

Münchner Volkshochschule

Programme in English

October 2021 to February 2022



Note

This brochure is an excerpt from the Munich Volkshochschule Fall/Winter 2021/2022 programme. It will be published online on September 1st, 2021 at www.mvhs.de and in the MVHS app. You can download the app from our website: www.mvhs.de/app You can find our general terms and conditions at www.mvhs.de/agb

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Die hohe Qualität von Bildungsangeboten, Beratung und Service steht im Mittelpunkt der Arbeit der Münchener 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.

Welcome to the Programme in English

If you're an expatriate whose English is better than their German, or a local with a good command of the English language, we have plenty of interesting talks, courses, events and workshops to interest you.

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

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

Are you new to Munich and looking for a job or to further your career? Perhaps you are looking for a complete change in direction? Either way, check out our 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 monthly newsletter at www.mvhs.de/newsletter

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



Dr. Susanne May
Programme Director



Emma Jones
Coordinator for
Programme in English





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.

N341100 – Presentation – Einstein 28

Paul Königer · Education Centre · Vortragssaal 2 · Einsteinstr. 28 · Thurs 18.00 til 19.30 hrs · 21.10.2021 · € 8.– · also with MVHS-Card · 24 places · &

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



Navigating the German School System Online

The German school system is complex and can be challenging for foreign families. It can be difficult to support your child in making the right decisions that lead to scholastic success. This talk gives an overview of how the so-called three-tiered system is structured, how children can change from one type of school to another, tutoring, parental involvement, the private school option, and more. There are many resources available and guidance will be given on where to seek additional detailed information and advice.

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

N110364 – Online Talk

Brenda Arnold · Online · Tues 19.00 til 20.30 hrs · 23.11.2021 · € 8.– · also with MVHS-Card

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.

N440187 – Presentation – Einstein 28

Maggie Leitner M.A. · Education Centre · Vortragssaal 2 · Einsteinstr. 28 · Wed 19.00 til 20.30 hrs · 23.2.2022 · € 8.– · 24 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.

N311337 – 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 · 9.2.2022 · € 7.– · 10 places

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?

N110368 – Weekend Seminar – Pasing

Dr. Cornelius Görres · MVHS · Bäckerstr. 14 · Fri 18.00 til 21.00 hrs · 25.2.2022 · Sat 10.00 til 17.00 hrs · 26.2.2022 · € 38.– · ☺



A Silver Charm

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

N226930 – Weekend Workshop – Fürstenried-Ost

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 9./10.10.2021 · € 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 materials to bring.

N224719 – Einstein 28

Christopher Croft · Education Centre · Einsteinstr. 28 · 6 x Wed 9.30 til 11.45 hrs · 13.10. to 24.11.2021 · € 112.– · payable on site € 10.– for materials · 8 places · ☺

See better. Draw better.**Introduction to Drawing**

Improve your observational and technical drawing skills by activating the right side of the brain whilst learning how to draw. Based on ideas in Betty Edwards' book "Drawing on the Right Side of the Brain", you will discover drawing techniques which trick the brain into seeing better. These techniques can help improve realistic drawing skills, the drawing of faces, as well as improve one's understanding of perspective. Even beginners can use this method to achieve surprising results.

Please bring: DIN A3 drawing block, pencils 2B, 4B, 6B, charcoal, backing board, clips.

N224701 – Einstein 28

Penelope Richardson · Education Centre · Einsteinstr. 28 · 8 x Thurs 10.00 til 12.00 hrs · 14.10. to 9.12.2021 · € 132.– · 8 places · ☺

Painting in Oil (Beginners and Experienced)

Oil painting is not as complicated as its reputation and allows the painter great freedom. With the right application it is possible to achieve truly impressive results. We will look at composition, colour and style, as well as the techniques and considerations particular to painting in oil. Beginners will be shown how to start and how to build up a painting. Those with experience will be encouraged to follow their own interests and preferences while receiving guidance as required. Please check online for materials to bring.

