Münchner Volkshochschule
Programme in English
October 2022 to February 2023
Welcome to the Programme in English
If you’re an expatriate whose English is better than their German, or a local with a good command of the English language, we have plenty of interesting talks, courses, events and workshops to interest you. Bring a friend or come on your own and make new friends, the Munich Volkshochschule community is a great place to get together with like-minded people while learning something new.
Why not become more creative and check out our Arts & Crafts section or improve your culinary repertoire and join one of our cooking experiences in Food & Drink.
Are you new to Munich and looking for a job or to further your career? Perhaps you are looking for a complete change in direction? Either way, check out our Jobs & Career section to see what the Munich Volkshochschule can do to help you.
Whatever you are looking for we are sure you’ll find something to pique your interest and we look forward to seeing you at one of our events. Please spread the word, the more interest we gain the more courses we can add to the programme.
To be kept up to date with what is happening in the Programme in English, please sign up to our monthly newsletter at www.mvhs.de/newsletter
We look forward to welcoming you to one of our workshops, seminars or courses.

Dr. Susanne May
Programme Director

Emma Jones
Coordinator for Programme in English
Navigating the Bavarian School System
The Bavarian school system is complex and can be challenging for foreign families. It can be difficult to support your child in making the right decisions that lead to scholastic success. This talk gives an overview of how the so-called three-tiered system is structured, how children can change from one type of school to another, tutoring, parental involvement, the private school option and more. There are many resources available and guidance will be given on where to seek additional detailed information and advice. An email with link to the seminar will be sent out on the day of the event. Please check your spam folder as well. You will need a computer (PC/Laptop) with internet connection, loudspeakers or headphones. Google Chrome is the recommended browser.

P110414 – Online
Brenda Arnold · Online · Tues 19.00 til 20.30 hrs · 15.11.2022 · € 8.– · also with MVHS-Card · Registration compulsory
Eastern Spirituality or Western Functionality
Happiness or success – or both?
In times of global uncertainty, Eastern wisdom has become a megatrend: yoga classes, mindfulness training and spiritual teachers are springing up wherever you look. They address our longing for meaning and they promise to end suffering in our daily life, which many of us experience as being full of stress. At the same time, we want to function well in the modern, Western world: the rent needs to be paid, the job demands our commitment, and we want to spend more time with our family. But how does it all fit together? This lavishly illustrated talk addresses the larger picture of this core question of our time.

P341150 – Presentation – Einstein 28
Paul Königer · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Thurs 20.00 til 21.30 hrs · 16.2.2023 · € 8.– · remaining tickets available on site · also with MVHS-Card · 50 places · 

How Much Does Culture Matter in the Work Environment?
Culture is the environment that surrounds you at work. It is made up of the values and beliefs, underlying assumptions, interests, experiences, upbringing, and habits that create a person’s behaviour. Culture shapes your personality, work, work relationships and work processes. An organization’s culture consists of the life experiences each employee brings to it. Every employee has an impact on the culture that is developed in the workplace. Let’s talk about the impact culture has on you and your work.

P440187 – Presentation – Einstein 28
Maggie Leitner M.A. · Education Centre · Einsteinstr. 28 · Thurs 19.00 til 20.30 hrs · 16.2.2023 · € 8.– · 13 places · 

Painting for Beginners and Refreshers
Have you always dreamed of painting and creating your own art? Realise your vision and start painting now! In this course you will learn or revise fundamental techniques and, with guidance, transfer your ideas to paper. The results will be as varied as their creators. Acrylic paints are most suitable for this course, however, if you would prefer to work with other materials, please feel free to bring them along. Please bring: paints, paintbrushes, paper or canvases. Acrylic colours and other materials may also be purchased during the workshop.

P224701 – Bogenhausen
Christine Holz · MVHS · Rosenkavalierplatz 16 · 7 x Thurs 18.00 til 20.30 hrs · 6.10. to 24.11.2022 · € 152.– · 10 places · 🎟

P224715 – Bogenhausen
Christine Holz · MVHS · Rosenkavalierplatz 16 · 6 x Thurs 18.00 til 20.30 hrs · 12.1. to 16.2.2023 · € 130.– · 10 places · 🎟
See Better. Draw Better.
Introduction to drawing
Improve your observational and technical drawing skills by activating the right side of the brain whilst learning how to draw. Based on ideas in Betty Edwards’ book “Drawing on the Right Side of the Brain”, you will discover drawing techniques which trick the brain into seeing better. These techniques can help improve realistic drawing skills, the drawing of faces, as well as improve one’s understanding of perspective. Even beginners can use this method to achieve surprising results.

P224703 – Einstein 28
Penelope Richardson · Education Centre · Einsteinstr. 28 · 8 x Thurs 10.00 til 12.00 hrs · 13.10. to 1.12.2022 · € 139.– · 10 places · 🔵

Weekend Chain Workshop
This class will cover a variety of chain links so you can leave with your very own handmade silver bracelet. We will work with round wire to create jump rings, which can be combined and shaped into different kinds of chain. This class will include working with wire, making links, soldering and texturing; silver can be bought directly in the workshop.
Please bring: work apron, your own protective glasses, and a hairband.

