Münchner Volkshochschule
Programme in English
March to September 2020
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

Impressum

Herausgeber
Münchner Volkshochschule GmbH
Kellerstr. 6, 81667 München

Redaktion
Emma Jones

Satz
Print- und Internetredaktion
Bettina Siegwart, Annette Züerl

Gestaltung und Titelmotiv
Kunst oder Reklame, www.kunst-oder-reklame.de

Druck
Weber Offset, 80993 München

V.i.S.d.P.:
Dr. Susanne May, Programmdirektorin

Welcome to the Programme in English …
… this brochure has a wealth of opportunities for you to improve your day-to-day life.
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 talks, courses, events and workshops to interest everyone.
Bring a friend or come on your own and make new friends, the 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 looking to further your career or for a complete change in direction, if so, check out our Jobs and 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 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 German School System
The German 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.

K110244 – Presentation – Einstein 28
Brenda Arnold · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 10.3.2020 · € 7.– · remaining tickets available on site · also with MVHS-Card ·

Is it possible to predict the outcome of the 2020 US presidential election?
Will the Democrat nominee become the 46th President of the United States? Or will President Trump win reelection? In this talk, we will explore the opinion polls and major issues that will be discussed in the lead up to the general election on 3 November 2020. The key policies proposed by President Trump and the top Democratic candidates will be analysed. There will also be a brief explanation of the unique US electoral system and why the opinion polls were wrong in 2016.

K110510 – Presentation – Einstein 28
Lakkana Nanayakkara · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 5.5.2020 · € 7.– · remaining tickets available on site · also with MVHS-Card ·

The MVHS-Card
For just € 60.– you can access around 800 events at the MVHS from March to September 2020, including seven events in the English language. Further information: www.mvhs.de/mvhs-card
The Beautiful Game
A History of Association Football
In this talk William Smith will look at the history of association football from how, where and when it all began. With the European Championships just around the corner, come and find out more about this sport we all love.

K110826 – Presentation – Einstein 28
William Smith · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 2.6.2020 · € 7.– · remaining tickets available on site · also with MVHS-Card · &.

In the footsteps of Al Gore
The current state in the fight against global warming
This presentation is an abridged and updated version of the films “An Inconvenient Truth” and “An Inconvenient Sequel: Truth to Power” by former US Vice President Al Gore. The talk will illustrate the scientific basis and current data on climate change. Examples, worldwide and in our region, show the effects on the environment, biosphere, health and economy. How do we respond to recurring fake news on this topic? What can each of us do in the fight against global warming?

K311013 – Presentation – Einstein 28
Ruben Hernandez · Education Centre · Vortragssaal 2 · Einsteinstr. 28 · Tues 20.00 til 21.30 hrs · 22.9.2020 · € 5.– (free of charge Schüler/Studenten) · remaining tickets available on site · also with MVHS-Card · &.

Thierry Mugler. Couturissime
One exhibition, more than fashion
“Innovative and rebellious”, the French designer and photographer Thierry Mugler (*1948) has surprised fashion and film lovers with colourful and extraordinary creations for many decades. Visit this first time exhibition of his “Hollywood-style prestige, dreams, exotic creatures, eroticism, and science fiction” designs of haute couture and prêt-à-porter fashion, accessories, stage costumes, videos, archival documents as well as sketches. All brilliantly staged. Since the 70s Mugler has succeeded in influencing pop culture and revolutionised the world of couture.

K213110 – Guided Tour – Altstadt
Regina Sasse M.A. · Kunsthalle München · meeting point: 1th floor · Theatinerstr. 8 · Sat 15.00 til 16.30 hrs · 4.7.2020 · € 8.– · remaining tickets available on site · also with MVHS-Card · plus admission · 18 places
BMW Group Classic
This guided tour through the home of BMW Group Classic offers a tantalising and exclusive insight into the company and its history. The highlight of every tour is without doubt a stroll through the vehicle collection – the centrepiece of BMW Group Classic. Awaiting you here are rare road and racing vehicles, concept cars and prototypes which never saw the light of day.

