Welcome to the Programme in English

If you’re an expatriate whose English is better than their German, or a local with a good command of the English language, we have plenty of interesting talks, courses, events and workshops to interest you. Bring a friend or come on your own and make new friends, the Volkshochschule community is a great place to get together with like-minded people while learning something new.

Why not become more creative and check out our Arts & Crafts section or improve your culinary repertoire and join one of our cooking experiences in Food & Drink.

Are you new to Munich and looking for a job or to further your career? Perhaps you are looking for a complete change in direction? Either way, check out our Job & Career section to see what the Münchner Volkshochschule can do to help you.

Whatever you are looking for we are sure you’ll find something to pique your interest and we look forward to seeing you at one of our events. Please spread the word, the more interest we gain the more courses we can add to the programme.

To be kept up to date with what is happening in the Programme in English, please sign up to our monthly newsletter at www.mvhs.de/newsletter

We look forward to welcoming you to one of our workshops, seminars or courses.

Dr. Susanne May
Programme Director

Emma Jones
Coordinator for Programme in English
Navigating the 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.
An email with link to the seminar will be sent out on the day of the event. Please check your spam folder as well. You will need a computer (PC/Laptop) with internet connection, loudspeakers or headphones Google Chrome is the recommended browser.

O110332 – Online
Brenda Arnold · Online · Wed 19.00 til 20.30 hrs · 13.4.2022 · € 8.– · also with MVHS-Card · Registration compulsory

The Significance of Stingless Honeybees in Northern Australian Indigenous Cultures
A number of native, stingless honeybee species can be found in northern Australia, and they play an important role in the culture of local indigenous communities. This talk will provide a brief introduction to the biology of the honeybees, followed by an overview of the naming of the honeybees in the various regions and an account of how people interact with them in the natural environment. The ritual significance of the bees will also be discussed, with particular reference to their central role in mythological “Dreaming” stories, and their representation in funeral ceremonies.

Dr. Aung Si is a Myanmar citizen, who grew up in India. He has completed Doctorates in Biology and Linguistics at the Australian National University, and is currently a Postdoctoral Fellow at the Institute for Linguistics of the University of Cologne, where he carries out research on the biological knowledge of small language communities.
In cooperation with the Museum Fünf Kontinente.

Programme for the special exhibition “Inspired by Country. Bark Painting from Northern Australia”.
Registration compulsory by 2nd of May 2022 by mail: veranstaltungen@mfk-weltoffen.de. Giving your name and how many tickets you want.

O217030 – Presentation – Altstadt
Dr. Aung Si · Museum Fünf Kontinente · Maximilianstr. 42 · Thurs 19.00 til 20.30 hrs · 5.5.2022 · free of charge · §
Eastern Spirituality or Western Functionality
Happiness or success – or both?
In times of global uncertainty, Eastern wisdom has become a megatrend: yoga classes, mindfulness training and spiritual teachers are springing up wherever you look. They address our longing for meaning and they promise to end suffering in our daily life, which many of us experience as being full of stress. At the same time, we want to function well in the modern, Western world: the rent needs to be paid, the job demands our commitment, and we want to spend more time with our family. But how does it all fit together? This lavishly illustrated talk addresses the larger picture of this core question of our time.

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.

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Drawing Basics for Beginners
This course is for beginners as well as those who wish to improve their drawing skills and refine their understanding of visual language. Using pencils and charcoal, we will explore fundamental techniques such as proportion, shape, perspective, line weights, shading, and value. Students will develop drawing skills and become confident using the tools of visual expression. Please bring: DIN A4 and A3 white drawing pads, pencils HB, 2B, 4B, pack of thin vine charcoal (Reißkohle), hard white eraser, grey kneaded eraser.