P226830 – Weekend Workshop – Fürstenried-Ost
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 15./16.10.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places · 🔵
Drawing Basics for Beginners
This course is for beginners as well as those who wish to improve their drawing skills and refine their understanding of visual language. Using pencils and charcoal, we will explore fundamental techniques such as proportion, shape, perspective, line weights, shading, and value. Students will develop drawing skills and become confident using the tools of visual expression.

For the online lesson you will receive links for a Webex session. Please register with your email address.

Please have ready: pad (or single sheets) of quality drawing paper DIN A3 or bigger, sketch paper DIN A4, small variety of pencils (HB to 4B), eraser.

The following equipment is required: PC/laptop or tablet with Internet access as well as headset or headphones and microphone. A good Internet connection (min. 512 Kbit/s) and Chrome as browser are also required.

P224672 – Online
Ivan Uzunov · Online · 7 x Wed 18.30 til 21.00 hrs · 2.11. to 14.12.2022 · € 151.– · 9 places
**Advanced Character Design**

In this class we will further develop the skills necessary for creating unique and unforgettable characters. We will concentrate on different categories of characters – heroes, beauties, monsters, q-characters, animals, robots, aliens etc. By practical training we will emphasize the importance of anatomy, lines, shading, texturing and overall “personalization” of the characters. Taking “The basics of concept art and character design” class first is desirable, but not obligatory.

Please bring: For drawing: pencil, eraser, sketch paper DIN A4, pad of quality artists paper DIN A3 or bigger. For colouring: ONE of the following: a set of aquarelles (plus paintbrushes, a water container, a small plastic palette), a set of soft pastels (+ spray fixative), a set of coloured pencils, a set of acrylics or a set of tempera colours.

**P224717 – MVHS im HP8**
Ivan Uzunov · Gasteig HP8 · Haus K · Hans-Preißinger-Str. 8 · 6 x Fri 18.30 til 21.00 hrs · 13.1. to 17.2.2023 · € 130.– · 8 places · &

**Drawing Basics for Beginners**

This course is for beginners as well as those who wish to improve their drawing skills and refine their understanding of visual language. Using pencils and charcoal, we will explore fundamental techniques such as proportion, shape, perspective, line weights, shading, and value. Students will develop drawing skills and become confident with the tools of visual expression.

Please bring: pad (or single sheets) of quality drawing paper DIN A3 or bigger, sketch paper DIN A4, small variety of pencils (HB to 4B), eraser.

**P224707 – Milbertshofen**
Ivan Uzunov · MVHS · Werkhalle · Malatelier/ Holzbildhauerei · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 7.11. to 19.12.2022 · € 152.– · 10 places
Christmas Decoration Class
This class will cover how to make a metal Christmas tree decoration, just in time for you to get your tree out! You will learn some basic skills on how to work metal and then take at least one decoration home for yourself, or as a Christmas gift for someone special. Techniques covered include sawing, filing, piercing, texturing and polishing; silver, other metals and cords can be bought directly in the workshop.
Please bring: work apron, your own protective glasses, mouth/nose cover and a hairband.

P226840 – Weekend Workshop – Fürstenried-Ost
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 12./13.11.2022 · € 115.– · plus € 5.– for materials · 6 places · 🆕

Stone Setting
The stone was and still is an essential part of the jewel. In this workshop we will concentrate on a few classical stone setting techniques such as the cabochon setting and prong setting. You will learn these classical techniques to develop and create your own design. We will mainly work with silver and semi-precious stones. Participants who want to work with gold should bring their own materials (including the soldering material). You are welcome to bring with you your own silver and stones; however, it will be possible to buy silver and a variety of semi-precious stones directly in the workshop.
Please bring: work apron, your own protective glasses, and a hairband.

P226850 – Weekend Workshop – Fürstenried-Ost
Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 26./27.11.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places · 🆕
Printmaking – Linocut, Woodcut, and Monotype
Are you interested in printmaking but have hesitated to step into the technique until now? Or do you already have some printmaking experience? Here you can gain an insight into relief printmaking. Discover linocut, woodcut as well as monotype, and learn about advanced aspects of these techniques. You will receive individual support to develop your own artwork and have the opportunity to experiment, e.g. by combining various techniques. You will be surprised by the interesting results!
Please bring: apron, pencil, permanent marker, brush. Lino plates, paper and other materials can be purchased during the course.

Yoko Omomi · MVHS · Werkhalle · Druckgrafikatelier · Frohschammerstr. 14a · 6 x Tues 10.00 til 12.30 hrs · 6.12.2022 to 24.1.2023 · € 142.– · 6 places

A Silver Charm
Have you ever wanted to get a taste of jewellery making? This workshop will teach you how to make a silver charm of your design. Almost anything can be made from sheet metal into a pendant to wear around your neck, including initials, flowers or animals. Please come with some images to start the creative process! This class will include instruction on sawing, piercing, filing, texturing and soldering; silver and a range of cords can be bought directly in the workshop.
Please bring: work apron, your own protective glasses, and a hairband.

