Online registration:
www.mvhs.de/en
Please note: your online registration can now be completed in English.

Registration in person and by telephone:
2nd September 2019
Central office: Gasteig, Rosenheimer Straße 5, 1st floor or Einstein 28, Einsteinstraße 28
Tel. (089) 48006-6239
North district: Am Hart, Troppauer Straße 10
Tel. (089) 48006-6868
East district: Giesing, Werinherstraße 33
Tel. (089) 48006-6750
South district: Harras, Albert-Roßhaupter-Straße 8
Tel. (089) 48006-6730
West district: Pasing, Bäckerstraße 14
Tel. (089) 48006-6830

When?
Mondays & Tuesdays from 9 a.m. to 1 p.m.
Wednesdays & Thursdays from 2 p.m. to 7 p.m.
Saturdays from 11 a.m. to 4 p.m. – Gasteig central office only

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

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

The MVHS-Card
For just € 57.– you can access around 800 events at the MVHS from October 2019 to February 2020, including one event in the English language. Further information: www.mvhs.de/mvhs-card
Our Partner Bookshops supply not only the Programme in English but also a wealth of interesting literature in the English language:

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

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

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

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

**Impressum**

**Herausgeber**
Münchner Volkshochschule GmbH
Kellerstr. 6, 81667 München

**Redaktion**
Emma Jones

**Satz**
Print- und Internetredaktion
Bettina Siegwart, Annette Zuërl

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

**Druck**
FIBO Druck- und Verlags GmbH, 82061 Neuried

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

---

**EFQM**

**Recognised for Excellence**
5 Star - 2018

Congratulations!

... you’ve just picked up a booklet that could transform your life!
If you’re an expatriate whose English is better than their German, or a local with a good command of the English language, look no further. We have plenty of interesting courses, events and seminars to whet even the most discerning of appetites!
This semester’s programme offers many courses to help you get creative in Arts & Crafts as well as a variety of new culinary experiences in Food & Drink. Are you new to Munich? Why not have a look at our Discover Munich section and find out what this wonderful city has to offer. Perhaps you are looking to further your career or are looking for a complete change in direction, check out our Jobs and Career section. Whatever you are looking for we are sure you’ll find something to pique your interest and we look forward to seeing you at one of our events.
To be kept up to date with what is happening in Programme in English, please sign up to our newsletter at www.mvhs.de/newsletter
We look forward to welcoming you to one of our workshops, seminars or courses.

Dr. Susanne May
Programme Director

Emma Jones
Coordinator for Programme in English
English Talks
Looking for a regular meet-up with people from all walks of life to talk about a variety of topics in your mother tongue or your preferred foreign language? Programme in English is now holding regular English Talks, usually on the 1st Tuesday of every month, in Einstein 28. Each talk will be presented by an expert in their field and will be followed by a Q&A session and an informal discussion. You can register for the whole semester or register for each talk separately.

**J529100 – Einstein 28**
Various Speakers · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · 19.00 til 20.30 hrs · 1.10.2019 to 4.2.2020 · € 30.– (for all English Talks) · ✎.

**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.

**J440187 – Presentation – Einstein 28**
Maggie Leitner M.A. · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 5.11.2019 · € 7.– · remaining tickets available on site · also with MVHS-Card · ✎.

**Intercultural competence – how can we improve our communication and mindset?**
Whenever different cultures collide, we can learn from each other. But often misunderstandings prevent a deeper understanding and insight into the different orientation systems. How can we acquire appropriate skills and attitudes in order to better communicate with each other and understand the underlying causes for a certain mindset and behavior? These questions will be raised and answered in this talk about intercultural competence.

**J146108 – Vortrag – Einstein 28**
Manije Khabirpour · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 18.30 til 20.00 hrs · 3.12.2019 · € 7.– · remaining tickets available on site · also with MVHS-Card · ✎.

**Eat now, pay later**
Are we being fair to the future generations?
A study, financed by Tollwood GmbH and the well-known Schweisfurth Stiftung, is evaluating the real costs of organic and non-organic food in the market today. It is so important to be aware of these real costs, as someone has to pay, do we really want to leave this for our children to worry about?

