

Münchner Volkshochschule  
**MVHS in English**

Programme  
**September 2016  
to February 2017**



## Registration in person and by telephone

- Gasteig central office, Rosenheimer Straße 5, 1<sup>st</sup> floor  
Tel.: (089) 48006-6239
- North district: Am Hart, Troppauer Straße 10  
Tel.: (089) 318115318
- East district: Giesing, Werinherstraße 33  
Tel.: (089) 620820-0
- South district: Harras, Albert-Roßhaupter-Straße 8  
Tel.: (089) 74748520
- West district: Pasing, Bäckerstraße 14  
Tel.: (089) 835353

## 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

## Online registration

around the clock at: [www.mvhs.de/en](http://www.mvhs.de/en)

(Please note: your online registration will be in German.)

## Information and Advice Regarding the Programme

Emma Jones, Tel.: (089) 48006-6265

## General Information

Tel.: (089) 48006-0/6220, Mondays to Fridays from 8 a.m. to 6 p.m. as well as from the information desk in Gasteig, 1<sup>st</sup> Floor

## The MVHS-Card

For just € 55.– you can access around 1000 events at the MVHS from September 2016 to February 2017, including 11 events in the English language. Further information and purchase available in all registration centres.

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 and online at [www.mvhs.de](http://www.mvhs.de).

## Welcome to our 2<sup>nd</sup> MVHS in English programme

Spring 2016 saw the successful launch of our new MVHS in English programme aimed at the ever-increasing English speaking community in Munich. Locals with a good command of English, alongside expatriates from around the world, attended courses, workshops, seminars and presentations in English in the areas of arts, photography, language, cooking and many more. In light of its successful premiere, the Münchner Volkshochschule is pleased to announce an extended MVHS in English programme. Current topic areas include History & Politics, Discover Munich, Arts & Crafts, Language & Literature, Job & Career, The Digital World, Body & Mind and Music & Drama. There is something for everyone, so if you wish to attend courses conducted in English come and join us!



Dr. Susanne May  
Programme Director



Emma Jones  
Programme Coordinator  
for MVHS in English



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### Brexit and its Consequences

Brexit (the British exit from the EU) is a momentous event with massive implications not only for the United Kingdom but also for Europe and the wider World. What are the issues and the consequences? This 90-minute session will involve a short presentation followed by a discussion round. Bring your curiosity, knowledge and perspectives with you for what is hoped will be a lively exchange of ideas and opinions.

Presented and moderated by William Smith – retired lecturer in Politics and Public Administration.

#### **D110052 – Gasteig**

*William Smith · Gasteig · Rosenheimer Str. 5 · Fri 18.00 til 19.30 hrs · 7.10.2016 · € 5.– · remaining tickets available on site · also with MVHS-Card · ☎*

### Understanding Germany:

#### **An Introduction to German History and Politics**

Germany can appear rather confusing – not only at first sight. This course offers an insight into the basic features of the German political and administrative system. After a brief overview of the historical background, which shaped present-day Germany, we will clarify the Federal Republic's structure, rules and forces. We will discuss the institutional framework as well as the major political parties and personalities – not forgetting the cultural specifics of "German politics".

#### **D110050 – Gasteig**

*Dr. Peter Dorsch · Gasteig · Rosenheimer Str. 5 · 6 x Tues 20.00 til 21.30 hrs · 8.11. to 13.12.2016 · € 36.– · ☎*

#### **Results of the U.S. Presidential Election 2016**

The presentation will take a close look at this year's election results. It will explain the election process before analyzing this year's specific outcome by the following criteria: the impact of the major parties' traditions (class, regional, and cultural determinants); ethno-cultural voting patterns of ethnic, racial, and immigrant groups; and the role of voters' religious affiliation. The issue of who was entitled to, or prevented from, voting will also be discussed.

#### **D110054 – Presentation – Gasteig**

*Prof. Dr. Hartmut Keil · Gasteig · Rosenheimer Str. 5 · Tues 20.00 til 21.30 hrs · 22.11.2016 · € 5.– · remaining tickets available on site · also with MVHS-Card · ☎*

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## The Swinging Sixties

Sex, drugs, protests, assassinations. The 1960's was a decade of explosive social transformation. Come to Lake Starnberg for a fun weekend and join Jack and Jackie, Joplin, Baez and the Beatles. We will hear fab sounds, see clips from films and news footage of actual events in order to frame our discussions about business, politics, cultural and social issues, then and now.

