



FOUNDED 1948

PEOPLE'S COLLEGE

Adult Education Association

Syllabus 2017 - 2018



“students are at the heart of everything we do..”

People's College
31 Parnell Square, Dublin 1
www.peoplescollege.ie

ENROLMENTS AUTUMN 2017

Monday 11th to Thursday 14th September 2017 *Time 5.30pm to 8.00pm*

Monday 18th to Thursday 22nd September *Time 11am to 4.00pm*

Monday 25th to Thursday 28th September *Time 11am to 4.00pm*

Monday 2nd to Thursday 5th October *Time 11am to 4.00pm*

VENUE: **THE PEOPLE'S COLLEGE, 31 PARNELL SQUARE, DUBLIN 1**

Postal Enrolments Welcome

SYLLABUS AVAILABLE AT:

- The People's College Office, 31 Parnell Square, Dublin 1
- Liberty Hall, Dublin 1
- Central Library, Ilac Centre
- The Teachers' Club, 36 Parnell Square
- Stamped Addressed Envelope (€1) to 31 Parnell Square, Dublin 1
- On-line at www.peoplescollege.ie

AUTUMN TERM 2017

WEEK COMMENCING

Monday 9th October 2017

SPRING TERM 2018

WEEK COMMENCING

Monday 12th February 2018

OTHER PROJECTS:

Other courses, workshops and activities will be organised during the year on a variety of topics of social, economic, environmental, trade union and historic interest. Please keep in touch with us for details.

HISTORY LECTURES

The Decade of Anniversaries – 1918

A series of 6 lectures will be organised in Spring 2018 coordinated by Mr John Dorney. Details will be available on our website and from the college office from September 2017



Tel: 01 873 5879

Email: info@peoplescollege.ie

www.peoplescollege.ie

People's College Office, 31 Parnell Square, Dublin 1.



Contents

ARTS, CRAFTS & CREATIVITY

P 1 - 4

COMPUTING

P 5

MUSIC

P 5 - 7

HEALTH & WELLBEING

P 8 - 14

PERSONAL DEVELOPMENT

SOCIAL, POLITICAL & CULTURAL STUDIES

P 15 - 19

LANGUAGES

P 20 - 24



Art, Crafts & Creativity

ART APPRECIATION

Saturday morning course October 2017

Avenues into Modern & Contemporary Art

Course co-ordinated by Jessica O'Donnell, Head of Education and Community Outreach

Dates: Saturday 23rd September 2017 – Saturday 24th March 2018

This series of slide illustrated art history lectures and tours will look at the diverse range of influences, subject matter and artistic movements explored by some of the most innovative artists from the 19th to the 21st centuries. Throughout the course, temporary exhibitions will be examined alongside works from the permanent collection. The Gallery's overarching theme for 2018 is The Artist as Witness: Migrations and these illustrated lectures will also offer the opportunity for exploring this engaging and wide-ranging theme.

Venue: Dublin City Gallery "The Hugh Lane", Charlemont House, Parnell Square North, Dublin 1.

SATURDAY MORNING | Time: 11am – Noon | 24 Classes | Cost: €130.00

Limited to 50 participants

PAINTING FOR BEGINNERS

Lecturer: Elizabeth Archbold, BA in Painting.

Art is for everyone, for enjoyment and participation. This is an introductory course where students will explore a range of techniques with pencil, charcoal, graphite and acrylic paint. Through the medium of acrylic paint participants will learn basics of still life, landscape and portrait painting. With a focus on observational skills and building confidence with materials, students will work towards developing their own style. From starting a drawing to building line and tone to capturing proportion and movement. Students will progress to using colour.

No previous painting experience is necessary. Students will require an A3 size sketch pad of Cartridge paper, drawing pencils and willow charcoal to begin with. Paints and paint brushes can be discussed after the course begins. Elizabeth is a full time working artist and has exhibited widely in Ireland and abroad.

This is a 24 week course divided into 2 terms of 12 weeks each.

Venue: The Teachers' Club, 36, Parnell Square, Dublin 1

MONDAY EVENING | Time: 6.30pm to 8.00pm | 12 Classes | Cost: €130.00

MODERN CALLIGRAPHY - Introduction

Tutor: Ms Grainne Carr

This course is suitable for anyone interested in learning calligraphy. No experience is necessary and complete beginners are welcome.

We will cover the basic skills of letterforms and formal scripts along with learning to use tools and materials, starting with pencil and moving onto using dip pens with ink and gouache.

Learning will be through demonstration and individual guided practice.

Participants/students will have the opportunity to create simple personalised projects and compositions over the duration of the course.

Venue: The People's College, 31 Parnell Square, Dublin 1

MONDAY EVENING | Time 6.30pm – 8.30pm | 12 Weeks | €130.00

MODERN CALLIGRAPHY - Intermediate

Tutor: Ms Grainne Carr

Level 2

This course is suitable for anyone interested in learning calligraphy and has the basic knowledge.

We will cover the basic skills of letterforms and formal scripts along with learning to use tools and materials, starting with pencil and moving onto using dip pens with ink and gouache.

Learning will be through demonstration and individual guided practice.

Participants/students will have the opportunity to create simple personalised projects and compositions over the duration of the course.

