Violence, Conflict...
- Society in Literature past, present and future
- The dark side of humanity in literature- what does that tell us about ourselves?
- What is it about Books that lures us in and helps us escape?
- What makes a good story?
- What can we learn from books that will help us be happier people?

Wednesday Morning: Time: 11.00am -12.30. Cost: 12 classes €135

(you can pay for the full 24 week course, autumn and spring term for a discounted price of €260 if you prefer)

THE BOOK OF "ME"

Tutor: Anne Gormley. B.A. H. Dip in Ed. Hons, M.A. Mod English Literature/Hons

I'm no-one special, but this is the real me.

Would you like to leave your real-life story behind when you pass on? Your story can be something very special for the people who are close to you in life. Whether this is your children, Grandchildren, nieces/nephews or siblings, I'm sure that your legacy is something everyone close to you would like to know.

We all pass through life where we experience trials and tribulations, but also gain accomplishments and have special moments that we would like to transmit to others and ensure that they remember us.

Everyone has stuff in the mind closets that may be daunting and difficult to share. These may be lessons along the path of life that has made you who you are today, things that are good, bad and even ugly.

In this 12-week course we will find the space to explore your memories whether of your childhood or where you lived, your most memorable teacher or mentor, your proudest moment, some big changes in your life from childhood to adulthood to middle and old age and share lessons with those who may be going through the same thing.

Creating "The Book of Me" will allow us consider and reflect on the events and times that have led you to where you are today. You will get an opportunity to document your special moments and explain the real reasons why you are who you are.

In the workshops we will draw from the following content and set it down in a vivid and memorable way:

- Your Childhood and where you lived
- Someone who influenced you greatly
- Your best or worst day
- Your most prized possessions
- Your favourite place/s
- Someone you will always remember and why
- Your proudest moment/s
- Something about your life or yourself you wish you could change and why.
- Something or someone who had a big impact on your life for good or bad!
- A crucial or important period of time in your life and why
- Changes that affected you in life
- An Epic Journey you took
- Your favourite recipes, actor/actress, music, country, job, place that you lived
- What is the one lesson you wish you had learned earlier? Explain why.
- What are your core values, and beliefs now? Have these changed? Explain why.

Join us for this new and lively course where you will find the freedom to be yourself more than ever.

Tuesday Morning - 11 am- 12.30 12 weeks Cost: €135



BEGINNERS ACTING CLASS – LEVEL 1

Tutor: Amy Redmond

This class is suitable for the absolute beginner or for those who have not acted in a long time and wish to return to it. This 12-week Level One course is an introduction to acting, voice & improvisation. We also incorporate some mindfulness techniques. It is fun, safe, sociable. It is tailored to suit people from all walks of life. We do not take ourselves seriously. The main aim is to chill out and Act the Maggot!! Our adult acting classes are perfect for those looking to learn how to get into improvisation or acting. It is also for more experienced performers who may want to brush up on their skills before that big acting audition. Our acting for beginner's programme is specifically designed to teach participants how to be more confident. This course focuses on improving confidence, creativity and communication and is delivered in a fun and welcoming environment. No previous acting experience is required.

Participants of the Beginners Acting Class Dublin will:

- This class will start with a physical and vocal warm up and close with a meditation.
- In this acting class you will learn how to become an actor.
- In this acting class you will learn how to gain confidence.
- In this acting class you will learn the principles of improvisation.
- This acting class helps with low self-esteem.
- This acting class helps you overcome public speaking anxiety.
- You meet new people and have fun in Dublin.
- You will Act the Maggot!

Tuesday Afternoon – 2.00pm - 4.00pm. 12 weeks. Cost: €130

BEGINNERS ACTING – LEVEL 2

Tutor: Amy Redmond

Are you ready for Level 2 acting? That means developing the emotional and physical life of a character, learning their lines and performing in front of your classmates, peers, friends. So, you have tried our Beginners Acting class or you have taken an acting class elsewhere but now you want to Act the Maggot!

Now is your opportunity to take this 12-week Level Two Beginners Acting course with us and develop a character.