N224713 – Gasteig

Anne Pincus · Gasteig · Rosenheimer Str. 5 · Fri 14.00 til 17.00 hrs · 15.10., 19.11., 10.12.2021, 7.1. and 11.2.2022 · € 124.– · payable on site ca. € 2.– for materials · 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 check online for materials to bring.

N224705 – Milbertshofen

Ivan Uzunov · Werkhalle · Malatelier/Holzbildhauerei · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 18.10. to 6.12.2021 · € 144.– · 9 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 materials to bring.

N224707 – Gasteig

Ivan Uzunov · Gasteig · Rosenheimer Str. 5 · 6 x Fri 18.30 til 21.00 hrs · 22.10. to 3.12.2021 · € 124.– · 8 places · ☺

Christmas Decoration Class

This class will cover how to make a metal Christmas tree decoration, just in time for you to 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 and a hairband.

N226940 – Weekend Workshop – Fürstenried-Ost

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun
10.30 til 17.30 hrs · breaks on agreement ·
23./24.10.2021 · € 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 bring: DIN A4 and A3 white drawing pads, pencils HB, 2B, 4B, pack of thin vine charcoal (Reißkohle), hard white eraser, grey kneaded eraser.

N224709 – Sendling

Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 ·
7 x Wed 14.00 til 16.30 hrs · 10.11. to 22.12.2021 ·
€ 144.– · 9 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.

N224711 – Bogenhausen

Christine Holz · MVHS · Rosenkavalierplatz 16 · 6 x Thurs
18.00 til 20.30 hrs · 11.11. to 16.12.2021 · € 124.– ·
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: work apron, your own protective glasses and a hairband.

N226950 – Weekend Workshop – Fürstenried-Ost

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun
10.30 til 17.30 hrs · breaks on agreement ·
13./14.11.2021 · € 115.– · plus € 5.– for materials ·
6 places · ☺

Drawing Basics

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

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

N224715 – Einstein 28

Benjy Barnhart · Education Centre · Einsteinstr. 28 ·
Fri 10.00 til 17.00 hrs · breaks on agreement ·
3.12.2021 · € 56.– · 8 places · ☺

General Goldsmithing Course

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

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

N226960 – Weekend Workshop – Fürstenried-Ost

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun
10.30 til 17.30 hrs · breaks on agreement ·
4./5.12.2021 · € 115.– · plus € 5.– for materials ·
6 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.

N224717 – Einstein 28

Benjy Barnhart · Education Centre · Einsteinstr. 28 ·
8 x Wed 18.30 til 21.00 hrs · 8.12.2021 to 9.2.2022 ·
€ 165.– · 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 materials to bring.

N224721 – Milbertshofen

Yoko Omomi · Werkhalle · Druckgrafikatelier ·
Frohschammerstr. 14a · 6 x Tues 10.00 til 12.30 hrs ·
11.1. to 15.2.2022 (not on 14.4. and 28.4.) · € 135.– ·
6 places



Introduction to Illustration

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

Please check online for materials to bring.

N224723 – Sendling

Ivan Uzunov · MVHS · Albert-Roßhaupter-Str. 8 ·
6 x Wed 10.00 til 12.30 hrs · 12.1. to 16.2.2022 ·
€ 124.– · 8 places · ☎

Drawing People

We will explore various ways to draw the clothed and nude figure. You will be given simple methods for finding proportion and form as well as drawing foreshortening. We will look at how lighting, posing, and movement can be used to give the figure atmosphere and set them in scene.

Please check online for materials to bring.

N224725 – Sendling

Benjy Barnhart · MVHS · Albert-Roßhaupter-Str. 8 ·
6 x Wed 14.00 til 16.30 hrs · 12.1. to 16.2.2022 ·
€ 124.– · payable on site model fees (€ 210.– split
amongst all participants) · 9 places · ☎

See better. Draw better.

Human Proportion and Faces

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.