Venue: The People's College, 31 Parnell Square, Dublin 1

TUESDAY EVENING | Time 6.30pm– 8.30pm | 12 Weeks | €130.00

CREATIVE FABRIC SCULPTURING

Make your own creation for your home or garden.

“Art with Justo” – Justine, a graduate of N.C.A.D. has exhibited in venues such as the Oliver Cornet Gallery. She won the N.C.A.D. project design for Newbridge Silverware jewellery in 2011 and following that, created a range of jewellery for their stores. Justine has worked in all types of materials but loves the freedom, ease and fun of fabric sculpturing and reckons you will too.

Lecturer: Ms Justine Prendergast

This is a 6 week course – 2 hour sessions

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENING | Time: 6.30pm to 8.30 pm | 6 Weeks | Cost: €130.00

STAINED GLASS DESIGN – BEGINNERS

Tutor: Pauline Quigley

This course is an introduction to stained glass design. Each student will produce a finished piece for their home or garden to take home after the course. The course includes materials and tools that requires no previous knowledge of the medium, just a steady hand.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

This is a 6 week course – 2 hour sessions

TUESDAY MORNING | Time: 11.00am – 1.00pm | 6 Weeks 2 hours | €130.00

STAINED GLASS DESIGN – INTERMEDIATE

Tutor: Pauline Quigley

This course follows on from the Beginners design class and is aimed at people with some prior knowledge. At this level, you will also produce a finished piece to take home after the course.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

This is a 6 week course – 2 hour sessions

THURSDAY MORNING | Time: 11.00am – 1.00pm | 6 Weeks 2 hours | €130.00

FELT-MAKING COURSE *Beginners & Improvers*

Lecturer: Gabi McGrath

Felt-making is one of the oldest textile making techniques which is getting more and more popular again all over the world.

Natural animal fibres, mainly wool fibres are used in the process. Warm soapy water is applied to layers of wool and repeated agitation and compression causes wool to shrink, the fibres interlock and mat together.

Handmade felt has great properties. It is an ideal technique for creating decorative and also functional pieces.

This is an introductory course where students will gain hands-on experience in a wide variety of felt-making techniques and projects. The course also highlights the history and tradition behind this magical craft.

It is an engaging, tactile and sensory process and there is always a great satisfaction of a unique end-product.

This course is ideal for beginners and also intermediate felt-makers. Gabi is registered with the Design and Crafts Council of Ireland and is Chairperson of Felt-makers Ireland. Cost of materials, which will be supplied by the tutor, is included in the price

Venue: The People's College, 31 Parnell Square, Dublin 1

TUESDAY EVENINGS | Time: 6.15pm – 7.45pm | 12 Weeks | Cost:€130.00

DRAMA CLASS

Why not try our 12-week fun-filled acting class? Whether you are taking your first steps in drama or you want to reconnect with the craft of acting and improvisation in a friendly and creative environment then this is the course for you. All you need is a willingness to have a go and muck in!

Venue: The Teachers' Club, 36 Parnell Square. Dublin 1

THURSDAY EVENING | Time: 6.30pm – 8.30pm | 12 Weeks | €130.00

PHOTOGRAPHY FOR BEGINNERS

Photography courses can sometimes be labelled beginners but lack the understanding and insight to those who need assistance while they truly grapple with the fundamental functions of the camera. Lessons during this course have been developed over many years and aims to accommodate learners from absolute beginners to advanced beginners.

Primarily, the aim of this course is to address early steps of camera work and downloading pictures to a Person Computer (PC). A full term consists of 12 classes. This is a 12 week course with the option of continuing for another 12 weeks.

Venue: Teachers Club, 36 Parnell Square, Dublin 1

TUESDAY EVENING | 6.30pm – 8.00pm | 12 classes | Cost - €120.00

Computers & Digital Skills

COMPUTERS – DIGITAL SKILLS LEVEL 1

Tutor – TBC

This course will teach you how to use your own computer/laptop. No more asking someone else to do something for you. You will achieve the basic computer skills needed for using

- Skype • eBay • Email • Banking
- Booking a flight, appointment, hotel reservation etc...
- Social Media – Facebook, Twitter, YouTube etc...
- Word documents – learn how to create a letter, poster, card etc...

Venue: The People's College, 31 Parnell Square, Dublin 1

TUESDAY EVENING | Time: 6.30pm – 8.00pm | 12 weeks | Cost: €115.00

COMPUTERS – DIGITAL SKILLS LEVEL 2

Tutor – TBC

This course will cover the following topics:

- Recap on basic computer skills
- File Management (how to save your files and photos)
- Preparing a presentation – (MS - PowerPoint)
- Learn about computer viruses and how to protect your information
- Spreadsheets – MS Excel Introduction

Venue: The People's College, 31 Parnell Square, Dublin 1

WEDNESDAY EVENING | Time: 6.30pm – 8.00pm | 12 weeks | Cost: €115.00

Music

NEW DANCE CLASSES

Don't just watch strictly, come dancing, get your body in gear to the best sounds possible! Learn how to move your body, get fit and meet new friends. We have exciting new dance classes coming to the college. No matter what your fitness level is, you will become more flexible and get a great workout while enjoying yourself. You will meet new like-minded people, and be able to impress all your friends and family when you appear at your next event when you take to the floor.