Oh the nerves!!

Do you need to have done Level One with us to take Level Two?

This Level Two acting class is tailored for those who have taken Level one with us OR for those who have some experience at acting already. As well as continuing with improv every week, each student will be assigned a monologue. The focus will be on developing that character and learning how to bring the words on the printed page to life. This class is also ideal for actors who want to prepare for treading the boards again in a fun, relaxed setting. It is also suitable for the working actor who wants to focus on audition material and nail it. This is a great opportunity to develop confidence in performance and public speaking and the buzz is amazing.

This class will start with a physical and vocal warm up and close with a meditation.

- In this class you will continue learning the principles of improvisation.
- In this acting class you will learn how to develop a character.
- In this acting class you will learn practical voice and breath exercises.
- In this acting class you will learn how to analyse and perform from texts.
- This acting class helps you overcome public speaking anxiety.
- You meet new people and have fun in Dublin.
- You will Act the Maggot!

Tuesday Afternoons – 4.00pm – 6.00pm. 12 weeks. Cost: €130

CINEMA, FILM and MEDIA APPRECIATION

"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 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.

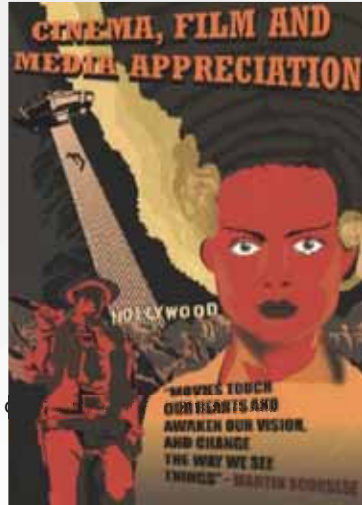
Students will learn some of the key ideas associated with the study of film and gain an understanding of some of the key issues and debates in media studies.

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

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.

Monday evening 6.00pm – 7.30pm 12 weeks Cost: €130



IRISH CINEMA, FILM and VISUAL CULTURE APPRECIATION – “SPRING 2025 TERM”

*"The greatest danger to Ireland comes not from the anglicisation of Ireland
but the Los Angelisation of Ireland"*

(James Montgomery)

The aim of this 12-week course is to provide students with an overview of the history of cinema in Ireland 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 Irish cinema; Kalem, Film Company of Ireland and Ardmore Studios and explore the ways these helped to shape the development of film as a national, cultural and commercial enterprise.



We will explore a number of key stages in the history of cinema in Ireland; The Silent Period, 1930s Fictions, Documentaries and examine the wider social, economic and cultural factors surrounding each. We will learn about some of the key ideas and concepts in the study of visual culture including representation and semiotics and study a number of key theories in visual culture concerning denotative and connotative meaning and myth. We will become familiar with the history and politics of Irish cinema and gain an appreciation of different representations of Ireland on screen.

Students will learn about the history of Irish cinema and development of film as a means of national, cultural, commercial expression.

Students will learn about the key developments in the history of Irish cinema and explore how these helped to shape film as a national, cultural and commercial enterprise.

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

Students will learn about some of the key ideas and concepts associated with representation and semiotics and gain an understanding of some of the key issues and debates in visual culture.

Students will learn about the history and politics of Ireland cinema and gain an appreciation for how different representations of Ireland get constructed on screen.

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

THE CLASSIC SHORT STORY

Tutor: David Butler

Over 12 Tuesday afternoons, we'll discuss two stories each by ten influential masters of the short story form, along with an introductory and concluding session.

Authors to be considered might include:

- Guy de Maupassant;
- Anton Chekhov;
- Katherine Mansfield;
- James Joyce;
- Elizabeth Bowen;
- Ernest Hemingway;
- Frank O'Connor;
- Sherwood Anderson,
- Mary Lavin;
- Raymond Carver



David Butler's novel *City of Dis (New Island)* was shortlisted for the Kerry Group Irish Novel of the Year, 2015. Arlen House published his second story collection, *Fugitive*, in 2021. Awards for the short story include the Maria Edgeworth (twice), Benedict Kiely, Colm Tóibín, and Fish International.

