

Münchner Volkshochschule
MVHS in English

Programme
**October 2018
to February 2019**



Registration from 1st September 2018

Online registration: www.mvhs.de/en

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

Registration in person and by telephone

- Central office: Gasteig, Rosenheimer Straße 5, 1st floor
or Central office: Einstein 28, Einsteinstraße 28
Tel. (089) 48006-62 39
- North district: Am Hart, Troppauer Straße 10
Tel. (089) 48006-68 68
- East district: Giesing, Werinherstraße 33
Tel. (089) 48006-67 50
- South district: Harras, Albert-Roßhaupter-Straße 8
Tel. (089) 48006-67 30
- West district: Pasing, Bäckerstraße 14
Tel. (089) 48006-68 30

When?

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

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

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

Information and advice regarding the programme

Emma Jones, Tel. (089) 48006-62 65

General information

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

The MVHS-Card

For just € 57.– you can access around 800 events at the MVHS from October 2018 to February 2019, including 6 events in the English language. Further information: www.mvhs.de/mvhs-card.

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

Congratulations ...

you've just picked up a booklet that could transform your life! If you are an expatriate whose English is better than their German, or a local with a good command of the English language then this programme is for you. MVHS in English opens doors to an exciting world of courses, workshops, seminars, presentations and tours aimed at the English speaking community!

How about making some gifts for family and friends? Take a look at our Arts & Crafts section and be inspired to be creative. Or perhaps Language & Literature is more your style? Why not join one of our book clubs and start discussing with like-minded people. Discover areas and places in Munich that you didn't know existed or perhaps never had the opportunity to explore until now. New in Munich and/or looking for a job? Check out the Job & Career section.

Whatever your reason for taking the first step and picking up this booklet, don't avoid step two, book a course today and make new friends while learning new things. We look forward to seeing you!



Dr. Susanne May
Programme Director



Emma Jones
Programme Coordinator
for MVHS in English



The Structure of the US Political System and its Elections

Many different ideas developed in the past molded the US political system into its present day form and continue to shape the political system. This lecture will serve as an introduction to many of these ideas, deepening the understanding of uniquely American phenomena, terminology and governmental challenges.

H110582 – Presentation – Einstein 28

Christopher Kan · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 8.10.2018 · € 6.– · remaining tickets available on site · also with MVHS-Card · ♿

The USA today

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

H110584 – Presentation – Einstein 28

Christopher Kan · Education Centre · Einsteinstr. 28 · Mon 18.00 til 19.30 hrs · 15.10.2018 · € 6.– · remaining tickets available on site · also with MVHS-Card · ♿



The Bavarian School System

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

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The Culture of School

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

H146502 – Einstein 28

Beverly Pinheiro · Education Centre · Einsteinstr. 28 · Wed 18.15 til 21.15 hrs · 7.11.2018 · € 18.– · 16 places · ☺



The Content of School

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

H146504 – Einstein 28

Beverly Pinheiro · Education Centre · Einsteinstr. 28 · Wed 18.15 til 21.15 hrs · 14.11.2018 · € 18.– · 16 places · ♿

The Personal Strategy of School

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

H146506 – Einstein 28

Beverly Pinheiro · Education Centre · Einsteinstr. 28 · Wed 18.15 til 21.15 hrs · 21.11.2018 · € 18.– · 16 places · ♿



Munich's second core S-Bahn route

A guided tour at the project's information centre

The second core S-Bahn route is currently one of the biggest infrastructure projects in the fast growing metro area of Munich. In order to upgrade the S-Bahn system and to reduce the traffic burden on the existing core line, two new tracks are being built parallel to the existing core line between the stations of Laim in the west of the city and Leuchtenbergring in the east. More details on this challenging undertaking with estimated costs of at least € 3.8 billion will be provided in this guided tour at the project's information centre at the Marienhof.