- Latin Dancing • Ballroom Dancing • Salsa and Jive Dancing • Set dancing & Sean Nos

Please keep an eye on our website for further details

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

Evening Classes: Days to be confirmed.

GUITAR *Beginners*

Tutor: Alan Grundy, M.A. (Mus), Hon. V.C.M., F.T.C.L., L.R.S.M., A.L.C.M.

Beginners

Alan Grundy is one of Irelands most qualified and experienced guitar teachers. His career now spans four decades and during this time he has lectured for D.I.T and N.U.I. Maynooth as well as the Peoples College. This beginner's course is designed to cater for guitar in general. Starting with simple song accompaniments using strumming and finger-style techniques, it will progress to solo guitar playing and reading music. A strong emphasis is placed on the correct playing techniques as this will serve as a solid foundation for further study.

Note: Nylon string guitar is recommended but not essential for this course. Guitar may be purchased at discount on advice from Alan Grundy.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1.

THURSDAY EVENING | **Time 7.15pm – 8.15pm** | **24 weeks** | **Cost: €115.00**

GUITAR *Intermediate*

Tutor: Alan Grundy, M.A. (Mus), Hon. V.C.M., F.T.C.L., L.R.S.M., A.L.C.M.

Intermediate

This course caters for those who have completed the beginner's course or those who have been playing the classical guitar for at least one year. Students taking this course must have knowledge of how to read music for the guitar.

Students will be given an opportunity to study pieces for the Trinity College of Music (London) examination syllabus and may sit for the examinations at the end of term if they so wish.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1.

THURSDAY EVENING | **8.30pm – 9.30pm** | **24 weeks** | **Cost: €115.00**

UKULELE *Beginners*

Tutor: Alan Grundy, M.A. (Mus), Hon. V.C.M., F.T.C.L., L.R.S.M., A.L.C.M.

This is the first time the Ukulele has been taught in the college. Alan Grundy (the Guitar Lecturer) will give this course and he has designed it to deal with all of the basic chords, strumming techniques and the correct use of plectrum. This is definitely a 'fun course' and Alan hopes to be able to create a Ukulele Orchestra in which all of the students can participate.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1.

THURSDAY EVENING | **6.00pm – 7.00pm** | **24 weeks** | **Cost: €115.00**

TIN WHISTLE *Beginners*

Tutor: Peter Phelan

These classes are designed for beginners and will cover all aspects of traditional Irish music. The tin whistle is the generation “D” whistle.

Venue: The Teachers’ Club, 36 Parnell Square, Dublin 1.

THURSDAY EVENING | **Time: 6.15pm- 7.15pm** | **24 classes** | **Cost: €115.00**

TIN WHISTLE *Intermediate*

Tutor: Peter Phelan

These classes will cover more advanced techniques in ornamentation and style. This would suit people who already possess a basic knowledge of the tin whistle.

Venue: The Teachers’ Club, 36 Parnell Square, Dublin 1.

THURSDAY EVENING | **Time: 7.15pm – 8.15pm** | **24 classes** | **Cost: €115.00**

MUSIC APPRECIATION *Beginners*

Lecturer: John Buckley, NT, MA, Ph.D. D Mus & Róisín Nic Athlaoíoch

An easy introduction to pieces of popular classical music and the instruments of the orchestra. The course will outline the development of classical music from plainchant to the late 20th century, examining the main features of each period.

Questions and discussion are encouraged.

No musical experience or ability, other than an interest in listening is required.

The course will offer advice on how to start a good CD collection of classical music.

Venue: The Teachers’ Club, 36 Parnell Square, Dublin 1

THURSDAY EVENING | **Time: 6.15pm- 7.15pm** | **24 classes** | **Cost: €115.00**

MUSIC APPRECIATION – A GUIDE TO LISTENING

Lecturer: John Buckley, NT, MA, Ph.D., D Mus & Róisín Nic Athlaoíoch

The Course will look in detail at the great masterpieces of classical music. Emphasis is laid on understanding, leading to a deeper appreciation and enjoyment.

Composers and their music will be discussed in the general historical and artistic context of their time with key works being considered in detail.

Questions and discussions are welcomed. No musical experience or ability other than an interest in listening is required.

Venue: The Teachers’ Club, 36 Parnell Square, Dublin 1

THURSDAY EVENING | **Time: 7.45pm - 8.45pm** | **24 classes** | **Cost: €115.00**

Health & Wellbeing

INTRODUCTION TO HERBAL MEDICINE

Lecturer: Bernie Mc Cormick, BSc (Hons) Herbal Medicine, Diploma in Applied Chemistry

This course will introduce students to Herbal Medicine. You will learn what Western Herbal Medicine is and about some common plants that grow in the fields and gardens around us and their traditional and current uses in supporting health.

It will introduce the student to:

- Herbs from the Irish Medicine tradition – Dandelion, Nettle, Yarrow and Marshmallow.
- The medicinal properties of some common culinary herbs and herbs that aid digestion.
- Introduction to the actions of Herbs – Astringent, Bitter, Calming and Demulcent actions.
- Balms and creams, teas and tinctures.
- “Wicked Herbs” – Some herbs best avoided and why.
- The Medical Herbalist at work.

Discussion is encouraged.

This course includes a guided visit to a Herb garden on a Saturday morning and a demonstration of the making of a simple cream with essential oils and infused oil with marigold flowers.

