

Münchner Volkshochschule

**Programme in English**

*October 2020 to February 2021*



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](http://www.mvhs.de/agb)

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Dr. Susanne May, Programmdirektorin



# **EFQM**

**Recognised for Excellence  
5 Star - 2018**

Die hohe Qualität von Bildungsangeboten, Beratung und Service steht im Mittelpunkt der Arbeit der Münchner Volkshochschule. Seit dem Jahr 2004 verfolgen wir dieses Ziel auch mit Hilfe eines systematischen Qualitätsmanagements nach EFQM (European Foundation for Qualitymanagement). Nach der Zertifizierung „Committed to Excellence“ in 2006 und „Recognised for Excellence 4 star“ in 2012 haben wir im Juli 2015 mit Zertifizierungsgrad „Recognised for Excellence 5 star“ erreicht. 2018 wurde die qualitätsvolle Arbeit der MVHS erneut mit diesem Zertifizierungsgrad durch ein externes Audit bestätigt.

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## Welcome to the Programme in English ...

... this brochure has a wealth of opportunities for you to improve your day-to-day life.

If you're an expatriate whose English is better than their German, or a local with a good command of the English language, look no further. We have plenty of interesting talks, courses, events and workshops to interest everyone.

Bring a friend or come on your own and make new friends, the Volkshochschule community is a great place to get together with like-minded people while learning something new.

Why not become more creative and check out our Arts & Crafts section or improve your culinary repertoire and join one of our cooking experiences in Food & Drink. Are you new to Munich and looking for a job or looking to further your career or a complete change in direction, if so, check out our Jobs and Career section to see what the Munich Volkshochschule can do to help you.

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

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



### 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.

#### **L440187 – Presentation – Einstein 28**

Maggie Leitner M.A. · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Thurs 19.00 til 20.30 hrs · 8.10.2020 · € 8.– (€ 6.– pupils/students) · ☎

## For your safety! Registration compulsory.

It is very important to us that all our participants are offered the best safety measures during the Covid-19 pandemic. Therefore, all courses and events are only accessible by prior registration.

Information and registration on:

**Phone (089) 48006-0**  
**www.mvhs.de**



### The loneliness epidemic

#### Its global impact and what we can do about it

Humans have always survived by living together in groups. Today however, we live in a time, where many of us live alone for extended periods. In addition, more and more people of all ages claim to lack meaning and direction in their lives – a contributing factor to the increase in depression. In this talk, we will explore the impact of loneliness on our society as a whole, as well as on our mental and physical health. We will also look into innovative new ways of approaching the epidemic. There will be a discussion round, where questions, experiences and idea-sharing are very welcome.

#### **L142044 – Presentation – Einstein 28**

Adèle Catharine Wallace · Education Centre · Vortragssaal 2 · Einsteinstr. 28 · Sun 11.00 til 13.00 hrs · 25.10.2020 · € 8.– (€ 6.– pupils/students) · ☎

### 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?

#### **L388045 – Presentation – Einstein 28**

Susanne Kiehl · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 17.11.2020 · € 8.– · registration necessary · 24 places · ☎

## Eastern spirituality or Western functionality Which one really helps?

In times of global uncertainty, Eastern wisdom has become a megatrend: yoga classes, mindfulness training and spiritual teachers are springing up wherever you look. They address our longing for meaning and they promise to end suffering in our daily life, which many of us experience as being full of stress. At the same time, we want to function well in the modern, Western world: the rent needs to be paid, the job demands our commitment, and we want to spend more time with our family. But how does it all fit together? This lavishly illustrated talk addresses the larger picture of this core question of our time.

### **L341070 – Presentation – Einstein 28**

Paul Königer · Education Centre · Vortragssaal 2 · Einsteinstr. 28 · Thurs 18.00 til 19.30 hrs · 21.1.2021 · € 8.– · 24 places · ☎

## The Beautiful Game A History of Association Football

In this talk William Smith will look at the history of association football from how, where and when it all began. With the European Championships just around the corner, come and find out more about this sport we all love.