### **D820041 – Weekend Seminar – Haus Buchenried**

*Elena Mendoza M.A. · Leoni am Starnberger See · Assenbucher Str. 45 · 25.11. to 27.11.2016 · start: Fri 18.00 hrs · finish: Sun 14.00 hrs · € 230.– (€ 100.– for seminar, € 130.– for accommodation) · ☺*

## American Political Culture

This presentation will ask in which ways American political culture is distinct from European traditions. It will discuss the impact of Calvinist Protestantism on an American work ethic, the claim of a "Manifest Destiny" and exceptionalism, and the impact of the frontier experience on notions of freedom and individualism. It will also question the myth of the "American Dream" in light of contemporary societal changes as well as the self-perception as an immigrant country after 9-11-2001.

### **D110058 – Presentation – Gasteig**

*Prof. Dr. Hartmut Keil · Gasteig · Rosenheimer Str. 5 · Tues 20.00 til 21.30 hrs · 29.11.2016 · € 5.– · remaining tickets available on site · also with MVHS-Card · ☺*

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## Nazi Germany – a Short Introduction to its History

In this short course we will outline major developments and characteristics of German society, politics and culture during the Nazi era. Special emphasis will be put on the rise of National-Socialism, the role of ideology, anti-Semitism and violence, economic issues and Germany's role in World War II. The course offers both solid historical information and a platform for discussion about this core topic of German history.

### **D110062 – Gasteig**

*Gerd Modert · Gasteig · Rosenheimer Str. 5 · 3 x Thurs 20.00 til 21.30 hrs · 12.1. to 26.1.2017 · € 19.– · ☺*

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### A Stroll through the History of Munich's City Centre

Munich's history started with the salt trade – but then what happened? Whilst strolling through the city centre we will talk about how the city has developed and which events have had a lasting influence right up to the present day. We will have a look at the lively market area and the typical Bavarian delicacies. Listen to amusing stories and unbelievable legends, find out about history and traditions as well as modern town planning and topical subjects.

#### **D121064 – Guided Tour – Altstadt**

*Helga Voigt · meeting point: Church of St Peter, tower entrance · Rindermarkt 1 · Fri 16.00 til 18.00 hrs · 21.10.2016 · € 7.– · remaining tickets available on site · also with MVHS-Card*

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### Möhlstraße – a Street with a Unique History

Locals and newcomers, officials and scientists, businessmen and heirs, including several Jewish families – these were the promoters and original owners of Möhlstraße, planned by and named after the court gardener Jakob Möhl. The houses were built in a pleasing mix of styles, by well-known architects of the Prinzregent period, e.g. Romeis, Seidl or Drollinger. After World War II the street gained a dubious reputation accommodating a notorious black market. Despite damage and controversial newer buildings from the 60s and 70s, there is still a lot to discover from the old spirit of former upper-class housing and living.

#### **D123230 – Guided Tour – Bogenhausen**

*Sibylle Reinicke · meeting point: St. Georg, the cemetery entrance · Bogenhauser Kirchplatz 1 · Fri 14.00 til 16.30 hrs · 21.10.2016 · € 7.– · remaining tickets available on site · also with MVHS-Card · 20 places*

### Munich's Jewish History – a City Walk

Today, more than 70 years after the end of the Shoa, Munich boasts a thriving Jewish community. In the light of a history of anti-Semitism and genocide this seems nothing short of a miracle. This city walk takes us to a selected number of historical places and voids showing evidence of Jewish life, faith, fortune and suffering. We will explore dimensions of Jewish life and culture from medieval to present day.

#### **D110066 – Guided Tour – Altstadt**

*Gerd Modert · meeting point: opposite Dallmayr · Dienerstr. 14 · Sun 14.00 til 16.00 hrs · 6.11.2016 · € 5.– · remaining tickets available on site · also with MVHS-Card*

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### **Typically Munich! Typisch München!**

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

#### **D211035 – Guided Tour – Altstadt**

*Ulrike Franz · Münchner Stadtmuseum · meeting point: foyer · St.-Jakobs-Platz 1 · Sat 16.00 til 17.00 hrs · 12.11.2016 · € 4.– · remaining tickets available on site · also with MVHS-Card · plus discounted admission ticket € 2.– · registration 30 minutes before tour begins at the museum ticket desk*

### **BIER.MACHT.MÜNCHEN. Munich – Powered by Beer**

It has been 500 years since the Beer Purity Law (Reinheitsgebot) came into force in Bavaria. Münchner Stadtmuseum is marking this anniversary with a special exhibition about Munich, its beer and its breweries. The exhibition explores a complex history of beer and brewing and its relevance to us today, offering fresh new insights into beer as a commanding phenomenon. It examines the development of Munich's breweries and teases out the intricacies of what proved to be a successful mix of investment, entrepreneurship, scientific discoveries about the brewing process itself along with advances in technology. BIER.MACHT.MÜNCHEN investigates, through an in-depth exploration of the role of beer in society and politics, the many ways in which this brew has influenced culture, the visual arts, festivals and satirical revue shows in the city and how it continues to do so to this very day.