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H121135 – Information Session – Altstadt

N.N. · meeting point: opposite Dallmayr · Dienerstr. 14 · Fri 17.30 til 18.30 hrs · 2.11.2018 · free of charge · Registration necessary · Maximum Number of Participants: 20



Bavarian Supercomputer in the Leibniz Supercomputing Centre

Munich universities and research organizations produce huge amounts of data on a daily basis – this data is processed in the Leibniz Supercomputing Centre (LRZ). This is the IT service provider for research and development in Munich that also offers a fail-safe, high performance internet connection. Following a survey lecture, we will visit the Twin Cubes, the home of SuperMUC, one of the fastest computers in Europe. In the "Centre of Virtual Reality and Visualisation" you will experience the virtual worlds servicing scientific applications.

H313275 – Guided Tour – Garching

Employees of LRZ · Leibniz Rechenzentrum · meeting point: main entrance · Boltzmannstr. 1 (U6 Garching-Forschungszentrum) · Fri 18.00 til 21.00 hrs · 11.1.2019 · € 9.– · registration necessary · 15 places

BMW Group Munich plant

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

H122701 – Guided Tour – Milbertshofen

Employee of BMW · meeting point: BMW Welt, Infocounter Nord · Am Olympiapark 1 (U3 Olympiazentrum) · Mon 10.00 til 12.00 hrs · 28.1.2019 · € 18.– · 20 places

Typisch München! Typically Munich!

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

H211090 – Guided Tour – Altstadt

Simone Gundi · Münchner Stadtmuseum · meeting point: foyer · St.-Jakobs-Platz 1 · Sun 14.30 til 15.30 hrs · 24.2.2019 · € 4.– · also with MVHS-Card · tickets available from the lecturer in the museum

Test a Flight Simulator

At the Institute of Flight System Dynamics

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

H313234 – Guided Tour – Garching

Employees of the Institute · TUM Lehrstuhl für Flugsystemdynamik · meeting point: main entrance by the reception for Fakultät Maschinenwesen (near the north Exit of U6) · Boltzmannstr. 15 (U6 Garching-Forschungszentrum) · Wed 17.00 til 18.30 hrs · 27.2.2019 · € 7.– · registration necessary · 15 places



Character Design

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

H220011 – Einstein 28

*Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Thurs 18.30
til 21.00 hrs · 8.11. to 13.12.2018 · € 108.– · 10 places · ♿*



Drawing in Colour – Chalk, Pastel, and Still Life

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

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

H220035 – Einstein 28

Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Mon 14.00 til 16.30 hrs · 14.1. to 18.2.2019 · € 108.– · 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 bring: DIN A4 and A3 white drawing pads, pencils HB, 2B, 4B, pack of thin vine charcoal (Reißkohle), hard white eraser, grey kneaded eraser.

H220125 – Milbertshofen

Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 3.12.2018 to 4.2.2019 · € 127.– · 10 places · ♿

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The Drawing Studio

Drawing from observation of our surroundings is the most direct way to develop an artist's eye and learn the visual language. An awareness of proportion, spatial geometry and the properties of mark-making all arise naturally. We can use the studio environment as a starting point for finding our motifs, exploring the aspects of space, texture, light and composition. For beginners and advanced students, the Drawing Studio is conceived as an open running course where you can take time to develop your own subject matter beyond just the basics.

Please bring: DIN A4 and A3 white drawing pads, pencils HB, 2B, 4B, pack of thin vine charcoal (Reißkohle), hard white eraser, grey kneaded eraser.

H220705 – Milbertshofen

Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · 6 x Mon 18.30 til 21.00 hrs · 22.10. to 26.11.2018 · € 108.– · 10 places · ☎

Drawing and Watercolour – Introduction to Illustration

Explore basic illustration methods and materials to create colourful, realistic, and heavily modeled images! We will discuss basic design and colour theory in order to bring drama and energy to your artwork. We will look at some techniques of watercolour and drawing which will give you more control over your image and level of detail. 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".

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

H221111 – Sendling

Ivan Uzunov · MVHS · Albert-Roßhaupter-Str. 8 · 5 x Wed 10.00 til 12.30 hrs · 9.1. to 6.2.2019 · € 91.– · 10 places · ☎



Drawing and Watercolour

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

Please bring: watercolour paper block, watercolours, watercolour brushes, water container, drawing paper, drawing pencils and any other preferred drawing and watercolour painting materials.