K122408 – Guided Tour – Milbertshofen
BMW · meeting point: BMW Group Classic, reception area · Moosacher Str. 66 · Date from February on www.mvhs.de or (089) 48006-6861 · € 16.– · Incl. admission · Registration required · 20 places

Munich in the Nazi era – a guided tour
“Everything that was rotten and bad in the Reich fled, as if by magic, to Munich”, this is how Lion Feuchtwanger in his novel “Success” characterized the decade after the end of WWI. The time when Munich became the founding city and nerve centre of the Nazi party. On a tour of the historic city centre we explore buildings, streets, squares and memorials witnessing the birth, rise, reign, the crimes and atrocities and the downfall of National Socialism and its legacy as well as the role local authorities and the people of Munich played in it.

K121038 – Guided Tour – Altstadt
Gerd Modert · meeting point: at Fischbrunnen · Marienplatz · Sun 14.00 til 16.00 hrs · 16.8.2020 · € 5.– · remaining tickets available on site · also with MVHS-Card

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 check online for the list of materials to bring.

K224702 – Bogenhausen
Christine Holz · MVHS · Rosenkavalierplatz 16 · 6 x Thurs 18.00 til 20.30 hrs · 5.3. to 23.4.2020 · € 113.– · 10 places

Drawing Perspective
Do you want to be able to draw any perspective, from a room to architecture? Would you like to know how to put your own ideas into a perspective drawing? Using practical examples, in this course you will learn basic rules and methods for constructing perspective as well as for drawing spaces and objects from observation. Please check online for the list of materials to bring.

K224704 – Sendling
Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 · 6 x Wed 14.00 til 16.30 hrs · 18.3. to 6.5.2020 · € 113.– · 10 places · &
Arts & Crafts

Drawing and Watercolour
From Expressive Painting to Fine Details
Explore traditional watercolour painting methods and materials to create colourful, realistic, and heavily modeled images! You will learn different ways of mixing watercolour with drawing techniques in order to achieve more control over your image. The method of drawing over watercolour 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”. We will discuss basic design and colour theory in order to bring drama and energy to your artwork.
Please check online for list of materials to bring.

**K224706 – Sendling**
Ivan Uzunov · MVHS · Albert-Roßhaupter-Str. 8 · 6 x
Wed 10.00 til 12.30 hrs · 25.3. to 13.5.2020 · € 113.– · 10 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.
Please bring apron, goggles and hairbands if applicable.

**K226485 – Weekend Workshop – Fürstenried-Ost**
Attai Chen · MVHS · Forstenrieder Allee 61 ·
Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 9./10.5.2020 · € 103.– · plus € 5.– for materials · 8 places · ⭐

See better. Draw better
Drawing Basics
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.
Please check online for list of materials to bring.

**K224710 – Einstein 28**
Penelope Richardson · Education Centre · Einsteinstr. 28 · 6 x Tues 10.00 til 12.00 hrs · 12.5. to 30.6.2020 · € 90.– · 12 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 art work and have the opportunity to experiment, e.g. by combining various techniques. You will be surprised by the interesting results!
Please check online for the list of materials to bring.

**K224712 – Milbertshofen**
Yoko Omomi · Werkhalle · Druckgrafikatelier · Frohschammerstr. 14a · 8 x Wed 10.00 til 12.30 hrs · 20.5. to 22.7.2020 · € 150.– · 8 places
Drawing People
We will explore various ways to draw the clothed and nude figure. You will be given simple methods for finding proportion and form as well as drawing from perspective. We will look at how lighting, posture and movement can be used to give the figure atmosphere and set them in scene.
Please check online for the list of materials to bring.

K224714 – Sendling
Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 · 6 x Wed 14.00 til 16.30 hrs · 20.5. to 8.7.2020 · € 113.– · 10 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 check online for the list of materials to bring.

K224716 – Einstein 28
Benjy Barnhart · Education Centre · Einsteinstr. 28 · 7 x Wed 18.30 til 21.00 hrs · 20.5. to 15.7.2020 · € 132.– · 10 places · &

Character Design
Create your own character, be it a hero or a monster
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 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 characters: heroes, beauties, cuties, monsters, animals, aliens, machinery – let your imagination run wild.
Beginners and advanced students are welcome.
Please check online for the list of materials to bring.