#### **D211060 – Guided Tour – Altstadt**

*Münchner Stadtmuseum · meeting point: foyer · St.-Jakobs-Platz 1 · Sat 15.00 til 16.30 hrs · 19.11.2016 · € 7.– · remaining tickets available on site · also with MVHS-Card · plus discounted admission ticket € 3.50 · registration 30 minutes before tour begins at the museum ticket desk*



## Munich and The Third Reich

### Walking Tour

Many visitors to Munich may not be aware of just how many buildings in central Munich carry secrets of a dark past. This walking tour will take you to places which you may have thought you knew but will reveal a history which you probably weren't aware of. It will not only inform you of Munich's role in the rise of national socialism in Germany but will also take you to many important sites from Hitler's time including the location of the failed "Beer Hall Putsch", the place where the orders that led to "Kristallnacht" were given and where SA and SS annually rallied.

### **D121067 – Guided Tour – Altstadt**

*Kai Wang · meeting point: Tourist Information Centre in the Town Hall · Marienplatz 8 · Sun 11.00 til 14.00 hrs · 20.11.2016 · € 9.– · remaining tickets available on site · also with MVHS-Card*

## The Local Beer – A Visit to Hacker Pschorr Brewery

Water, hops, malt and yeast – these are the only ingredients, according to the German purity law of 1516, allowed to be used in the brewing of beer. The Hacker Pschorr Brewery has revived the brewing tradition – small, local and in-house. The Master Brewer will tell you everything you need to know about beer and its history.

### **D121070 – Information Session – Schwanthalerhöhe**

*Master Brewer · Hacker-Pschorr Bräuhaus · Theresienhöhe 7 · Fri 16.00 til 16.45 hrs · 25.11.2016 · € 9.–*

## Iwis engine systems

"Iwis – we are moving the world" is the slogan of the family-run company by Joh. Winkelhofer and sons, which has been situated in Sendling since 1916. Iwis engine systems is an expanding, medium-sized enterprise of the metalworking industry. The firm not only supplies automobile manufacturers with high class self-developed and produced engine parts but also industry and agriculture with efficient chain systems. The development of custom made chain systems is paramount. As evidenced by its numerous awards, the company is also very successful within the fields of personnel and environment.

Please bring your ID.

### **D124737 – Guided Tour – Sendling-Westpark**

*Danimir Risonjic · meeting point: iwis motorsysteme · Albert-Roßhaupter-Str. 53 · Wed 8.00 til 10.00 hrs · 7.12.2016 · € 6.–*

## 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.

### **D122701 – Guided Tour – Milbertshofen**

*Employee of BMW · meeting point: BMW Welt, Infocounter Nord · Am Olympiapark 1 (U3 Olympiazentrum) · Mon 15.00 til 17.30 hrs · 16.1.2017 · € 18.– incl. admission · 20 places*

### The Brewing Process at Hofbräu München-Riem

Dissatisfied with the beer brewed in Munich, Wilhelm V., the Duke of Bavaria (1579–1597) and his household imported beer from the town of Einbeck in Lower Saxony. To save costs but continue with the pleasure, it was decided that they should build their own brewery. The Master Brewer of Geisenfeld Monastery was brought in to supervise the construction of the Hofbräuhaus (the “ducal brewery”). Hofbräu München-Riem opens its doors for an insight into its history and the brewing process. A brewery tour would of course not be complete without a taste of a freshly tapped, unfiltered beer at the beer bar in the fermenting room, alongside a hearty Bavarian ploughman’s lunch.

#### **D123227 – Guided Tour – Riem**

*Employee of the Brewery · Staatliches Hofbräuhaus München-Riem · meeting point: reception area · Hofbräuallee 1 · Wed 10.00 til 12.30 hrs · 18.1.2017 · € 15.– · 25 places*

### Test a Flight Simulator

#### **At the Institute of Flight System Dynamics**

We are performing research to make air travel safer and more reliable with continuously increasing demand: 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.

#### **D313234 – Guided Tour – Garching**

*Employee of the Institute · TUM Lehrstuhl für Flugsystemdynamik · meeting point: main entrance by the gate to Fakultät Maschinenwesen (next to the northern exit of the U-Bahn, U6 Garching-Forschungszentrum) · Boltzmannstr. 15 · Fri 16.00 til 17.30 hrs · 24.2.2017 · € 5.– · 12 places*



### English Language Art Tours for Seniors

In four different afternoon art tours with native New Yorker, Art Historian and English teacher Alexandra Koch, we will explore permanent collections and special exhibitions in Munich. These tours will be fun and interactive. Get ready to learn about art! The details of museum visits will be announced to the participants, but everything will be located in the center of Munich.