### **L110830 – Presentation – Einstein 28**

William Smith · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Tues 19.00 til 20.30 hrs · 16.2.2021 · € 8.– (€ 6.– pupils/students) · registration necessary · ☎



## 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? Even German history can be considered, depending on participant interests and background. Plus a Culture Quiz at the end!

### **L110358 – Weekend Seminar – Einstein 28**

Dr. Cornelius Görres · Education Centre · Einsteinstr. 28 · Fri 18.00 til 21.00 hrs · 26.2.2021 · Sat 10.00 til 17.00 hrs · 27.2.2021 · € 38.– · registration necessary · ☎



### 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.

#### **L311304 – 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 · 10.2.2021 · € 7.– · registration necessary · 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 check online for list of materials to bring.

#### **L224701 – Einstein 28**

*Penelope Richardson · Education Centre · Einsteinstr. 28 · 8 x Tues 10.00 til 12.00 hrs · 27.10. to 15.12.2020 · € 132.– · 8 places · &*

## MVHS-Card



At the moment it is not possible to enter events with the MVHS-Card. For up to date information please visit [www.mvhs.de/mvhs-card](http://www.mvhs.de/mvhs-card)

### Introduction to Illustration

Explore basic illustration methods and materials to create colourful, realistic, and heavily modeled images! Develop skills that will allow you to have a different and unique approach to the text to illustrate, depending on the literary genre and the age of the readers. We will discuss basic design and colour theory. We will look at some techniques of watercolour and drawing which will give you more control over your image and level of detail. This course is excellent for anyone who is always striving to draw or paint more "realistically".

Please check online for list of materials to bring.

#### L224703 – Sendling

Ivan Uzunov · MVHS · Albert-Robhaupter-Str. 8 · 6 x Wed 10.00 til 12.30 hrs · 11.11. to 16.12.2020 · € 124.– · 10 places · ☺

### The Basics of Concept Art and Character Design

If you are interested in comic, manga or anime or you want to use your drawing and painting skills through illustration, computer games or film production, this is the course for you! We will look at basic methods of concept art and character design as well as proportion, shape, perspective, deformation, body language, expressions, mimics, anatomy and texturing. During this practical training, you will use your skills and imagination to create your own environments, props and characters: heroes, beauties, monsters, weapons, vehicles and others. To get even deeper into Character Design, take "Advanced character design" class after this one. Please check online for list of materials to bring.

#### L224705 – Einstein 28

Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Thurs 15.30 til 18.00 hrs · 12.11. to 17.12.2020 · € 124.– · 8 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: pad (or single sheets) of quality drawing paper DIN A3 or bigger, sketch paper DIN A4, small variety of pencils (HB to 4B), eraser.

#### L224707 – Milbertshofen

Ivan Uzunov · Werkhalle · Malatelier/Holzbildhauerei · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 16.11.2020 to 18.1.2021 · € 144.– · 7 places

### Christmas decoration class

This class will cover how to make a metal Christmas tree decoration, just in time for when you get your tree out! You will learn some basic skills on how to work metal and then take at least one decoration home for yourself, or as a Christmas gift for someone special. Techniques covered include sawing, filing, piercing, texturing and polishing; silver, other metals and cords can be bought directly in the workshop.

Please bring: work apron, your own protective glasses, mouth/nose cover or visor and a hairband.

#### L226730 – Weekend Workshop – Fürstenried-Ost

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 21./22.11.2020 · € 115.– · plus € 5.– for materials · 6 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](http://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](mailto:art@carmennistor.com)

#### L224709 – Sendling

Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 ·  
Sat/Sun 10.00 til 17.00 hrs · breaks on agreement ·  
28./29.11.2020 · € 109.– · 7 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.

#### L224711 – Milbertshofen

Yoko Omomi · Werkhalle · Druckgrafikatelier ·  
Frohschammerstr. 14a · 8 x Wed 10.00 til 12.30 hrs ·  
2.12.2020 to 10.2.2021 · € 180.– · 6 places

### General Goldsmithing Course

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

This general goldsmithing course is aimed at all levels. Please bring: work apron, your own protective glasses, mouth/nose cover or visor and a hairband. If you would like to work with gold, please bring the material and the corresponding soldering material with you.

