

Münchner Volkshochschule  
**MVHS in English**

Programme  
**March to  
September 2019**



# Registration from 1<sup>st</sup> February 2019

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

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

## Registration in person and by telephone

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

## When?

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

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

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

## Information and advice regarding the programme

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

## General information

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

## The MVHS-Card

For just € 57.– you can access around 800 events at the MVHS from March to September 2019, including one event in the English language. Further information: [www.mvhs.de/mvhs-card](http://www.mvhs.de/mvhs-card)

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

## Congratulations!

... you've just picked up a booklet that could transform your life! If you're an expatriate whose English is better than their German, or a local with a good command of the English language, look no further. 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.

This semester will also see a first for the MVHS in English Programme: **MVHS Talks – Starting this semester.**

Each talk will be presented by an expert in their field, after a 20–30 minute introduction to the topic and a quick Q & A, participants will be encouraged to chat with each other as well as the speaker about the topic in a relaxed, informal setting. The first talk is scheduled for 7<sup>th</sup> May "Brexit, where are we now?" If you are interested and would like to be added to our mailing list please email [emma.jones@mvhs.de](mailto:emma.jones@mvhs.de)

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



Dr. Susanne May  
Programme Director



Emma Jones  
Programme Coordinator  
for MVHS in English





### Typisch München! Typically Munich!

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

In co-operation with Münchner Stadtmuseum

#### **I121100 – Guided Tour – Altstadt**

*Simone Gundi · Münchner Stadtmuseum · meeting point: foyer · St.-Jakobs-Platz 1 · Sat 15.00 til 16.00 hrs · 18.5.2019 · € 4.– · also with MVHS-Card · tickets available from the lecturer in the museum*

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### BMW Group Munich Plant

The BMW Group Munich plant builds more than 900 cars and up to 1400 engines per day and employs a workforce of around 9000 people from more than 50 countries around the world. This guided tour through BMW’s original plant offers an exciting insight into all areas of automobile production. You will have access to production technology at the BMW Munich plant: the Press Shop, Body Shop, Paint Shop, Engine Shop, the Production of Interior Equipment and Seats, as well as the Assembly Line. Suitable for adults and children over 6 years of age.

#### **I122415 – Guided Tour – Milbertshofen**

*Employee of BMW · meeting point: BMW Welt, Infocounter Nord · Am Olympiapark 1 (U3 Olympiazentrum) · Mon 15.00 til 17.30 hrs · 16.9.2019 · € 9.– incl. admission · Registration necessary · 20 places*

### The “Deutsche Eiche” (German Oak) Restaurant, hotel, and gay bathhouse

When homosexuality was still a social taboo, the “Deutsche Eiche” was already an iconic and popular meeting place for the gay scene and creative artists in Munich. Regulars such as Freddie Mercury and Rainer Werner Fassbinder increased its popularity even further. Visit this legendary institution, owned by Dietmar Holzapfel and Sepp Sattler since 1993, and follow manager Roger Barta through the “Deutsche Eiche”, its restaurant, hotel, and gay bathhouse and learn more about the history of the house, the district “Gärtnerplatzviertel” and Munich’s gay community.

#### **I121345 – Guided Tour – Isarvorstadt**

*Roger Barta · Hotel Deutsche Eiche · Reichenbachstr. 13 · Wed 9.30 til 11.30 hrs · 11.9.2019 · € 3.– (administration charge) · Registration necessary*

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### Painting for Beginners and Refreshers

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

Please bring: paints, paintbrushes, paper or canvases. Acrylic colours and other materials may also be purchased during the workshop.

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#### 1224702 – Bogenhausen

Christine Holz · MVHS · Rosenkavalierplatz 16 · 6 x Thurs 18.00 til 20.30 hrs · 4.4. to 23.5.2019 · € 111.– · 10 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.

