

Münchner Volkshochschule
MVHS in English

Programme
**March to
September 2018**



Registration from 1st February 2018

Online registration: www.mvhs.de/en

Please note: your online registration can now be completed in English.

Registration in person and by telephone

- Central office: Gasteig, Rosenheimer Straße 5, 1st floor
or Einstein 28, Einsteinstraße 28
Tel. (089) 48006-6239
- North district: Am Hart, Troppauer Straße 10
Tel. (089) 48006-6868
- East district: Giesing, Werinherstraße 33
Tel. (089) 48006-6750
- South district: Harras, Albert-Roßhaupter-Straße 8
Tel. (089) 48006-6730
- West district: Pasing, Bäckerstraße 14
Tel. (089) 48006-6830

When?

Mondays & Tuesdays from 9 a.m. to 1 p.m.

Wednesdays & Thursdays from 2 p.m. to 7 p.m.

Saturdays from 11 a.m. to 4 p.m. – Gasteig central office only

Information and advice regarding the programme

Emma Jones, Tel. (089) 48006-6265

General information

Tel. (089) 48006-0, daily from 8.30 a.m. to 6 p.m. as well as from the information desk in Gasteig, 1st Floor and Einstein 28, ground floor, except public holidays

The MVHS-Card

For just € 57.– you can access around 800 events at the MVHS from March to September 2018, including 9 events in the English language. Further information: www.mvhs.de/mvhs-card.

General terms and conditions, conditions for discounts and our cancellation policy can be found in the MVHS Catalogue as well as in all MVHS registration offices, online at www.mvhs.de/agb.

A wealth of courses, events and seminars await you!

Now in its 5th semester, we are proud to present you with our latest MVHS in English Programme. If you're an expatriate whose English is better than their German, or a local with a good command of the English language, look no further. We have plenty of interesting courses, events and seminars to whet even the most discerning of appetites!

This semester's programme offers many courses to help you get creative in Arts & Crafts as well as a variety of new culinary experiences in Food & Drink. If you are interested in America and what is happening there today as well as in the past, check out our History & Politics section. Brand new this semester is a section aimed at the expatriate parents in Munich. If you need help in negotiating the German school system, our People & Society section will point you in the right direction. New to Munich and/or looking for a job or a promotion? Our Job & Career section will certainly help you head in the right direction. Or perhaps you would like to find out more about this wonderful city or would enjoy a guided tour of the new Faust exhibition in the Kunsthalle, have a look at our Discover Munich section.

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.



Dr. Susanne May
Programme Director



Emma Jones
Programme Coordinator
for MVHS in English



The Structure of the US Political System and its Elections

Many different ideas developed in the past molded the US political system into its present day form and continue to shape it.

This lecture will serve as an introduction to many of these ideas, deepening the understanding of uniquely American phenomena, terminology and governmental challenges.

G110552 – Presentation – Einstein 28

Christopher Kan · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 9.4.2018 · € 6.– · remaining tickets available on site · also with MVHS-Card · ☺

The United States of America: Key Domestic Events in the Post WWII Era

This lecture will explore key domestic events, Supreme Court decisions, legislation and societal events that all shaped the US political landscape. Given that the aim of this lecture is quite broad, the focus will be to uncover at least one major event in each presidency and seek to highlight events that may be less renowned to international audiences but are arguably significant.

G110556 – Presentation – Einstein 28

Christopher Kan · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 16.4.2018 · € 6.– · remaining tickets available on site · also with MVHS-Card · ☺

The United States of America: Key International Events in the Post WWII Era

This lecture will explore how the US has used its military and economic strength to impact events, governments and populations abroad in both the Cold War and post-Cold War eras. While these events unfolded away from the US' shores, they also had a domestic impact. This lecture aims to highlight these events in the hope of helping attendees better understand the evolution of the US' role in international affairs since WWII.

G110560 – Presentation – Einstein 28

Christopher Kan · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 23.4.2018 · € 6.– · remaining tickets available on site · also with MVHS-Card · ☺

The USA today

How does the current US political landscape look and which factors are shaping it? Among the topics to be explored are demographic and voting trends; where the key parties stand; key individuals and trends among the 3 branches of the federal government; and checks and balances in its contemporary form.

G110564 – Presentation – Einstein 28

Christopher Kan · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 30.4.2018 · € 6.– · remaining tickets available on site · also with MVHS-Card · ☺



The Bavarian School System

These interactive workshop blocks are a comprehensive program designed to help you understand the Bavarian school system and the choices you and your children have. We will discuss the cultural and practical aspects of the school system. We will introduce the structure and how to successfully work within it at all stages and levels. You will explore your family's lifestyle preferences and your child's strengths and weaknesses to get a good idea of the strategies that will fit your school choices. A long list of important German vocabulary is included.