#### L226735 – Weekend Workshop – Fürstenried-Ost

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun  
10.30 til 17.30 hrs · breaks on agreement · 5./6.12.2020 ·  
€ 115.– · plus € 5.– for materials · 6 places · ☎

### Drawing Basics for Beginners

This course is for beginners as well as those who wish to improve their drawing skills and refine their understanding of visual language. Using pencils and charcoal, we will explore fundamental techniques such as proportion, shape, perspective, line weights, shading, and value. Students will develop drawing skills and become confident using the tools of visual expression. Please check online for the list of materials to bring.

#### L224713 – Sendling

Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 ·  
7 x Wed 14.00 til 16.30 hrs · 13.1. to 3.3.2021 ·  
€ 144.– · 9 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.

#### L224715 – Einstein 28

Benjy Barnhart · Education Centre · Einsteinstr. 28 · 8 x Wed 18.30 til 21.00 hrs · 13.1. to 10.3.2021 · € 165.– · 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. Please bring: work apron, your own protective glasses, mouth/nose cover or visor and a hairband.

#### L226740 – Weekend Workshop – Fürstenried-Ost

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 16./17.1.2021 · € 115.– · plus € 5.– for materials · 6 places · ☺

### Drawing and Watercolour

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

#### L224717 – Einstein 28

Christopher Croft · Education Centre · Einsteinstr. 28 · 6 x Wed 9.30 til 11.45 hrs · 20.1. to 3.3.2021 · € 112.– · payable on site € 10.– for materials · 8 places · ☺

### Advanced Character Design

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

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

#### L224719 – Einstein 28

Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Thurs 15.30 til 18.00 hrs · 21.1. to 4.3.2021 · € 124.– · 8 places · ☺

### Painting for Beginners and Refreshers

Have you always dreamed of painting and creating your own art? Realise your vision and start painting now! In this course you will learn or revise fundamental techniques and, with guidance, transfer your ideas to paper. The results will be as varied as their creators. Acrylic paints are most suitable for this course, however, if you would prefer to work with other materials, please feel free to bring them along. Please check online for materials to bring.

#### **L224721 – Einstein 28**

Christine Holz · Education Centre · Einsteinstr. 28 ·  
6 x Thurs 18.00 til 20.30 hrs · 28.1. to 4.3.2021 ·  
€ 124.– · 8 places · ☺

### Weekend Chain Workshop

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

Please bring: work apron, your own protective glasses, mouth/nose cover or visor and a hairband.

#### **L226745 – Weekend Workshop – Fürstenried-Ost**

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun  
10.30 til 17.30 hrs · breaks on agreement ·  
6.17.2.2021 · € 115.– · plus € 5.– for materials ·  
6 places · ☺

### The Art of Ring Making

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

Please bring: work apron, your own protective glasses, mouth/nose cover or visor and a hairband.

#### **L226750 – Weekend Workshop – Fürstenried-Ost**

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun  
10.30 til 17.30 hrs · breaks on agreement · 13./14.2.2021 ·  
€ 115.– · plus € 5.– for materials · 6 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: work apron, your own protective glasses, mouth/nose cover or visor and a hairband.

#### **L226755 – Weekend Workshop – Fürstenried-Ost**

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30  
til 17.30 hrs · breaks on agreement · 27./28.2.2021 ·  
€ 115.– · plus € 5.– for materials · 6 places · ☺

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15





### **Photo-Walk at Christmas time**

In this walk through the neighbourhood of Schwabing and around the Christmas market at "Münchner Freiheit", you will begin to capture the essence of what you see, be it architecture, people or details at the Christmas market. Your instructor will help you eliminate distractions and see and capture subjects with a more creative eye. During this walk you will practise setting up compositions, looking to all corners of the frame. The photo tour will give you the opportunity to practise what you learn.

Please bring your digital camera with a fully charged battery. An external Systemflash is wonderful but not necessary.

#### **L254542 – Saturday Seminar – Schwabing**

Roy Hessing · meeting point: Münchner Freiheit,  
Bus station, green kiosk · Sat 13.00 til 17.00 hrs ·  
12.12.2020 · € 31.– · 8 places



### **Classical Guitar – Beginners**

Introduction for participants without previous musical knowledge. If all places are taken, please register on the waiting list. If there are many requests, additional courses will be set up.