K224718 – Einstein 28
Ivan Uzunov · Education Centre · Einseinstr. 28 · 6 x Thurs 18.30 til 21.00 hrs · 18.6. to 23.7.2020 · € 113.– · 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 check online for the list of materials to bring.

K224720 – Einstein 28
Christopher Croft · Education Centre · Einseinstr. 28 · 6 x Wed 9.30 til 11.45 hrs · 24.6. to 29.7.2020 · € 102.– · payable on site € 10.– for materials · 9 places · &
Drawing in Colour – Chalk, Pastel, and Still Life
Colour pastels and chalk have been used for much longer than people realise. Leonardo da Vinci, Michelangelo, Edgar Degas, and many others created beautiful chalk and pastel drawings showing their full potential for detail. You will learn the basics of mixing and layering colours in order to create vibrant, more intense images. We will focus on line and cross hatching to show depth and movement as well as the illusion of 3-D. Still life set-ups will be provided but you are welcome to create images from photographs, or your imagination.

Please check online for the list of materials to bring.
K224708 – Einstein 28
Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Thurs 15.30 til 18.00 hrs · 25.6. to 30.7.2020 · € 113.– · 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: https://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.
K224722 – Sendling
Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 26./27.9.2020 · € 90.– · 11 places · 📅

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 apron, goggles and hairbands if applicable. If you would like to work with gold, please bring the material and the corresponding soldering material with you.
K226490 – Weekend Workshop – Fürstenried-Ost
Attaï Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 19./20.9.2020 · € 103.– · plus € 5.– for materials · 8 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 apron and hairbands if applicable.
K226495 – Weekend Workshop – Fürstenried-Ost
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 26./27.9.2020 · € 103.– · plus € 5.– for materials · 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.

**K251150 – Gasteig**

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 13.5. to 27.5.2020 · € 71.– · 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!

**K263620 – Seminar – City Centre**

Carolyn A. Morrow · “raum21” · Paul-Heyse-Str. 21 (Rückgebäude) · 15 x Thurs 18.30 til 21.00 hrs · 5.3. to 16.7.2020 · € 131.– · 14 places

---

**Acting – The Fast Route**

Suitable for anyone who has never had a go at acting and would now 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!

**K263610 – Weekend Workshop – Pasing**

Doro Engel · MVHS · Bäckerstr. 14 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 14./15.3.2020 · € 93.– · 10 places · &
Acting Party – A Performance Hullabaloo!
Come get real … silly, showy, subtle, silver-tongued, free-spirited, spry, smooth, cool, quick, warm and fuzzy. Come to loosen your limbs, shake off the day, pocket the phone, hear your own happy voice, forget the news, move some grooves. Come to dramatize, improvise, imagine, create, collaborate and connect. This playful, theatrical, fantastical wing-ding might just be your thing. 
PS: Dress very comfortably and feel free to bring your own snacks and beverages.
K263650 – Seminar – Einstein 28
Carolyn A. Morrow · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · 2 x Fri 18.00 til 22.00 hrs · 18.9. and 25.9.2020 · € 30.– · 16 places

Anna Halprin’s Tamalpa Life
Art Process & Movement Ritual
Anna Halprin (born 1920) is considered a revolutionary force in dance. A pioneer in the use of arts for personal development she created Tamalpa Life/Art Process and Movement Ritual. Halprin views dance as social experience and metaphor for moving through life. Here you will get a taste of her search to “[unite] personal and artistic growth, life and art, with one aspect continuously feeding off the other and coming together in new ways.” We will explore the communicative potential in everyday gestures and create a simple group choreography. No prior dance experience required. Please bring cotton/sport socks (no anti-slip socks) and dance or gym clothes.
K265336 – Sunday Seminar – Neuhausen
Callie Arnold · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · Sun 10.00 til 16.00 hrs · breaks on agreement · 27.9.2020 · € 41.– · 10 places

Classical Guitar – Beginners
Introduction for participants without previous musical knowledge. If all places are taken, please register on the waiting list. If there are many requests, additional courses will be set up.
K274031 – Sendling
Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 · € 118.– · 6 places · 6

For all of the following courses we will work on consolidating and improving the skills. Newcomers welcome, please call us for advice: Phone (089) 48006-6716/6715