#### **D174000 – City Centre**

*For Seniors · Alexandra Koch · meeting point: to be announced · 4 x Tues 14.00 til 15.30 hrs · 11.10. to 22.11.2016 · € 28.– · discount with Senior-Card · plus admission tickets · 19 places*

### Masterpieces in the State Museum of Egyptian Art

The State Museum of Egyptian Art is the only museum of its kind to specialize in the Art of Ancient Egypt, expressed both through its acquisition activities and in the presentation of the objects: all historical periods are represented by internationally recognized masterpieces. Discover the principles of Ancient Egyptian art, the continuity of its formal language, as well as the innovations of each epoch.

#### **D213010 – Guided Tour – Maxvorstadt**

*Sonia Focke · Staatliches Museum Ägyptischer Kunst · Gabelbergerstr. 35 · Sun 14.00 til 15.30 hrs · 15.1.2017 · € 9.– · plus € 1.– admission · 20 places*



### Drawing Basics for Beginners

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

Please bring: HB, 2B, 4B Pencils (Bleistifte), pack of thin vine charcoal (Reißkohle), hard white eraser (Radiergummi), grey kneaded eraser (Knetgummi), A4 and A3 white drawing pads (Skizzenblock)

#### **D220099 – Milbertshofen**

*Benjy Barnhart · Werkhalle · Malatelier · Frohschammerstr. 14a · Mon 18.30 til 21.00 hrs · 14.11., 28.11., 12.12., 19.12.2016, 16.1., 30.1. and 13.2.2017 · € 118.– · 10 places · ☺*

### Colouring Books – Colours Counteract Stress

Most of us remember colouring books from our childhood but colouring books for adults have far more complicated drawings. Working actively with colour, without the tension of having to paint a picture, instead concentrating entirely on the process of colouring, leads to complete relaxation, similar to meditation: it makes one feel calmer, mentally clearer and happier. In this workshop you will learn about the colour harmony, how colours interact with one another and which colours affect you positively or negatively, and why. At the end of the workshop you will have a deeper understanding of colour, enabling you to beautify all areas of your visual life.

Please bring: coloured pencils and gluestick.

#### **D221870 – Saturday Workshop – Gasteig**

*Doreen Richmond · Gasteig · Rosenheimer Str. 5 · Sat 9.30 til 16.30 hrs · breaks on agreement · 14.1.2017 · € 39.– · 12 places · ☺*

### Creative Collage and Mixed Media

“Often the hands will solve a mystery that the intellect has struggled with in vain.” (Carl Gustav Jung)

Collage is a simple way of inspiring creative picture-making. You don't need any special artistic skills. By combining unexpected materials and techniques including paint, print and found objects you can discover and explore unlikely juxtapositions, assemblages and re-contextualisations. It is essentially a playful technique which can lead you towards developing your own ideas and new works. This course is ideal for both beginners and experienced image makers.

Please bring: acrylic colours, pencil, A3 sketchbook (medium to heavyweight paper), scissors and cutter, a cutting board, white paper glue (preferably Pritt or Ponal) and a roll of paper-towelling. Magazine clippings and photocopies of old photos, found images and objects are essential. A variety of other images and materials will also be provided.

#### **D222297 – Milbertshofen**

*Christopher Croft · Werkhalle · Malatelier · Frohschammerstr. 14a · 4 x Fri 18.00 til 21.00 hrs · 25.11. til 16.12.2016 · € 92.– · payable on site: € 10.– for materials · 9 places · ☺*

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### 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 using 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

#### **D222299 – Milbertshofen**

Christopher Croft · Werkhalle · Malatelier · Frohschammerstr. 14a · 4 x Fri 18.00 til 21.00 hrs · 3.2. to 24.2.2017 · € 92.– · payable on site: € 10.– for materials · 9 places · ♻️

### Explore Printmaking Press-free

This workshop is intended for both beginners and those with some printmaking experience. It focuses on techniques like mono-type, lino cut, wood cut and polystyrene printing which do not require big/expensive presses and can therefore be easily followed up at home. You have the opportunity to experiment and develop your own work and will be surprised by the interesting results. Please bring: pencil, brush, apron. Printmaking paper and other materials can be purchased during the workshop.

#### **D224080 – Weekend Workshop – Milbertshofen**

Yoko Omomi · Werkhalle · Druckgrafikatelier · Frohschammerstr. 14a · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 15.10./16.10.2016 · € 90.– · 8 places

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### 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.