#### **L274040 – Sendling**

Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 ·  
15 x Mon 19.00 til 20.00 hrs · 5.10.2020 to 1.2.2021 ·  
€ 123.– · 6 places · ☎

For all of the following courses we will work on consolidation and improving the skills.

Newcomers welcome, please call us for advice:

Phone (089) 48006-6716/6715

### **Classical Guitar – 3<sup>rd</sup> Semester**

#### **L274058 – Sendling**

Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 ·  
15 x Mon 20.00 til 21.00 hrs · 5.10.2020 to 1.2.2021 ·  
€ 123.– · 6 places · ☎

### **Classical Guitar – 4<sup>th</sup> Semester**

#### **L274064 – Sendling**

Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 ·  
15 x Fri 17.00 til 18.00 hrs · 2.10.2020 to 3.2.2021 ·  
€ 123.– · 6 places · ☎

#### **L274066 – Sendling**

Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 ·  
15 x Fri 18.00 til 19.00 hrs · 2.10.2020 to 3.2.2021 ·  
€ 123.– · 6 places · ☎

**Classical Guitar – 5<sup>th</sup> Semester**

**L274070 – Sendling**

Anthony Farese · MVHS · Albert-Roßhaupter-Str. 8 ·  
15 x Mon 18.00 til 19.00 hrs · 5.10.2020 to 1.2.2021 ·  
€ 173.– · 4 places · ☎

**L274072 – Pasing**

Anthony Farese · Elsa-Brändström-Gymnasium ·  
Ebenböckstr. 1 · 14 x Thurs 19.30 til 20.30 hrs ·  
1.10.2020 to 28.1.2021 · € 162.– · 4 places

**Guitar Song Accompaniment – 2<sup>nd</sup> Semester**

**L274246 – Pasing**

Anthony Farese · Elsa-Brändström-Gymnasium ·  
Ebenböckstr. 1 · 14 x Thurs 18.00 til 19.30 hrs ·  
1.10.2020 to 28.1.2021 · € 173.– · 6 places

**The Fine Art and Joy of Acting – for Non-Actors**

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

Please come in comfortable clothing, suitable for movement.

Bring beverages and snacks to keep you energized!

**L263620 – Seminar – Milbertshofen**

Carolyn A. Morrow · Werkhalle · Theateratelier ·  
Frohschammerstr. 14a · 10 x Thurs 18.30 til 20.30 hrs ·  
15.10.2020 to 14.1.2021 · € 137.– · 7 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 Theater tickets must be purchased separately.

**L263600 – Seminar – City Centre**

Adam Joachim Goldmann · Marieluise-Fleißer-  
Realschule · Schwanthalerstr. 87 · Wed 18.00 til  
19.30 hrs · 18.11.2020 · five additional preparation  
dates and three dates for the performances by  
agreement · € 105.– · 10 places

**Anna Halprin’s Tamalpa Life**

**Art Process & Movement Ritual**

Anna Halprin (born 1920) is considered a revolutionary force in dance. A pioneer in the use of arts for personal development she created Tamalpa Life/Art Process and Movement Ritual. Halprin views dance as social experience and metaphor for moving through life. Here you will get a taste of her search to “[unite] personal and artistic growth, life and art, with one aspect continuously feeding off the other and coming together in new ways.” We will explore the communicative potential in everyday gestures and create a simple group choreography.

No prior dance experience required.

Please bring cotton/sport socks (no anti-slip socks) and dance or gym clothes.

**L265336 – Saturday Workshop – Neuhausen**

Callie Arnold · MVHS · Neuhauser Trafo ·  
Nymphenburger Str. 171b · Sat 10.00 til 16.00 hrs ·  
breaks on agreement · 30.1.2021 · € 41.– · 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: Anna Burns, Milkman

November: Sarah Waters, The Little Stranger

December: J.G. Farrell, The Siege of Krishnapur

January: Kamila Shamsie, Home Fire

February: David Mitchell, Cloud Atlas

### L244534 – Gasteig

Dr. Stefanie Fricke · Gasteig · Rosenheimer Str. 5 ·

Thurs 18.00 til 19.30 hrs · 8.10., 12.11., 10.12.2020,

14.1. and 11.2.2021 · € 46.– · 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.