**J388003 – Presentation – Einstein 28**
Susanne Peters · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 1.10.2019 · € 7.– · remaining tickets available on site · also with MVHS-Card · ✎.
Living in Munich as a Foreigner
Are you new to Munich or would you just like to learn more about the native population living around you? This talk aims to provide fellow foreigners with enlightening information about the culture and daily life of Munich and Bavaria. With prior living experiences in Switzerland and Hong Kong, the presenter is an American who has lived in Munich for almost 4 years and is married to a Munich-born-and-bred Bavarian. Potential topics of discussion include: administrative and bureaucratic challenges, daily life including what to find where, driving, rentals and property, the presenter’s tips and advice for a smooth transition.

J110324 – Presentation – Einstein 28
Christopher Kan · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 21.1.2020 · € 7.– · remaining tickets available on site · also with MVHS-Card · 6.

Should we panic about Fake News?
In this digital age it has become increasingly easy to keep up to date on a variety of subjects and to access news from all over the world. At the same time, however, deliberate misinformation and forged facts are spread via online (social) media. This widespread misinformation is undermining serious media coverage. In this talk we will first look at the history and possible definitions of Fake News and then discuss what role they play in today’s politics and in our daily lives, as well as how we can avoid falling for them.

J244035 – Einstein 28
Dr. Stefanie Claudia Fricke · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 18.30 til 20.00 hrs · 4.2.2020 · € 7.– · remaining tickets available on site · also with MVHS-Card · 6.

The Provinces and Counties of Ireland
This talk gives an insight into Ireland’s cultural heritage and scenic beauty. The author left Ireland for Germany in 1988 and has learned on numerous trips back since then, that the island is one of the most welcoming and friendly places on earth. Ireland offers a rich tapestry when it comes to things to do and see, great places to visit – come rain or shine.

J110420 – Presentation – Gasteig
Seán Adamson · Gasteig · Rosenheimer Str. 5 · Wed 18.00 til 19.30 hrs · 5.2.2020 · € 6.– · remaining tickets available on site · also with MVHS-Card · 6.

Insight Germany
“Insight Germany” opens doors to the secret and not-so-secret foundations and pillars of German society. What is the make-up of the German population, and why is Munich a little atypical? What do you need to know about the health system, food habits, or public transport, in Munich and beyond? Which political issues are currently being discussed in Munich, in Bavaria, in Germany, and what is the system of government behind them? We will have a Culture Quiz at the end!

J110200 – Presentation – Einstein 28
Dr. Cornelius Görres · Education Centre · Einsteinstr. 28 · Fri 18.00 til 21.00 hrs · 21.2.2020 · Sat 10.00 til 17.00 hrs · 22.2.2020 · € 25.– · 6.
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 which also offers a fail-safe, high performance internet connection. Following a survey lecture, we will visit the Twin Cubes, the home of SuperMUC-NG (Next Generation), one of the fastest computers in the world. In the “Centre of Virtual Reality and Visualisation” you will experience the virtual worlds servicing scientific applications.
Please bring: photo identification

J313275 – Guided Tour – Garching
Employees of LRZ · Leibniz Rechenzentrum · meeting point: main entrance · Boltzmannstr. 1 (U6 Garching-Forschungszentrum) · Fri 18.00 til 21.00 hrs · 24.1.2020 · € 9.– · registration necessary · 10 places

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

J313234 – 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 · 19.2.2020 · € 7.– · registration necessary · 15 places

Typically Munich!
This Tour traces the trials and tribulations of the city of Munich. The exhibits chart how 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 and 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.

J211070 – Guided Tour – Altstadt
Simone Gundi · Münchner Stadtmuseum · meeting point: foyer · St.-Jakobs-Platz 1 · Sun 14.30 til 15.30 hrs · 19.1.2020 · € 4.– · also with MVHS-Card · plus discounted admission ticket € 2.– · tickets available from the lecturer in the museum

BMW Group Classic
This guided tour through the home of BMW Group Classic offers a tantalising and exclusive insight into the company and its history. The highlight of every tour is a stroll through the vehicle collection – the centrepiece of BMW Group Classic. Awaiting you here are rare road and racing vehicles, concept cars and prototypes that never saw the light of day.