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 will use the studio environment as a starting point to find 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 the basics. Please check online for a list of materials to bring.
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 a list of materials to bring.
**O224706 – Bogenhausen**
Christine Holz · MVHS · Rosenkavalierplatz 16 · 6 x Thurs 18.00 til 20.30 hrs · 10.3. to 28.4.2022 · € 124.– · 9 places · 📅

See Better. Draw Better.
Introduction to drawing
Improve your observational and technical drawing skills by activating the right side of the brain whilst learning how to draw. Based on ideas in Betty Edwards’ book “Drawing on the Right Side of the Brain”, you will discover drawing techniques which trick the brain into seeing better. These techniques can help improve realistic drawing skills, the drawing of faces, as well as improve one’s understanding of perspective. Even beginners can use this method to achieve surprising results.
Please check online for a list of materials to bring.
**O224708 – Einstein 28**
Penelope Richardson · Education Centre · Einsteinstr. 28 · 8 x Thurs 10.00 til 12.00 hrs · 17.3. to 19.5.2022 · € 132.– · 8 places · 📅

The Basics of Concept Art and Character Design
If you are interested in comic, manga or anime or you want to use your drawing and painting skills through illustration, computer games or film production, this is the course for you! We will look at basic methods of concept art and character design as well as proportion, shape, perspective, deformation, body language, expressions, mimics, anatomy and texturing. During this practical training, you will use your skills and imagination to create your own environments, props and characters: heroes, beauties, monsters, weapons, vehicles and others.
To delve even deeper into Character Design, you can go on to take the “Advanced character design” class.
Please check online for a list of materials to bring.
**O224710 – Gasteig**
Ivan Uzunov · Gasteig · Rosenheimer Str. 5 · 6 x Fri 18.30 til 21.00 hrs · 25.3. to 29.4.2022 · € 124.– · 8 places · 📅

Introduction to Illustration
Explore basic illustration methods and materials to create colourful, realistic, and heavily modeled images! Develop skills that will allow you to have a different and unique approach to the text to illustrate, depending on the literary genre and the age of the readers. We will discuss basic design and colour theory. We will look at some techniques of watercolour and drawing which will give you more control over your image and level of detail. This course is excellent for anyone who is always striving to draw or paint more “realistically”.
Please check online for a list of materials to bring.
**O224712 – Gasteig**
Ivan Uzunov · Gasteig · Rosenheimer Str. 5 · 6 x Wed 10.00 til 12.30 hrs · 20.4. to 25.5.2022 · € 124.– · 8 places · 📅
Printmaking – Linocut, Woodcut, and Monotype
Are you interested in printmaking but have hesitated to step into the technique until now? Or do you already have some printmaking experience? Here you can gain an insight into relief printmaking. Discover linocut, woodcut as well as monotype, and learn about advanced aspects of these techniques. You will receive individual support to develop your own artwork and have the opportunity to experiment, e.g. by combining various techniques. You will be surprised by the interesting results!
Please check online for a list of materials to bring.
O224714 – Milbertshofen
Yoko Omomi · Werkhalle · Druckgrafikatelier · Frohschammerstr. 14a · 6 x Tues 10.00 til 12.30 hrs · 26.4. to 31.5.2022 (not on 14.4. and 28.4.) · € 135.– · 6 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 foreshortening. We will look at how lighting, posing and movement can be used to give the figure atmosphere and set them in scene.
Please check online for a list of materials to bring.
O224716 – Sendling
Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 · 6 x Wed 14.00 til 16.30 hrs · 18.5. to 6.7.2022 · € 124.– · payable on site model fees (€ 210.– split amongst all participants) · 9 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 check online for a list of materials to bring.
O226740 – Weekend Workshop – Fürstenried-Ost
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 21./22.5.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places

Drawing Basics for Beginners
This course is for beginners as well as those who wish to improve their drawing skills and refine their understanding of visual language. Using pencils and charcoal, we will explore fundamental techniques such as proportion, shape, perspective, line weights, shading, and value. Students will develop drawing skills and become confident with the tools of visual expression.
Please check online for a list of materials to bring.
O224718 – Milbertshofen
Ivan Uzunov · Werkhalle · Malatelier/Holzbildhauerei · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 23.5. to 18.7.2022 · € 144.– · 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.