#### **D226980 – Weekend Workshop – Fürstenried-Ost**

Attai Chen · Volkshochschule · Forstenrieder Allee 61 · Fri 18.30 til 21.30 hrs · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 20.1. to 22.1.2017 · € 112.– · payable on site: € 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 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 your own silver and stones, however, it will be possible to buy silver and a variety of semi-precious stones directly in the workshop.

#### **D226982 – Weekend Workshop – Gasteig**

Attai Chen · Gasteig · Rosenheimer Str. 5 · Fri 18.00 til 21.00 hrs · Sat/Sun 10.30 til 17.30 hrs · breaks on agreement · 25.11. to 27.11.2016 · € 112.– · payable on site: € 5.– for materials · 9 places · ♻️

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### How to Start with Digital Photography Part 1

Going digital with ease. This workshop will help you understanding the types of digital cameras on the market. It will help you make the best choice and learn how to use it effectively. We will talk about digital basics, the camera functions and how to use them for better results. We will also look at image resolution, ISO, file formats, innovative technologies as well as creative lighting, autofocus adjustments, post production and how to store and print your images.

Please bring your digital camera, manual and accessories.

#### **D251162 – Gasteig**

*Axel Bussmeyer · Gasteig · Rosenheimer Str. 5 · 3 x Wed 18.30 til 21.30 hrs · 9.11. to 23.11.2016 · € 67.– · 8 places · ☎*

### How to Work with Digital Photography Part 2

This workshop revisits “How to start with Digital Photography”, presenting state of the art software tools focusing on how to establish an efficient digital workflow and looking into different ways of transforming color images into stunning black & white photography, gallery printing and some art printing techniques. This will be followed by an introduction on how best to market your fine art photography.

Please bring your laptop or tablet and some raw and jpg images you wish to work on.

#### **D251164 – Gasteig**

*Axel Bussmeyer · Gasteig · Rosenheimer Str. 5 · 3 x Tues 18.30 til 21.30 hrs · 10.1. to 24.1.2017 · € 67.– · 8 places · ☎*

### iPhoneography

What is iPhoneography? It is the art of creating digital photographs with your mobile phone. This workshop celebrates the use of your iPhone, Android or point and shoot camera to take spectacular photos. Led by fine art photographer Niobe Burden, you will learn tips, techniques and compositional skills to improve your photos. You will also see examples and learn how to use phone apps to get the look you desire and tell a story with your photos.

This workshop begins with a short presentation followed by outside photography practice. ([www.niobeburden.com](http://www.niobeburden.com)) Requirements: operating system iOS or Android, Use of App-Store (iPhone) or Google Play Store (Android).

Please bring your smart phone, manual and accessories.

#### **D251592 – Sunday Seminar – Gasteig**

*Niobe Burden Austere · Gasteig · Rosenheimer Str. 5 · Sun 10.00 til 17.00 hrs · breaks on agreement · 13.11.2016 · € 40.– · 8 places · ☎*



### **Samba, Bossa Nova, Bahia**

The songs and sounds of Brazil will take you into a world of vitality, energy and reflection. In this seminar you will learn about the diverse styles and their characteristics and together we will practise a variety of songs. Cadu de Andrade will show you how to get rhythm into your voice, which harmonies can be used and how to improvise.

Cadu de Andrade, singer, guitarist and composer from Belo Horizonte, Brazil, is currently a scholar at "Internationales Künstlerhaus Villa Waldberta der Landeshauptstadt München".

#### **D274604 – Weekend Seminar – Gasteig**

*Cadu de Andrade · Gasteig · Rosenheimer Str. 5 · Sat/Sun 13.00 til 17.00 hrs · 15.10./16.10.2016 · € 56.– · 8 places · ☎*

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### **Let's Make Music**

An invitation to everyone who enjoys making music together. Everybody has experience of the culture specific to their home country and we want to learn about all of them! No matter what language you speak, ours is music and we sing, jam and dance together. We have instruments, but feel free to bring your own. Everybody is welcome to join in, no prior experience necessary, all skill levels welcome.

This is a joint project between the MVHS and the Hochschule für Musik und Theater München. For more information: andreasangiorgio.mus@gmail.com.

No need to register, just come and join in on any day.