4

The Culture of School

Along with a list of important vocabulary, we will explore the roles parents and students can choose in school. Learn how to navigate simple school functions and typical traditions which may be different in Bavaria from your child's native culture(s). Discuss potential social or educational difficulties (i. e. learning disabilities) which might arise in addition to cultural or linguistic differences.

G146502 – Einstein 28

Beverly Pinheiro · Education Centre · Einsteinstr. 28 · Tues 18.15 til 21.15 hrs · 20.3.2018 · € 18.– · 16 places · ☎

The Content of School

I need after school care for my child. What will my child learn in grade-school? What happens in the transition to secondary school? We answer these questions as well as take a detailed look at the syllabi, grading systems and current textbooks from key school years. You will learn about the different paths to higher education in Bavaria and Germany and find your personal key to unlock the systematic approach used in all stages of education in Bavaria.

G146504 – Einstein 28

Beverly Pinheiro · Education Centre · Einsteinstr. 28 · Tues 18.15 til 21.15 hrs · 17.4.2018 · € 18.– · 16 places · ☎

The Personal Strategy of School

Come to this interactive workshop to explore key strategies for dealing with school stress, homework and the many relationships that are part of your child's school life. Discover how to establish real dialog with your child about school related issues, as well as planning useful learning strategies to tackle the everyday stress of time management for students and their families. The workshop is geared to finding balance on the road to success.

G146506 – Einstein 28

Beverly Pinheiro · Education Centre · Einsteinstr. 28 · Tues 18.15 til 21.15 hrs · 8.5.2018 · € 18.– · 16 places · ☎

5

Mind the Gap

Three time Spiegel bestselling author of (mostly) nice books about Germany, Adam Fletcher offers an interactive event around his new book about the British – “Mind the Gap”. It will be a mixture of readings, videos, images and quizzes discussing the cultural quirks of his home nation ending with a “How British Are You?” quiz that will reveal just how well you’d fit into the land of crumpets, rain, Brexit, small talk and misguided patriotism.

G110418 – Presentation – Einstein 28

Adam Fletcher · Education Centre · Einsteinstr. 28 · Sun 11.00 til 12.30 hrs · 15.4.2018 · € 10.– · remaining tickets available on site · also with MVHS-Card · ☎

The Power of Language and the Cultures it Creates

Language’s descriptive ability allows us to prepare ourselves for uncertain events, calm troubled minds and even convince others of our ideas. Through various books and tools, we are now starting to unlock the power of language in our everyday lives. Does this power create a type of culture in the people that have discovered it? Does jargon create exclusive cultures amongst the groups who use it? Embark on this journey to explore the power of language and culture in the world today.

G146076 – Einstein 28

Adèle Catharine Wallace · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 23.4.2018 · € 7.– · remaining tickets available on site · also with MVHS-Card · ☎



Kunsthalle München:

YOU ARE FAUST. Goethe’s Drama in the Arts

Goethe’s Faust is the focus of this theatrically staged exhibition at the Kunsthalle Munich. 150 art works by artists inspired by the literary masterpiece – from Delacroix to Anselm Kiefer as well as Charles Gounod – present the continued vitality of discourse between diverse art forms. We will tour the exhibition in English in an interactive discussion. Art Historian Alexandra Koch speaks a clear, mother tongue English and is known for making people from all language backgrounds comfortable on her tours.

G211020 – Guided Tour – Altstadt

Alexandra Koch · Kunsthalle München · Theatinerstr. 8 · Fri 16.15 til 17.45 hrs · 4.5.2018 · € 7.– · also with MVHS-Card · plus admission ticket · no registration necessary, tickets available from the lecturer in the museum 15 minutes before starting · 20 places

BMW Group Munich plant

The BMW Group Munich plant builds more than 900 cars and up to 1400 engines per day and employs a workforce of around 9000 people from more than 50 countries around the world. This guided tour through BMW's original plant offers an exciting insight into all areas of automobile production. You will have access to production technology: the Press Shop, Body Shop, Paint Shop, Engine Shop, the Production of Interior Equipment and Seats, as well as the Assembly Line.

G122701 – Guided Tour – Milbertshofen

Employee of BMW · meeting point: BMW Welt, Infocounter Nord · Am Olympiapark 1 (U3 Olympiazentrum) · Mon 15.00 til 17.30 hrs · 9.7.2018 · € 18.– incl. admission · 20 places

The Monacensia in Hildebrandhaus

Since December 2016 the Monacensia in Hildebrandhaus has been shining like a new pin. The listed mansion, formerly belonging to the sculptor Adolf von Hildebrand (1847–1921) has been carefully renovated and turned into an attractive, contemporary, literary memorial for the City of Munich. Two permanent exhibitions provide an insight into literary Munich at the time of Thomas Mann and the varying facets of Hildebrandhaus. In co-operation with Münchner Stadtbibliothek/Monacensia im Hildebrandhaus.