Please bring: work apron, your own protective glasses, and a hairband.

**O226745 – Weekend Workshop – Fürstenried-Ost**
Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 28./29.5.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places

**Drawing and Watercolour**
This course aims to develop an understanding of the role of drawing combined with a personal and expressive use of various watercolour techniques. Through practical demonstrations and exercises, we will investigate both traditional and experimental working methods including how to use colours effectively. Individual tuition for all levels from beginners to the more experienced course participants.

Please check online for a list of materials to bring.

**O224720 – Einstein 28**
Christopher Croft · Education Centre · Einsteinstr. 28 · 6 x Wed 9.30 til 11.45 hrs · 22.6. to 27.7.2022 · € 112.– · payable on site € 10.– for materials · 8 places

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


**O224722 – Einstein 28**
Penelope Richardson · Education Centre · Einsteinstr. 28 · 6 x Thurs 10.00 til 12.00 hrs · 23.6. to 28.7.2022 · € 99.– · 8 places

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

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

**O224724 – Gasteig**
Ivan Uzunov · Gasteig · Rosenheimer Str. 5 · 6 x Fri 18.30 til 21.00 hrs · 24.6. to 29.7.2022 · € 124.– · 9 places
**A Silver Charm**

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

Please bring: work apron, your own protective glasses, and a hairband.

**O226750 – Weekend Workshop – Fürstenried-Ost**

Paul Adie · MVHS · Forstenrieder Allee 61 ·
Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 9./10.7.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places · €.

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**Drawing Basics**

How can I begin to draw the world around me, starting with what I see on the table? Through a series of drawing exercises with everyday objects and still lifes, you will be introduced to the basic techniques of proportion and composition. You will sharpen your eye for the essentials of a drawing: shapes, form, planes, space, light and shadow.

Please bring: DIN A3 drawing paper, pencils HB, 2B, 4B, plastic white eraser.

**O224726 – Einstein 28**

Benjy Barnhart · Education Centre · Einsteinstr. 28 ·
Fri 10.00 til 17.00 hrs · breaks on agreement ·
23.9.2022 · € 56.– · 8 places · €.

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**Creative Writing – Calligraphy & Lettering**

Develop your own portfolio of calligraphic and lettering works including cards and prints, monograms, alphabets, interesting patterns and textures, embellished letters and illustrations. You will learn how to use inks and writing instruments and how to build your own tools, including self-made nibs. Starting with simple textures and patterns you will create texts, illuminated manuscripts, posters, birthday cards or bookmarks. You will write in traditional medieval script and experiment with other scripts and writing styles.

See some examples:

[www.mvhs-online.de/bildende-kunst](http://www.mvhs-online.de/bildende-kunst)

Please check online for a 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

**O224728 – Weekend Course – Sendling**

Carmen Nistor · MVHS · Albert-Roßhausterr-Str. 8 ·
Sat/Sun 10.00 til 17.00 hrs · breaks on agreement ·
24./25.9.2022 · € 109.– · 7 places · €.

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**Stone Setting**

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

Please bring: work apron, your own protective glasses, and a hairband.

**O226752 – Weekend Workshop – Fürstenried-Ost**

Attai Chen · MVHS · Forstenrieder Allee 61 ·
Sat/Sun 10.30 til 17.30 hrs · breaks on agreement ·
30./31.7.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places · €.
Make a Silver Spoon
The spoon is one of the most enduring symbols of human existence, spanning all cultures on all five continents. During this weekend workshop you will learn how to take a silver, rectangular bar and forge it into a spoon for yourself, or as a gift for someone special. Techniques covered include forging, annealing, filing, texturing and polishing; silver can be bought directly in the workshop.
Please bring: work apron, your own protective glasses, and a hairband.
O226755 – Weekend Workshop – Fürstenried-Ost
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 24./25.9.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 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: work apron, your own protective glasses, and a hairband. If you would like to work with gold, please bring the material and the corresponding soldering material with you.
O226760 – Weekend Workshop – Fürstenried-Ost
Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 1./2.10.2022 · € 115.– · payable on site basic material (silver solder, sandpaper, etc.) dependent on use · 6 places · €