### L245110 – Gasteig

Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 ·

Wed 18.00 til 20.00 hrs · 14.10., 28.10., 11.11., 25.11.,

2.12. and 16.12.2020 · € 80.– · 7 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.

### L246195 – Workshop – Einstein 28

Carolyn A. Morrow · Education Centre · Einsteinstr. 28 ·

Sat 11.00 til 17.00 hrs · Sun 11.00 til 15.00 hrs · breaks

on agreement · 30.131.1.2021 · € 73.– · 6 places · ☎





### Language Teaching to Speakers of Other Languages (CELTA) Part-Time

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

CELTA part-time courses are suitable for people who have other commitments during the week or live outside of Munich and therefore do not have time to complete an intensive course. For further information and to apply please visit [www.mvhs.de/celta](http://www.mvhs.de/celta)

#### **L581520 – Gasteig**

Emma Jones/Amanda Momeni/Adrian Doff · Gasteig · Rosenheimer Str. 5 · 15 x Fri 09.00 to 19.00 hrs, 2.10.2020 to 30.1.2021, incl. 5 x Sat (10.10., 17.10., 21.11., 12.12., 30.1.) 09.30 to 14.30 hrs (not in the Bavarian school holidays) · € 1.745.– · 10 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](http://www.mvhs.de/celta)

#### **L581522 – Gasteig**

Emma Jones · Gasteig · Rosenheimer Str. 5 · 20 x Mon to Fri 9.00 to 18.00 hrs · 1.2. to 26.2.2021 · € 1.745.– · 10 places

### Project Management Leadership and Team Development

Successful projects primarily include personnel who are able to lead and motivate teams. A major requirement of any successful team is excellent communication skills. How is it possible to develop a team from a group of employees and what is your contribution to such a team? In this seminar you will learn, via theoretical stages and practical exercises, exactly which processes should be heeded, which developmental phases a group needs to traverse to become a successful team, how tasks can be skillfully delegated, how to motivate employees and how to resolve conflicts. Furthermore, you will gain an insight into the identification and quick appraisal of risks as well as how to troubleshoot vulnerable projects. This seminar is in alignment with international standards of project management. It is a part of the "Projektmanagement-Kollegs" which completes the examination for certification as Project Manager (MVHS) (course no. L440565 or L440566) but can also be visited as a standalone course.

#### **L440543 – Weekend Seminar – Einstein 28**

Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 28./29.11.2020 · € 183.– · 10 places · ♿



### Project Management – Basics

In this weekend seminar you will obtain the essential skills required for the application of methods and techniques paramount to professional project management. You will also have the opportunity to practise the efficient implementation of a goal-oriented project. The following questions will be considered: What is project management and what is expected of you as an employee, sub-project leader or project leader? With the aid of theoretical segments and practical exercises you will learn the fundamentals from initialization, planning, execution, monitoring and controlling right through to the completion and benefits of a project. Furthermore, you will gain an insight into the sequencing and scheduling as well as the capacities and budgeting of a project.

This seminar is in alignment with international standards of project management. It is a part of the "Projektmanagement-Kolleg" which completes the examination for certification as Project Manager MVHS (course no. L440565 or L440566) but can also be visited as a standalone course.

#### **L440538 – Weekend Seminar – Einstein 28**

Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 20./21.2.2021 · € 183.– · 9 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.

#### **L440183 – Saturday Seminar – Einstein 28**

Verena Weihbrecht · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 30.1.2021 · € 45.– · 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.

#### **L451328 – Weekend Seminar – Einstein 28**

Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 13./14.3.2021 · € 100.– · 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. Course content: basics of software development, programming languages and tools, basic programming language elements and techniques to visualize procedure flow, data structures and control structures, procedures and functions, algorithms, theory of object oriented programming.

#### **L486120 – Weekend Seminar – Einstein 28**

*Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · Sat/Sun 9.15 til 16.00 hrs · breaks on agreement · 21./22.11.2020 · € 149.– · 6 places · ☎*

### Social Media Crash Course

Social Media newbies will leave this seminar with an overview of currently popular Social Media platforms. Besides facts and figures, illustrative examples and a few hands-on exercises, we will look at use cases for both companies and individuals and will also talk about online reputation management and privacy settings. This crash course is designed for anyone who is interested in a comprehensive Social Media overview. Please bring existing Social Media login data as well as login data for an email account (if you have one) to the course.