K274063 – Sendling
Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 · € 118.– · 6 places · 6

Classical Guitar – 3rd Semester
K274073 – Sendling
Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 · € 118.– · 6 places · 6

K274075 – Sendling
Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 · € 118.– · 6 places · 6

Classical Guitar – 4th Semester
K274081 – Sendling
Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 · € 165.– · 4 places · 6

K274083 – Pasing
Anthony Farese · Elsa-Brändström-Gymnasium · Ebenböckstr. 1 · € 154.– · 4 places

Classical Guitar – 5th Semester
K274235 – Pasing
Anthony Farese · Elsa-Brändström-Gymnasium · Ebenböckstr. 1 · € 165.– · 6 places

Guitar Song Accompaniment – 2nd Semester
K274235 – Pasing
Anthony Farese · Elsa-Brändström-Gymnasium · Ebenböckstr. 1 · € 165.– · 6 places
**Book Club at Gasteig**

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.

- **March:** Margaret Atwood, *The Testaments*
- **April:** Tommy Orange, *There There*
- **May:** Daphne du Maurier, *Rebecca*
- **June:** Pat Barker, *The Silence of the Girls*
- **July:** Colson Whitehead, *Underground Railroad*

**K244534 – Gasteig**

*Dr. Stefanie Fricke · Gasteig · Rosenheimer Str. 5 ·
Thurs 18.00 til 19.30 hrs · 19.3., 23.4., 28.5., 25.6. and 23.7.2020 · € 42.– · 14 places · 6*

---

**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 impulses provided. Once inspired, just start writing. Along the way, you will be invited to share or to continue on your own. It is as simple and pleasant as that.

**K245151 – Gasteig**

*Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 · 6 x Wed 18.00 til 20.00 hrs · 1.4. to 20.5.2020 · € 74.– · 12 places*

---

**Excursions in Style**

In this workshop, we will take a close look at short excerpts of a variety of literary texts. We will try to get a feel for how diverse authors use language, imagery and pacing to communicate character, atmosphere, story, setting, rhythm and tone. Then we will transform ourselves into “literary thieves” and imitate the various styles. Within the warm safety of our group, each excursion in style will provide an opportunity for you to push yourself into new territories of writerly experimentation and fresh discovery.

**K246125 – Workshop – Einstein 28**

*Carolyn A. Morrow · Education Centre · Einsteinstr. 28 · Wed to Fri 11.00 til 15.00 hrs · 3.6. to 5.6.2020 · € 74.– · 12 places · 6*
Business Coaching for Women
Working on Individual Goals in a Group
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.

K451375 – Einstein 28
for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 13.5. to 27.5.2020 · € 100.– · 6 places · ʰ

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, execution, 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.

This seminar is in alignment with international standards of project management. It is a part of the Projektmanagement-Kolleg which completes the examination for certification as Project Manager MVHS (course no. K440565 or K440566) but can also be visited as a standalone course.

K440538 – Weekend Seminar – Einstein 28
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 22./23.8.2020 · € 159.– · 12 places · ʰ
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.

K451540 – Einstein 28
for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · Fri 14.00 til 19.00 hrs · 19.6.2020 · € 73.– · 14 places · 🎟️

Agile Project Management – SCRUM
Digitalization, artificial intelligence or working robots are today’s reality. In terms of way of working, companies need to reinvent themselves in order to survive the customer’s fast changing needs. Apart from classical project management, people are reaching out to new approaches like Agile to meet the future. One of the most successful agile framework is SCRUM, an iterative approach that helps teams to deliver the right product through constant customer feedback, while continually improving their process. Scrum achieved great results not only in software development, but also other fields like Marketing, HR, Legal, Governance and even in Education. Join this lecture to learn about Scrum, its specificities and how we can start using it.

K440572 – Presentation – Einstein 28
Raluca Mitan · Education Centre · Vortragssaal 2 · Einsteinstr. 28 · Thurs 20.00 til 21.30 hrs · 25.6.2020 · € 10.– · remaining tickets available on site · 🎟️

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.