H221113 – Einstein 28

*Christopher Croft · Education Centre · Einsteinstr. 28 · 4 x Thurs
18.30 til 20.45 hrs · 10.1. to 31.1.2019 · € 66.– · payable on site
€ 10.– for materials · 9 places · ☎*

Creative Writing – Calligraphy & Lettering

Develop your own portfolio of calligraphic and lettering works while learning 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 soon create texts, posters, birthday cards, bookmarks and other finished products. You will write in traditional medieval script and experiment with other scripts and writing styles.

Please bring: paper pad DIN A4, exercise notebook/pad DIN A4 (lined), coloured paper for cards, 2 pencils HB, brushes with flat thin hair 6 and 12 mm wide, watercolour brushes round size 1, 3 and 7, felt tip pen, pen holder and nibs (broad, pointed), 1 bottle of ink, tempera/gouache colours, palette, tissues, newspapers/magazines, scissors, glue, cutter, scotch tape, empty cola/beer can, wood sticks different sizes and thickness. If you have questions or if you need a list of examples with links and images, contact the artist at art@carmennistor.com.

H224215 – Sendling

*Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 · 4 x Wed 9.30
til 12.30 hrs · 7.11. to 28.11.2018 · € 88.– · 11 places · ☎*



General Goldsmithing Course

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

H226970 – Weekend Workshop – Gasteig

Attai Chen · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 17./18.11.2018 · € 98.– · plus € 5.– for materials · 9 places · ♻

The Art of Ring Making

In this workshop we will concentrate on the art of ring making. You will experience and practise the basic and essential techniques of the goldsmith such as sawing, filing and soldering. We will mainly work with silver and semi-precious stones. Participants who want to work with gold should bring their own materials (including the soldering material). You are welcome to bring your own silver; however, it will be possible to buy silver and stones directly in the workshop.

H226980 – Weekend Workshop – Fürstenried-Ost

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 8./9.12.2018 · € 98.– · plus € 5.– for materials · 8 places · ♻



Stone Setting

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

H226990 – Weekend Workshop – Gasteig

Attai Chen · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 26./27.1.2019 · € 98.– · plus € 5.– for materials · 9 places · ☎

Sewing Workshop for Beginners

Come and join in the fun of making small craft items. This workshop is designed for beginners with little or no sewing experience. You will learn to make small, decorative items, at the same time building your confidence. We will be working with exotic African fabrics donated by NOHNEE Dirndl. This workshop focuses on a variety of techniques including appliqué, patchwork, hand embroidery, machine and hand sewing.

Course materials: pencil, A3 sketchbook, embroidery threads, embroidery needles. A variety of other books and materials will also be provided to aid your work.

H237560 – Saturday Seminar – Einstein 28

Martha Kowa · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 13.10.2018 · € 49.– · plus € 10.– for materials · 9 places · ☎



Digital Photography for Beginners – Technical Know-how

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

H251162 – Gasteig

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 7.11. to 21.11.2018 · € 69.– · 8 places · ☎

Digital Photography for Beginners – Practical Know-how

Do you have the basics in photography but feel you would like to get more practice? Combining complex theory with practical elements, our practical-know-how course provides plenty of hands-on learning to take your photography skills to the next level. This course is the next step in mastering the key principles of digital photography, experience in photography is not essential, but a good understanding of aperture, shutter speed and ISO is helpful. Please bring your laptop or tablet and some raw and jpg images you wish to work on.

H251164 – Gasteig

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 9.1. to 23.1.2019 · € 69.– · 8 places · ☎



American Image – Picture – Portrait

You want to learn from famed American photographers – Gary Winogrand, Diane Arbus, Lee Friedlander? In this workshop we'll be going over ways to interpret photography, and how to take more compelling pictures. This will be done by examining the work and techniques of several photographers. We will go through technical equipment that enables us to work like the American photographers and how we approach the subject we want to look at with the camera.

Please bring your digital camera, manual and accessories.

H254075 – Weekend Seminar – Gasteig

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 10./11.11.2018 · € 82.– · 8 places · 

Surfing the Wave – Hawaii – Munich – Sports Photography

This course will teach you how to handle your camera effectively when shooting fast moving sports. Apart from camera settings this class will also provide knowledge regarding the digital workflow under special circumstances. Selected examples will illustrate the technical must dos when on location. Together we will photograph the Eisbach surfers in action. In the classroom we will then discuss the results and what we can learn from our experience.