J122408 – Guided Tour – Milbertshofen
Employee of BMW · meeting point: BMW Group Classic, reception area · Moosacher Str. 66 · Sat 16.30 til 17.30 hrs · 23.11.2019 · € 16.– incl. admission · Registration necessary · 20 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.

J224701 – Milbertshofen
Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 14.10. to 2.12.2019 · € 129.– · 10 places · 🥂

See better. Draw better – Drawing Basics
Improve your observational and technical drawing skills by activating the right side of the brain whilst learning how to draw. Based on ideas in Betty Edwards’ book “Drawing on the Right Side of the Brain”, you will discover drawing techniques which trick the brain into seeing better. These techniques can help improve realistic drawing skills, the drawing of faces, as well as improve one’s understanding of perspective. Even beginners can use this method to achieve surprising results. Please bring: DIN A3 drawing block, pencils 2B, 4B, 6B, charcoal, backing board, clips.

J224703 – Einstein 28
Penelope Richardson · Education Centre · Einsteinstr. 28 · 8 x Tues 10.00 til 12.00 hrs · 15.10. to 10.12.2019 · € 118.– · 12 places · 🥂

Drawing and Watercolour
From Expressive Painting to Fine Details
Explore traditional watercolour painting methods and materials to create colourful, realistic, and heavily modeled images! You will learn different ways of mixing watercolour with drawing techniques in order to achieve more control over your image. The method of drawing over watercolour painting can result in extremely delicate and detailed works. It is an excellent technique for anyone who is always striving to draw or paint more „realistically“ . We will discuss basic design and colour theory in order to bring drama and energy to your artwork.

Please bring: watercoulor set, small variety of pointed tip brushes, pad of quality artists’ paper, water container, arrangement of coloured pencils, 1–2 waterproof black artists’ pens.

J224705 – Sendling
Ivan Uzunov · MVHS · Albert-Roßhaupter-Str. 8 · 5 x Wed 10.00 til 12.30 hrs · 6.11. to 4.12.2019 · € 93.– · 10 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 an apron and hairbands if applicable.
J226930 – Weekend Workshop – Fürstenried-Ost
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 16./17.11.2019 · € 101.– · plus € 5.– for materials · 8 places · &

Character Design – Create your own character, be it a hero or a monster
If you are interested in comic, manga or anime or you want to use your drawing and painting skills through illustration, computer games or film production, this is the course for you! We will look at basic methods of character design as well as proportion, shape, perspective, deformation, body language, expressions, mimics, anatomy and texturing.
Please check online for the list of materials to bring.
J224707 – Einstein 28
Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Thurs 18.30 til 21.00 hrs · 28.11.2019 to 16.1.2020 · € 111.– · 10 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.
J226880 – Weekend Workshop – Fürstenried-Ost
Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 30.11./1.12.2019 · € 101.– · plus € 5.– for materials · 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 art work and have the opportunity to experiment, e.g. by combining various techniques. You will be surprised by the interesting results!
Please check online for the list of materials to bring.
J224721 – Milbertshofen
Yoko Omomi · Werkhalle · Druckgrafikatelier · Frohschammerstr. 14a · 8 x Wed 10.00 til 12.30 hrs · 4.12.2019 to 5.2.2020 · € 147.– · 8 places
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 bring: DIN A4 and A3 white drawing pads, pencils HB, 2B, 4B, pack of thin vine charcoal (Reißkohle), hard white eraser, grey kneaded eraser.

J224709 – Einstein 28
Benjy Barnhart · Education Centre · Einsteinstr. 28 · 8 x Wed 18.30 til 21.00 hrs · 11.12.2019 to 12.2.2020 · € 147.– · 10 places

Drawing Perspective
Do you want to be able to draw any perspective from a room to architecture? Would you like to know how to put your own ideas into a perspective drawing? Using practical examples, in this course you will learn basic rules and methods for constructing perspective as well as for drawing spaces and objects from observation. Please bring: DIN A3 and A4 drawing paper, pencils HB, B, or 2B, hard white eraser, grey kneaded eraser, 30 cm ruler.

J224711 – Sendling
Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 · 6 x Wed 14.00 til 16.30 hrs · 8.1. to 12.2.2020 · € 111.– · 10 places

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

J226890 – Weekend Workshop – Fürstenried-Ost
Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 11./12.1.2020 · € 101.– · plus € 5.– for materials · 8 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.