#### 1224704 – Milbertshofen

Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · 8 x Mon 18.30 til 21.00 hrs · 18.3. to 13.5.2019 · € 147.– · 10 places · ♿

### Drawing and Watercolour

#### From Expressive Painting to Fine Details

Explore traditional watercolour painting methods and materials to create colourful, realistic, and heavily modeled images! You will learn different ways of mixing watercolour with drawing techniques in order to achieve more control over your image. The method of drawing over watercolour painting can result in extremely delicate and detailed works. It is an excellent technique for anyone who is always striving to draw or paint more "realistically". We will discuss basic design and colour theory in order to bring drama and energy to your artwork. Please bring: watercolour set, small variety of pointed tip brushes, pad of quality artists' paper, water container, arrangement of coloured pencils, 1–2 waterproof black artists' pens.

#### 1224706 – Sendling

Ivan Uzunov · MVHS · Albert-Robhaupter-Str. 8 · 5 x Wed 10.00 til 12.30 hrs · 26.6. to 24.7.2019 · € 93.– · 10 places · ♿

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### Character Design – Create your own character, whether it be a hero or a monster

If you are interested in comic, manga or anime or you want to use your drawing and painting skills through illustration, computer games or film production, this is the course for you! We will look at basic methods of character design as well as proportion, shape, perspective, deformation, body language, expressions, mimics, anatomy and texturing. During this practical training, you will use your skills and imagination to create your own characters: heroes, beauties, cuties, monsters, animals, aliens, machinery – let your imagination run wild.

Beginners and advanced students are welcome.

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

#### **1224708 – Einstein 28**

*Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Thurs 18.30 til 21.00 hrs · 4.4. to 9.5.2019 · € 111.– · 10 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 bring: paper pad DIN A4, exercise notebook/pad DIN A4 (preferably lined), coloured paper for cards, 2 pencils HB, brushes with flat thin hair 6 and 12 mm wide, watercolour brushes round size 1, 3 and 7, felt tip pen, pen holder and nibs (broad, pointed), 1 bottle of ink, tempera/gouache colours, palette, tissues, newspapers/magazines, scissors, glue, cutter, scotch tape, empty cola/beer can, wood sticks different sizes and thickness. If you have questions or if you need a list of examples with links and images, contact the artist at [art@carmennistor.com](mailto:art@carmennistor.com).

#### **1224710 – Sendling**

*Carmen Nistor · MVHS · Albert-Roßhaupter-Str. 8 · 4 x Wed 9.30 til 12.30 hrs · 8.5. to 29.5.2019 · € 89.– · 11 places · ☺*

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### Drawing Basics for Beginners

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

#### **I224712 – Milbertshofen**

*Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · 7 x Mon 18.30 til 21.00 hrs · 27.5. to 15.7.2019 · € 129.– · 10 places · ☺*

### See better. Draw better.

#### Drawing Basics

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

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

#### **I224714 – Einstein 28**

*Penelope Richardson · Education Centre · Einsteinstr. 28 · 8 x Thurs 10.00 til 12.00 hrs · 18.6. to 6.8.2019 · € 118.– · 12 places · ☺*

### Drawing in Colour – Chalk, Pastel, and Still Life

Colour pastels and chalk have been used for much longer than people think. Leonardo da Vinci, Michelangelo, Edgar Degas, and many others created beautiful chalk and pastel drawings showing their full potential for detail. You will learn the basics of mixing and layering colours in order to create vibrant, more intense images. We will focus on line and cross hatching to show depth and movement as well as the illusion of 3-D. Still life set-ups will be provided but you are welcome to create images from photographs, or your imagination.

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

#### **I224716 – Einstein 28**

*Ivan Uzunov · Education Centre · Einsteinstr. 28 · 6 x Mon 14.00 til 16.30 hrs · 24.6. to 29.7.2019 · € 111.– · 10 places · ☺*

### Drawing and Watercolour

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

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

#### **I224718 – Einstein 28**

*Christopher Croft · Education Centre · Einsteinstr. 28 · 4 x Thurs 18.30 til 20.45 hrs · 12.9. to 10.10.2019 · € 67.– · payable on site € 10.– for materials · 9 places · ☺*

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### General Goldsmithing Course

This general goldsmithing course is aimed at all levels. By making a piece of jewellery, 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; if you would like to work with gold, please bring the material and the corresponding soldering material with you. You are welcome to bring your own silver and stones, however, it will be possible to buy silver and a variety of semi-precious stones directly in the workshop.