This is a 24 week course divided into two terms of 12 weeks each.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENING | 7.00pm - 8.30pm | 12 weeks | Cost: €110.00

MINDFULNESS, MEDITATION & RELAXATION BEGINNERS, IMPROVERS AND PRACTITIONERS

TUTOR: Tony Walsh

Being present, being joy, being healing

Mindfulness Practices for Beginners and Practitioners

Supporting different skill levels and experience we will share the depth and richness of the Foundation Practices.

With spacious relaxation we will practice sitting and walking meditation.

Exploring Mindfulness of the Body, Breathing Sensations, Mind and States of Mind.

Also Mindfulness and Awareness, Presence of Mind and Mindfulness in daily life.

Then Ebbing and Flowing of the Breath in deep relaxation naturally opens healing.

This is a wonderful opportunity to structure, deepen and stabilise our Meditation Practice.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1.

TUESDAY EVENING | Time: 7.15pm | 24 classes | Cost: €130.00

POSITIVE PSYCHOLOGY***COACHING; PUTTING THE SCIENCE OF HAPPINESS INTO YOUR LIFE***

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

Positive psychology is, first and foremost, an applied science. It looks at what is right with people, focuses on when people are at their best, and attends to individual and group flourishing. It does not focus on the positive at the expense of the negative. Rather it recognises negative emotions failure and problems as natural and important aspects of life, produces positive interventions and ways of working with people where the focus is on promoting 'superior functioning'.

This is an interactive, self-development course which will introduce strategies for the practice of improving essential life skills, using the tools of Positive Psychology Coaching. It will demonstrate how changing our approach and attitude to life can achieve real and sustainable improvement, boosting our self-esteem, confidence-building, resilience, emotional intelligence and much more!

Positive psychology helps us become happier, more optimistic and motivated. It can help us find meaning in life, wakes us up to the power of feeling good, thinking positively and acting generously. Positive Psychology Coaching reveals the principles and practices of positive daily living and demonstrates how every aspect of your life can be improved with Positive Psychology.

This course will enable you to: -

- Understand what to do to feel better almost instantly
- Learn simple practices to improve your well-being
- Discover your strengths and how to use them
- Activate strategies for Success

The Programme is offered as a two-part continuation course over 24 weeks, although it can also be attended for the initial twelve weeks only. It is structured as follows:- The first semester offers an extensive overview of Positive Psychology; what it actually means, its fundamental belief systems, how it operates in our daily lives, and the main topics it covers.

The second semester would more closely examine, explore and discuss certain aspects of the more complex issues of those topics.

Venue: The People's College, 31 Parnell Square, Dublin 1

WEDNESDAY EVENING | Time: 6.15pm – 7.45pm | 12 classes | Cost €110.00

ADVANCED POSITIVE PSYCHOLOGY COURSE FOR REAL LIFE SITUATIONS

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

This course is for those students who have already engaged with Positive Psychology Coaching. It is predominantly structured as student-led discussions on Real Life Situations, in order to utilize what was learned from the Positive Psychology classes, and apply that learning to those situations.

The objectives of the Course include

To Develop:

Self-awareness
Emotional self-regulation
Emotional resilience

To Reduce:

Tension, stress, anger, and fatigue

To Enhance:

Relationships
Concentration and Focus
Personal achievement – academic, work, goals etc.
Happiness and fulfilment

The aim of this Course is to facilitate the various discussions that will take place through the lens of Positive Psychology. It is intended that what will occur is a deeper exploration, learning and understanding of Real Life Situations, and investigating how we cope with them, simultaneously achieving the above-named objectives through the shared

Venue: The People's College, 31 Parnell Square, Dublin 1

WEDNESDAY EVENING | Time: 7.45pm – 9.15pm | 12 classes | Cost €110.00

PRE-NATAL YOGA CLASSES

Tutor: Ms Alicia Ortega

Pregnancy and labour are two of the most intense and challenging experiences in a woman's life. Path of self-discovery full of changes which sometimes are not easy to handle. Thanks to this new nurturing course, you will have the chance of learning different techniques, tools and useful information which not only will help you through pregnancy, labour and after labour, but it will also help your baby.

The aims of this class are:-

- To provide a positive and supportive environment
 - To work on physical, psychological, emotional and spiritual levels using breathing and deep relaxation techniques.
 - To improve your understanding of pregnancy and labour
 - Work to reduce fears, raise your confidence and nourish your self-discovery
 - To bring home useful practices to share with your partner.
- "Come and join, and make the best of this beautiful journey"

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY MORNING | Time: 11am – 12.30pm | 12 Weeks | Cost: €110.00

SATURDAY MORNING | Time: 12.00pm – 1.30pm | 12 weeks | Cost: €110.00

YOGA – BEGINNERS & IMPROVERS

Tutor: Mr Tony Walsh

World renowned for bringing a profound sense of physical and mental wellbeing, Hatha Yoga works gently towards the emergence of new, positive life patterns, so we can enjoy life and face its challenges with a greater sense of confidence, courage and vitality.

Through postures, breathing exercises and guided relaxation, we learn how to enjoy Yoga practise at our own pace.

This course will highlight how the focused experience of feeling and flowing with the breath, in our practice of Asanas, opens into vitality and relaxation.