J224713 – Einstein 28
Christopher Croft · Education Centre · Einsteinstr. 28 · 6 x Wed 9.30 til 11.45 hrs · 15.1. to 19.2.2020 · € 100.– · payable on site € 10.– for materials · 9 places
Painting for Beginners and Refreshers
Have you always dreamed of painting and creating your own art? Realize your vision and start painting now! In this course you will learn or revise fundamental techniques and, with guidance, transfer your ideas to paper. The results will be as varied as their creators. Acrylic paints are most suitable for this course, however, if you would prefer to work with other materials, please feel free to bring them along. Please bring: paints, paintbrushes, paper or canvases. Acrylic colours and other materials may also be purchased during the workshop.

J224715 – Bogenhausen
Christine Holz · MVHS · Rosenkavalierplatz 16 · 6 x Thurs 18.00 til 20.30 hrs · 16.1. to 20.2.2020 · € 111.– · 10 places

Drawing in Colour – Chalk, Pastel, and Still Life
Colour pastels and chalk have been used for much longer than people realise. Leonardo da Vinci, Michelangelo, Edgar Degas, and many others created beautiful chalk and pastel drawings showing their full potential for detail. You will learn the basics of mixing and layering colours in order to create vibrant, more intense images. We will focus on line and cross hatching to show depth and movement as well as the illusion of 3-D. Still life set-ups will be provided but you are welcome to create images from photographs, or your imagination. Please bring: mixed chalk pastel set (16 colours or more is recommended but 10 is sufficient), pastel paper pad DIN A3 or larger, spray fixative.

J224717 – Einstein 28
Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Mon 14.00 til 16.30 hrs · 27.1. to 9.3.2020 · € 111.– · 10 places · ⛔

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

J226900 – Weekend Workshop – Fürstenried-Ost
Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 8./9.2.2020 · € 101.– · plus € 5.– for materials · 8 places · ⛔

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

J224719 – Sendling
Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 15./16.2.2020 · € 89.– · 11 places · ⛔
Arts & Crafts

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

**J226910 – Weekend Workshop – Fürstenried-Ost**
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 15./16.2.2020 · € 101.– · plus € 5.– for materials · 8 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 from sheet metal. Some ideas: initials, flowers, animals, food, almost anything can be made into a pendant to wear around your neck. 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 an apron and hairbands if applicable.

**J226920 – Weekend Workshop – Fürstenried-Ost**
Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 29.2./1.3.2020 · € 101.– · plus € 5.– for materials · 8 places · 🛋

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

**J251150 – Gasteig**
Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 6.11. to 20.11.2019 · € 71.– · 8 places · 🛋
The Fine Art & Joy of Acting – for Non-Actors
In this course, you will have an opportunity to experience some of the wonderful techniques used to help actors move and speak with clarity and radiance. You will explore how to „tune your instrument“, your voice and your body, in order to feel more at home with yourself, more centered, free, and powerful. You will also enjoy exercises in mindful breathing, listening and connecting to others, 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 drinks and snacks to keep you energized!

J263620 – Seminar – City Centre
Carolyn A. Morrow · „raum21“ · Paul-Heyse-Str. 21 (Rückgebäude) · 15 x Thurs 18.30 til 21.00 hrs · 10.10.2019 to 6.2.2020 · € 131.– · 14 places

Münchner Kammerspiele – selected productions
The Münchner Kammerspiele is one of Germany’s most important and storied theaters. Together we will attend three plays which are either performed or surtitled in English. Each theater visit will be prefaced by a session to help prepare the viewer for the performance then followed by another session devoted to discussion and analysis of the production. When possible, members of the Kammerspiele will join the class to lend an insider’s perspective on the theater’s repertoire and creative choices.
In cooperation with the Münchner Kammerspiele

J263600 – Seminar – Einstein 28
Adam Joachim Goldmann · Education Centre · Einsteinstr. 28 · Wednesday, 4th December 2019 · five additional preparation dates and three dates for the performances by agreement · € 95.– · Theater tickets, available at a discounted rate for participants, must be purchased separately. · 10 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!