#### **D272000 – Maxvorstadt**

*Andrea Sangiorgio · Hochschule für Musik und Theater München · Luisenstr. 37a (Room L 11) · Thurs 18.45 til 20.15 hrs · 27.10., 3.11., 10.11., 24.11., 1.12., 8.12., 15.12.2016, 12.1., 19.1., 26.1., 2.2., 9.2. and 16.2.2017 · free of charge*

### **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!

#### **D262342 – Weekend Seminar – Isarvorstadt**

*Doro Engel · Volkshochschule · Lindwurmstr. 127 Rgb · Sat/Sun 10.00 til 17.00 hrs · breaks on agreement · 12.11./13.11.2016 · € 66.– · 14 places*

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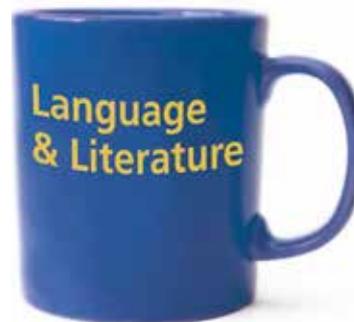
### **The Fine Art & Joy of Acting – Without Having to be an Actor!**

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

#### **D262472 – Isarvorstadt**

Carolyn A. Morrow · Volkshochschule · Lindwurmstr. 127 Rgb ·  
5 x Thurs 18.15 til 20.15 hrs · 12.1. to 9.2.2017 · € 55.– ·  
14 places

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### **The Power of Language and the Cultures it Creates**

Language’s descriptive ability allows us to prepare ourselves for uncertain events, calm troubled minds and even convince others of our ideas. Through various books and tools, we are now starting to unlock the power of language in our everyday lives. Does this power create a type of culture in the people that have discovered it? Does jargon create exclusive cultures amongst the groups who use it? Embark on this journey to explore the power of language and culture in the world today.

#### **D146103 – Presentation – Gasteig**

Adèle Catharine Wallace · Gasteig · Rosenheimer Str. 5 · Thurs  
18.00 til 19.30 hrs · 6.10.2016 · € 7.– · remaining tickets available  
on site · also with MVHS-Card · ☺

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## English Book Club at Gasteig

If you enjoy reading and sharing your ideas, come join us. We meet informally every four weeks or so to discuss novels. Please read the book for every session and bring your opinions with you. This book club will suit people who enjoy discussing fiction in a group setting. This semester looks at a variety of books from or about Canada, the US (north and south), and Great Britain.

20. Oct: Richard Ford, Canada

17. Nov: John Cheever, The Wapshot Chronicle

15. Dec: Gabrielle Zevin, The Storied Life of A.J. Fikry

12. Jan: Tom Wolfe, Back to Blood

### **D247040 – Gasteig**

*Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Thurs 18.00 til 19.30 hrs · 20.10., 17.11., 15.12.2016 and 12.1.2017 · € 30.– · 14 places · ☺*

## German Literature in English

Reading is more fun if you can share your impressions of a book with others. In this course we meet once a month to talk about a German novel and find out more about the author and the background of the novel. The books on our list are "Alone in Berlin" by Hans Fallada, "The Reader" by Bernhard Schlink, "Crime and Guilt" by Ferdinand von Schirach and "Happy Birthday, Turk" by Jakob Arjouni.

### **D247060 – Gasteig**

*Sylvia Bolton · Gasteig · Rosenheimer Str. 5 · Fri 19.30 til 21.00 hrs · 18.11., 16.12.2016, 13.1. and 10.2.2017 · € 30.– · 14 places · ☺*

## Fairy Tales: More than Wolves and Witches

This talk examines fairy tales in their broader cultural context. It analyzes different versions of canonical fairy tales (e.g. Hansel and Gretel), explores how these stories evolved as they were appropriated by a literary culture and delineates their influence to the present day. To what degree do fairy tales raise timeless and universal issues and to what extent are they specific to a certain time and place? Who first "invented" Snow White and why is the story constantly re-scripted? Are fairy tales still relevant today and in what form are they still present?

### **D246010 – Presentation – Gasteig**

*Dr. Petra Bittner · Gasteig · Rosenheimer Str. 5 · Mon 18.00 til 19.30 hrs · 12.12.2016 · € 7.– · also with MVHS-Card · 14 places · ☺*

## An Introduction to Screenwriting

In this workshop we will closely explore the popular art of cinematic storytelling. How do screenwriters manage to create characters and moments which evoke such fear, joy, tension, sympathy or laughter in an audience? And how can we create stories of our own which move, matter and are memorable? Various film writing exercises will help you enjoy a hands-on experience of this highly visual, playful, and powerful medium.