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 10./11.12.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places ·
Drawing and Watercolour
This course aims to develop an understanding of the role of drawing combined with a personal and expressive use of various watercolour techniques. Through practical demonstrations and exercises, we will investigate both traditional and experimental working methods including how to use colours effectively. Individual tuition for all levels from beginners to the more experienced course participants. Please bring: watercolour paper block, watercolours, watercolour brushes, water container, drawing paper, drawing pencils and any other preferred drawing and watercolour painting materials.

P224711 – Einstein 28
Christopher Croft · Education Centre · Einsteinstr. 28 · 6 x Wed 9.30 til 11.45 hrs · 11.1. to 15.2.2023 · € 117.– · payable on site € 10.– for materials · 10 places · 🥂

See Better. Draw Better.
Human proportion and faces
Are you curious to understand more about how to draw faces? The human body and the human face all have their own symmetry. Learn how to visually analyze the proportions and how to apply them in your drawings. Based on ideas in Betty Edwards’ book “Drawing on the Right Side of the Brain”, you will discover drawing techniques which trick the brain into seeing better. These techniques can help improve realistic drawing skills, the drawing of faces, as well as improve one’s understanding of perspective. Even beginners can use this method to achieve surprising results. Please bring: DIN A3 drawing block, pencils 2B, 4B, 6B, charcoal, backing board, clips.

P224713 – Einstein 28
Penelope Richardson · Education Centre · Einsteinstr. 28 · 6 x Thurs 10.00 til 12.00 hrs · 12.1. to 16.2.2023 · € 104.– · 10 places · 🥂
**The Basics of Concept Art and Character Design**

If you are interested in comic, manga or anime or you want to use your drawing and painting skills through illustration, computer games or film production, this is the course for you! We will look at basic methods of concept art and character design as well as proportion, shape, perspective, deformation, body language, expressions, mimics, anatomy and texturing. During this practical training, you will use your skills and imagination to create your own environments, props and characters: heroes, beauties, monsters, weapons, vehicles and others.

To delve even deeper into Character Design, you can go on to take the “Advanced character design” class. Please check online for the list of materials to bring.

**P224705 – MVHS im HP8**

Ivan Uzunov · Gasteig HP8 · Haus K · Hans-Preißinger-Str. 8 · 6 x Fri 18.30 til 21.00 hrs · 4.11. to 9.12.2022 · € 130.– · 8 places · &

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**General Goldsmithing Course**

By making a piece of jewellery (a ring, bracelet, pair of earrings or a pendant), beginner goldsmiths will learn the basic goldsmithing techniques such as soldering, filing and sawing. Intermediate goldsmiths will have the opportunity to learn new techniques by designing and creating their own ideas. In this course we will mainly work with silver. You are welcome to bring your own silver and stones, however, it will be possible to buy silver and a variety of semi-precious stones directly in the workshop.

This general goldsmithing course is aimed at all levels. Please bring: work apron, your own protective glasses, and a hairband. If you would like to work with gold, please bring the material and the corresponding soldering material with you.

**P226870 – Weekend Workshop – Fürstenried-Ost**

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 14./15.1.2023 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places · &
Acrylic Painting
Immerse yourself, for a weekend, in painting. Switch off and free your mind from the daily grind. This is a course for all those who already have a little experience with acrylic painting and are familiar with the basics. The focus will be on your own works. We will discuss the appropriate composition of the picture and analyse which technique is best suited for developing your painting style. The group atmosphere creates a positive support, especially as it gives us a different perspective on our own pieces. Please bring: all your own materials (paints, paintbrushes, paper or canvases, including pictures that, in your view, you have not painted successfully). Acrylic colours, brushes, paper or canvases may also be purchased during the workshop.

P224719 – Weekend Course – Ramersdorf
Christine Holz · MVHS in Ramersdorf · Claudius-Keller-Str. 7 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 14./15.1.2023 · € 114.– · 10 places

Introduction to Illustration
Explore basic illustration methods and materials to create colourful, realistic, and heavily modeled images! Develop skills that will allow you to have a different and unique approach to the text to illustrate, depending on the literary genre and the age of the readers. We will discuss basic design and colour theory. We will look at some techniques of watercolour and drawing which will give you more control over your image and level of detail. This course is excellent for anyone who is always striving to draw or paint more “realistically”.

Please check online for the list of materials to bring.

P224721 – Einstein 28
Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Mon 10.15 til 12.45 hrs · 23.1. to 27.2.2023 · € 130.– · 10 places
Creative Writing – Calligraphy & Lettering
Develop your own portfolio of calligraphic and lettering works including cards and prints, monograms, alphabets, interesting patterns and textures, embellished letters and illustrations. You will learn how to use inks and writing instruments and how to build your own tools, including self-made nibs. Starting with simple textures and patterns you will create texts, illuminated manuscripts, posters, birthday cards or bookmarks. You will write in traditional medieval script and experiment with other scripts and writing styles.
See some examples:
www.mvhs-online.de/bildende-kunst
Please check online for the list of materials to bring.
If you have questions or if you need a list of examples with links and images, contact the artist at art@carmennistor.com.