G211060 – Guided Tour – Bogenhausen

Eva Lutz M.A. · Monacensia · meeting point: Café MON, entrance · Siebertstr. 2 · Sat 15.00 til 16.00 hrs · 14.7.2018 · free of charge · no registration necessary

8

Typisch München! Typically Munich!

During our tour through the exhibition, we will trace the trials and tribulations of a city which many people count among their favorite places in the world. The exhibits chart how the city of Munich began to forge an identity of its own relatively late in its history, following its seven-hundredth anniversary in 1858. They also demonstrate why titles such as “City of Art and Beer” have become so contentious here. Moreover, they chronicle the cultural upheavals around 1900, the city's role during the National Socialist period and its renaissance as West Germany's “secret capital” after World War II. In co-operation with Münchner Stadtmuseum.

G211080 – Guided Tour – Altstadt

Simone Gundi · Münchner Stadtmuseum · meeting point: foyer · St.-Jakobs-Platz 1 · Sat 14.30 til 15.30 hrs · 21.7.2018 · € 4.– · also with MVHS-Card · plus discounted admission ticket € 2.– · tickets available from the lecturer in the museum

Munich's Jewish History – a City Walk

Today, more than 70 years after the end of the Shoa, Munich boasts a thriving Jewish community. In the light of a history of anti-Semitism and genocide, this seems nothing short of a miracle. This city walk takes us to a selected number of historical places and voids showing evidence of Jewish life, faith, fortune and suffering. We will explore dimensions of Jewish life and culture from the middle ages to present day.

G121145 – Guided Tour – Altstadt

Gerd Modert · meeting point: opposite Dallmayr · Dienerstr. 14 · Sun 14.00 til 16.30 hrs · 19.8.2018 · € 5.– · remaining tickets available on site · also with MVHS-Card

9



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: HB, 2B, 4B Pencils (Bleistifte), pack of thin vine charcoal (Reißkohle), hard white eraser (Radiergummi), grey kneaded eraser (Knetgummi), A4 and A3 white drawing pads (Skizzenblock).

G220116 – Milbertshofen

Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a ·
7 x Mon 18.30 til 21.00 hrs · 19.3. to 7.5.2018 · € 127.– ·
10 places · ☺

Painting for Beginners and Refreshers

Have you always dreamed of painting and creating your own art? Realize 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.

G222010 – Weekend Seminar – Bogenhausen

Christine Holz · Volkshochschule · Rosenkavalierplatz 16 ·
Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 5./6.5.2018 ·
€ 96.– · 10 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.

G221106 – Milbertshofen

Christopher Croft · Werkhalle · Malatelier · Frohschammerstr. 14a ·
4 x Fri 18.30 til 20.45 hrs · 18.5. to 8.6.2018 · € 66.– · payable on
site: € 10.– for materials · 9 places · ☺

10



11



Drawing and Watercolor – Introduction to Illustration

Explore basic illustration methods and materials to create colorful, realistic, and heavily modeled images! We will discuss basic design and color theory in order to bring drama and energy to your artwork. We will look at some techniques of watercolor and drawing which will give you more control over your image and level of detail. The method of drawing over watercolor painting can result in extremely delicate and detailed works. It is an excellent technique for anyone who is always striving to draw or paint more “realistically”.

Please bring: watercolor set, small variety of pointed tip brushes, pad of quality artists paper, water container, roll of paper towels or tissue, pencil, eraser, sharpener, arrangement of colored pencils, 2–3 waterproof black artists pens, small plastic palette for mixing water colors.

G220031 – Einstein 28

Laura Sohre · Education Centre · Einsteinstr. 28 · 5 x Mon 18.30 til 0.30 hrs · 18.6. to 16.7.2018 · € 73.– · 10 places · ☺

Drawing in Color – Chalk, Pastel, and Still Life

Color pastels and chalk have been used for much longer than people think. Leonardo da Vinci created many beautiful chalk and pastel drawings showing their full potential for detail, including fine line, which is not necessarily possible in paint. We will focus on line and cross hatching to show depth and movement as well as the illusion of 3-D. You will learn the basics of mixing and layering colors in order to create vibrant, more intense images. Still life set-ups will be provided but you are welcome to create images from photographs, or your imagination.

Please bring: mixed chalk pastel set (16 colors or more is recommended but 10 is sufficient), pastel paper pad DIN A3 or larger, spray fixative.