### **D244388 – Weekend Seminar – Obergiesing**

*Carolyn A. Morrow · Volkshochschule · Severinstr. 6 · 2 x Sat 11.00 til 17.00 hrs · breaks on agreement · 19.11. and 26.11.2016 · € 63.– · 12 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: Survival Russian, Expanded Second Edition,  
ISBN: 978-1880100561

### **D555300 – Saturday Course – Haidhausen**

Anna Konyukhova · Volkshochschule · Orleansstr. 34 · 7 x Sat  
15.30 til 17.45 hrs · 15.10. to 10.12.2016 · € 132.– · 8 places

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

CELTA is a globally recognized teaching certificate. On this course you will learn the theoretical side of teaching whilst at the same time gaining the experience you need to teach English as a foreign language to adults. For further information and to apply please visit [www.mvhs.de/celta](http://www.mvhs.de/celta).

### **Part-Time**

#### **D581520 – Gasteig**

Emma Jones/Amanda Momeni · Gasteig · Rosenheimer Str. 5 ·  
15 x Fri 9.00 til 19.15 hrs, 5 x Sat 9.30 til 15.00 hrs · 7.10.2016 to  
11.2.2017 · € 1.595.– · 12 places · ☺

### **Full-time**

#### **D581522 – Gasteig**

Emma Jones/Amanda Momeni · Gasteig · Rosenheimer Str. 5 ·  
20 x Mon to Fri 9.00 til 18.00 hrs · 6.2. to 3.3. 2017 · € 1.595.– ·  
12 places · ☺



## Storytelling in Business Methods for Successful Presentations

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

### **D451328 – Saturday Seminar – Ludwigsvorstadt**

Karin Wedra · Volkshochschule · Schwanthalerstr. 2 · Sat 10.00 til  
17.00 hrs · breaks on agreement · 26.11.2016 · € 45.– ·  
12 places · ☺

### Job Hunting in Munich

You are looking for a job in Munich but you are not sure how to be successful with your search? 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 which will benefit from your qualifications. You will work out how to compile a German application portfolio which 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.

#### **D440183 – Saturday Seminar – Ludwigsvorstadt**

Karin Willmer · Volkshochschule · Schwanthalerstr. 2 · Sat 10.00 til 17.00 hrs · breaks on agreement · 4.2.2017 · € 32.– · 12 places · ☺

### Project Management in International Projects

This seminar focuses on management tasks and collaboration within the growing world of international projects. Problems can arise not only with the project itself but also due to cultural differences and the background of its team members. What should be considered in terms of organisation, time management and the overall structure of an international team? How can general communication be arranged, using the most up to date media, especially where different time zones are in play?

How can conflicts be spotted in time and successfully resolved? This seminar is aimed at both project leaders and employees who are now finding themselves in international teams or those who wish to prepare themselves for working within a field where international teams and projects are the norm.

#### **D440544 – Weekend Seminar – Ludwigsvorstadt**

Angelos Kirianes · Volkshochschule · Schwanthalerstr. 2 · Sat/Sun 9.30 til 18.00 hrs · breaks on agreement · 11.3./12.3.2017 · € 149.– · 12 places · ☺



### Social Media Crash Course

Social Media newbies will leave this seminar with an overview of currently popular social media platforms and look at examples of these for both companies and individuals. We will also talk about content strategy, online reputation management and privacy settings. A crash course designed for anyone who is interested in a basic social media overview including the platforms Facebook, Twitter, YouTube, Blog, XING and Instagram.

#### **D475860 – Saturday Seminar – Ludwigsvorstadt**

Katharina Kulawinski · Volkshochschule · Schwanthalerstr. 2 · Sat 9.30 til 16.30 hrs · breaks on agreement · 5.11.2016 · € 89.– · 9 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. Topics: 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.

#### **D477660 – Saturday Seminar – Ludwigsvorstadt**

Elisabeth Weigel · Volkshochschule · Schwanthalerstr. 2 · Sat 10.00 til 17.00 hrs · breaks on agreement · 12.11.2016 · € 69.– · 10 places · ☺

## Introduction to Programming Programming Logic

In this course you will learn how to develop algorithms, independent from a particular programming language. You need to have experience with PC and 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.

#### **D476915 – Sunday Course – Ludwigsvorstadt**

Pegah Tavakkolkhah · Volkshochschule · Schwanthalerstr. 2 · 2 x Sun 9.30 til 16.30 hrs · breaks on agreement · 13.11. and 20.11.2016 · € 129.– · 10 places · ☺

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## Programming in C++

C++ is the favourite language for professional software development. C++ was introduced to add many important features to C language, such as object orientation. To attend this course, you need to have the knowledge equivalent to the course "Introduction to programming". We work with the standard ANSI-C++ language, as its compiler is freely available.

Course content: installing the compiler, writing and compiling programs, data types, variables, operators, functions and control structures (e.g. loops, conditions), arrays and queues, manipulating strings, pointers and memory management, working with files.