Photo Walk
In the heart of the art district „Altschwabing“
In this walk through the neighbourhood of „Münchner Freiheit“, the area of Werneck-, Feilitzsch and Occamstraße, you will begin to capture the essence of what you see. This is the heart of „Altschwabing“ and it beats from its history and narratives. Photography enthusiasts strolling here could make creative shots of the following themes: architecture, short-lived situations, history of the city, culture, nature or simply just shapes and colours. You will gain a keen eye for making the invisible visible. During this walk you will practise setting up compositions, looking to all corners of the frame.
Please bring your digital camera with a fully charged battery. An external flash unit would be great but not compulsory.
O254542 – Saturday Seminar – Schwabing
Roy Hessing · Meeting point: Münchner Freiheit, Bus station, green kiosk · Sat 10.00 til 13.00 hrs · 14.5.2022 · € 35.– · 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.
O251150 – Gasteig
Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 22.6. to 6.7.2022 · € 69.– · 7 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!
O263620 – Seminar – City Centre
Carolyn A. Morrow · raum21 · Paul-Heyse-Str. 21 (Rückgebäude) · 14 x Thurs 18.30 til 20.30 hrs · 17.3. to 21.7.2022 · € 137.– · 7 places

Acting – The Fast Route
Suitable for anyone who has never had a go at acting and would like to try it out: movement – improvisation – body action – energy – theatre!
Please come in comfortable clothing, suitable for movement.
Bring beverages and snacks to keep you energized!
O263610 – Weekend Workshop – Pasing
Doro Engel · MVHS · Bäckerstr. 14 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 9./10.7.2022 · € 94.– · 9 places · ★
Anna Halprin’s Tamalpa Life/Art Process and Movement Ritual
Anna Halprin (1920–2021) 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 socks (no anti-slip socks) and dance or gym clothes.

O265336 – Saturday Workshop – Neuhausen
Callie Arnold · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · Sat 10.00 til 16.00 hrs · breaks on agreement · 9.7.2022 · € 38.– · 9 places

Creative Performance Workshop
This course is an invitation for you to courageously and whole-heartedly explore and express yourself in a warm and safe atmosphere. We will reflect, write, play and improvise together. You will be encouraged to conjure up images, stories, longings and fantastical dreaming from your own lives and explore how you might translate them on the stage. Playfully and performatively, we will work together to gather up all our bits and pieces and create a work-in-progress, a performance mosaic.
Please come in comfortable clothing, suitable for movement.
Bring drinks and snacks to keep you energized!

O263750 – Milbertshofen
Carolyn A. Morrow · Werkhalle · Theateratelier · Frohschammerstr. 14a · Mon to Fri 11.00 til 16.00 hrs · breaks on agreement · 25.7. to 29.7.2022 · € 145.– · 9 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.
Bernardine Evaristo: Girl, Woman, Other (March)
Barry Unsworth: Morality Play (April)
Harper Lee: To Kill a Mockingbird (May)
Colm Tóibín: Brooklyn (June)
Damon Galgut: The Promise (July)
Should pandemic reasons require a suspension of courses, this course may continue online.