#### **1226970 – Weekend Workshop – Gasteig**

*Attai Chen · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 18./19.5.2019 · € 101.– · plus € 5.– for materials · 9 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.

#### **1226980 – Weekend Workshop – Gasteig**

*Attai Chen · Gasteig · Rosenheimer Str. 5 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 6./7.7.2019 · € 101.– · plus € 5.– for materials · 9 places · ☺*

### The Art of Ring Making

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

#### **1226990 – Weekend Workshop – Fürstenried-Ost**

*Attai Chen · MVHS · Forstenrieder Allee 61 · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 21./22.9.2019 · € 101.– · plus € 5.– for materials · 8 places · ☺*





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### **Digital Photography for Beginners – Technical Know-how**

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

#### **I251150 – Gasteig**

*Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 27.3. to 10.4.2019 · € 69.– · 8 places · ☺*

### **Digital Photography for Beginners – Practical Know-how**

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

#### **I251155 – Gasteig**

*Daniel Mayer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 26.6. to 10.7.2019 · € 69.– · 8 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 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

#### **I263600 – Seminar – Einstein 28**

*Adam Joachim Goldmann · Bildungszentrum · Einsteinstr. 28 · Wednesday, 13<sup>th</sup> March 2019 · five additional preparation dates and three dates for the performances by agreement · € 95.– · 10 places*

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## Acting Party

### A Performance Hullabaloo!

Come get real ... silly, showy, subtle, silver-tongued, free-spirited, spry, smooth, cool, quick, warm and fuzzy. Come to loosen your limbs, shake off the day, pocket the phone, hear your own happy voice, forget the news, move some grooves. Come to dramatize, improvise, imagine, create, collaborate and connect. This playful, theatrical, fantastical wing-ding might just be your thing.

PS: Dress very comfortably and feel free to bring your own snacks and beverages.

### **I263605 – Seminar – Einstein 28**

Carolyn A. Morrow · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · 2 x Sat 18.00 til 22.00 hrs · 18.5. and 1.6.2019 · € 30.– · 16 places

## Acting

### The Fast Route

Suitable for anyone who has never had a go at acting and would now like to try it out: Movement – Improvisation – Body Action – Energy – Theatre!

Please come in comfortable clothing, suitable for movement.

Bring drinks and snacks to keep you energized!

### **I263610 – Weekend Seminar – Einstein 28**

Doro Engel · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 11./12.5.2019 · € 93.– · 10 places · ☺

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## The Fine Art & Joy of Acting For Non-Actors

In this course, you will have an opportunity to experience some of the wonderful techniques used to help actors move and speak with clarity and radiance. You will explore how to “tune your instrument”, your voice and your body, in order to feel more at home with yourself. You will also enjoy exercises in mindful breathing, listening and connecting to others, and grasping and expressing the power of words. The delightful and spontaneous art of improvisation will top off your day with laughter and play. Please come in comfortable clothing, suitable for movement. Bring drinks and snacks to keep you energized!

### **I263620 – Seminar – City Centre**

Carolyn A. Morrow · “raum21” · Paul-Heyse-Str. 21 (back building) · 10 x Thurs 18.30 til 21.00 hrs · 14.3. to 6.6.2019 · € 131.– · 14 places

## Creative Performance Workshop

This course is an invitation for you to explore and expand your powers of creativity and expression. Come to experience the vast potential of your own body, voice, and imagination in relation to performance. Lively improvisations, scene development, and some reflective and inspiring writing exercises will help you enter a realm of discovery and delight. Come to play, explore, touch upon meaning, and to warmly immerse yourself within a group. Please come in comfortable clothing, suitable for movement. Bring drinks and snacks to keep you energized!