Tuesday Afternoon – 2.00 – 3.30pm 12 weeks Cost: €130

THE IRISH ABROAD

Tutor: David Giltenane

The Irish and diverse history of the Irish abroad will be studied in this course. It will look how Ireland has throughout history contributed to the development of other countries culturally, politically and economically.

Emphasis will be places on the stories of Irish people abroad who became artists, politicians, and even criminals, the famous and the infamous. The course will take students on a journey from the North to the South of America, and throughout Europe. Students will learn about such varied and diverse topics as Irish soldiers who fought for the Mexican army, the valiant San Patricios. The Irish diaspora in Argentina will be looked at, including the connections between the Guevara and Ireland. In the United States the role of Irish people in organised crime will be explored as well the Irish and the American civil war.

Other topics include Irish Missionaries in Europe, and the Eva Peron of Paraguay, Elisa Lynch from Cork.

David teaches English as a foreign language and Irish history and culture in Dublin. He has a degree in History and geography and a masters in Town planning. He has a fascination with Irish abroad. He has special interest in the Irish in South America having lived in Argentina for several years. He also has been giving running tours of Dublin city for many cities.

Wednesday Evenings – 6.00pm to 7.30 pm 12 Weeks Cost: €130

THE ART AND CRAFT OF SCREENWRITING

Tutor: Peter Salisbury, MA in Screenwriting

Screenwriting is a very particular kind of writing informed by the language of cinema, which uses images and sound, time, sequences, dialogue, and music to express thoughts that cannot be expressed any other way.

This 12-week course for beginners encourages students to develop their own personal voice and an understanding of the basic principles of writing for film.

Students will learn specific screenwriting skills, including script layout, visual storytelling, genre, setting, character, dialogue and the construction of scenes and sequences. The course will be delivered through a combination of lectures and practical exercises.

Students will learn to:

- Develop a short screenplay from initial idea to first draft.
- Apply the techniques of narrative, structure, and visual language.
- Build rounded and convincing characters.
- Craft scenes through dialogue and sub-text.
- Reflect on the nature of screenwriting practice.

By the end of the course, students will have written a first draft screenplay for a short film. Books, scripts and films will be recommended each week to read and watch at the students' own discretion. This course is for anyone with an interest in discovering more about the practice of screenwriting and wishing to develop their writing skills further.

Peter Salisbury is a screenwriter and filmmaker with a lifelong passion for cinematic storytelling. He grew up in England, where his interest in theatre and film began in school drama productions. He studied drama at Edge Hill University and film directing at the Irish Film School with Oscar nominated film director John Boorman. Peter has over twenty-five years' experience working as a cinematographer, specialising in documentary and film-style video production for broadcast TV and corporate clients including BBC TV, Channel 4, TG4, UTV Ireland, TV5Monde, Al Jazeera, Google, Nestle, Tourism Ireland, and Dublin City Council. He

has made short films for the Irish Museum of Modern Art, Children's Books Ireland, Clash Gaelic Games, Dun Laoghaire-Rathdown County Council, the National Library of Ireland, and many more. Peter has a Master of Arts in Screenwriting from Falmouth University, graduating with distinction. His screenplays have been award winners and official selections at film festivals throughout the world, including France, Italy, Spain, Sweden, USA, Australia, India, Japan and Ireland. He is a member of the Writers Guild of Ireland and Irish Film & Television Academy (IFTA).

Wednesday Evening – 6.00pm to 7.30 pm. 12 weeks. €130

CHESS FOR BEGINNERS

Tutor: Mandukhai Batbaatar, Candidate Master in Chess

This 12-week chess course is suitable for complete beginners and post beginners as we will learn how to mate in week 2. In this course we will learn how to PLAY chess? Therefore our course is mainly based on THEORY and PRACTISE. How cool is that? 45 minutes learning 45 minutes playing. We'll learn the basics in week two. Then we are no longer complete beginners.