O244531 – Gasteig
Dr. Stefanie Fricke · Gasteig · Rosenheimer Str. 5 · Thurs 18.15 til 19.45 hrs · 17.3., 28.4., 19.5., 23.6. and 21.7.2022 · € 47.– · 14 places · &
**Poetry Club – Nature in the Poetic Imagination**
Poets have long known what natural scientists have come to recognize only in recent decades: that human beings are born with an innate love of nature and can only thrive as a part of the natural world, and not apart from it.
Eminent poets such as William Wordsworth, Edward Thomas, Ted Hughes, and Sylvia Plath explore the strong connection between nature and us in fascinating ways.
We shall combine our indoor discussion of nature poems with short walks to the Isar to deepen our understanding of the authors’ aims and ideas.

**O244546 – Einstein 28**
Dr. Daniella Jancsó · Education Centre · Einsteinstr. 28 · Fri 18.00 til 20.00 hrs · 25.3., 29.4., 3.6., 1.7. and 22.7.2022 · € 52.– · 8 places · 6.

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

**O245155 – Workshop**
Carolyn A. Morrow · 6 x · Time and place tbc
at www.mvhs.de · 25.4. to 30.5.2022 · € 82.– · 8 places

**Summer Writing Immersion**
“Observe, observe, observe“ (Virginia Woolf)
For a few pleasant hours over the course of a week, join us for a playful and restorative dip into writing. Come to give over to the splendors of the river, to fine-tune your sensory awareness, and to revel in writerly companionship. Enjoy the natural ease of how words simply unfold when we stop and tend to the world that lies before us and within us.

**O246400 – Workshop**
Carolyn A. Morrow · 4 x · Time and place tbc
at www.mvhs.de · 1.8. to 4.8.2022 · € 90.– · 8 places

**Job Hunting in Munich**
Are you looking for a job in Munich but not sure how to ensure your search is successful? In this seminar you will learn which important dos and don’ts exist in the German job market. We will also talk about how you can identify suitable companies that will benefit from your qualifications. You will work out how to compile a German application portfolio that includes all necessary elements such as an application letter and a CV. Last but not least you will obtain helpful information regarding the job interview itself.

**O440183 – Saturday Seminar – Einstein 28**
Verena Weihbrecht · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 7.5.2022 · € 45.– · 7 places · 6.
**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 initiating, planning, execution, monitoring and controlling right through to the closing of a project. Furthermore, you will gain an insight into the sequencing and scheduling as well as the capacities and budgeting of a project.

This seminar is in alignment with international standards of project management (PMI). It is a part of the Project Management Course of Lectures which completes the examination for certification as Project Manager MVHS (O440565) but can also be visited as a standalone course.

If it is not possible to hold classroom courses due to current Covid-19 developments, this course will be offered online at the indicated course times.

**O440538 – Weekend Seminar – Einstein 28**
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 21./22.5.2022 · € 183.– · 9 places · &.

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

This course is offered online, lecturer and participants come into contact in video conferences at fixed course times. A few days before the start of the course, registered course participants will be sent an access link. The following equipment is required: PC/laptop or tablet with Internet access as well as headset or headphones and microphone. A good Internet connection (min. 512 Kbit/s) and Chrome as browser are also required.

**O451376 – Online**
For women only · Isabel Nitzsche · Online · 3 x Wed 18.00 til 20.00 hrs · 6.7. to 20.7.2022 · € 110.– · 5 places
Project Management – Leadership and Team Development
Successful projects primarily include personnel who are able to lead and motivate teams. A major requirement of any successful team is excellent communication skills. How is it possible to develop a team from a group of employees and what is your contribution to such a team? In this seminar you will learn, via theoretical stages and practical exercises, exactly which processes should be heeded, which developmental phases a group needs to traverse to become a successful team, how tasks can be skillfully delegated, how to motivate employees and how to resolve conflicts. This seminar is in alignment with international standards of project management (PMI). It is a part of the Project Management Course of Lectures which completes the examination for certification as Project Manager (O440565) but can also be visited as a standalone course.
Requirement: Basic knowledge in project management.
If it is not possible to hold classroom courses due to current Covid-19 developments, this course will be offered online at the indicated course times.
**O440543 – Weekend Seminar – Einstein 28**
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 9./10.7.2022 · € 183.– · 9 places · 6