P224723 – Weekend Course – Sendling
Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 4./5.2.2023 · € 114.– · deadline for registration: 14th September · 11 places
Photo-Walk at Christmas Time
In this walk through the neighbourhood of Schwabing and around the Christmas market at “Münchner Freiheit”, you will begin to capture the essence of what you see, be it architecture, people or details at the Christmas market. Your instructor will help you eliminate distractions and see and capture subjects with a more creative eye. During this walk you will practise setting up compositions, looking to all corners of the frame. The photo tour will give you the opportunity to practise what you learn. Please bring your digital camera with a fully charged battery. An external flash would be great but not compulsory.

P254542 – Saturday Seminar – Schwabing
Roy Hessing · Meeting point: Münchner Freiheit, Bus station, green kiosk · Sat 10.00 til 13.00 hrs · 10.12.2022 · € 36.– · 8 places
Digital Photography for Beginners – Technical Know-how

Our main focus is “The Camera”. During this course you will become familiar with all your camera’s most important functions and how to use them. You will also gain the technical know-how to start making the most of your digital SLR and develop a creative approach to photography as well as learning how to set the menu correctly to get the best technical results. We will go on location to shoot our pictures then evaluate them later in class.

Please bring your digital camera, manual and accessories.

P251150 – MVHS im HP8

Daniel Mayer · Gasteig HP8 · Haus K · Hans-Preißinger-Str. 8 · 3 x Wed 18.30 til 21.30 hrs · 11.1. to 25.1.2023 · € 72.– · 8 places · ☎
The Fine Art and Joy of Acting – for Non-Actors
In this course, you will have an opportunity to experience some of the wonderful techniques used to help actors move and speak with clarity and radiance. You will explore how to “tune your instrument”, your voice and your body, in order to feel more at home with yourself, more centered, free, and powerful. You will also enjoy exercises in mindful breathing, listening and connecting to others, as well as grasping and expressing the power of words. Finally, the delightful and spontaneous art of improvisation will top off your day with laughter and play.
Please come in comfortable clothing, suitable for movement.
Bring beverages and snacks to keep you energized!

P263620 – City Centre
Carolyn A. Morrow · raum21 · Paul-Heyse-Str. 21
(Rückgebäude) · 14 x Thurs 18.30 til 20.30 hrs · 13.10.2022 to 2.2.2023 · € 215.– · 7 places

Acting – The Fast Route
Suitable for anyone who has never had a go at acting and would like to try it out: movement – improvisation – body action – energy – theatre!
Please come in comfortable clothing, suitable for movement.
Bring beverages and snacks to keep you energized!

P263610 – Weekend Workshop – Pasing
Doro Engel · MVHS · Bäckerstr. 14 · Sat/Sun 10.00 til 17.00 hrs · 14./15.1.2023 · € 108.– · 9 places · &
Book Club at Gasteig HP8
If you enjoy reading and sharing your ideas, come join us! We meet informally approximately every four weeks to discuss novels. Please read the book for every session and bring your thoughts with you. The book club will suit people who enjoy discussing fiction in a group setting.

- Maggie O’Farrell, Hamnet (October)
- Mark Haddon, The Curious Incident of the Dog in the Nighttime (November)
- William Golding, Rites of Passage (December)
- Abdulrazak Gurnah, Afterlives (January)
- Jan Carson, The Fire Starters (February)

If the situation requires, this course can be held online.

P244531 – MVHS im HP8
Dr. Stefanie Fricke · Gasteig HP8 · Haus K · Hans-Preiβinger-Str. 8 · Thurs 18.15 til 19.45 hrs · 13.10., 10.11., 8.12.2022, 12.1. and 9.2.2023 · € 51.– · 14 places · 🌐
Poetry Club
Nature in the poetic imagination
Poets have long known what natural scientists have only come to recognize in recent decades: that human beings are born with an innate love of nature and can only thrive as a part of the natural world, and not apart from it. Eminent poets such as William Wordsworth, Edward Thomas, Ted Hughes, and Sylvia Plath explore the strong connection between nature and mankind in fascinating ways. We will combine our indoor discussion of nature poems with short walks to the Isar to deepen our understanding of the authors’ aims and ideas.

P244546 – Einstein 28
Dr. Daniella Jancsó · Education Centre · Einsteinstr. 28 · Fri 15.00 til 17.00 hrs · 14.10., 18.11., 9.12.2022, 13.1. and 3.2.2023 · € 68.– · 8 places · &

The Writing Lounge
Ease yourself into the relaxing world of writing. Arrive with your own ideas or let yourself be inspired by a variety of intriguing impulses provided. At various points in the evening, you will be invited to read what you have written. This course is all about immersing yourself within the freedom and relief of writing – and doing so within the warm generosity of a group.