In the middle of the course we would have learned about chess (opening, middlegame, ending, zugzwang, several gambits and mate in two etc). Due to a once a week course we will give you the homework yet don't worry it is just playing chess online.

More practice is better than knowledge. The class is aimed to let students know that playing chess is more relaxing, easier to learn, an opportunity to socialise, spending quality time and learning to think before action., etc.

Materials that you will need are:

If you have one, bring your own chess board.

A pen and paper also for notes.

Thursday Morning Time: 11.00 – 12.30 pm 12 weeks Cost: €130



LANGUAGES

SPANISH 1 – BEGINNERS – LEVEL A1.1 CEFR -

Tutor: Marta Sans Fernandez

This course is aimed at students who want to start learning the language. This course will be using 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

Monday Evening: Time: 6.00 - 7.30pm. 12 weeks. Cost: €100.00

INTENSIVE SPANISH FOR BEGINNERS – CEFR: A1.1

This course is a 24-week course divided into two terms of 12 weeks each. This is a complete beginner's course. This course will be using an online platform to enhance learning

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, café, hotel etc.
- Talk about character and personality
- Talk about likes and dislikes
- Talk about family

Monday and Wednesday: 10.00am - 11.30pm. 12 weeks. Cost: €180.

SPANISH 2 – POST BEGINNERS LEVEL A1.2 CEFR -

Tutor: Marta Sans Fernandez

This course is not complete beginners. Students should have done some Spanish before. We will be using 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 – look for directions
- Arrange to meet
- Give instructions
- Talk about experiences
- Talk about skills and aptitudes

Monday Evening: Time: 7.35 – 9.05pm.. 12 weeks. Cost: €100.00

SPANISH 3 – PRE-BASIC SPANISH LEVEL A2.1 CEFR

Tutor: Marta Sans Fernandez

Students should have previous knowledge in Spanish. This course will be using 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 habits
- Make recommendations
- Describe feelings
- Talk about the past (biographies)
- Talk about a house and describe it
- Compare elements
- Ask for permission and favour
- Give excuse
- How to react in social events
- Talk about past experiences
- Talk about intentions and projects

Wednesdays: Time: 6.00pm – 7.30pm. 12 weeks. Cost: €100.00

SPANISH 4 – BASIC SPANISH LEVEL B.1 CEFR

Tutor: Marta Sans Fernandez

Students should have done beginners course already. This course will be using 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
- Talk about food and how to prepare a dish
- Describe in the past
- Talk in the past
- Describing actions and experiences in the past
- Talking about past habits
- Expressing emotions and feelings
- Describing symptoms of sickness and pain
- Tell stories in the past

Monday Evening: Time: 7.35pm – 9.05pm.. 12 weeks. €100.00 per term

SPANISH 5 – Pre - INTERMEDIATE SPANISH LEVEL B2.1 CEFR

Tutor - Marta Sans Fernandez

Students should know the past tenses. This course will be using 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:

- Telling stories and anecdotes
- Giving advice
- Expressing wishes and opinion

Wednesday Morning: Time: 11.35am – 1.05pm, 12 weeks. €100.00 per term

FRENCH FOR BEGINNERS – LEVEL 1.1

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.

Tuesday Evening: Time: 6.15pm – 7.45pm. 12 weeks. Cost: €100.00

FRENCH IMPROVERS/ELEMENTARY – LEVEL A1.2

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. Material supplied weekly

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

Tuesday Evening – Time: 7.45pm – 9.15pm 12 weeks Cost: €100.00

FRENCH INTERMEDIATE 1 – (Post Improvers)

Tutor: Severine Guz.

If you have a good knowledge of the French language and wish to learn more about French culture, then this is the right course for you! Throughout the weeks, various language and cultural aspects will be discussed which will enable you not only to develop your understanding of contemporary France but also boost your confidence in your communicative skills.

Material will be provided.