G220035 – Einstein 28

Laura Sohre · Bildungszentrum · Einsteinstr. 28 · 6 x mo 14.00 bis 16.00 Uhr · 2.7. bis 6.8.2018 · € 88.– · 10 Plätze · ☺

The Drawing Studio

Drawing from observation of our surroundings is the most direct way to develop an artist's eye and learn the visual language. An awareness of proportion, spatial geometry and the properties of mark-making all arise naturally. We can use the studio environment as a starting point for finding our motifs, exploring the aspects of space, texture, light and composition. For beginners and advanced students, the Drawing Studio is conceived as an open running course where you can take time to develop your own subject matter beyond just the basics. Please bring: HB, 2B, 4B Pencils, pack of thin vine charcoal (Reißkohle), hard white eraser (Radiergummi), grey kneaded eraser (Knetgummi), A4 and A3 white drawing pads.

G220160 – Milbertshofen

Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · 5 x Mon 18.30 til 21.00 hrs · 10.9. to 8.10.2018 · € 91.– · 10 places · ☺

The Whole Clay and Caboodle

This class is designed to provide the basics for a strong foundation in wheel thrown and hand built ceramic forms. Build your basic skills and enhance your existing skills through demonstrations and individual instruction. Wheel throwing will focus on centering, shaping and creating basic vessel forms such as cylinders, vases, bowls, mugs and plates. Hand building will focus on pinch, slab and coil work to create one of a kind unique ceramic forms. All levels are welcome to attend. Please bring overalls to work in. Material costs will be calculated at the end of the class.

G225566 – Milbertshofen

Mary D. Winter · Werkhalle · Keramikatelier · Frohschammerstr. 14a · 5 x Tues 9.30 til 12.30 hrs · 10.4. to 15.5.2018 · € 135.– · plus € 12.– kiln costs · payable on site: material costs (clay and glaze) · 8 places · ☺

G225568 – Milbertshofen

Mary D. Winter · Werkhalle · Keramikatelier · Frohschammerstr. 14a · 5 x Tues 9.30 til 12.30 hrs · 19.6. to 17.7.2018 · € 145.– · plus € 12.– kiln costs · payable on site: material costs (clay and glaze) · 8 places · ☺



General Goldsmithing Course

This general goldsmithing course is aimed at all levels. 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; however, if you would like to work with gold, please bring the material and the corresponding soldering material with you. 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.

G226885 – Weekend Workshop – Gasteig

Attai Chen · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 28./29.4.2018 · € 98.– · plus € 5.– for materials · 9 places · ☺

The Art of Ring Making

In this workshop we will concentrate on the art of ring making. You will experience and practise the basic and essential techniques of the goldsmith such as sawing, filing and soldering. 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 your own silver; however, it will be possible to buy silver and stones directly in the workshop.

G226880 – Weekend Workshop – Fürstenried-Ost

Attai Chen · Volkshochschule · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 5./6.5.2018 · € 98.– · plus € 5.– for materials · 8 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.

G226882 – Weekend Workshop – Gasteig

Attai Chen · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 14./15.7.2018 · € 120.– · plus € 5.– for materials · 9 places · ☺

Sewing Workshop for Beginners

Come and join in the fun of making small craft items. This workshop is designed for beginners with little or no sewing experience. You will learn to make small, decorative items, at the same time building your confidence, and enabling you to later go on to creating more intricate pieces in our intermediate course. We will be working with exotic African fabrics donated by NOHNEE Dirndl. This workshop focuses on a variety of techniques including appliqué, patchwork, hand embroidery, machine and hand sewing. Please bring: pencil, A3 sketchbook, embroidery threads, embroidery needles. A variety of books and materials will also be provided to aid your work.

G238500 – Saturday Seminar – Einstein 28

Martha Kowa · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 14.4.2018 · € 49.– · plus € 10.– for materials · 9 places · ☺

Patchwork and Appliqué Intermediate Craft Workshop

Are you experienced in the art of patchwork and appliqué? Come join in the fun of making exciting colourful craft items for your home or for a loved one! This is a course for the more adventurous crafters. You will have the choice of making any one of the following items: a cushion cover, a throw, a laptop bag, a handbag using exotic African fabrics donated by NOHNEE. During the sessions you will learn to do decorative hand stitching as well as pattern making for your chosen item. Your completed item will be made using a selection of fabrics chosen from a variety of swatches of African fabric. The combination of these techniques are vibrant and exotic. Learn new and traditional quilt and craft product-making techniques taught by an English Textile Designer/Craft Maker.

Please bring: pencil, A3 Sketchbook, embroidery threads, embroidery needles. A variety of books and materials will also be provided to aid your work.

G238550 – Einstein 28

Martha Kowa · Education Centre · Einsteinstr. 28 · 7 x Mon
9.00 til 13.00 hrs · breaks on agreement · 11.6. to 23.7.2018 ·
€ 145.– · plus € 20.– for materials · 9 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.