N224703 – Einstein 28

Penelope Richardson · Education Centre · Einsteinstr. 28 ·
6 x Thurs 10.00 til 12.00 hrs · 13.1. to 17.2.2022 ·
€ 99.– · 8 places · ☎

Drawing Basics for Beginners

Online

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. For the online lesson you will receive links for a Webex session. Please register with your email address. Please have ready: pad (or single sheets) of quality drawing paper DIN A3 or bigger, sketch paper DIN A4, small variety of pencils (HB to 4B), eraser. Technical recommendation: PC/Laptop/Tablet with Webcam and Microphone, maybe Headset, Internet connection (min. 512 Kbit/s), Firefox or Chrome.

N224671 – Online Course

Ivan Uzunov · Online · 7 x Wed 18.30 til 21.00 hrs ·
12.1. to 23.2.2022 · € 144.– · 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 check online for materials to bring.

N224727 – Milbertshofen

Ivan Uzunov · Werkhalle · Malatelier/Holzbildhauerei · Frohschammerstr. 14a · 6 x Thurs 18.30 til 21.00 hrs · 27.1. to 3.3.2022 · € 124.– · 9 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 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

N224729 – Weekend Course – Sendling

Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 29./30.1.2022 · € 109.– · 7 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 and a hairband.

N226970 – Weekend Workshop – Fürstenried-Ost

Paul Adie · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 29./30.1.2022 · € 115.– · plus € 5.– for materials · 6 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 and a hairband.

N226980 – Weekend Workshop – Fürstenried-Ost

Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 19./20.2.2022 · € 115.– · plus € 5.– for materials · 6 places · ☺



Photo-Walk at Christmas Time

In this walk through Schwabing and around the Christmas market, 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 to capture subjects with a more creative eye. You will practise setting up compositions, looking to all corners of the frame. Please bring your digital camera with a fully charged battery. An external systemflash would be great but not compulsory.

N254542 – Saturday Seminar – Schwabing

Roy Hessing · Meeting point: Münchner Freiheit, Bus station, green kiosk · Sat 10.00 til 13.00 hrs · 4.12.2021 · € 35.– · 8 places

Digital Photography for Beginners Technical Know-how

Our main focus is "The Camera". During this course you will become familiar with all your camera's most important functions and how to use them. You will also gain the technical know-how to start making the most of your digital SLR, and develop a creative approach to photography as well as learning how to set the menu correctly to get the best technical results.

Please bring your digital camera, manual and accessories.

N251150 – Gasteig

Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 12.1. to 26.1.2022 · € 69.– · 7 places · ☺



Classical Guitar – 2nd Semester

Basic knowledge of grades and unanimous play are required. Newcomers welcome, please call us on: Phone (089) 48006-6716/6715

N274050 – Einstein 28

Anthony Farese · Education Centre · Einsteinstr. 28 · 15 x Tues 20.00 til 21.00 hrs · 5.10.2021 to 1.2.2022 · € 173.– · 4 places · ☺

Classical Guitar – 4th and 5th Year of Lessons

Consolidation and improvement of the skills.

Newcomers welcome, please call us for advice on: Phone (089) 48006-6716/6715

N274100 – Pasing

Anthony Farese · Elsa-Brändström-Gymnasium · Ebenböckstr. 1 · 14 x Thurs 19.30 til 20.30 hrs · 7.10.2021 to 27.1.2022 · € 162.– · 4 places

N274098 – Einstein 28

Anthony Farese · Education Centre · Einsteinstr. 28 · 15 x Tues 19.00 til 20.00 hrs · 5.10.2021 to 1.2.2022 · € 123.– · 5 places · ☺

Classical Guitar – Five Years of Practice Plus

Consolidation and improvement of the skills

Newcomers welcome, please call us on:

Phone (089) 48006-6716/15

N274102 – Einstein 28

Anthony Farese · Education Centre · Einsteinstr. 28 · 15 x Tues 18.00 til 19.00 hrs · 5.10.2021 to 1.2.2022 · € 123.– · 5 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!

N263620 – Milbertshofen

Carolyn A. Morrow · Werkhalle · Theateratelier · Frohschammerstr. 14a · 10 x Thurs 18.30 til 20.30 hrs · 7.10. to 16.12.2021 · € 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 subtitled in English. Each theater visit will be prefaced by a session to help prepare the viewer for the performance and 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 to the theater’s repertoire and creative choices.