#### **D477015 – Sunday Course – Ludwigsvorstadt**

Pegah Tavakkolkhah · Volkshochschule · Schwanthalerstr. 2 · 5 x Sun 9.30 til 16.30 hrs · breaks on agreement · 11.12.2016 to 29.1.2017 · € 319.– · 10 places · ☺

## 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.

#### **D477563 – Ludwigsvorstadt**

Michael Saunders · Volkshochschule · Schwanthalerstr. 2 · 3 x Tues 18.00 til 21.00 hrs · 17.1. to 31.1.2017 · € 99.– · 9 places · ☺

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### Stress Management

Come to this interactive workshop to explore key strategies for dealing with stress. Learn about the 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-programme developed by German psychologist Gert Kalzua and useful for participants wishing to tackle their everyday stressors.

#### **D351015 – Weekend Seminar – Isarvorstadt**

*Dr. Carola Nürnberg · Volkshochschule · Lindwurmstr. 127 Rgb · Sat 10.00 til 18.00 hrs · Sun 10.00 til 16.00 hrs · breaks on agreement · 19.11./20.11.2016 · € 81.– · 12 places · ☺*

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### 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.

#### **D351125 – Sunday Seminar – Isarvorstadt**

*Annette Klassen · Volkshochschule · Lindwurmstr. 127 Rgb · Sun 10.00 til 17.00 hrs · breaks on agreement · 13.11.2016 · € 41.– · 14 places · ☺*

### Krishnamurti – from Spirituality to Education

Jiddu Krishnamurti (1895–1986) was one of the major spiritual teachers of the 20<sup>th</sup> century. In his innumerable public talks, some of which we will watch together, he assembled crowds of thousands of curious listeners. During this seminar, we will also read excerpts of his major writings and focus especially on Brockwood Park School, an alternative education site he founded back in 1983.

#### **D138850 – Sunday Seminar – Gasteig**

*Tobias Sebastian Dreher M.A. · Gasteig · Rosenheimer Str. 5 · Sun 10.00 til 17.00 hrs · breaks on agreement · 12.2.2017 · € 26.– · ☺*

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### Traditional Bavarian Cuisine

Bavaria is an immensely popular tourist region, even among Germans. Certainly one of the many reasons for this attraction is its extraordinary variety of foods and drinks. We will prepare some traditional Bavarian dishes such as "Obazda" (cheese spread), "Pfannkuchasupp'n" (pancake soup), "Schweinsbraten" or "Käsespätzle", and desserts such as fresh "Kaiserschmarrn" or "Rohrnel". You will get a lot of cultural information and have a lot of "Gaudi" (Bavarian for fun), and with this splendid menu you'll be able to impress friends and family and even surprise genuine Bavarians.

Please bring: tea towel, apron and small tubs.

#### **D384050 – Sendling**

*Robert von Greeding · Volkshochschule · Albert-Roßhaupter-Str. 8 · Fri 17.30 til 21.30 hrs · 10.2.2017 · € 29.– · plus € 12.– for materials · 12 places*

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### Indian Cuisine

#### **A Culinary Journey Through India**

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

Please bring: tea towel, apron and small tubs.

#### **D384925 – Sunday Seminar – Sendling**

*Bikash Kumar · Volkshochschule · Albert-Roßhaupter-Str. 8 · Sun 10.00 til 16.00 hrs · 22.1.2017 · € 34.– · plus € 16.– for materials · 15 places*

### Germany's Greatest White and Red Wines

Germany is known worldwide for its Rieslings. That's nothing new but did you know that there are a lot of fantastic indigenous grapes in this area from which amazing wines are produced? Wines that you rarely find abroad like Silvaner or Scheurebe. Even in the red wine sector German winemakers are producing great wines. Were you aware that we are the third biggest producer of Pinot Noir in the world? Thanks to climate change even grapes such as Merlot and Cabernet Sauvignon are starting to do well. Come to this seminar and find out exactly what the German wine industry has to offer.

#### **D388618 – Saturday Seminar – Isarvorstadt**

*Patrick Hemminger · Volkshochschule · Lindwurmstr. 127 Rgb · Fri 18.00 til 21.00 hrs · 17.2.2017 · € 19.– · plus € 14.– for materials · 17 places*

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You can speak English at a high level or perhaps English is your mother tongue? You have a particular qualification and would like to pass on your knowledge to others? If this is the case, we would love for you to offer courses in our MVHS in English programme. Send us an email with your concept and the area in which you see yourself as a teacher or give us a call to discuss it. We look forward to welcoming you as a participant and/or teacher at the Münchner Volkshochschule!  
Contact: Emma Jones, [emma.jones@mvhs.de](mailto:emma.jones@mvhs.de), telephone (089) 48006-6265.

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