Please bring: your digital camera, lens with large zoom, empty SD card, operating instructions, monopod (if available), laptop (with a photo editing programme installed), card reader, waterproof shoes or boots.

H255345 – Gasteig

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · Tues 18.30 til 21.00 hrs · 12.2., 19.2. and 26.2.2019 · excursion: Sat 10.30 til 15.00 hrs · 23.2.2019 · € 92.– · 8 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 drinks and snacks to keep you energized!

H263600 – Weekend Seminar – Am Hart

Doro Engel · MVHS · Troppauer Str. 10 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 9./10.3.2019 · € 70.– · 14 places · ♿

The Fine Art & Joy of Acting – for Non-Actors

In this course, you will have an opportunity to experience some of the wonderful techniques used to help actors move and speak with clarity and radiance. You will explore how to “tune your instrument”, your voice and your body, in order to feel more at home with yourself, more centered, free, and powerful. You will also enjoy exercises in mindful breathing, listening and connecting to others, and grasping and expressing the power of words. Finally, the delightful and spontaneous art of improvisation will top off your day with laughter and play.

H263610 – Seminar – City Centre

Carolyn A. Morrow · “raum21” · Paul-Heyse-Str. 21 (Rückgebäude) · 10 x Thurs 18.30 til 21.00 hrs · 4.10. to 13.12.2018 · € 129.– · 14 places

Anna Halprin's Tamalpa Life/Art Process and Movement Ritual

Anna Halprin (born 1920) is considered a revolutionary force in dance history. A pioneer in the use of arts for healing 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.

H265328 – Saturday Seminar – Neuhausen

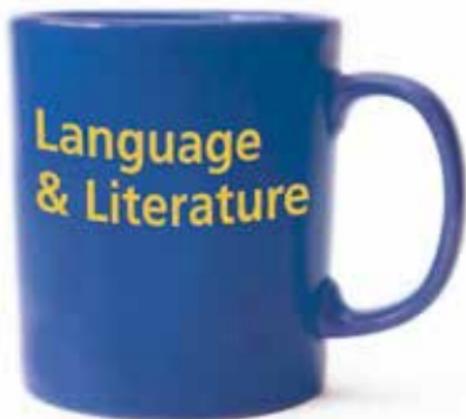
Callie Arnold · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · Sat 10.00 til 15.00 hrs · breaks on agreement · 16.2.2019 · € 36.– · 10 places

"Rise Up: Feminist Voices Trump Hate" Performance with the Munich Feminist Project

Last year the Munich Feminist Project, an amateur feminist theater group under the direction of Sophia Gonzalez, was invited to take part in its performance "Rise Up" at the Festival of European Anglophone Theatrical Societies in Antwerp, Belgium. The artists present their personal view, be it how they see Donald Trump as the 45th President of the United States of America, the Me-too-debate or their experience as an ethnic minority within the USA or Germany.

H124175 – Hadern

Munich Feminist Project · Volkshochschule · Gardinistr. 90 · Sat 19.00 til 21.00 hrs · 2.2.2019 · € 8.– · remaining tickets available on site · also with MVHS-Card



English Book Club at Gasteig

We are all familiar with "A Christmas Carol" by Charles Dickens. But did you know that Dickens wrote other stories for the season, like "The Cricket on the Hearth" and "The Chimes"? The same is true for Truman Capote, author of "Breakfast at Tiffany's", who wrote "A Christmas Memory". And last but not least, the literary father of "Lolita", Vladimir Nabokov, penned the story "Christmas". This talk will look at lesser known Christmas stories by these giants of literature.

H244135 – Presentation – Gasteig

Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Mon 18.00 til 19.30 hrs · 17.12.2018 · € 7.– · remaining tickets available on site · also with MVHS-Card · ♿

Truman Capote – Mad Genius

Many of Capote's short stories, novels, plays, and nonfiction pieces are recognized as literary classics, including the novella "Breakfast at Tiffany's" (1958) and the true crime novel "In Cold Blood" (1966). The talk will portray this flamboyant writer through his life and writings.