In cooperation with the Münchner Kammerspiele Theater tickets must be purchased separately.

N263600 – City Centre

Adam Joachim Goldmann · Marieluise-Fleißer-Realschule · Schwanthalerstr. 87 · 9 x Wed 18.00 til 19.30 hrs · 10.11.2021 to 2.2.2022 · € 105.– · 10 places

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

Anna Halprin (1920–2021) was 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 viewed dance as social experience and metaphor for moving through life. Here you will get a taste of her search to “[unite] personal and artistic growth, life and art, with one aspect continuously feeding off the other and coming together in new ways.” We will explore the communicative potential in everyday gestures and create a simple group choreography.

No prior dance experience required.

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

N265336 – Saturday Workshop – Neuhausen

Callie Arnold · MVHS · Neuhauser Trafo · Nymphenburger Str. 171b · Sat 10.00 til 16.00 hrs · breaks on agreement · 11.12.2021 · € 41.– · 9 places

Acting – The Fast Route

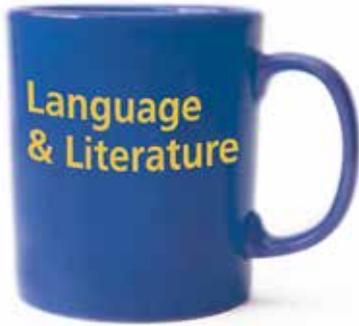
Suitable for anyone who has never had a go at acting and would like to try it out: movement – improvisation – body action – energy – theatre! Please come in comfortable clothing, suitable for movement.

Bring beverages and snacks to keep you energized!

N263610 – Weekend Workshop – Pasing

Doro Engel · MVHS · Bäckerstr. 14 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 22./23.1.2022 · € 94.– · 9 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 your works or to continue on your own.

N245005 – Gasteig

Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 · 6 x Wed 18.00 til 20.00 hrs · 6.10. to 17.11.2021 · € 82.– · 7 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: Donna Tartt, *The Secret History*

November: Ian McEwan, *The Children Act*

December: Shirley Jackson,
We have always lived in the Castle

January: Kazuo Ishiguro, *Klara and the Sun*

N244525 – Gasteig

Dr. Stefanie Fricke · Gasteig · Rosenheimer Str. 5 · Thurs 18.00 til 19.30 hrs · 7.10., 11.11., 9.12.2021 and 13.1.2022 · € 38.– · 14 places · ☎

Poetry Club

“My aspens dear” – Nature in the Poetic Imagination

Poets have long known what natural scientists have come to recognize only in recent decades: that human beings are born with an innate love of nature and can only thrive as a part of the natural world, and not apart from it. Eminent poets such as Robert Frost, Gerard Manley Hopkins, Seamus Heaney, and Louise Glück explore the strong connection between nature and us in fascinating ways. We shall combine our indoor discussion of nature poems with short walks to the Isar to deepen our understanding of the authors’ aims and ideas.

N244571 – Einstein 28

Dr. Daniella Jancsó · Education Centre · Einsteinstr. 28 · 4 x Fri 14.30 til 16.00 hrs · 15.10., 19.11., 10.12.2021 and 14.1.2022 · € 38.– · 8 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.

N246100 – Workshop – Gasteig

Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.00 til 20.00 hrs · breaks on agreement · 1.12. to 15.12.2021 · € 33.– · 6 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. N440565 or N440566) but can also be visited as a standalone course.

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

N440538 – Weekend Seminar – Einstein 28

Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 6.17.11.2021 · € 183.– · 9 places · ☎

Job Hunting in Munich

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

N440183 – Saturday Seminar – Einstein 28

Verena Weihbrecht · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 22.1.2022 · € 45.– · 7 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.