K451328 – Weekend Seminar – Einstein 28
Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 5./6.9.2020 · € 91.– · 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. Furthermore, you will gain an insight into the identification and quick appraisal of risks as well as how to troubleshoot vulnerable projects. This seminar is in alignment with international standards of project management. It is a part of the “Projektmanagement-Kollegs” which completes the examination for certification as Project Manager (MVHS, K440565 or K440566) but can also be visited as a standalone course.

K440543 – Weekend Seminar – Einstein 28
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 12./13.9.2020 · € 159.– · 10 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.

K440187 – Presentation – Einstein 28
Maggie Leitner M.A. · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Thurs 19.00 til 20.30 hrs · 17.9.2020 · € 7.– · remaining tickets available on site · &

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.

K440183 – Saturday Seminar – Einstein 28
Verena Weihbrecht · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 19.9.2020 · € 39.– · 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

K581522 – Gasteig
Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x mon to fri 9.00 to 18.00 hrs · 20.7. to 14.8.2020 · € 1.745.– · 12 places

K581526 – Gasteig
Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x mon to fri 9.00 to 18.00 hrs · 24.8. to 18.9.2020 · € 1.745.– · 12 places

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.

K581520 – Gasteig
Emma Jones/Amanda Momeni · Gasteig · Rosenheimer Str. 5 · 15 x Fri 9.00 to 19.00 hrs · 5 x Sat 9.30 to 14.00 hrs · 6.3. to 18.7.2020 (not in the Bavarian school holidays) · € 1.745.– · 12 places
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.

K483055 – Saturday Course – Einstein 28
Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 2 x Sat 9.15 til 16.00 hrs · breaks on agreement · 28.3. and 4.4.2020 · € 129.– · 11 places · &.

SEO Basics
A good position on the result lists of the most important search engines is crucial for the success of a website. Webmasters and marketing executives will learn how to improve the ranking and visibility of their websites on Google & others in this course. Course Content: SEO Strategy, Black Hat Techniques, White Hat Techniques, Google Crawlers, Inbound links, Outbound links, Google Page Rank, Alexa Traffic.

K483040 – Einstein 28
Shikha Setia · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 5.5. to 27.5.2020 · € 99.– · 11 places · &.

Blog like a Pro Master WordPress
There are millions of blogs on the web – but only a handful that 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.

K483030 – Einstein 28
Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 5.5. and 12.5.2020 · € 79.– · 11 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.

K483010 – Sunday Seminar – Einstein 28
Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun 9.15 til 16.00 hrs · breaks on agreement · 21.6.2020 · € 79.– · 11 places · &.
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.

Please bring comfortable clothes (what you would wear for yoga classes), a blanket and a cushion.

**K351686 – Sunday Seminar – Einstein 28**

Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 26.4.2020 · € 35.– · 12 places

---

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.

**K341170 – Presentation – Neuhausen**

Juliana Raisch · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · Mon 18.30 til 20.00 hrs · 25.5.2020 · € 7.– · 14 places · X

---

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 Calzua and useful for participants wishing to tackle their everyday stressors.

**K351116 – Saturday Seminar – Einstein 28**

Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 20.6.2020 · € 41.– · 12 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.

**K351202 – Sunday Seminar – Einstein 28**
Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 5.7.2020 · € 41.– · 14 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 mindful class will help us to let go the exertion of the day and prepare us for a relaxed evening. All levels of experience are welcome.

**K352634 – Neuhausen**
Petra Sutton · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · 5 x Tues 16.30 til 17.45 hrs · 25.8. to 22.9.2020 · € 36.– · 14 places

Taijiquan & 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.

**K353300 – Saturday Seminar – Einstein 28**
Rick Henderson · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 19.9.2020 · € 33.– · 14 places

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, much experimentation takes place on mats on the floor.