H244190 – Presentation – Gasteig

Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Mon 18.00 til 19.30 hrs · 25.2.2019 · € 7.– · remaining tickets available on site · also with MVHS-Card · ♿



Book Club at Gasteig

If you enjoy reading and sharing your ideas, come join us! We meet informally about every four weeks to discuss novels. Please read the book for every session and bring your thoughts with you. The book club will suit people who enjoy discussing fiction in a group setting.

Oct: Imbolo Mbue, Behold the Dreamers

Nov: Jonathan Coe, Number 11

Dec: John Steinbeck, The Red Pony

Jan: Yaa Gyasi, Homegoing

Feb: Julian Barnes The Sense of an Ending

H244680 – Gasteig

Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Thurs 18.00 til 19.30 hrs · 18.10., 15.11., 13.12.2018, 17.1. and 21.2.2019 · € 40.– · 14 places · ☺

Oh my America ...

Conjuring your own Red, White, and Blue

"And all around me, a voice was sounding ... this workshop was made for you and me." You are an American or you have a deep connection to the country. You know how it smells, how it feels. You've laughed there (and perhaps cried) – in a kitchen, a field, a forest, or along the highways. This land is part of you, of us, golden valleys of memories and sensations. This workshop is our chance to come together, to roam and ramble and write under an endless skyway.

Shortly after our last class, participants will have an opportunity to take part in MVHS's Open Stage series and to publicly share pieces of writing created during the workshop.

H247050 – Einstein 28

Carolyn A. Morrow · Education Centre · Einsteinstr. 28 · 2 x Sat 14.00 til 18.00 hrs · 10.11. and 17.11.2018 · € 46.– · 12 places

The Writing Lounge

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

H247120 – Gasteig

Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 · 7 x Wed 18.00 til 20.00 hrs · 9.1. to 20.2.2019 · € 81.– · 12 places

The Cineastic Circle

Celebrate current filmmaking with a regular cinema visit and lively discussion sessions with a group of like-minded cinema fans. The conversations will be conducted in English. In association with the Rio Filmpalast the screenings will be held on one Monday per month, with the discussion session being held the following Thursday at the Education Centre (making a total of four sessions). Please note that the films will not be known until the details are released a week before – tickets must be bought separately. Discussions will be led by our native speaking film enthusiast, Jeremy Owen, arts writer and film industry creative. For more information please contact Dorothee Lossin
Phone (089) 48006-6728.

H249010 – Einstein 28

Jeremy Owen · Education Centre · Einsteinstr. 28 · Introduction: Thurs 19.30 to 21.00 hrs · 11.10.2018 · 4 x Thurs (exact dates will be fixed at the first meeting) · € 32.– · 14 places · ☎

"Roman Holidays"

Beginners' Italian for Travellers

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

H533029 – Weekend Seminar – Gasteig

*Dr. Antonio Compagnone · Gasteig · Rosenheimer Str. 5 ·
Sat 10.00 til 17.00 hrs · Sun 10.00 til 13.00 hrs · breaks on
agreement · 16./17.2.2019 · € 62.– · 10 places · ♿*



Job Hunting in Munich

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

H440183 – Saturday Seminar – Einstein 28

Karin Willmer · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 12.1.2019 · € 32.– · 12 places · ♿



Project Management – Riskmanagement

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 Projekt-management-Kolleg which completes the examination for certification as Project Manager (H440565) but can also be visited as a standalone course.

H440547 – Saturday Seminar – Einstein 28

Angelos Kirianes · Education Centre · Einsteinstr. 28 · Sat 9.30
til 18.00 hrs · breaks on agreement · 26.1.2019 · € 155.– ·
12 places · ☺

Project Management with MS Project

A professional software tool such as MS Project offers an effective and flexible support for the successful planning and control of projects. In this seminar you will learn the fundamentals of how, with the use of MS Project, processes and resources can be administered, and how to keep up with and monitor projects. Use features such as View; Tables; Filters; Masks; Reports and Cost administration. Learn how to make the programme work for you.

The coursebook is included in the price.

Requirements: Working knowledge of PCs.