N451328 – Weekend Seminar – Einstein 28

Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 5.16.2.2022 · € 100.– · 12 places · ☎



Project Management Leadership and Team Development

Successful projects primarily include personnel who are able to lead and motivate teams. A major requirement of any successful team is excellent communication skills. How is it possible to develop a team from a group of employees and what is your contribution to such a team? In this seminar you will learn, via theoretical stages and practical exercises, exactly which processes should be heeded, which developmental phases a group needs to traverse to become a successful team, how tasks can be skillfully delegated, how to motivate employees and how to resolve conflicts. Furthermore, you will gain an insight into the identification and quick appraisal of risks as well as how to troubleshoot vulnerable projects. This seminar is in alignment with international standards of project management. It is a part of the "Projektmanagement-Kolleg" which completes the examination for certification as Project Manager MVHS (course no. N440565 or N440566) but can also be visited as a standalone course.

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

N440543 – Weekend Seminar – Einstein 28

Susanne Erley · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 26./27.2.2022 · € 183.– · 9 places · ☎

Certificate in English Language Teaching to Speakers of Other Languages – Part-time Blended Learning

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

N581520 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · Room 0.111 · 15 x Fri 12.00 til 19.00 hrs plus online activity throughout the week · 1.10.2021 to 28.01.2022 · € 1.745.– · 12 places · ☎

Certificate in English Language Teaching to Speakers of Other Languages – Full-time Mixed Mode

CELTA, Certificate in Teaching English to Speakers of Other Languages, is an internationally recognised initial qualification for English Language teaching to adults. CELTA mixed mode courses are ideal for new teachers wishing to train for both classroom and online teaching. The first two weeks of the course will be completed in the centre, the final three weeks will be completed online. For further information please visit www.mvhs.de/celta

N581522 – Gasteig

Emma Jones · Gasteig · Rosenheimer Str. 5 · 7.2. to 18.2.2022 (Gasteig) and 21.2. to 10.3.2022 (Online) · 9.00 til 18.00 hrs · € 1.745.– · 12 places · ☎



Social Media Crash Course Online

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 including Facebook, Instagram, Snapchat, Twitter, XING/LinkedIn, Blog, and YouTube. Please bring existing Social Media login data as well as login data for an email account (if you have one) to the course.

N487620 – Online Course

Katharina Kulawinski · Online · 2 x Tues 18.00 til 21.00 hrs · 5.10. and 12.10.2021 · € 85.– · 6 places

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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.

N486120 – Weekend Seminar – Einstein 28

Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 2 x Sun 9.15 til 16.00 hrs · breaks on agreement · 24.10. and 31.10.2021 · € 149.– · 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.

N485530 – Einstein 28

Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 10.11. to 24.11.2021 · € 119.– · 6 places · &

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Taijiquan & Qigong

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

Please bring comfortable clothes.

N353300 – Saturday Seminar – Einstein 28

Rick Henderson · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 23.10.2021 · € 36.–

Traditional Thai Massage

Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will gain an insight into this beautiful massage form which is performed while fully clothed on a mat on the floor. With full physical involvement the typical techniques for the masseur are, for example, the use of thumb, palm, foot, elbow etc. to relax and stretch the body of the recipient. Course participants are invited to discover the pleasure by both giving and receiving TTM in each massage-sequence. For massage couples only. Please bring comfortable clothes (what you would wear for yoga classes), a blanket and a cushion.

N351686 – Sunday Seminar – Einstein 28

For couples · Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sun 10.00 til 16.00 hrs · breaks on agreement · 14.11.2021 · € 38.– · plus € 5.– for materials

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.

N351116 – Saturday Seminar – Einstein 28

Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 10.00 til 15.30 hrs · 27.11.2021 · € 38.–



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Body & Mind

Mindfulness

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

N351202 – Sunday Seminar – Einstein 28

Annette Klassen · Education Centre · Einsteinstr. 28 ·
Sun 10.00 til 17.00 hrs · breaks on agreement ·
20.2.2022 · € 41.– · ☎

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.

N341090 – Presentation – Neuhausen

Juliana Raisch · MVHS · Neuhauser Trafo ·
Nymphenburger Str. 171b · Wed 19.00 til 20.30 hrs ·
2.2.2022 · € 8.– · also with MVHS-Card · 7 places · ☎



Traditional Bavarian Cooking

Bavarian dishes are hearty soul food, making very simple regional ingredients into tasty, satisfying culinary experiences. We are going to prepare some simple varieties of bread and potato dumplings, some Spätzle – serving it as Käsespätzle (Bavarian Mac & Cheese), and an original Krustenbraten (roasted pork and crackling) from Bavarian pork. For other side dishes we will make some healthy Krautsalat (slaw) and of course Kartoffelsalat (potato salad). To finish off we will make Apfel- and Topfenstrudel.