P246022 – Workshop – MVHS im HP8
Carolyn A. Morrow · Gasteig HP8 · Haus K · Hans-Preißinger-Str. 8 · 6 x Mon 18.30 til 20.30 hrs · 17.10. to 5.12.2022 · € 89.– · 8 places
The Scenic Route
A playful, poignant, and transformative way to write about your own life

In this course we explore how the immediate and highly visual language of cinematic writing can help us express and shape our own stories, as well as the vivid life of our emotions and dreams. The language of film forces us to select and imaginatively transform moments, memories, and feelings into concrete images and action. Whether we’re capturing our world in a montage of moving images, in close-up or with an eagle’s eye view, the possibilities are limitless. Flash-forward, flash-back. Past/present/future: The stirring and scenic world of film places us in an ever-present now.

P246395 – Workshop – MVHS im HP8
Carolyn A. Morrow · Gasteig HP8 · Haus K · Hans-Preißinger-Str. 8 · 6 x Mon 18.30 til 20.30 hrs · 9.1. to 13.2.2023 · € 89.– · 8 places
Certificate in English Language Teaching to Speakers of Other Languages – Part-time Blended Learning

CELT, Certificate in Teaching English to Speakers of Other Languages, is an internationally recognised initial qualification for English Language teaching to adults.

CELT blended learning courses are suitable for people who have other commitments during the week or live outside of Munich and therefore do not have time to complete an intensive course.

For further information and to apply please visit www.mvhs.de/celta.

P581520 – City Centre

Emma Jones/Amanda Momeni · MVHS · Orleansstr. 34 · 15 x Fr 13.00 til 19.00 hrs plus online activity throughout the week · 26.9.2022 to 3.2.2023 · € 1.745.— · 6 places
Certificate in English Language Teaching to Speakers of Other Languages – Full-time Mixed Mode

CELTA, Certificate in Teaching English to Speakers of Other Languages, is an internationally recognised initial qualification for English Language teaching to adults.

CELTA mixed mode courses are ideal for new teachers wishing to train for both classroom and online teaching. The first two weeks of the course will be completed in the centre, the final three weeks will be completed online. For further information please visit www.mvhs.de/celta.

P581522 – City Centre

Emma Jones/Amanda Momeni · MVHS · Orleansstr. 34 · 6.2. to 17.2.2023 (In-house) and 20.2. to 3.3.2023 (Online) · 9.00 til 18.00 hrs · € 1.745.– · 6 places
Project Management – Basics
In this weekend seminar you will obtain the essential skills required for the application of methods and techniques paramount to professional project management. You will also have the opportunity to practise the efficient implementation of a goal-orientated project. The following questions will be considered: What is project management and what is expected of you as an employee, sub-project leader or project leader? With the aid of theoretical segments and practical exercises you will learn the fundamentals from initiating, planning, execution, monitoring and controlling right through to the closing of a project. Furthermore, you will gain an insight into the sequencing and scheduling as well as the capacities and budgeting of a project.
This seminar is in alignment with international standards of project management (PMI). It is a part of the Project Management Course of Lectures which completes the examination for certification as Project Manager MVHS (P440565) but can also be visited as a standalone course.
If the situation requires, this course can be held online.

P440538 – Weekend Seminar – Einstein 28
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 12./13.11.2022 · € 196.– · 9 places ·
Project Management – Leadership and Team Development

Successful projects primarily include personnel who are able to lead and motivate teams. A major requirement of any successful team is excellent communication skills. How is it possible to develop a team from a group of employees and what is your contribution to such a team? In this seminar you will learn, via theoretical stages and practical exercises, exactly which processes should be heeded, which developmental phases a group needs to traverse to become a successful team, how tasks can be skillfully delegated, how to motivate employees and how to resolve conflicts. This seminar is in alignment with international standards of project management (PMI). It is a part of the Project Management Course of Lectures which completes the examination for certification as Project Manager (P440565) but can also be visited as a standalone course.

Requirement: Basic knowledge in project management.

The following equipment is required: PC/laptop or tablet with Internet access as well as headset or headphones and microphone. A good Internet connection (min. 512 Kbit/s) and Chrome as browser are also required.

P440543 – Online
Susanne Erley · Online · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 10./11.12.2022 · € 196.– · 10 places
Job Hunting in Munich
Are you looking for a job in Munich but not sure how to ensure your search is successful? In this seminar you will learn which important dos and don’ts exist in the German job market. We will also talk about how you can identify suitable companies that will benefit from your qualifications. You will work out how to compile a German application portfolio that includes all necessary elements such as an application letter and a CV. Last but not least you will obtain helpful information regarding the job interview itself.

The following equipment is required: PC/laptop or tablet with Internet access as well as headset or headphones and microphone. A good Internet connection (min. 512 Kbit/s) and Chrome as browser are also required.

P440183 – Saturday Seminar – Online
Verena Weihbrecht · Online · Sat 10.00 til 17.00 hrs · breaks on agreement · 21.1.2023 · € 46.– · 7 places

Project Management with MS Project
A professional software tool such as MS Project offers an effective support for the successful planning and control of projects. Here you will learn the fundamentals of how to administer processes and resources and how to monitor projects with the use of MS Project. Features such as View; Tables; Filters, Masks; Reports and Cost administration will be demonstrated.

Requirements: Basic knowledge in project management and PC skills.
This seminar is in alignment with international standards of project management (PMI). It is part of the Project Management Course of lectures which completes the examination for certification as Project Manager (P440565 or P440566) but can also be visited as a standalone course.