G251162 – Gasteig

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til
21.30 hrs · 11.4. to 25.4.2018 · € 69.– · 8 places · ☺



The Fine Art & 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, and grasping and expressing the power of words. Finally, the delightful and spontaneous art of improvisation will top off your day with laughter and play.

G261210 – Seminar – Ludwigsvorstadt

Carolyn A. Morrow · raum21 · Paul-Heyse-Str. 21 (rear building) ·
8 x Thurs 18.30 til 21.00 hrs · 7.6. to 26.7.2018 · € 103.– ·
14 places

“Chefsache” – Rehearsal Visit

Valery Gergiev and Munich Philharmonic

This rehearsal visit offers you the opportunity to gain an insight into what goes on in a rehearsal with Valery Gergiev and the Munich Philharmonic. You can observe the fine-tuning and hear how the sound develops. It is especially interesting to experience how the Chief Conductor communicates with the musicians.

The rehearsal will be conducted in English.

Anton Bruckner: Symphonie Nr. 8 c-Moll; Valery Gergiev, conductor

G270229 – Gasteig

Philharmonie · Gasteig · Rosenheimer Str. 5 · Wed 10.00 til 12.30 hrs · 11.7.2018 · € 12.– · registration only from 27th June to 4th July, the tickets will be sent to you · 40 places

Let's Make Music – Musical Get-Together

An invitation to everyone who enjoys making music together. Everybody brings experience of the culture specific to their home country, and we want to get to know all of them! No matter what language you speak, ours is music and we sing, jam and dance together. We have instruments, but feel free to bring your own. Everyone is welcome any time, no matter whether you have musical knowledge or not. Regular attendance is recommended. This is a joint project between the MVHS and the Hochschule für Musik und Theater München. For more information: andrea.sangiorgio@hmtm.de.

G276037 – Maxvorstadt

Andrea Sangiorgio · Hochschule für Musik und Theater München · Luisenstr. 37a (room L 11) · Thurs 18.45 til 20.15 hrs · 22.3., 29.3., 12.4., 19.4., 26.4., 3.5., 17.5., 7.6., 14.6., 28.6. and 12.7.2018 · free of charge

18

Classical Indian Dance – Bharatanatyam and Kathak

Classical Indian Dance inspires the audience with its poise and temperament. The entire body, even the subtlest movement of the eyebrows, is an instrument of expression for narrating tales of gods and men. Originally a temple rite, today these ancient dance forms are performed in public theatres. You will be introduced to Bharatanatyam from South India and Kathak from North India. Basic steps and gestures, characteristic rhythms and information on traditional and modern aspects of both dance forms will be presented.

11.00 til 13.00 hrs: Bharatanatyam with Aparajita Wießmüller

14.00 til 16.00 hrs: Kathak with Carolin Dassel

Absolute beginners: no prior dance experience required.

Please bring dance/gym clothes, leggings and a large, light scarf; women: a long, floaty skirt.

G267133 – Saturday Seminar – Einstein 28

Aparajita Wießmüller/Carolin Dassel · Education Centre · Einsteinstr. 28 · Sat 11.00 til 16.00 hrs (lunch break 13.00 til 14.00 hrs) · 21.7.2018 · € 30.– · 8 places

19



The Poetry of Emily Dickinson

Today universally acknowledged as a poet of the highest order, Emily Dickinson (1830–1886) was essentially unknown during her lifetime. Of her 1800 poems, only 11 were published prior to her death. Collected in self-made manuscript booklets, her poems are largely crafted in short stanza form, displaying an extraordinary vision of the world that stands in startling contrast to her own withdrawn and secluded life.

G244430 – Einstein 28

Dr. Susanne Gärtner · Education Centre · Einsteinstr. 28 · 4 x Fri 18.00 til 19.30 hrs · 9.3. to 27.4.2018 · € 32.– · 14 places · &

Book Club at Einstein

If you enjoy reading and sharing your ideas, come join us! We meet informally about 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.

March: Jonathan Coe – The Accidental Woman
 April: Richard Ford – Let me be Frank with you
 May: Muriel Spark – The Prime of Miss Jean Brodie
 June: Dave Eggers – The Circle

G244450 – Einstein 28

Dr. Petra Bittner · Education Centre · Einsteinstr. 28 · Wed 10.30 til 12.00 hrs · 14.3., 11.4., 16.5. and 13.6.2018 · € 32.– · 14 places · &

20

Book Club at Gasteig

If you enjoy reading and sharing your ideas, come join us! We meet informally about 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. This semester we will read an eclectic mix of books from Ireland, Korea and the US. Established authors like Toni Morrison as well as new names like Han Kang are on our list of books. Siri Hustvedt, Paul Auster's wife, and the master of Irish fiction, Colm Tóibín, round out the picture.