**K354102 – Sunday Seminar – Einstein 28**
Mihailo Arsenski · Education Centre · Einsteinstr. 28 · Sun 14.00 til 18.00 hrs · 27.9.2020 · € 26.– · 14 places
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.
**K381400 – Sunday Seminar – Sendling**
Bikash Kumar · MVHS · Albert-Roßhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 8.3.2020 · € 39.– · plus € 16.– for materials · 14 places

Germany’s Greatest White and Red Wines
Germany is famous worldwide for its Rieslings. This is nothing new but did you know that there are a lot of fantastic indigenous grapes from which amazing wines are produced? Wines that you rarely find abroad like Silvaner or Scheurebe. Even in the red wine sector German winemakers are producing great wines. Did you know that we are the third biggest producer of Pinot Noir in the world? Thanks to climate change even grapes such as Merlot and Cabernet Sauvignon are starting to do well.
**K387030 – Einstein 28**
for participants aged 18 and over · Patrick Hemminger · Education Centre · instructional kitchen · Einsteinstr. 28 · Thurs 18.30 til 21.30 hrs · 26.3.2020 · € 21.– · plus € 14.– for materials · 16 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.
**K381000 – Einstein 28**
Susanne Peters-Kiehl · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 17.30 til 21.30 hrs · 3.4.2020 · € 24.– · plus € 23.– for materials · 14 places
Macarons
Macarons are sensitive, delicate fancy foods. Before you learn all the fine tuning tips and bake nice, smooth shells (day 2), you will prepare different types of fillings (day 1) such as chocolate ganache and fruit jams or creams. Everyone will have a close look at the preparation of the macarons shells and a broad overview of the various fillings. In this two-day course, let yourself be seduced by the flair of French street cafes and pastry shops for a few hours and enjoy a colorful taste sensation.
Please bring an apron and a small plastic container.
K384021 – Einstein 28
Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Mon/Tues 18.00 til 21.00 hrs · 4./5.5.2020 · € 53.– · plus € 15.– for materials · 10 places

Asian dumplings – filled, rolled, wrapped
In every Asian country there are dumplings. In Japan they are called Gyoza, in China Wantan or Dim Sum, in Korea Mandu, in Vietnam Nem and in India Samosa. An Asian feast will always include a dumpling but they are also served as street food, as afternoon snacks with tea or fine dining. Whether filled with fish, meat or vegetables, the dumplings are either deep-fried or steamed in a bamboo basket. The result is small delicacies that taste different depending on the country. Learn how to make these Asian dumplings yourself and add them to your repertoire.
Please bring: tea towel, apron and small plastic containers.
K381500 – Saturday Seminar – Sendling
Siu Sui Janice Lau · MVHS · Albert-Roßhaupter-Str. 8 · Sat 10.00 til 17.00 hrs · 16.5.2020 · € 39.– · plus € 22.– for materials · 12 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.
K381020 – Pasing
Susanne Peters-Kiehl · MVHS · Bäckerstr. 14 · Fri 17.30 til 21.00 hrs · 19.6.2020 · € 24.– · plus € 23.– for materials · 14 places

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.
K381520 – Saturday Seminar – Fürstenried-Ost
Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 16.00 hrs · 20.6.2020 · € 36.– · plus € 20.– for materials · 12 places
Indian Curry Special
Learn how to cook delicious and authentic Indian curry. We start with a spice trail and explain the use of spices in the food before cooking. The menu includes classic Chicken Tikka Masala, authentic Palak Paneer, Goa special Spicy Prawn Roast with Ghee and Wholewheat Indian bread. Once it is prepared and with a refreshing Saffron Mango-Lassi on the side, we will enjoy our meal together.
Please bring: tea towel, apron and small plastic containers.

K381401 – Einstein 28
Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.00 til 21.30 hrs · 18.9.2020 · € 21.– · plus € 17.– for materials · 14 places
Our Partner Bookshops
supply not only the Programme in English but also a
wealth of interesting literature in the English language:

The Munich Readery
Augustenstraße 104
80798 München
Tel. (089) 12192403
www.readery.de

Universitätsbuchhandlung Rupprecht
Amalienstraße 79
Tel. (089) 2866170
Schellingstraße 3
Tel. (089) 2809078
80799 München
www.rupprecht.de

Word’s Worth
Schellingstraße 3
80799 München
Tel. (089) 2809141 and 283642
www.wordsworth.de
Information and registration

Information and advice regarding the programme
Emma Jones, Tel. (089) 48006-6265

Online registration
www.mvhs.de/en
Your online registration can 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, Wernerstraße 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

Mondays, Tuesdays 9 a.m. to 1 p.m.
Wednesdays, Thursdays 2 p.m. to 7 p.m.
Saturdays, Gasteig central office only 11 a.m. to 4 p.m.

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.