This seminar is in alignment with international standards of project management. It is part of the Projekt-management-Kolleg which completes the examination for certification as Project Manager (MVHS) (H440565) but can also be visited as a standalone course.

H440550 – Weekend Seminar – Einstein 28

Angelos Kirianes · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30
til 17.15 hrs · breaks on agreement · 8./9.12.2018 · € 169.– ·
12 places · ☺

Storytelling in Business Methods for Successful Presentations

Imagine you are holding a presentation and the content of what you are saying has your colleagues chomping at the bit for more! Storytelling offers, without PowerPoint slides or flipcharts, an efficient method to communicate with customers, employees, colleagues and a variety of other audiences. In this practical seminar you will learn how to utilise storytelling in your job. You will acquire a variety of methods to help you gain the undivided attention of your audience.

H451328 – Weekend Seminar – Einstein 28

Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 16.11.3.2019 · € 91.– · 12 places · ♿

Understanding the Implicit Rules in Business Get Set for Success

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

H451540 – Einstein 28

for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · Fri 14.00 til 19.00 hrs · 25.1.2019 · € 73.– · 14 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.

Course content: Overview of the platforms Facebook, Twitter, YouTube, Blog, XING, Instagram.

H483010 – Sunday Seminar – Einstein 28

Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun

9.15 til 16.00 hrs · breaks on agreement · 16.12.2018 · € 79.– ·

11 places · 



Certificate in English Language Teaching to Speakers of Other Languages (CELTA)

Part-Time

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

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.

H581520 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · 15 x Fri 9.00 til approx. 19.00 hrs; 5.10.2018 til 9.2.2019, 5 x Sat on 6.10., 13.10., 17.11., 15.12.2018, 9.2.2019 9.00 til approx 15 hrs · € 1.595.– · 12 places

Certificate in English Language Teaching to Speakers of Other Languages

(CELTA) Full-time

CELTA full-time courses are intensive and rewarding, for further information please visit www.mvhs.de/celta

H581522 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x 9.00 til 18.00 hrs · breaks on agreement · 4.2. to 1.3.2019 · € 1.595.– · 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.

H483055 – Saturday Course – Einstein 28

*Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 2 x Sat
9.15 til 16.00 hrs · breaks on agreement · 10.11. and 17.11.2018 ·
€ 129.– · 11 places · ☎*

28



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

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

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

H483020 – Saturday Seminar – Einstein 28

Elisabeth Weigel · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 1.12.2018 · € 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. Course content: Overview of the platforms Facebook, Twitter, YouTube, Blog, XING, Instagram.

H483010 – Sunday Seminar – Einstein 28

Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun 9.15 til 16.00 hrs · breaks on agreement · 16.12.2018 · € 79.– · 11 places · ☎

The Digital World

Create your own Blog with WordPress

Want to tell the world about your hobbies, travels and experiences? Or just have something to get off your chest? With a weblog you can share your musings with anyone and everyone on the internet. Some famous bloggers even make money from their writing. Course Content: register a WordPress blog and configure important options; customise the design with themes and logos; add powerful features via extensions; write effective and engaging blog posts; bring in a wider audience with search engine optimization.

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

H483030 – Einstein 28

Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed
18.00 til 21.00 hrs · 23.1. to 6.2.2019 · € 99.– · 11 places · ♿

30





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.

H340500 – Presentation – Neuhausen

Juliana Raisch · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · Wed 19.15 til 20.45 hrs · 16.1.2019 · € 7.– · 17 places · ♿

Stress Management

Come to this interactive workshop to explore key strategies for dealing with stress. Learn about basic stress reactions, find out about the role of thinking patterns, explore the benefits of relaxation and consider the scope of proactively dealing with tasks and challenges. This workshop is part of the stress-management-program developed by German psychologist Gert Kalzua and useful for participants wishing to tackle their everyday stressors.

H351102 – Weekend Seminar – Einstein 28

Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 13.00 til 17.00 hrs · Sun 10.00 til 13.00 hrs · 8./9.12.2018 · € 48.– · 14 places



Mindfulness

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

Please bring: refreshments, large hand towel

H351216 – Sunday Seminar – Einstein 28

Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 18.11.2018 · € 41.– · 14 places

Traditional Thai Massage

Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will get an insight into this beautiful massage form which is performed while fully clothed on a mat on the floor. With full physical involvement the typical techniques for the masseur are, for example, the use of thumb, palm, knee, elbow etc. to relax and stretch the body of the recipient. Course participants are invited to discover the pleasure by both giving and receiving TTM in each massage-sequence.