#### **L487620 – Sunday Seminar – Einstein 28**

*Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun 9.15 til 16.00 hrs · breaks on agreement · 22.11.2020 · € 85.– · 6 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

#### **L487490 – Einstein 28**

*Shikha Setia · Education Centre · Einsteinstr. 28 · 2 x Thurs 18.00 til 21.00 hrs · 26.11. and 3.12.2020 · € 85.– · 6 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.

#### **L485530 – Einstein 28**

*Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 25.11. to 9.12.2020 · € 119.– · 6 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.

#### **L351686 – Sunday Seminar – Einstein 28**

*For couples · Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 15.11.2020 · € 38.–*

## MVHS-Card



At the moment it is not possible to enter events with the MVHS-Card. For up to date information please visit [www.mvhs.de/mvhs-card](http://www.mvhs.de/mvhs-card)

### 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.

#### **L341060 – Presentation – Neuhausen**

*Juliana Raisch · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · Mon 19.00 til 20.30 hrs · 14.12.2020 · € 8.– · 8 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.

#### **L354105 – Sunday Seminar – Einstein 28**

*Philip Tillotson · Education Centre · Einsteinstr. 28 · Sun 14.00 til 17.30 hrs · 24.1.2021 · € 23.–*

### 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.

#### **L353300 – Saturday Seminar – Einstein 28**

*Rick Henderson · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 30.1.2021 · € 36.–*

### 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.

#### **L351116 – Saturday Seminar – Einstein 28**

*Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 6.2.2021 · € 38.–*

### 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.

#### **L351202 – Sunday Seminar – Einstein 28**

*Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 28.2.2021 · € 41.–*



### Fast and healthy Indian Cooking

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

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

#### **L382400 – Einstein 28**

*Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.00 til 21.30 hrs · 9.10.2020 · € 28.– · plus € 17.– for materials · 8 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 (yoghurt drink) are also part of the programme.

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

#### **L382402 – Sunday Seminar – Sendling**

*Bikash Kumar · MVHS · Albert-Robhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 18.10.2020 · € 49.– · plus € 16.– for materials · 6 places*

### Traditional Bavarian Desserts

Bavaria's dessert offering is varied in taste and structure. In this workshop we will explore local traditional treats such as Apfelkücherl, Rohrnudeln, Rupfhauben, Auszogne und Bayrisch Creme. We will talk about different types of flour, apples and frying styles. All dishes will be prepared from scratch with love! You will be provided with family recipes, which can easily be prepared at home.

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

#### **L382002 – Einstein 28**

*Susanne Kiehl · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 17.30 til 21.30 hrs · 30.10.2020 · € 31.– · plus € 18.– for materials · 8 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.

#### **L384014 – Einstein 28**

*Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Tues/Wed 18.00 til 21.00 hrs · 17./18.11.2020 · € 55.– · plus € 15.– for materials · 8 places · ☺*

### The aromatic cuisine of Sichuan

The cuisine of Sichuan Province is the most widely cooked in China. Sichuan dishes are famous for their unique aroma, which comes from a delicate use of pepper and chilli. Fast roasting is the most common cooking method. From meat, fish, vegetables and tofu we will prepare typical dishes. Give your taste buds a treat!

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

#### **L382620 – Saturday Seminar – Fürstenried-Ost**

*Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 17.00 hrs · 28.11.2020 · € 46.– · plus € 20.– for materials · 8 places · ☺*

### Bento Box – A Japanese Lunchbox

In this course you will become familiar with the traditional Japanese “Bento box”. The “Bento” is a dosage form in which various dishes are served in a special box. We will prepare a dashi broth with various spices, sushi, tempura, miso soup and 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.