P440556 – Weekend Seminar – Einstein 28
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 17.15 hrs · breaks on agreement · 28./29.1.2023 · € 153.– · plus € 37.– for materials · 6 places
Business Coaching for Women

In this business coaching course, designed especially for women, you will work in a group, concentrating on your personal and professional challenges, for example: how to clarify issues from your day-to-day work life; how to deal with conflicts in a confident manner or how to position yourself better within the organization. You will learn strategies for dealing with your behaviour patterns in a constructive way. A variety of methods will help you to find solutions to your own challenges. The agenda depends on the topics brought in by you and other participants.

This course is offered online, lecturer and participants come into contact in video conferences at fixed course times. A few days before the start of the course, registered course participants will be sent an access link.

The following equipment is required: PC/laptop or tablet with Internet access as well as headset or headphones and microphone. A good Internet connection (min. 512 Kbit/s) and Chrome as browser are also required.

**P451376 – Online**

*For ladies only · Isabel Nitzsche · Online · 3 x Wed 18.00 til 20.00 hrs · 18.1. to 1.2.2023 · € 139.– · 5 places*
Storytelling in Business
Methods for successful presentations
Imagine you are holding a presentation and the content of what you are saying has your colleagues chomping at the bit for more! Storytelling offers, without PowerPoint slides or flipcharts, an efficient method to communicate with customers, employees, colleagues and a variety of other audiences. In this practical seminar you will learn how to utilise storytelling in your job. You will acquire a variety of methods to help you gain the undivided attention of your audience.

P451328 – Weekend Seminar – Einstein 28
Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 4./5.2.2023 · € 105.– · 9 places

Project Management – Risk Management
What is understood under the term risk management and how is it implemented by employees and/or project leaders? Through input and practical exercises you will learn how to identify, evaluate and monitor potential risk, and to depict it in cost management. You will also learn how to create a risk plan. This seminar is in alignment with international standards of project management. It is part of the Project Management Course of Lectures which completes the examination for certification as Project Manager (P440565) but can also be visited as a standalone course.

The following equipment is required: PC/laptop or tablet with Internet access as well as headset or headphones and microphone. A good Internet connection (min. 512 Kbit/s) and Chrome as browser are also required.

P440547 – Online
Susanne Erley · Online · Sat 9.30 til 18.00 hrs · breaks on agreement · 11.2.2023 · € 85.– · 13 places
Go live! Designing your own website
If you are a person, small business, or startup wishing to create and sustain a website, but need support through the process, this hands-on class is for you. Armed with your laptop and the user-friendly Wix web-builder, we will systematically create your online presence. You will be guided through keywording, content creation, web-design and logo development, as well as clarifying target markets and your own personal and professional aims. By the end of the course your site will be ready to Go Live! – because the right time is always now.
Please bring your own laptop.

P485030 – Einstein 28
Carolina Jimenez Mosedale · Education Centre · Einsteinstr. 28 · 5 x Mon 18.00 til 20.00 hrs · 7.11. to 5.12.2022 · € 139.– · 6 places · 🌐
Blog like a Pro
Master WordPress

There are millions of blogs on the web – but only a handful are well known. So what are their secrets to success? How do they attract an audience? And how do they keep readers coming back, every day? In this three-part workshop, we’ll show you all the tips, tricks and skills that you need.

Course content: set up a WordPress blog and configure important options; customise the design with themes and logos; make your blog secure and safe; write effective and engaging blog posts; and bring in a wider audience with search engine optimisation.

Requirements: basic computing knowledge (browsing the web and managing files), along with an email account you can access during the workshop.

**P485530 – Einstein 28**

Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 9.11. to 23.11.2022 · € 129.– · 6 places

Test a Flight Simulator
At the Institute of Flight System Dynamics

With continuously increasing demand we are performing research to make air travel safer and more reliable. A researcher at the Institute of Flight System Dynamics will show some aspects of the research currently being done using the flight simulator. There will be an opportunity for participants to sit inside the simulator and to test their aircraft piloting skills.

**P316137 – Guided Tour – Garching**

Institut für Luft- und Raumfahrt · TUM Lehrstuhl für Flugsystemdynamik · meeting point: main entrance by the reception for Fakultät Maschinenwesen (near the north Exit of U6) · Boltzmannstr. 15 (U6 Garching-Forschungszentrum) · Wed 17.00 til 18.30 hrs · 15.2.2023 · € 7.– · registration required · 15 places
Hatha-Yoga
Yoga is not a “one size fits all” discipline, but a body of knowledge and tools which can be tailored to suit each one of us. In this class, movement and breathing will be brought in tune with gentle poses that will be practiced according to the student’s ability, using aids such as yoga blocks, belts and blankets. Pranayama (breathing technique) and meditation will be introduced. All levels of experience are welcome. Please bring loose comfortable clothing, a mat and a blanket.