Health concerns such as chronic stress, anxiety, insomnia, tiredness, appetite loss, weight loss/gain and stiff joints, to mention a few, will be addressed and actually commonly improve with Yoga practice.

If you are attending a Doctor or in doubt about Yoga practice, please consult your Doctor before enrolling. If you are taking prescribed medication, follow your Doctor's advice.

You are welcome to discuss any considerations you might have with myself before the class.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENINGS | Time: 6.30pm – 7.30pm | 24 weeks | Cost: €130.00

TUESDAY MORNING | Time: 11.30am – 12.30pm | 24 weeks | Cost: €130.00

TOTAL BEGINNERS

TUESDAY EVENING | Time: 6.00pm – 7.00pm | 24 weeks | Cost: €130.00

QIGONG FOR IMPROVERS AND PRACTITIONERS

Tutor – Mr Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing, Association Chinese Herbalists in Ireland (ACHI), Dip. Traditional Chinese Medicine (TCM) Acupuncture, Acupuncture Foundation Professional Association (AFPA), Cert Medical Qigong, Shulan College of Chinese Medicine, U.K.

Wild Goose (Da Yan) Medical Qigong

Suitable for those who completed the Qigong Beginners course with the Peoples College or Practitioners with equivalent experience, (not suitable for beginners).

This course will review and refresh Zhan Zhuang, Ba Duan Jin, and continue Wild Goose Spiral and Tripod Form.

We will continue our interactive workshop style with high levels of individual support and let's see how far our Practice Dynamic takes us this year!

You are welcome to discuss any considerations you might have with myself before the class.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENING | Time: 7.45pm – 8.45 pm | 24 weeks | Cost: €130.00

QIGONG – MEDICAL, BEGINNERS

Tutor – Mr Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing, Association Chinese Herbalists in Ireland (ACHI), Dip. Traditional Chinese Medicine (TCM) Acupuncture, Acupuncture Foundation Professional Association (AFPA), Cert Medical Qigong, Shulan College of Chinese Medicine, U.K.

Practiced in China by young and old alike for over one thousand years Medical Qigong is a complete healthcare system. It's simple, yet powerful, gentle flowing movements, integrated breathing and meditative awareness invigorates our natural healing ability bringing an enhanced experience of wellbeing, vitality and physical fitness.

Complimenting and supporting other systems of healthcare such as Tai Chi, Yoga, Pilates, Meditation etc., this course is suitable for beginners and improvers.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENING | Time: 5.30pm – 7.30pm | 24 weeks | Cost: €130.00

TAI CHI - CHENG HSIN TAI CHI

Lecturer: Younes Fakhfakh B.Sc, M.A. (Psychological Sciences)

7th Dan Ninjutsu Instructor, Tai Chi Instructor, Amatsu Therapy Practitioner, Degree 1 Cheng Hsin Trainer

This style of Tai Chi is derived from Yang Style and modified by Master Peter Ralston (Founder of the Cheng Hsin School of Martial Arts and Ontology) to make it more immediately functional.

As part of the course, the student will learn profound body awareness, and how best to use posture and movement. This means that all physical tasks become easier and the likelihood of strain or injury in ANY physical task is greatly reduced.

A form of Chi Gung is also included in the course. These are gentle slow stretching and deep breathing exercises that promote well-being, relaxation and greater mobility/flexibility.

We will also show you more dynamic methods of keeping the body and joints free and mobile. These sets of movements are derived from various martial arts.

Suitable for all ages and fitness levels.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY / TUESDAY EVENING | 6.30pm – 7.45pm | 12 Weeks | Cost: €130.00

BUJINKAN NINPO BUDO TAIJUTSU (NINJUTSU)

Lecturer: Younes Fakhfakh B.Sc, M.A. (Psychological Sciences)

7th Dan Ninjutsu Instructor, Tai Chi Instructor, Amatsu Therapy Practitioner, Degree 1

Cheng Hsin Trainer

The course is taught gently and without the need for, or use of muscle strength.

This system of traditional Japanese Martial Arts encompasses techniques and strategies from 9 traditional Japanese schools. Unified under the tutelage of Grand Master Masaaki

Hatsumi they offer great ideas for self-defense, body awareness, health and fitness and personal development.

Included in the training are methods of evasion, striking, joint locking and throwing.

We also include free play games and light sparring in the course, which are great fun to engage in.

Suitable for all ages and fitness levels.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY / TUESDAY EVENINGS | 6.30pm – 7.45pm | 12 Weeks | Cost: €130.00

CHENG HSIN (THE ART OF EFFORTLESS POWER)

Lecturer: Younes Fakhfakh B.Sc, M.A. (Psychological Sciences)

7th Dan Ninjutsu Instructor, Tai Chi Instructor, Amatsu Therapy Practitioner, Degree 1

Cheng Hsin Trainer

The course is taught gently and without the need for, or use of muscle strength.

This system of Martial Arts was developed by Master Peter Ralston based on his many decades experience of training in different styles. It includes techniques inspired by Tai Chi, Aikido, Judo and Western Boxing. It is of benefit to complete beginners or people with previous training in Martial Arts.

There are many techniques in the system based around joint locks and throws, as well as complex evasion patterns. These techniques are then tested out in fun light free play games and sparring.