#### **L382660 – Saturday Seminar – Fürstenried-Ost**

*Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 15.00 hrs · 12.12.2020 · € 37.– · plus € 18.– for materials · 8 places · ☺*

### Traditional Vietnamese Cooking

Learn how to prepare and cook authentic Vietnamese food in a fun and interactive cooking class. We will prepare traditional Vietnamese dishes in a hands-on cooking session. For example, Pho Bò (traditional soup from Hanoi) or Goi Cuon (fresh summer rolls).

You will become familiar with the ingredients of healthy Vietnamese dishes and receive valuable cooking tips.

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

#### **L382622 – Saturday Seminar – Sendling**

*Siu Sui Janice Lau · MVHS · Albert-Roßhaupter-Str. 8 · Sat 10.00 til 17.00 hrs · 16.1.2021 · € 52.– · plus € 22.– for materials · 6 places*

### Vegetarian Indian Curries

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

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

#### **L382404 – Sunday Seminar – Am Hart**

*Priyanka Rastogi · MVHS · Troppauer Str. 10 · Sun 11.00 til 14.30 hrs · 17.1.2021 · € 28.– · plus € 17.– for materials · 8 places*

### Mediterranean Cooking

This Mediterranean cooking class is perfect for anyone who loves the beautiful flavours that come from the Mediterranean. Together we will explore this famously fresh and fragrant cuisine and learn how to cook balanced dishes using an abundance of vegetables and herbs as well as fish, meat and grains. With the Mediterranean Sea extending from Portugal to Lebanon, between northern Africa and Southern Europe and reaching to the Middle East, this varied cuisine is characterized throughout by the refined use of olive oil, herbs and spices. Enjoy the tasty as well as healthy cuisine of the Mediterranean and look forward to a culinary journey that awakens a real vacation feeling. Please bring: tea towel, apron and small plastic containers.

#### **L382038 – Pasing**

*Susanne Kiehl · MVHS · Bäckerstr. 14 · Fri 17.30 til 21.00 hrs · 22.1.2021 · € 28.– · plus € 23.– for materials · 8 places · ☺*

## A French cake buffet

Do you love cakes and also like to decorate them? Then learn this the French way. Together with our French patisserie master you will learn to prepare a range of simple to somewhat more complex cakes. Professional tips on baking, such as handling different types of baking powder, mixing methods and a variety of baking techniques complete the course. A variety of glazes, from chocolate to sugar and other decoration tips should not be missing from your repertoire.

Treat yourself to a French tea time!

Note: the cakes prepared are not "entremets" (e. g. no refrigerated mousse cakes).

Please bring an apron and a large cake box.

### **L384011 – Saturday Seminar – Pasing**

*Laura Hurter · MVHS · Bäckerstr. 14 · Sat 10.00 til 15.00 hrs · 27.2.2021 · € 36.– · plus € 15.– for materials · 8 places · ♿*



## **Our Partner Bookshops**

supply not only the Programme in English but also a wealth of interesting literature in the English language:

### **The Munich Readery**

Augustenstraße 104  
80798 München  
Tel. (089) 12192403  
[www.readery.de](http://www.readery.de)

### **Universitätsbuchhandlung Rupprecht**

Amalienstraße 79  
Tel. (089) 2866170  
Schellingstraße 3  
Tel. (089) 2809078  
80799 München  
[www.rupprecht.de](http://www.rupprecht.de)

### **Word's Worth**

Schellingstraße 3  
80799 München  
Tel. (089) 2809141 and 283642  
[www.wordsworth.de](http://www.wordsworth.de)

# Information and registration

## **For your safety! Registration compulsory.**

It is very important to us that all our participants are offered the best safety measures during the Covid-19 pandemic. Therefore, all courses and events are only accessible by prior registration.

Information and registration on:

Tel. (089) 48006-0, [www.mvhs.de](http://www.mvhs.de)

## **Information and advice regarding the programme**

Emma Jones, Tel. (089) 48006-6265

## **Online registration**

[www.mvhs.de/en](http://www.mvhs.de/en)

Your online registration can be completed in English.

## **Registration in person and by telephone**

### **Central office**

Gasteig, Rosenheimer Straße 5, 1<sup>st</sup> 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

Mondays, Tuesdays 9 a.m. to 1 p.m.

Wednesdays, Thursdays 2 p.m. to 7 p.m.

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

## **General information**

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



Münchner  
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