This is a 24-week course divided into 2 terms of 12 weeks each

Thursday Evening: Time: 4.00pm – 5.30pm. 12 classes. Cost: €100.00

FRENCH INTERMEDIATE II – (Upper Intermediate)

Tutor: Severine Guz

This course is intended for students who have some measure of proficiency in the French language and wish now to immerse themselves into the French/Francophone culture via a passionate and enjoyable discussion of open topics and current affairs. Vocabulary, grammar, listening comprehension aids, magazine articles and lots more make up this vast repository of French lessons designed for Francophiles.

Material will be provided.

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

Thursday Evening: Time: 5.30pm – 7.00pm. 12 classes. Cost: €100.00

IRISH LANGUAGE CONVERSATIONAL IRISH

Tutor: Dr. Réamonn Ó Donnchadha. B.A., H. Dip in Ed., (UCD), Masters in Ed., and Ph.D. (NUI Maynooth).

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: €100.00

IRISH FOR BEGINNERS

Tutor: Dr. Réamonn Ó Donnchadha. B.A., H. Dip in Ed., (UCD), Masters in Ed., and Ph.D. (NUI Maynooth).

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 Feb 2025.

Monday Evening: Time: 8.00pm to 9.30pm 12 weeks Cost: €100

ENGLISH AS A SECOND LANGUAGE

Tutor: Daniela Vargiu.

English as a Second Language is a course run by People's College Adult Education, Dublin. It is a Classroom Based course with a duration of 12 weeks. Each class will be 90 minutes long.

If you want to speak and read English more fluently this is course for non-native English speakers looking to enhance and develop their English language skills (i.e. reading, writing, listening and speaking) for personal and professional purposes.

Monday Evening - 6.30 – 8.00pm. 12 weeks Cost: €100

ITALIAN FOR BEGINNERS

Tutor: Daniela Vargiu – Native Italian

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, autumn and spring.*

Monday Evening: Time: 5.00pm – 6.30pm. 12 weeks. Cost: €100.00

ITALIAN – ELEMENTARY/IMPROVERS – Level A1/A2

Tutor: Daniela Vargiu – Native Italian,

Elementary ability to communicate in Italian language means that the students can understand and use familiar everyday expressions and very basic phrases. They can interact in a simple way provided the other person talks slowly and clearly and is prepared to help. This course will greatly improve your conversational skills.

Learning outcomes

By the end of the course, students will be able

- to participate in basic conversations about work, studies, leisure, etc.
- to read short texts (fiction or cultural)
- to write notes, messages, and short stories

**This is a 24-week course divided into two terms of 12 weeks each, autumn and spring terms*

No text book is required as material will be provided.

Tuesday Evening: Time: 5.00pm – 6.30pm. 12 weeks. Cost: €100.00.

ITALIAN INTERMEDIATE/CONVERSATION – Level B1/B2

Tutor: Daniella Vargiu – Native Italian,

The Italian B1 level course is an 'intermediate' level and means that the students are proficient enough in the Italian language and they have the ability to communicate and understand the essence of topics usually experienced in work, school, travel, and recreational scenarios. The students should be able to communicate concepts about themselves and their interests, and they can provide descriptions of events and experiences.

Learning outcomes

By the end of the course, students will be able

- To understand the specific information of a written text on familiar or socio-cultural subjects (including films, videos, interviews, etc.).
- To describe events, experiences and impressions, the plot of a book or a film
- To interact in conversations on familiar topics or topics related to the socio-cultural field, expressing one's own opinion in a simple way

**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: 6.35 – 9.05pm. 12 weeks Cost: €100.00.



THE PEOPLES COLLEGE CHOIR

The Peoples college choir is a mixed-voice choir of 52 members. We are a friendly and welcoming bunch of people. We are looking for new members – especially you men – to share in the joy of singing together in harmony. We sing a wide range of songs in a non-competitive atmosphere; some old, some new, some folk, traditional Irish airs and modern popular songs.

It is not necessary for you to read music, though this is a bonus. All you need to do is to be able to hold a tune; we will teach you the rest! We rehearse from 8:30 pm to 10:00 pm every Tuesday night in the Teachers' Club, Club Na Múinteoirí, 36 Parnell Square, Dublin 1. Our choral year runs from September until May of the following year.