March: Siri Hustvedt – The Blazing World

April: Colm Tóibín – Nora Webster

May: Toni Morrison – God help the Child

June: Han Kang – The Vegetarian

G244455 – Gasteig

Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Thurs 18.00 til 19.30 hrs · 15.3., 12.4., 17.5. and 14.6.2018 · € 32.– · 14 places · &

The Writing Lounge

Ease yourself into the relaxing world of writing, and enjoy some company while doing so. Arrive with your own ideas or let yourself be inspired by an intriguing variety of the impulses provided. Once inspired, just start writing. In the final 45 minutes, you will be invited to share or to continue on your own. It is as simple and pleasant as that.

G247030 – Ludwigsvorstadt

Carolyn A. Morrow · Volkshochschule · Schwanthalerstr. 2 · 6 x Thurs 18.00 til 20.00 hrs · 8.3. to 26.4.2018 · € 69.– · 12 places

21



French for the Holidays

Are you planning a trip to a French speaking country? Why not prepare yourself and learn some basics about the French language and culture before you go? During this seminar you will become familiar with vocabulary for some typical situations in hotels and restaurants and for finding your way around or making reservations. For beginners only.

G530015 – Weekend Seminar – Einstein 28

Hélène Maréchal · Education Centre · Einsteinstr. 28 · Sat 10.00 til 13.00 hrs · Sun 10.00 til 17.00 hrs · breaks on agreement · 14./15.7.2018 · € 62.– · 10 places · ☎

“Roman Holidays”

Beginners’ Italian for Travellers

Do you wish to learn a bit about the Italian language and culture before going to Italy for your holidays? During this weekend course we will be focusing on some typical situations you may find yourself in and practising the vocabulary and communicative functions you will need for such situations during your travels in Italy. For beginners only.

G533032 – Weekend Seminar – Gasteig

Dr. Antonio Compagnone · Gasteig · Rosenheimer Str. 5 · Sat 10.00 til 17.00 hrs · Sun 10.00 til 13.00 hrs · breaks on agreement · 30.6./1.7.2018 · € 62.– · 10 places · ☎



Job Hunting in Munich

You are looking for a job in Munich but are not sure how to ensure your search is successful? In this seminar you will learn which important Do’s and Don’ts exist in the Munich 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.

G440183 – Saturday Seminar – Einstein 28

Karin Willmer · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 22.9.2018 · € 32.– · 12 places · ☎

Understanding the Implicit Rules in Business Get Set for Success

In today's world of business, men and the rules of male culture still predominate. Women are often unaware that they are entering new territories when it comes to positioning themselves within hierarchies and do not know how to authentically deal with these implicit rules. This seminar focuses on how women position themselves to get their point across and to communicate successfully in situations of conflict. The trainer is an author and coach and is focused on women's professional behaviour and career development.

G451540 – Einstein 28

For women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · Fri 14.00 til 19.00 hrs · 27.4.2018 · € 73.– · 14 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.

G451328 – Saturday Seminar – Einstein 28

Kumar Barua · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 28.7.2018 · € 46.– · 12 places · &

Project Management

The following two seminars are in alignment with international standards of project management. They are part of the "Projektmanagement-Kolleg" which completes the examination for certification as Project Manager MVHS (course no. G440560) but can each also be visited as standalone courses.

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-oriented 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 initialization, planning, realization, monitoring and controlling right through to the completion and benefits of a project. Furthermore, you will gain an insight into the sequencing and scheduling as well as the capacities and budgeting of a project.

G440538 – Weekend Seminar – Einstein 28

Angelos Kirianes · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 14./15.4.2018 · € 155.– · 12 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. You will gain an insight into the identification and quick appraisal of risks as well as how to troubleshoot vulnerable projects.

G440543 – Weekend Seminar – Einstein 28

Angelos Kirianes · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 8./9.9.2018 · € 155.– · 10 places · &

**Certificate in English Language Teaching
to Speakers of Other Languages (CELTA) – Part-Time**

CELTA, Certificate in Teaching English to Speakers of Other Languages, is an internationally recognised initial qualification for English Language teaching to adults. It used to be called the Cert.TEFL. CELTA part-time 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.