J263610 – Weekend Seminar – Einstein 28
Doro Engel · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 1./2.2.2020 · € 93.– · 10 places
Anna Halprin’s Tamalpa Life
Art Process and Movement Ritual
Anna Halprin (born 1920) is considered a revolutionary force in dance. A pioneer in the use of arts for personal development she created Tamalpa Life/Art Process and Movement Ritual. Halprin views dance as social experience and metaphor for moving through life. Here you will get a taste of her search to “[unite] personal and artistic growth, life and art, with one aspect continuously feeding off the other and coming together in new ways.” We will explore the communicative potential in everyday gestures and create a simple group choreography. No prior dance experience required. Please bring cotton/sport socks (no anti-slip socks) and dance or gym clothes.

J265336 – Saturday Seminar – Neuhausen
Callie Arnold · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · Sat 10.00 til 16.00 hrs · breaks on agreement · 15.2.2020 · € 40.– · 10 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.
October: Jonathan Safran Foer: Here I am
November: Gail Honeyman: Eleanor Oliphant is completely fine
December: Muriel Spark: The Prime of Miss Jean Brodie
January: Julian Barnes: The Only Story
February: Sally Rooney: Normal People

J244550 – Gasteig
Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Thurs 18.00 til 19.30 hrs · 17.10., 21.11., 12.12.2019, 16.1. and 20.2.2020 · € 41.– · 14 places
The Writing Lounge
Ease yourself into the relaxing world of writing, and enjoy some company while doing so. Arrive with your own ideas or let yourself be inspired by an intriguing variety of impulses provided. Once inspired, just start writing. Along the way, you will be invited to share or to continue on your own. It is as simple and pleasant as that.

J247100 – Gasteig
Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 · 6 x Wed 18.00 til 20.00 hrs · 23.10. to 11.12.2019 · € 70.– · 12 places

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

J246160 – Workshop – Einstein 28
Carolyn A. Morrow · Education Centre · Einsteinstr. 28 · Wed to Fri 11.00 til 14.00 hrs · 26.2. to 28.2.2020 · € 53.– · 12 places · €

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

J451375 – Einstein 28
for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 20.11., 27.11. and 11.12.2019 · € 100.– · 6 places · €
Job & Career

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 Dos 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.

J440183 – Saturday Seminar – Einstein 28
Verena Weihbrecht · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 25.1.2020 · € 39.– · 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.

J451540 – Einstein 28
for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · Fri 14.00 til 19.00 hrs · 7.2.2020 · € 73.– · 14 places · €.

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

J451328 – Weekend Seminar – Einstein 28
Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 14./15.3.2020 · € 91.– · 12 places · €.

Certificate in English Language Teaching to Speakers of Other Languages (CELTA) Full-time
CELETA full-time courses are intensive and rewarding, for further information please visit www.mvhs.de/celta

J581522 – Gasteig
Emma Jones/Amanda Momeni · Gasteig · Rosenheimer Str. 5 · Mon to Fri 9.00 to 18.00 hrs · 3.2. to 28.2.2020 · € 1.745.– · 12 places
Introduction to Programming – Programming Logic
In this course you will learn how to develop algorithms, independent of a particular programming language. You need to have experience with a PC and its operating system to attend this course. Course content: basics of software development, programming languages and tools for them (editor, interpreter, compiler), basic programming language elements and techniques to visualize procedure flow, data structures and control structures (e.g. loops, conditions), procedures and functions, algorithms, theory of object oriented programming.

**J483055 – Saturday Course – Einstein 28**  
Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 2 x Sat 9.15 til 16.00 hrs · breaks on agreement · 9.11. and 16.11.2019 · € 129.– · 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.

**J483010 – Sunday Seminar – Einstein 28**  
Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun 9.15 til 16.00 hrs · breaks on agreement · 12.1.2020 · € 79.– · 11 places · ⚜.

**Blog like a Pro Master WordPress**
There are millions of blogs on the web – but only a handful that are well known. So what are their secrets to success? How do they attract an audience? And how do they keep readers coming back, every day? In this three-part workshop, we’ll show you all the tips, tricks and skills that you need. Course content: set up a WordPress blog and configure important options; customise the design with themes and logos; make your blog secure and safe; write effective and engaging blog posts; and bring in a wider audience with search engine optimisation.
Requirements: basic computing knowledge (browsing the web and managing files), along with an email account you can access during the workshop.