P352455 – Einstein 28
Katharina Kunz · Education Centre · Einsteinstr. 28 · 15 x Thurs 16.30 til 17.45 hrs · 6.10.2022 to 9.2.2023 · € 120.–

Vinyasa Flow Yoga
A dynamic yoga style in which the asanas (postures) flow into one another. The breath leads the movement. This intensive yoga practice strengthens the muscles, improves mobility and trains balance. The harmonious sequence of movements connects body, breath and mind. Previous yoga experience is beneficial. Please bring loose comfortable clothing, a mat and a blanket.

P352726 – Einstein 28
Nuri Rodrigues · Education Centre · Einsteinstr. 28 · 15 x Thurs 19.30 til 20.45 hrs · 6.10.2022 to 9.2.2023 · € 120.–
Taijiquan and Qigong
Taijiquan and Qigong are traditional Chinese internal arts to harmonize and strengthen body, mind and spirit. Regular practice can bring better health, increased energy levels and a greater ability to deal with stress and pressure. The movements are energetic, elegant and subtle. With the right amount of patience, Taijiquan and Qigong are easy to learn and practice. Please bring comfortable clothes.

P353300 – Saturday Seminar – Einstein 28
Rick Henderson · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 12.11.2022 · € 36.–

Feldenkrais – Rediscovering the Joy of Easy Movement
The Feldenkrais Method, using simple and small but quirky and unexpected movements, is a delightful way to rediscover a childlike ease and pleasure in all of our actions. By directing attention to how a movement feels and playfully experimenting with many variations of it, a surprising reduction of tension and increase of elegance arises on its own, adding joy and centeredness as we move through life. Please bring loose comfortable clothing, a mat and a blanket.

P354105 – Saturday Seminar – Einstein 28
Ulrike Hartmann · Education Centre · Einsteinstr. 28 · Sat 10.00 til 13.30 hrs · 19.11.2022 · € 23.–

Meditation for Curious, Impatient and Busy People
Meditation means “to cultivate the mind”. With a mindful approach, anyone can learn this very old mental art whose core is “to live life in the present”. With daily practice, both mind and body learn to be present, to relax, to find inner calm and peace, instead of being lost in past or future projects, worries and fears. Meditation helps mind and body to balance and refresh.

P341140 – Presentation – Pasing
Juliana Raisch · MVHS · Bäckerstr. 14 · Tues 19.00 til 20.30 hrs · 22.11.2022 · € 8.– · remaining tickets available on site · also with MVHS-Card · Registration compulsory · 7 places · &
Stress Management
Come to this interactive workshop to explore key strategies for dealing with stress. Learn about basic stress reactions, find out about the role of thinking patterns, explore the benefits of relaxation and consider the scope of proactively dealing with tasks and challenges. This workshop is part of the stress-management-program developed by German psychologist Gert Kalzua and useful for participants wishing to tackle their everyday stressors. Please bring pen and paper.

P351116 – Saturday Seminar – Einstein 28
Nadim Komboz · Education Centre · Einsteinstr. 28 · Sun 10.00 til 15.30 hrs · 27.11.2022 · € 38.–

Traditional Thai Massage
Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will gain an insight into this beautiful massage form which is performed while fully clothed on a mat on the floor. With full physical involvement the typical techniques for the masseur are, for example, the use of thumb, palm, foot, elbow etc. to relax and stretch the body of the recipient. Course participants are invited to discover the pleasure by both giving and receiving TTM in each massage-sequence. For massage couples only. Every person will receive lecture notes for €5.– (not optional).
Please bring comfortable clothes (what you would wear for yoga classes), a blanket and a cushion.

P351681 – Sunday Seminar – Einstein 28
For couples · Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 4.12.2022 · € 38.– · plus € 5.– for materials
Qigong
Qigong as part of traditional Chinese medicine can harmonize and strengthen body, mind and spirit. For this, gently flowing movements are combined with calm breathing and mindful relaxation and imagination exercises. With regular practice Qigong is easy to learn and suitable for all ages. There are no special physical requirements. In the course the basic principles of Qigong are practiced.
Please bring comfortable clothes.

P353570 – Bogenhausen
Rick Henderson · Volkshochschule · Rosenkavalierplatz 16 · 8 x di 18.00 bis 19.30 Uhr · 4.10. bis 29.11.2022 · € 70.– · Fortsetzungsmöglichkeit: P353571

Mindfulness
In a demanding and stressful environment it is important to activate the ability to connect with inner resources in order to find more balance and a life with less anxiety and greater peace of mind. In this seminar you will learn more about the connection of body and mind, thoughts, feelings and resulting action. The methods applied are meditation, mindful and easy body exercises and awareness in daily life.
Please bring comfortable clothes and a mat, blanket and seat cushion.

P351202 – Sunday Seminar – Einstein 28
Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 19.2.2023 · € 41.–
The Aromatic Cuisine of Sichuan
The cuisine of Sichuan Province is the most widely cooked in China. Sichuan dishes are famous for their unique aroma, which comes from a delicate use of pepper and chilli. Fast roasting is the most common cooking method. From meat, fish, vegetables and tofu we will prepare typical dishes. Give your taste buds a treat!
Please bring: tea towel, apron and small plastic containers.