### **I263630 – Seminar – Einstein 28**

Carolyn A. Morrow · Education Centre · Vortragssaal 1 · Einsteinstr. 28 · Sat/Sun 11.00 til 18.00 hrs · 14./15.9.2019 · Sun 11.00 til 18.00 hrs · 29.9.2019 · € 139.– · 10 places

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

Anna Halprin (born 1920) is considered a revolutionary force in dance. A pioneer in the use of arts for personal development she created Tamalpa Life/Art Process and Movement Ritual. Halprin views dance as social experience and metaphor for moving through life. Here you will get a taste of her search to "[unite] personal and artistic growth, life and art, with one aspect continuously feeding off the other and coming together in new ways." We will explore the communicative potential in everyday gestures and create a simple group choreography. No prior dance experience required.

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

### **I265336 – Saturday Seminar – Neuhausen**

Callie Arnold · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · Sat 10.00 til 15.00 hrs · breaks on agreement · 28.9.2019 · € 36.– · 10 places



### English Book Club at Gasteig

If you enjoy reading and sharing your ideas, come join us!

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

March: A Pale View of Hills by Kazuo Ishiguro

April: Less by Andrew Sean Greer

May: Lolita by Vladimir Nabokov

June: Little Fires Everywhere by Celeste Ng

July: Another Brooklyn by Jacqueline Woodson

### **I244570 – Gasteig**

Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Thurs 18.00 til 19.30 hrs · 14.3., 11.4., 9.5., 6.6. and 11.7.2019 · € 41.– · 14 places · ☺

## The Writing Lounge

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

### **1247100 – Gasteig**

Carolyn A. Morrow · Gasteig · Rosenheimer Str. 5 · 10 x Wed  
18.00 til 20.00 hrs · 8.5. to 24.7.2019 · € 118.– · 12 places

## “Roman Holidays”

### **Beginners’ Italian for Travellers**

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

### **1533029 – Weekend Seminar – Gasteig**

Dr. Antonio Compagnone · Gasteig · Rosenheimer Str. 5 ·  
Sat 10.00 til 17.00 hrs · Sun 10.00 til 13.00 hrs · breaks on  
agreement · 6./7.7.2019 · € 63.– · 10 places · ♻️

## Russian for Busy People

### **Beginner Course**

Would you like to learn conversational, colloquial and culture-rich Russian? This course will provide you with valuable phrases and cultural insights.

Please bring: Sputnik – An Introductory Russian Language Course, Part I, ISBN: 978-0993913907

### **1555009 – City Centre**

Olga Plyaskina · MVHS · Orleansstr. 34 · 7 x Fri 18.00 til 20.45 hrs ·  
breaks on agreement · 5.4. to 31.5.2019 · € 134.– · 8 places ·  
disabled access



## 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.

### **1440183 – Saturday Seminar – Einstein 28**

Karin Willmer · Education Centre · Einsteinstr. 28 · Sat 10.00 til  
17.00 hrs · breaks on agreement · 21.9.2019 · € 32.– · 12 places · ♻️

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

### **Full-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 full-time courses are intensive and rewarding, for further information please visit [www.mvhs.de/celta](http://www.mvhs.de/celta)

### **Projectmanagement – 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. I440565) but can also be visited as a standalone course.

#### **I440538 – Weekend Seminar – Einstein 28**

Angelos Kirianes · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 13./14.4.2019 · € 155.– · 12 places · ☺

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### **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. I440565) but can also be visited as a standalone course.

#### **I440543 – Weekend Seminar – Einstein 28**

Angelos Kirianes · Education Centre · Einsteinstr. 28 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 31.8./1.9.2019 · € 155.– · 10 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.