**J483030 – Einstein 28**  
Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 5.2. to 19.2.2020 · € 99.– · 11 places · ⚜.

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

**J483040 – Einstein 28**  
Shikha Setia · Education Centre · Einsteinstr. 28 · 2 x Wed 18.00 til 21.00 hrs · 4.12. and 11.12.2019 · € 79.– · 11 places · ⚜.
Traditional Thai Massage
Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will gain an insight into this beautiful massage form which is performed while fully clothed on a mat on the floor. With full physical involvement the typical techniques for the masseur are, for example, the use of thumb, palm, foot, elbow etc. to relax and stretch the body of the recipient. Course participants are invited to discover the pleasure by both giving and receiving TTM in each massage-sequence.
Please bring comfortable clothes (what you would wear for yoga classes), a blanket and a cushion.
J351686 – Sunday Seminar – Einstein 28
Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 24.11.2019 · € 35.– · 12 places

Feldenkrais
Rediscovering the Joy of Easy Movement
The Feldenkrais Method, using simple and small but quirky and unexpected movements, is a delightful way to rediscover a childlike ease and pleasure in all of our actions. By directing attention to how a movement feels and playfully experimenting with many variations of it, a surprising reduction of tension and increase of elegance arises on its own, adding joy and centeredness as we move through life.
Please bring loose comfortable clothing, much experimentation takes place on mats on the floor.
J354106 – Saturday Seminar – Einstein 28
Philip Tillotson · Education Centre · Einsteinstr. 28 · Sat 13.30 til 17.30 hrs · 30.11.2019 · € 26.– · 14 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.
J351102 – Saturday Seminar – Einstein 28
Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 18.1.2020 · € 41.– · 14 places
**Hatha-Yoga**
Yoga is not a “one size fits all” discipline, but a body of knowledge and tools that need to be carefully tailored to suit each one of us. In this class, movement and breathing will be brought in tune with gentle poses that will be practiced according to the student’s ability. Pranayama (breathing technique) and meditation will be introduced. This mindful class will help us to let go of the exertion of the week and prepare for a relaxed weekend. All levels of experience are welcome.

*J352634 – Neuhausen*
Petra Sutton · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · 5 x Tues 16.30 til 17.45 hrs · 14.1. to 11.2.2020 · € 36.– · 14 places

**Taijiquan & Qigong**
Taijiquan and Qigong are traditional Chinese internal arts to harmonize and strengthen body, mind and spirit. Regular practice can bring better health, increased energy levels and a greater ability to deal with stress and pressure. The movements are energetic, elegant and subtle. With the right amount of patience, Taijiquan and Qigong are easy to learn and practice.

*J353300 – Saturday Seminar – Einstein 28*
Rick Henderson · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 18.1.2020 · € 33.– · 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.

*J351216 – Sunday Seminar – Einstein 28*
Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 16.2.2020 · € 41.– · 14 places
A Flair of Paris – Eclairs & Tarteletts
In one day 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 tartlets. You will learn different recipes and traditional techniques for these French treats. 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 enjoy the fruits of our labour.
Please bring: tea towel, apron and small plastic containers.

J384015 – Saturday Seminar – Pasing
Laura Hurter · MVHS · Bäckerstr. 14 · Sat 10.00 til 16.00 hrs · 12.10.2019 · € 32.– · plus € 13.– for materials · 14 places · eldorf.

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

J387022 – Einstein 28
for participants aged 18 and over · Patrick Hemminger · Education Centre · instructional kitchen · Einsteinstr. 28 · Wed 18.30 til 21.30 hrs · 23.10.2019 · € 20.– · plus € 14.– for materials · 16 places

Asian Party Snacks
Who doesn’t appreciate fine and tasty tidbits? These small but sophisticated snacks enrich not only every party büfett, 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, such as Chinese spring rolls, fresh Vietnamese summer rolls, prawn crackers, grilled marinated chicken satay and much more. 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.
Please bring: tea towel, apron and small plastic containers.