Project Management with MS Project
A professional software tool such as MS Project offers an effective support for the successful planning and control of projects. Here you will learn the fundamentals of how to administer processes and resources and how to monitor projects with the use of MS Project. Features such as View; Tables; Filters, Masks; Reports and Cost administration will be demonstrated.
Requirements: Basic knowledge in project management and PC skills.
This seminar is in alignment with international standards of project management (PMI). It is part of the Project Management Course of lectures which completes the examination for certification as Project Manager (O440565) but can also be visited as a standalone course.
**O440556 – Weekend Seminar – Einstein 28**
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 17.15 hrs · breaks on agreement · 6./7.8.2022 · € 142.– · plus € 37.– for materials · 6 places · 6

Project Management – Risk Management
What is understood under the term risk management and how is it implemented by employees and/or project leaders? Through input and practical exercises you will learn how to identify, evaluate and monitor potential risk, and to depict it in cost management. You will also learn how to create a risk plan. This seminar is in alignment with international standards of project management. It is part of the Project Management Course of Lectures which completes the examination for certification as Project Manager (O440565) but can also be visited as a standalone course.
**O440547 – Saturday Seminar – Einstein 28**
Susanne Erley · Education Centre · Einsteinstr. 28 · Sat 9.30 til 18.00 hrs · breaks on agreement · 10.9.2022 · € 79.– · 13 places · disabled access
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.

O451328 – Weekend Seminar – Einstein 28
Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 17./18.9.2022 · € 100.– · 9 places · &

Certificate in English Language Teaching to Speakers of Other Languages (CELTA)
CELTA, Certificate in Teaching English to Speakers of Other Languages, is an internationally recognised initial qualification for English Language teaching to adults. For further information please visit www.mvhs.de/celta

Part-time Blended-learning
O581520 – Gasteig
Emma Jones · Gasteig · Rosenheimer Str. 5 · 15 x Fr 13.00 til 19.00 hrs plus online activity throughout the week · 7.3. to 15.7.2022 · € 1.745.– · 8 places

Full-time
O581522 – Gasteig
Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x Mon to Fri 9.00 til 18.00 hrs · 18.7. to 12.8.2022 · € 1.745.– · 8 places

Full-time Mixed Mode
O581524 – Gasteig
Emma Jones · Gasteig · Rosenheimer Str. 5 · 22.8. to 2.9.2022 (Gasteig) and 5.9. to 21.9.2022 (Online) · 9.00 til 18.00 hrs · € 1.745.– · 8 places
Blog like a Pro – Master WordPress
There are millions of blogs on the web – but only a handful are well known. So what are their secrets to success? How do they attract an audience? And how do they keep readers coming back, every day? In this three-part workshop, we'll show you all the tips, tricks and skills that you need.

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

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

O485530 – Einstein 28
Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 27.4. to 11.5.2022 · € 119.– · 6 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.

O486120 – Saturday Course – Einstein 28
Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 2 x Sat 9.15 til 16.00 hrs · breaks on agreement · 21.5. and 28.5.2022 · € 149.– · 6 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, a mat and a blanket.  
**O354105 – Sunday Seminar – Einstein 28**  
Philip Tillotson · Education Centre · Einsteinstr. 28 · Sun 14.00 til 17.30 hrs · 13.3.2022 · € 23.–

**Stress Management**  
Come to this interactive workshop to explore key strategies for dealing with stress. Learn about basic stress reactions, find out about the role of thinking patterns, explore the benefits of relaxation and consider the scope of proactively dealing with tasks and challenges. This workshop is part of the stress-management-program developed by German psychologist Gert Kalzua and useful for participants wishing to tackle their everyday stressors.  
**O351116 – Saturday Seminar – Einstein 28**  
Melanie Lirk · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 30.4.2022 · € 38.–