We also include a few sessions of light Cheng Hsin Boxing as part of the course.

All of this helps increase confidence, build fitness and body awareness, and is a great tool for personal development.

Suitable for all ages and fitness levels.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY / TUESDAY OR WEDNESDAY | 6.15pm | 12 Weeks | Cost: €130.00

WOMEN'S SELF DEFENSE

Lecturer: Younes Fakhfakh B.Sc, M.A. (Psychological Sciences)
7th Dan Ninjutsu Instructor, Tai Chi Instructor, Amatsu Therapy Practitioner, Degree 1
Cheng Hsin Trainer

The course is taught gently and without the need for, or use of muscle strength.

This course was designed based on our experience of Cheng Hsin and Ninjutsu, but also with input from other training we received along the way, for example Russian Systema. Our aim here is to give the student confidence that they may evade or deal with an assailant quickly so that all threat is neutralised.

Included in the training are strikes, joint locks, throws and many free play drills and games (which are all great fun!).

We'll also look at some practical issues around self-defense.

The training will develop fitness, body awareness, personal development as well as confidence.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY / TUESDAY EVENING | 6.30pm – 7.45pm | 12 Weeks | Cost: €130.00

ONTOLOGY (REALITY CHECK) COURSE

Lecturer: Younes Fakhfakh B.Sc, M.A. (Psychological Sciences)
7th Dan Ninjutsu Instructor, Tai Chi Instructor, Amatsu Therapy Practitioner, Degree 1
Cheng Hsin Trainer

It is not life, people or events that cause us to suffer, it's our reaction to them that causes our unhappiness and it's our mental conditioning that causes our reactions. Luckily, we don't need to fight or wrestle our conditioned reactions into submission, all we need is to understand them. If we fully understood our reactions in stressful situations they would lose their power over us.

In the Reality Check Ontology Course we'll discover and uncover many truths about ourselves and the world we create. We'll discover the nature of the mind and how it operates and evolved to the way it is. We'll discover how it becomes dysfunctional. We'll discover how to spot illusions as they arise in us and how to disentangle ourselves from them.

We'll discover compassion by recognising that everyone else has their own illusions too.

We'll discover love by understanding first what it is not.

We'll discover our own True Nature by a process of reduction, not addition.

We'll discover what a successful life really means, as opposed to the acquisition of money or approval, position, or fame.

We'll discover how to be present and powerful, as opposed to being trapped by fear and the illusion of time.

We'll discover that we are already free by realising that no one has bound us.

We'll discover the beauty of life by understanding that it's not something that we have, but it's what we are.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY / TUESDAY EVENING | 6.30pm – 7.45pm | 12 Weeks | Cost: €130.00

Personal Development

Social, Political, & Cultural studies

PUBLIC SPEAKING/PRESENTATION SKILLS

Tutor: Colm Mc Glade B.Ed., ACG (Advanced Communicator Gold)

Many people feel uncomfortable when speaking or presenting in public, at meetings or at interviews. This course will help participants to overcome many of the common fears of presenting in public and to develop the skills to speak with confidence in any situation.

Areas covered include:

- How to control nervousness
- How to make the best use of your voice
- Non-verbal communication
- How to structure a presentation
- How to choose appropriate words and language
- How to handle a questions and answers session
- The use of humour etc. etc.

This is a practical course and participants will learn by doing, with guidance and feedback. This is a great opportunity to learn how to speak and present with flair and confidence, to become the best speaker/presenter you can be.

This class will continue in February 2018 for a second term.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

THURSDAY EVENING | Time: 6.30pm– 8.00pm | 12 classes | Cost: €110.00

IRELAND AND EUROPE: CURRENT AFFAIRS, POLITICS AND THE ROLE OF THE CITIZEN

Tutor: Odran Reid, BA (Mod), H.Dip Ed, MSc Spatial Planning, MIED, SIMCV

This course is for those interested in understanding how current affairs, local, national and European government works. It will involve lectures, discussions and debate and visits to key institutions. We will look at issues such as the economy, the referendum process, crime, health, transport and other policy areas as they arise. There will be a focus on the day-to-day breaking stories as well as looking at the structures behind the stories.

We will look at the governance structure in Ireland and the European Union and examine what makes them act the way they do. How do we influence them as a citizen? Current Affairs programmes and articles appear on a daily basis – but what makes the story of the day? In this short course we will look at the political system, political parties, the media, PR and spin-doctors, examine how stories get legs and others fade away.

This course will look at the EU's historical evolution, some of the wide policy areas that it addresses, how Ireland and the citizen engage with this complex entity. It will also look at significant political events in Europe such as major elections and the Brexit issue.

The class will look at how decisions are made in Ireland as we ebb out of recession, how the EU copes with the UK exit and how it will determine its own future in a more complex world.

The class will look at the engagement of Civil Society and the role of the Constitutional Convention.

At the end of the course, you may not be an expert, but you will have informed opinions and a sense that there are many sides to the one argument. The class will be expected to participate in debate and discussion.

This course will continue for the second term in February.