J381501 – Saturday Seminar – Sendling
Siu Sui Janice Lau · MVHS · Albert-Roßhaupter-Str. 8 · Sat 10.00 til 16.00 hrs · 9.11.2019 · € 36.– · plus € 22.– for materials · 12 places
A Culinary Journey Through India
This culinary journey begins in northern India with a starter, takes you further to eastern and western India with a variety of dishes and winds up in southern India with dessert. You will learn how to combine a great selection of traditional Indian spices by preparing many vegetarian and non-vegetarian dishes such as curries, masalas (mixed spices) and sauces. We will serve the food on original Indian plates, called “Thalis”. Masala Chai (spiced tea) or lassi (joghurt drink) are also part of the programme.

**J381400 – Sunday Seminar – Sendling**
Bikash Kumar · MVHS · Albert-Roßhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 10.11.2019 · € 39.– · plus € 16.– for materials · 14 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 so on. 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.

**J381504 – Saturday Seminar – Fürstenried-Ost**
Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 14.00 hrs · 14.12.2019 · Meeting Point: Lotus Market/Hofmannstr. 30 · € 32.– · plus € 18.– for materials · 12 places

Macarons
Macarons are sensitive, delicate fancy foods. Before you learn all the fine tuning tips and bake nice, smooth shells (day 2), you will prepare different types of fillings (day 1) such as chocolate ganache and fruit jams or creams. Everyone will have a close look at the preparation of the macarons shells and a broad overview of the various fillings. In this two-day course, let yourself be seduced by the flair of French street cafes and pastry shops for a few hours and enjoy a colorful taste sensation.

Please bring an apron and a small plastic container.

**J384017 – Einstein 28**
Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Tues/Wed 18.00 til 21.00 hrs · 7./8.1.2020 · € 53.– · plus € 15.– for materials · 10 places

Indian Curry Special
Learn how to cook delicious and authentic Indian curry. We start with a spice trail and explain the use of spices in the food before cooking. The menu includes classic Chicken Tikka Masala, authentic Palak Paneer, Mushroom-Green Peas curry, Goa special Spicy Prawn Roast with Ghee and Wholewheat Indian bread. Once it is prepared and with a refreshing Saffron Mango-Lassi on the side, we will enjoy our meal together.

**J381403 – Einstein 28**
Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Thurs 18.00 til 21.30 hrs · 6.2.2020 · € 20.– · plus € 17.– for materials · 14 places
CELTA in Munich
Certificate in English Language Teaching to Adults

Part-time
- 2 courses per year
- ideal for parents or other people who have commitments during the week
- 15 weeks (not in Bavarian school holidays)
- 15 x Friday 9.00 am to 7.00 pm
- 5 x Saturday 9.30 am to 3.00 pm

Full-time
- 3 courses per year
- ideal for individuals who would like to start teaching asap
- 4 weeks
- Monday to Friday 9.00 am to 6.00 pm

CELTA in Munich Pass Rate

CELTA in Munich Pass Rate

Emma Jones
CELTA Course Director
Telephone (089) 48006-6265
celta@schulung.mvhs.de
Our Partner Bookshops
supply not only the Programme in English but also a wealth of interesting literature in the English language:

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

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

**Word’s Worth**
Schellingstraße 3
80799 München
Tel. (089) 2809141 and 283642
www.wordsworth.de
Online registration: www.mvhs.de/en
Please note: your online registration can now be completed in English.

Registration in person and by telephone:
2nd September 2019
Central office: Gasteig, Rosenheimer Straße 5,
1st floor or Einstein 28, Einsteinstraße 28
Tel. (089) 48006-6239
North district: Am Hart, Troppauer Straße 10
Tel. (089) 48006-6868
East district: Giesing, Werinherstraße 33
Tel. (089) 48006-6750
South district: Harras, Albert-Roßhaupter-Straße 8
Tel. (089) 48006-6730
West district: Pasing, Bäckerstraße 14
Tel. (089) 48006-6830

When?
Mondays & Tuesdays from 9 a.m. to 1 p.m.
Wednesdays & Thursdays from 2 p.m. to 7 p.m.
Saturdays from 11 a.m. to 4 p.m. – Gasteig central office only

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

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

The MVHS-Card
For just € 57.– you can access around 800 events at the MVHS from October 2019 to February 2020, including one event in the English language. Further information: www.mvhs.de/mvhs-card