_P382620 – Saturday Seminar – Einstein 28_
Siu Sui Janice Lau · Education Centre · instructional kitchen · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · 22.10.2022 · € 54.– · plus € 22.– for materials · 8 places · 6.

Vegetarian Indian Curries
Learn how to cook delicious and authentic Indian curries which are purely vegetarian and full of fresh vegetables, traditional spices and the distinctive scent of India. You will learn about the different seasoning mixes and their use. The menu includes, for example, dal with spinach and ginger, paneer with chard, tarka dal with carrots and a spicy potato curry. We will enjoy our menu together with a fresh mango lassi. Please bring: tea towel, apron and small plastic containers.

_P382404 – Am Hart_
Priyanka Rastogi · MVHS · Troppauer Str. 10 · Fri 17.00 til 20.30 hrs · 18.11.2022 · € 28.– · plus € 17.– for materials · 10 places
Bento Box
A Japanese Lunchbox
In this course you will become familiar with the traditional Japanese “Bento box”. The “Bento” is a dosage form in which various dishes are served in a special box. We will prepare a Dashi broth with various spices, sushi, tempura, miso soup and much, much more. In addition, you will learn about the cultural background of the well-known Japanese Bentos. You will receive many tips and tricks regarding preparation and how the locals serve their Bento box. At the end of the day everyone will devour their homemade Bento box.
Please bring: tea towel, apron and small plastic containers.

P382660 – Saturday Seminar – Fürstenried-Ost
Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 16.00 hrs · 14.1.2023 · € 48.– · plus € 23.– for materials · 8 places ·

Mediterranean Cooking
This Mediterranean cooking class is perfect for anyone who loves the beautiful flavours that come from the Mediterranean. Together we will explore this famously fresh and fragrant cuisine and learn how to cook balanced dishes using an abundance of vegetables and herbs as well as fish, meat and grains. With the Mediterranean Sea extending from Portugal to Lebanon, between northern Africa and Southern Europe and reaching to the Middle East, this varied cuisine is characterized throughout by the refined use of olive oil, herbs and spices. Enjoy the tasty as well as healthy cuisine of the Mediterranean and look forward to a culinary journey that awakens a real vacation feeling.
Please bring: tea towel, apron and small plastic containers.

P382038 – Pasing
Susanne Kiehl · MVHS · Bäckerstr. 14 · Fri 17.30 til 21.00 hrs · 20.1.2023 · € 27.– · plus € 23.– for materials · 12 places ·
Traditional Bavarian Cooking
Bavarian dishes are hearty soul food, making very simple regional ingredients into tasty, satisfying culinary experiences. We are going to prepare some simple varieties of bread and potato dumplings, some Spätzle – serving it as Käsespätzle (Bavarian Mac & Cheese), and an original Krustenbraten (roasted pork and crackling) from Bavarian pork. For other side dishes we will make some healthy Krautsalat (slaw) and of course Kartoffelsalat (potato salad). To finish off we will make Apfel- and Topfenstrudel.
Please bring: tea towel, apron and small plastic containers.

P382018 – Sunday Seminar – Grünwald
Susanne Kiehl · Gymnasium Grünwald · Laufzorner Str. 1 (Eingang Mensagebäude, gegenüber Laufzorner Str. 14) · Sun 10.00 til 14.00 hrs · 29.1.2023 · € 31.– · plus € 23.– for materials · 6 places ·

Traditional Vietnamese Cooking
Learn how to prepare and cook authentic Vietnamese food in a fun and interactive cooking class. We will prepare traditional Vietnamese dishes in a hands-on cooking session. For example, Pho Bò (traditional soup from Hanoi) or Goi Cuon (fresh summer rolls). You will become familiar with the ingredients of healthy Vietnamese dishes and receive valuable cooking tips.
Please bring: tea towel, apron and small plastic containers.

P382622 – Saturday Seminar – Sendling
Siu Sui Janice Lau · MVHS · Albert-Roßhaupter-Str. 8 · Sat 10.00 til 17.00 hrs · 25.2.2023 · € 56.– · plus € 26.– for materials · 8 places ·
Fast and Healthy Indian Cooking

Traditional Indian cuisine is often very complex. There is usually little time for it in everyday work and family life. In this course we will look at fast and simple Indian dishes which can be on the table in just a few minutes. We will cook a quick chicken tikka masala, an eggplant masala curry, spicy potatoes with fresh coriander and cumin, and a mung bean and lentil soup with Indian basmati rice. All dishes are also very healthy and nutritious. We will enjoy the dishes together with a saffron-mango lassi.

Please bring: tea towel, apron and small plastic containers.

_P382400 – Einstein 28_

Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.00 til 21.30 hrs · 3.3.2023 · € 28.– · plus € 17.– for materials · 8 places · &
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Pasing, Bäckerstraße 14, Tel. (089) 48006-6830

Mondays, Tuesdays 9.00 til 13.00 hrs
Wednesdays, Thursdays 14.00 til 19.00 hrs
Saturdays, Einstein 28 only 9.00 til 13.00 hrs

General information
Tel. (089) 48006-0, daily from 8.30 hrs to 18.00 hrs.
Einstein 28, ground floor, except public holidays.