#### **I451328 – Weekend Seminar – Einstein 28**

Kumar Barua · Education Centre · Einsteinstr. 28 · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 14./15.9.2019 · € 91.– · 12 places · ☺

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### **Business Coaching for Women Working on Individual Goals in a Group**

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

#### **1451375 – Einstein 28**

*for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · 3 x Wed 18.00 til 21.00 hrs · 8.5. to 5.6.2019 · € 146.– · 6 places · ☎*

### **Understanding the Implicit Rules in Business Get Set for Success**

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

#### **1451540 – Einstein 28**

*for women only · Isabel Nitzsche · Education Centre · Einsteinstr. 28 · Fri 14.00 til 19.00 hrs · 10.5.2019 · € 73.– · 14 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.

#### **1483055 – Saturday Course – Einstein 28**

*Pegah Tavakkolkhah · Education Centre · Einsteinstr. 28 · 2 x Sat 9.15 til 16.00 hrs · breaks on agreement · 6.4. and 13.4.2019 · € 129.– · 11 places · ☎*

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## Create your own Blog with WordPress

Want to tell the world about your hobbies, travels and experiences? Or just have something to get off your chest? With a weblog you can share your musings with anyone and everyone on the internet. Some famous bloggers even make money from their writing.

Course Content: register a WordPress blog and configure important options; customise the design with themes and logos; add powerful features via extensions; write effective and engaging blog posts; bring in a wider audience with search engine optimization.

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

### **I483030 – Einstein 28**

Michael Saunders · Education Centre · Einsteinstr. 28 · 3 x Wed  
18.00 til 21.00 hrs · 8.5. to 22.5.2019 · € 99.– · 11 places · ☺

## Writing Successfully for the Internet

### Texts for both Users and Search Engines

Since Google's Panda update, quality content is more important than ever for good ranking. What determines quality content?

Which rules do writers have to keep in mind? This course covers the most important factors for quality content in internet and search engine optimized writing.

Course content: How do search engines measure content?

Important HTML Structures; Choosing and changing keywords; WDF\*IDF analyses; unique and duplicate content; internal links, anchor terms, pictures and multimedia; technical aspects: robots.txt and pdfs.

### **I483020 – Saturday Seminar – Einstein 28**

Elisabeth Weigel · Education Centre · Einsteinstr. 28 · Sat 10.00 til  
17.00 hrs · breaks on agreement · 1.6.2019 · € 79.– · 11 places · ☺

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## Social Media Crash Course

Social Media newbies will leave this seminar with an overview of currently popular social media platforms. We will look at examples for both companies and individuals and talk about content marketing, online reputation management and privacy settings.

This crash course is designed for anyone who is interested in a basic social media overview including the platforms Facebook, YouTube, Instagram, Twitter, Snapchat, Blog and XING.

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

### **I483010 – Sunday Seminar – Einstein 28**

Katharina Kulawinski · Education Centre · Einsteinstr. 28 · Sun  
9.15 til 16.00 hrs · breaks on agreement · 16.6.2019 · € 79.– ·  
11 places · ☺

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### 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.

#### **1341320 – Presentation – Neuhausen**

Juliana Raisch · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · Wed 19.00 til 20.30 hrs · 3.7.2019 · € 7.– · 17 places · &

### Stress Management

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

#### **1351102 – Workshop – Einstein 28**

Dr. Carola Nürnberg · Education Centre · Einsteinstr. 28 · Sat 10.00 til 17.00 hrs · breaks on agreement · 18.5.2019 · € 41.– · 14 places

### Mindfulness

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

#### **1351216 – Sunday Seminar – Einstein 28**

Annette Klassen · Education Centre · Einsteinstr. 28 · Sun 10.00 til 17.00 hrs · breaks on agreement · 7.4.2019 · € 41.– · 14 places

### Traditional Thai Massage

Traditional Thai Massage (TTM) is a full body holistic workout with a very soothing effect. In this workshop you will get an insight into this beautiful massage form which is performed while fully clothed on a mat on the floor. With full physical involvement the typical techniques for the masseur are, for example, the use of thumb, palm, 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.