G581520 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · 15 x Fri 9.00 til approx. 19.00 hrs · 2.3. to 6.7.2018 · 5 x Sat 9.00 til approx. 15.00 hrs · 3.3., 10.3., 14.4., 5.5. and 7.7.2018 · € 1.595.– · 12 places

**Certificate in English Language Teaching
to Speakers of Other Languages (CELTA) – Full-time**

CELTA, Certificate in Teaching English to Speakers of Other Languages, is an internationally recognised initial qualification for English Language teaching to adults. It used to be called the Cert.TEFL. CELTA full-time courses are intensive and rewarding, for further information please visit www.mvhs.de/celta

G581522 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x 9.00 til 18.00 hrs · breaks on agreement · 30.7. to 24.8.2018 · € 1.595.– · 12 places

G581524 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x 9.00 til 18.00 hrs · breaks on agreement · 27.8. to 21.9.2018 · € 1.595.– · 12 places



Social Media Crash Course

Social Media newbies will leave this seminar with an overview of currently popular social media platforms. We will look at examples for both companies and individuals and talk about content marketing, online reputation management and privacy settings. This crash course is designed for anyone who is interested in a basic social media overview including the platforms Facebook, YouTube, Instagram, Twitter, Snapchat, Blog and XING.

G483010 – Sunday Seminar – Einstein 28

Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun 9.15 til 16.00 hrs · breaks on agreement · 29.4.2018 · € 89.– · 11 places · ☺

Writing Successfully for the Internet Texts for both Users and Search Engines

Since Google's Panda update, quality content is more important than ever for good ranking. What determines quality content? Which rules do writers have to keep in mind? This course covers the most important factors for quality content in internet and search engine optimized writing.

Course content: How do search engines measure content? Important HTML Structures; choosing and changing keywords; WDF*IDF analyses; unique and duplicate content; internal links, anchor terms, pictures and multimedia; technical aspects: robots.txt and pdfs.

G483020 – Saturday Seminar – Einstein 28

Elisabeth Weigel · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 23.6.2018 · € 69.– · 11 places · ☺

Create your own Blog with WordPress

Want to tell the world about your hobbies, travels and experiences? Or just have something to get off your chest? With a weblog you can share your musings with anyone and everyone on the internet. Some famous bloggers even make money from their writing.

Course content: register a WordPress blog and configure important options; customise the design with themes and logos; add powerful features via extensions; write effective and engaging blog posts; bring in a wider audience with search engine optimization.

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

G483030 – Einstein 28

Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 4.7. to 18.7.2018 · € 99.– · 11 places · ☺

28

Introduction to Programming Programming Logic

In this course you will learn how to develop algorithms, independent of a particular programming language. You need to have experience with a PC and its operating system to attend this course.

Course content: basics of software development, programming languages and tools for them (editor, interpreter, compiler), basic programming language elements and techniques to visualize procedure flow, data structures and control structures (e.g. loops, conditions), procedures and functions, algorithms, theory of object oriented programming.

G483055 – Weekend Workshop – Einstein 28

Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · Sat/Sun 9.15 til 16.00 hrs · breaks on agreement · 14.11.5.2018 · € 129.– · 11 places · ☺

Introduction to Java Programming (Eclipse)

Java is a high-level programming language that runs on a variety of platforms, such as Windows, Mac OS, and the various versions of UNIX. Course content: Installing the java compiler; writing, compiling, and debugging programs; data types, variables, operators; functions and control structures (e.g. loops, conditions); arrays and queues; manipulating strings; working with files, object oriented programming.

We work with the java developing environment Eclipse.

To attend this course, you need to have experience with PC and operating system and the knowledge equivalent to the course "Introduction to Programming".

G483065 – Sunday Course – Einstein 28

Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 5 x Sun 9.30 til 16.30 hrs · breaks on agreement · 29.7. to 26.8.2018 · € 319.– · 11 places · ☺

29



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.

G340430 – Presentation – Neuhausen

Juliana Raisch · Volkshochschule · Neuhauser Trafo · Nymphenburger Str. 171a · Wed 19.00 til 20.30 hrs · 27.6.2018 · € 7.– · 17 places · ☺

30

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-programme developed by German psychologist Gert Kalzua and useful for participants wishing to tackle their everyday stressors.

G351100 – Weekend Seminar – Einstein 28

Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 13.00 til 17.00 hrs · Sun 10.00 til 13.00 hrs · 21./22.4.2018 · € 41.– · 14 places

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.

G351216 – Sunday Seminar – Einstein 28

Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 15.7.2018 · € 41.– · 14 places

31

Traditional Thai Massage

Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will get 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, knee, 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.

G351686 – Sunday Seminar – Einstein 28

Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 23.9.2018 · € 33.– · 12 places

Hatha-Yoga

Yoga is not a “one size fits all” discipline, but a body of knowledge and tools that need to be carefully 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. Pranayama (breathing technique) and meditation will be introduced. This class will help us to let go of the exertion of the week and prepare for a relaxed weekend. All levels of experience are welcome.