**Traditional Thai Massage**  
Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will gain an insight into this beautiful massage form which is performed while fully clothed on a mat on the floor. With full physical involvement the typical techniques for the masseur are, for example, the use of thumb, palm, foot, elbow etc. to relax and stretch the body of the recipient. Course participants are invited to discover the pleasure by both giving and receiving TTM in each massage-sequence. For massage couples only. Every person will receive lecture notes for €5.– (not optional).  
Please bring comfortable clothes (what you would wear for yoga classes), a blanket and a cushion.  
**O351681 – Sunday Seminar – Einstein 28**  
For couples · Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 15.5.2022 · € 38.– · plus € 5.– for materials

**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.  
**O341090 – Presentation – Neuhausen**  
Juliana Raisch · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · Wed 19.00 til 20.30 hrs · 13.7.2022 · € 8.– · Registration compulsory · 7 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.
Please bring comfortable clothes and a mat, blanket and cushion.
**O351202 – Sunday Seminar – Einstein 28**
Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 17.7.2022 · € 41.–

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.
Please bring comfortable clothes.
**O353500 – Sunday Seminar – Einstein 28**
Rick Henderson · Education Centre · Einsteinstr. 28 · Sun 10.00 til 15.30 hrs · 24.7.2022 · € 36.–

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.
**O382018 – Einstein 28**
Susanne Kiehl · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 17.30 til 21.30 hrs · 18.3.2022 · € 31.– · plus € 23.– for materials · 8 places
Bento Box – A Japanese Lunchbox
In this course you will become familiar with the traditional Japanese “Bento box”. The “Bento” is a dosage form in which various dishes are served in a special box. We will prepare a Dashi broth with various spices, sushi, tempura, miso soup and much, much more. In addition, you will learn about the cultural background of the well-known Japanese Bentos. You will receive many tips and tricks regarding preparation and how the locals serve their Bento box. At the end of the day everyone will devour their homemade Bento box. Please bring: tea towel, apron and small plastic containers.

O382660 – Saturday Seminar – Fürstenried-Ost
Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 15.00 hrs · 30.4.2022 · € 40.– · plus € 20.– for materials · 8 places ·

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

O382404 – Am Hart
Priyanka Rastogi · MVHS · Troppauer Str. 10 · Fri 17.00 til 20.30 hrs · 24.6.2022 · € 28.– · plus € 17.– for materials · 10 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.

O382038 – Pasing
Susanne Kiehl · MVHS · Bäckerstr. 14 · Fri 17.30 til 21.00 hrs · 8.7.2022 · € 27.– · plus € 23.– for materials · 12 places ·

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

O382622 – Saturday Seminar – Sendling
Siu Sui Janice Lau · MVHS · Albert-Roßhaupter-Str. 8 · Sat 10.00 til 17.00 hrs · 9.7.2022 · € 56.– · plus € 24.– for materials · 8 places ·
**Fast and Healthy Indian Cooking**

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

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

**O382400 – Einstein 28**  
Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.00 til 21.30 hrs · 16.9.2022 · € 28.– · plus € 17.– for materials · 8 places · ë.

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**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 macaron 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.

**O384014 – Einstein 28**  
Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Tues/Wed 18.00 til 21.00 hrs · 13./14.9.2022 · € 55.– · plus € 15.– for materials · 8 places · ë.
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Information and Registration

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

**Online registration**
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Your online registration can be completed in English.

**Registration in person and by telephone**
Gasteig, Rosenheimer Straße 5, first floor
Einstein 28, Einsteinstraße 28, ground floor
MVHS im HP8, Hans-Preißinger-Straße 8, ground floor
Tel. (089) 48006-6239

**North district**
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**East district**
Ramersdorf, Claudius-Keller-Straße 7,
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 9.00 til 13.00 hrs
Wednesdays, Thursdays 14.00 til 19.00 hrs
Saturdays, Gasteig only 9.00 til 13.00 hrs

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