#### **1351686 – Saturday Seminar – Einstein 28**

Ulrike Loeschke · Education Centre · Einsteinstr. 28 · Sat 10.00 til 16.00 hrs · breaks on agreement · 6.7.2019 · € 35.– · 12 places

### Hatha-Yoga

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

#### **1352060 – Neuhausen**

Petra Sutton · MVHS · Neuhauser Trafo · Nymphenburger Str. 171a · 4 x Fri 16.30 til 17.45 hrs · 6.9. to 27.9.2019 · € 30.– · 14 places

### Feldenkrais – Rediscovering the Joy of Easy Movement

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

#### **1354106 – Sunday Seminar – Einstein 28**

Philip Tillotson · Education Centre · Einsteinstr. 28 · Sun 13.00 til 17.00 hrs · 2.6.2019 · € 25.– · 14 places

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### 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.

#### **1381400 – Sunday Seminar – Sendling**

Bikash Kumar · MVHS · Albert-RoBhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 17.3.2019 · € 37.– · plus € 16.– for materials · 15 places

### Indian Curry Special

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

#### **1381403 – Einstein 28**

Priyanka Rastogi · Education Centre · instructional kitchen · Einsteinstr. 28 · Thurs 18.00 til 21.30 hrs · 1.8.2019 · € 19.– · plus € 17.– for materials · 14 places

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### Traditional Vietnamese Cooking

Learn how to prepare and cook authentic Vietnamese food in a fun and interactive cooking class. At 10 am we will meet at Hofmannstraße 30 to explore a typical Asian supermarket to learn about the ingredients of healthy Vietnamese dishes whilst receiving valuable cooking tips. We will then head to the classroom to prepare traditional Vietnamese dishes such as Pho Bò (traditional soup from Hanoi) or Goi Cuon (fresh summer rolls) in a hands-on cooking class.

#### **I381500 – Saturday Seminar – Fürstenried-Ost**

*Siu Sui Janice Lau · MVHS · Forstenrieder Allee 61 · Sat 10.00 til 17.00 hrs · 6.4.2019 · € 38.– · plus € 22.– for materials · 12 places*

### Asian Party Snacks

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

#### **I381503 – Saturday Seminar – Sendling**

*Siu Sui Janice Lau · MVHS · Albert-Robhaupter-Str. 8 · Sat 10.00 til 16.00 hrs · 18.5.2019 · € 34.– · plus € 22.– for materials · 12 places*

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### Sparkling wines from all over the world

France is not the only country famous for its great sparkling wines: all over the world, these popular drinks are produced in exciting and enjoyable variants. But what makes a Spanish Cava different from an Italian Prosecco? Is a Crémant less valuable than its well-known brother from Champagne? What is a Pet Nat? And the most important thing: Which sparkling wine tastes best to me personally? You will experience all of this in this exciting course, where we will try different styles from the most important sparkling wine regions of the world.

#### **I385102 – Einstein 28**

*for participants aged 18 and over · Patrick Hemminger · Education Centre · instructional kitchen · Einsteinstr. 28 · Wed 18.30 til 21.30 hrs · 10.4.2019 · € 20.– · plus € 25.– for materials · 16 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. 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.

#### **I386012 – Einstein 28**

*Laura Hurter · Education Centre · instructional kitchen · Einsteinstr. 28 · Fri 17.30 til 20.00 hrs · Sat 9.30 til 12.30 hrs · 12.11.4.2019 · € 39.– · plus € 16.– for materials · 10 places*

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### **A Flair of Paris – Eclairs & Tarteletts**

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

### ***1386014 – Saturday Seminar – Pasing***

*Laura Hurter · MVHS · Bäckerstr. 14 · Sat 10.00 til 15.30 hrs ·  
18.5.2019 · € 28.– · plus € 13.– for materials · 14 places · ♿*



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