G352832 – Neuhausen

Petra Sutton · Volkshochschule · Neuhauser Trafo · Nymphenburger Str. 171a · 5 x Fri 16.00 til 17.30 hrs · 31.8. to 28.9.2018 · € 42.– · 14 places



Indian Cuisine

A Culinary Journey Through India

This culinary journey begins in northern India with a starter, takes you further to eastern and western India with a variety of dishes and winds up in southern India with dessert. You will learn how to combine a great selection of traditional Indian spices by preparing many vegetarian and non-vegetarian dishes such as curries, masalas (mixed spices) and sauces. We will serve the food on original Indian plates, called “Thalis”. Masala Chai (spiced tea) or lassi (joghurt drink) are also part of the programme. Please bring: tea towel, apron and small plastic containers.

G381153 – Sunday Seminar – Sendling

Bikash Kumar · Volkshochschule · Albert-Robhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 18.3.2018 · € 36.– · plus € 16.– for materials · 15 places

Use your Wok for quick, crisp and healthy dishes!

The wok, an Asian all-rounder, has always been popular with cooks from all walks of life. Cooking with a wok is simple and quick. Dishes are healthy, easy to digest and they taste fantastic! In this class you will learn everything you need to know about buying the right wok and maintaining it, as well as how to cut ingredients and steam, stir-fry and cook your favorite dishes. Bring with you: apron, tea towel and a small plastic container.

G381276 – Einstein 28

Dr. Hanno Innerhofer · Education Centre · instructional kitchen · Einsteinstr. 28 · Wed 17.30 til 21.30 hrs · 16.5.2018 · € 20.– · plus € 15.– for materials · 15 places

Thai Cuisine for newbies

Discover Thailand through your taste buds

The Thai kitchen is renowned for being healthy, low in calories and easy to digest while still being really tasty. Enjoy the scent of exotic herbs and spices and savour the exquisite taste of freshly cooked rice, noodles, fish and meat – at times tangy and spicy, sweet-and-sour, or watered down with creamy coconut milk. The secret to Thai cuisine lies in finding the right balance between hot, sour, sweet, salty and savoury flavours. The Taste of Thailand will encourage you to develop your senses and palate whilst creating mouth-watering dishes.

G381264 – Fürstenried-Ost

Dr. Hanno Innerhofer · Volkshochschule · Forstenrieder Allee 61 · Fri 18.00 til 22.00 hrs · 22.6.2018 · € 20.– · plus € 15.– for materials · 15 places

34

A flair of Paris – Eclairs, Rhum Baba & Tarteletts

In one afternoon we will take you on a culinary journey to Paris! Come and revel in the marvels of “petits gâteaux”. During the afternoon we will prepare four specialties from the French bakery: éclairs and choux, rhum baba and tartelettes. You will learn different recipes and traditional techniques for these French specialties. Come and create “petits gâteaux” and wow your friends and family on future picnics or at dinner parties. Once our creations are ready, we will sit together and devour them.

Bring with you: apron and a small plastic container.

G386012 – Saturday Seminar – Einstein 28

Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Sat 14.00 til 18.00 hrs · 14.4.2018 · € 22.– · plus € 15.– for materials · 14 places

The perfect coffee break

Madeleines, Cantucci, Romias ... after this evening class you will always have something ready should someone drop in, or just to give yourself a small treat. In teams of two you will prepare a recipe, so that in the end we have a nice patchwork of cookies. In this class we will use recipes that are easily implemented so that you can update your cookie repertoire!

Please bring an apron and a small plastic container.

G389500 – Einstein 28

Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.30 til 21.30 hrs · 4.5.2018 · € 30.– · plus € 12.– for materials · 12 places

35

Macaroons

Macaroons are sensitive, delicate, fancy foods! Before mastering macaroon shells (day 2), you will prepare different types of filling (day 1) including chocolate ganache, fruit jams or creams.

In teams of two, participants will learn and put into practice the techniques required to prepare the perfect macaroon and gain a broad overview of the various fillings which go to complete it.

Please bring an apron and a small plastic container.

G389505 – Einstein 28

Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Mon 19.00 til 21.00 hrs · 18.6.2018 · Tues 18.00 til 21.00 hrs · 19.6.2018 · € 50.– · plus € 18.– for materials · 10 places

Red wines from Italy

Italy is one of the most fascinating wine producing countries in the world and the only country in which wine is produced everywhere. Vineyards can be found in all regions, producing different wines which perfectly match the local cuisine. In this seminar we will explore Italy from north to south, from light and delicate white wines from the alps to the heavy and powerful reds from the south.

G384033 – Einstein 28

For participants aged 18 and over · Patrick Hemminger · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.00 til 21.00 hrs · 14.9.2018 · € 20.– · plus € 14.– for materials · 17 places

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Briennerstr 55

80333 Munich

T 089 2016901

info@pomeroy-winterbottom.com

(near Stiglmaierplatz, next to
the Münchener Stadtparkasse)

www.pomeroy-winterbottom.com

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