Rehearsals resume in the 'Club' on Tuesday 10th September 2024.

Interested? Contact the Musical Director, Paul Walsh at peoplescollegechoir@gmail.com



The People's College Choir performing on stage at Liberty Hall, 21 May 2024.

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 2024. There will also be a production planned for the Spring 2025 term.

The group now has fifteen 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: Thursday 12th September 2024 at 7.00pm to 9.00pm. 12 week term, Cost: €130
(Meet in Teachers Club, 36 Parnell Square, Dublin 1 - Upstairs Lounge)



DEBATING SOCIETY

Our Autumn term will start on 25th September 2024. You can check our Facebook page or meetup.com page for details on our first Autumn term meeting. Details will be announced in August. Our meetings continue to take place in the Teachers Club twice a month on Wednesdays from 8pm to 10pm. Every year we participate in debates with other clubs in Ireland and abroad, with our annual Paris Debate Trip taking place in May each year.

If you are looking to improve your public speaking skills, debating skills or social skills, or if you are just looking for a good night out on Wednesdays, then The Debating Society is for you. We style ourselves as a social club with a public speaking and debating theme. No prior public speaking experience is necessary.

Our typical meeting involves public speaking & confidence building exercises, which generally consists of an impromptu speaking session followed by a debate or public speaking event.

Why not come along to one of our meetings as a guest to see what it is all about?

For further information please contact:

Patrick Mulhall at: ptmulhall@gmail.com, 086 164 0199

www.facebook.com/Peoples-College-Debating-Society/;

<https://www.meetup.com/Dublin-Debaters/>



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

New Terms for Autumn 2024 & Spring 2025

Autumn Enrolments

Course dates - 12 weeks

**Please note that the Art Appreciation Saturday Lecture Series will commence on Saturday 5th October to the 26th April (excl. Bank Holidays)*

Autumn Term 2024 /25

Course Dates -12 Weeks

Week Number	Week Commencing
Week 1	30th September
Week 2	7th October
Week 3	14th October
Week 4	21st October

(Closed for Mid Term & Bank Holiday
28th October – 1st November)

Week 5	4th November
Week 6	11th November

Week Number	Week Commencing
Week 7	18th November
Week 8	25th November
Week 9	2nd December
CHRISTMAS BREAK	9th December – January 6th
Week 10	6th January
Week 11	13th January
Week 12	20th January

Spring Term 2025

Spring Term

Course Dates - 12 Weeks

Week No	Week Commencing
Week 1	10th February
Week 2	17th February
Week 3	24th February
Week 4	3rd March
Week 5	10th March
Week 6	*17th March
Week 7	24th March

Week No	Week Commencing
Week 8	31st March
Week 09	7th April
EASTER BREAK – COLLEGE CLOSED. 14th - 25th April	
Week 10	28th April
Week 11	*5th May
Week 12	12th May

**Backfill week for Bank Holiday 17th March will be backfilled on the 14th APRIL Backfill for B/H 5th MAY will be backfilled on the 19th MAY*

The peoples college was established in 1948 under official trade union auspices.
The college is affiliated to Aontas, The Wheel 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.

PEOPLE'S COLLEGE WEXFORD

Courses starting mid - September 2024

Registrations are now being taken at our offices in the SIPTU Building,
O'Leary Road, Townparks, Coolcotts, Wexford.

Phone: **053 9146774**

Email: **info@wctu.ie**

TERM COMMENCES ON THE 16th SEPTEMBER 2024

- **Sign Language**
 - **Genealogy**
 - **Calligraphy**
 - **Sketching**
 - **Yoga**
 - **Spanish**
- **Wexford History**
- **Mental Health Awareness**

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 Wexford Peoples College programme, please contact the WCTU office on **053 914 6774** or Email **info@wctu.ie**
You can also visit our Facebook page.

(Dates and times are subject to change)

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

Registered Charity No: 20014537

Phone: 01 873 5879 – Office Hours

Email: info@peoplescollege.ie

www.peoplescollege.ie



 Find us on
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