Venue: The Teachers' Club, 36 Parnell Square

MONDAY EVENING | **Time: 6.15pm – 7.45pm** | **12 classes** | **Cost €100.00**

ENGLISH LITERATURE APPRECIATION: Detective Fiction

Tutor: Stephen O'Kane BA (Hons), DipM

The literature appreciation class resumes in October and this term we shall be reading three classics of detective fiction in the following order:-

The set texts

The Moonstone - by Wilkie Collins

Crime and Punishment - by Fyodor Dostoyevsky

(Note: please buy the Penguin Classic edition of Crime and Punishment translated by David McDuff)

The Big Sleep - by Raymond Chandler

The course will examine these novels in detail. We will also explore the genre of crime fiction, in general, by referencing other fictional detective characters and movie versions of the set texts. Classes are friendly, relaxed and the aim is to enhance your understanding and enjoyment of the novels.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENING | **Time: 6.15pm – 7.45pm** | **12 classes** | **Cost €100.00**

ASTRONOMY – ELEMENTARY

Tutor: Mr John Flannery of the Irish Astronomical Society. (John is one of the best known figures in amateur astronomy in Ireland. He has lectured, broadcast and written extensively on the topic of Astronomy. There will be additional speakers that will contribute on particular subjects during the course.)

This course will introduce you to the following topics:

Mapping the Skies

Constellations

Practical observing – Telescopes and equipment

Right ascension and declination

Earth's orbit

Measuring astronomical distances

The Sun and the Moon

The Heliosphere
 The Planets
 Copernicus, Kepler and knowledge of the solar system
 Exoplanets
 Stars – their formation and evolution
 The Hertzsprung-Russell diagram
 Light and the Electromagnetic Spectrum
 Transits and eclipses – what they reveal
 Cosmology
 Galaxies, the Universe

Each session will outline a current feature of the night sky.

Venue: The Teachers' Club, 36 Parnell Square.

TUESDAY EVENING | 7.00pm – 8.00pm | 12 Classes | Cost: €110.00

INTRODUCTION TO CREATIVE WRITING

Lecturer: Susan Knight - PhD

This workshop is aimed primarily at people who want to write but don't quite know how to get started. It will also be useful for people who have done some writing already but who feel the need for the discipline of a class, as well as feedback on their work.

There will be two terms of twelve weeks and participants can sign up to both or to either the first or second part.

The first term will cover the basics of writing personal reminiscence, fiction and poetry, with class exercises providing a jump-start. Optional home assignments will also be set, the facilitator reading everything handed in. Participants will be encouraged to read out their work to the group in a supportive atmosphere.

At the end of the second term, a collection of writings will be produced in conjunction with the other Creative Writing classes and participants from all groups will be encouraged to contribute to this.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

THURSDAY MORNING | Time: 11am – 12.30pm | 12 classes | Cost: €110.00

TUESDAY EVENING | Time: 6.15pm – 7.45pm | 12 classes | Cost: €110.00

The second term will re-inforce areas of poetry and prose already covered, so beginners will not be at a disadvantage if they have not attended the first term. Additional topics may include writing articles, writing for children, creative non-fiction and playwriting, depending on the wishes of the group. Once again, class exercises and home assignments will be used to help participants to find their voice and develop their skills. Workshopping each other's writing is an option to be explored if desired.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

THURSDAY MORNING | Time: 11am– 12.30pm | 12 classes | Cost: €110.00

TUESDAY EVENING | Time: 6.15pm – 7.45pm | 12 classes | Cost: €110.00

HISTORY – DUBLIN IN THE RARE AULD TIMES

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

This course will provide an overall insight into Irish life. Its society, culture, customs and traditions from the early 18th Century to the present day.

It will explore how Irish society evolved and changed, and how Church and State, individually and collectively, collaborated and influenced those changes, as well as examining important historical figures that helped shape events which left a legacy for many years to come. Often, the people who lived in their time were the catalysts for changes, good and bad, that affected the country and Dublin in particular. Against a backdrop of historical occurrences – such as rebellions, uprisings, major constitutional changes and wars – and the famous Irish men, women and Dubs who lived through those times and created our country and city, such as Jonathan Swift, Robert Emmet, Wolfe Tone, Daniel O’Connell, Charles Stuart Parnell, Lady Arabella Denny, Cardinal Cullen, Anna Haslam, Archbishop John Charles McQuaid, Maria Todd, Frank Duff, to name but a few, we will consider the interplay of circumstances and personalities and how we got to here.

Venue: The Teachers’ Club, 36 Parnell Square, Dublin 1

THURSDAY EVENING | Time: 6.15pm– 7.45pm | 12 weeks | Cost:€110.00

FACILITATION SKILLS – INTRODUCTION

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

This course is for people who are in community development, supervisory or management positions, team leaders or anyone who runs meetings/groups where solutions and decisions are required.

Facilitation is an act of helping other people to deal with a process, implementing change or to reach an agreement or solution, without getting directly involved in the process, discussion etc. yourself. It is a process whereby you assist (or facilitate) in securing a resolution to a situation or a problem by letting people discuss and work things out themselves. If there is an overall aim, whether that be a business change or planning of an event, your skills will assist you in directing the group to interact, participate and ensure that everyone’s input is valued and taken on board in order to reach the overall aim of that meeting.

When outcomes and decisions are required in a business setting, group or family setting, having good facilitation skills will help you to reach objectives a lot sooner and more effectively than not being able to facilitate correctly.