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

H351686 – Saturday Seminar – Einstein 28

Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sat 10.00 til 16.00 hrs · breaks on agreement · 26.1.2019 · € 34.– · 12 places



Hatha-Yoga

Yoga is not a "one size fits all" discipline, but a body of knowledge and tools that need to be carefully tailored to suit each one of us. In this class, movement and breathing will be brought in tune with gentle poses that will be practiced according to the student's ability. Pranayama (breathing technique) and meditation will be introduced. This mindful class will help us to let go of the exertion of the week and prepare for a relaxed weekend.

All levels of experience are welcome.

H352832 – Neuhausen

Petra Sutton · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · 4 x Fri 16.30 til 17.45 hrs · 1.2. to 22.2.2019 · € 30.– · 14 places

Feldenkrais

Rediscovering the Joy of Easy Movement

The Feldenkrais Method, using simple and small but quirky and unexpected movements, is a simple and 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.

H354106 – Saturday Seminar – Einstein 28

Philip Tillotson · Education Centre · Einsteinstr. 28 · Sat 13.00 til 17.00 hrs · 19.1.2019 · € 25.– · 14 places



Indian Cuisine

A Culinary Journey Through India

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

H381409 – Sunday Seminar – Sendling

Bikash Kumar · MVHS · Albert-Roßhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 18.11.2018 · € 36.– · plus € 16.– for materials · 15 places



Asian party snacks

Who doesn't appreciate fine and tasty tidbits? These small but sophisticated snacks enrich not only every party buffet, but also convince every guest of the taste of Asia. Together we will make some of the most popular Asian goodies with exotic spices, fresh veggies and more, like crunchy golden bags with vegetarian filling, fresh summer rolls, prawn crackers, fish cakes with cucumber salad, grilled marinated chicken satay and so on. These snacks cater to all tastes and they are easy to make at home. So, set off on an exciting journey of discovery through Asia's little treasures.

H381503 – Einstein 28

Hanno Innerhofer · Education Centre · instructional kitchen · Einsteinstr. 28 · Wed 17.30 til 21.30 hrs · 24.10.2018 · € 20.– · plus € 12.– for materials · 15 places

Traditional Thai Cooking – authentic and exotic

Learn how to prepare and cook an authentic Thai meal in a fun and interactive cooking class. Refresh your culinary skills and creativity, exploring a typical Asian supermarket, and enjoy lots of healthy Thai food and cooking tips along the way. First, we will meet at 10 am in Lotus Asia Markt, Hofmannstraße 30. After learning all about the traditional food, we will head back to the VHS and practice traditional Thai cooking methods in a hands-on cooking class. Such as Tom Kha Gai, Fried Vegetables with Ginger and Cashew Nuts, Satay/Peanut sauce, Phat Thai and self-made curry paste.

H381612 – Saturday Seminar – Fürstenried-Ost

Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 17.00 hrs · 27.10.2018 · € 38.– · plus € 22.– for materials · 12 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.

H385124 – Einstein 28

for participants aged 18 and over · Patrick Hemminger · Education Centre · instructional kitchen · Einsteinstr. 28 · Thurs 18.30 til 21.30 hrs · 21.2.2019 · € 20.– · plus € 14.– for materials · 16 places

A flair of Paris

Eclairs & Tarteletts

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

H386003 – Saturday Seminar – Einstein 28

Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Sat 13.00 til 18.00 hrs · 20.10.2018 · € 25.– · plus € 13.– for materials · 14 places

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Tel. (089) 2 80 91 41 and 28 36 42
www.wordsworth.de

Publisher

Münchner Volkshochschule GmbH
Kellerstraße 6, 81667 München

Design

Kunst oder Reklame, www.kunst-oder-reklame.de

Print

FIBO Druck- und Verlags GmbH, 82061 Neuried

Responsible according to the press law

Dr. Susanne May, Programme Director