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

N382018 – Sunday Seminar – Einstein 28

Susanne Kiehl · Education Centre · instructional kitchen ·
Einsteinstr. 28 · Sun 17.30 til 21.30 hrs · 17.10.2021 ·
€ 31.– · plus € 23.– for materials · 8 places · ☎

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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.

N382404 – Am Hart

Priyanka Rastogi · MVHS · Troppauer Str. 10 · Fri 17.00 til 20.30 hrs · 12.11.2021 · € 28.– · plus € 17.– 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.

N382622 – Saturday Seminar – Sendling

Siu Sui Janice Lau · MVHS · Albert-Robhaupter-Str. 8 · Sat 10.00 til 17.00 hrs · 13.11.2021 · € 56.– · plus € 24.– 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.

N382620 – Saturday Seminar – Fürstenried-Ost

Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 17.00 hrs · 11.12.2021 · € 56.– · plus € 22.– for materials · 8 places · ☺

After Work Christmas Baking

Baking is like “coming home” as it brings back the finest childhood memories. The smell of cinnamon, vanilla and crisp gingerbread makes us all feel safe and happy. Before Christmas, when things get quite stressful and we feel like we can’t keep up – let’s get together for a fun, after work baking session. In a relaxed atmosphere we will kick start the evening with a steaming mug of mulled wine, and bake a variety of tasty cookies and spicy Christmas bites from all over the world. Let’s get international and celebrate the festive season across cultures while having a great evening with like-minded people.

Please bring: an apron and some small cake boxes.

N384127 – Pasing

Denisa Kovaricek · MVHS · Bäckerstr. 14 · Wed 18.00 til 21.30 hrs · 8.12.2021 · € 28.– · plus € 11.– 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.

N382038 – Pasing

Susanne Kiehl · MVHS · Bäckerstr. 14 · Fri 17.30 til 21.00 hrs · 21.1.2022 · € 27.– · plus € 23.– 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 macaron shells, and a broad overview of the various fillings. In this two-day course, let yourself be seduced by the flair of French street cafes and pastry shops for a few hours and enjoy a colorful taste sensation.

Please bring: an apron and a small plastic container.

N384014 – Einstein 28

Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Mon/Tues 18.00 til 21.00 hrs · 7./8.2.2022 · € 55.– · plus € 15.– for materials · 8 places · ♿

Bento Box

A Japanese Lunchbox

In this course you will become familiar with the traditional Japanese “Bento box”. The “Bento” is a dosage form in which various dishes are served in a special box. We will prepare a Dashi broth with various spices, sushi, tempura, miso soup and much, much more. In addition, you will learn about the cultural background of the well-known Japanese Bentos. You will receive many tips and tricks regarding preparation and how the locals serve their Bento box. At the end of the day everyone will devour their homemade Bento box.

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

N382660 – Saturday Seminar – Fürstenried-Ost

Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 15.00 hrs · 12.2.2022 · € 40.– · plus € 20.– for materials · 8 places · ♿



Fast and Healthy Indian Cooking

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

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

N382400 – Einstein 28

Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 18.00 til 21.30 hrs · 18.2.2022 · € 28.– · plus € 17.– 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
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Schellingstraße 3
80799 München
Tel. (089) 2809141 and 283642
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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

Information and advice regarding the programme

Emma Jones, Tel. (089) 48006-6265

Online registration

www.mvhs.de/en

Your online registration can be completed in English.

Registration in person and by telephone

Central office

Gasteig, Rosenheimer Straße 5, 1st floor or
Einstein 28, Einsteinstraße 28, Tel. (089) 48006-6239

North district

Am Hart, Troppauer Straße 10, Tel. (089) 48006-6868

East district

Giesing, 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, 1st floor and Einstein 28, ground floor, except public holidays.



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