What this course will do for you:

- Establish the role of a facilitator – looking at the skills and qualities of an effective facilitator
- Structure of a facilitated session – Stages of effective facilitation, clarifying desired outcomes with the group, assigning and understanding roles and responsibilities within the group. You will also be able to track the progress made by the group and individuals.

- Communication Skills – watching, listening, questioning. Keeping the group engaged, motivated and above all, focused on the aim of the session. Recognising when decisions need to be made and documented.
- Group Dynamics – learning to recognise, observe and understand group behaviour, ensure group engagement, guiding the group towards solutions and decisions. Differentiate between constructive and destructive criticism.
- Public Presentations - Personal effectiveness within groups
- Dealing with conflict within groups – Techniques for dealing with difficult people and groups.
- Icebreakers for big groups/classes
- Help you to become an assertive, confident facilitator.

Venue: The People's College, 31 Parnell Square, Dublin 1

TUESDAY MORNING | **Time: 11.00am – 1.00pm** | **12 Weeks** | **Cost: €130.00**

FACILITATION SKILLS – ADVANCED

Tutor: Elaine Metcalfe, Bsc. Education & Training, MA Modern Irish History, Dip. Life Coaching, Certified Train-the-Trainer, DTM.

More detail on all of the basic course above.

Planning and preparation of a facilitation session. Conflict management, Negotiation skills,

Stages of effective facilitation

- Clarifying outcomes with the group
- Assigning and understanding roles and responsibilities within the group
- Tracking progress made by the group and individuals
- Keeping control of time and action points
- Dealing with conflict within groups

Venue: The People's College, 31 Parnell Square, Dublin 1

Date and Time to be confirmed

Languages

SIGN LANGUAGE – BEGINNERS

Basic introduction to sign language – Learn to communicate with people with hearing loss, how to introduce yourself, discuss daily life, travel, sport, relationships, education, shopping, TV programmes, home and school life.

Venue: The People's College, 31 Parnell Square, Dublin 1

Day and times to be confirmed in September

SIGN LANGUAGE – Level 2

This course is suitable for people who already have a good knowledge of sign language and who wish to improve their skills in this area.

Venue: The People's College, 31 Parnell Square, Dublin 1

Day and times to be confirmed in September

SPANISH 1 – LEVEL A1.1 – COMPLETE BEGINNERS

Tutor: Ms Martha Sanz Fernandez

This course is aimed to those students who want to start learning the language. We will cover – talking about yourself, introductions, professions, hobbies and interests, speaking about your country, and will introduce you to vocabulary when shopping.

TUESDAY MORNING | Time: 12.30pm – 2.00pm | 12 weeks | Cost: €95.00

Spanish 2 – Level A1.2

Tutor: Ms Martha Sanz Fernandez

This course is aimed at those students who have done some Spanish before. We will cover – talking about yourself, your daily activities, food and restaurants, how to get to a different location, talking about your skills and abilities, talking about your experiences.

TUESDAY EVENING | Time: 6.00pm – 7.30pm | 12 weeks | Cost: €95.00

Spanish 3 – Level A2

Tutor: Ms Martha Sanz Fernandez

This course is aimed at those students who have done Spanish before. We will cover – Talking about learning languages, feelings and experiences, giving advice, talking about an ideal house, talking about biographies, describing people, how to ask for a favour/permission, talking about experiences and making plans.

TUESDAY MORNING | Time: 11am – 12.30pm | 12 weeks | Cost: €95.00

Spanish 4 – Level A2.2

Tutor: Ms Martha Sanz Fernandez

This course is aimed to those students who have done Spanish before. We will cover – talking about the past, how to advise and make recommendations, talking about the future.

TUESDAY EVENING | Time: 7.30pm – 9.00pm | 12 weeks | Cost: €95.00

Spanish 5 – Level B1.2-B2

Tutor: Ms Martha Sanz Fernandez

This course is aimed to those students who have intermediate level of Spanish. We will cover – Giving an opinion (verbal and written) talking about feelings and character, express conditions and consequences, indirect speech.

THURSDAY EVENING | Time: 6.00pm – 7.30 pm | 12 weeks | Cost: €95.00

Please Note: Venue for the Spanish classes will be held in the People's College mostly. Contents of the courses are subject to change.

FRENCH FOR BEGINNERS – WEDNESDAY EVENINGS

Lecturer: Laurence Devaux

This course is designed for people with NO previous knowledge of French. It will start from the very beginning. No books necessary as materials will be provided. This is a 24 week course divided into 2 terms of 12 weeks each.

Venue: The People's College, 31 Parnell Square

WEDNESDAY EVENING | Time: 6.15pm – 7.45pm | 12 weeks | Cost: €95.00

FRENCH FOR IMPROVERS – WEDNESDAY EVENINGS

Lecturer: Laurence Devaux

This course is aimed at those who have a little knowledge of French – who have completed a beginner's course and are familiar with the Present Tense and simple vocabulary. No books necessary.

This is also a 24 week course divided into 2 terms of 12 weeks each.

Venue: The People's College, 31 Parnell Square

WEDNESDAY EVENINGS | Time: 7.45pm – 9.15pm | 12 weeks | Cost: €95.00

FRENCH INTERMEDIATE I

Lecturer: Severine De Malingreau

This course is designed for people who have completed the People's College Elementary course or those who have acquired basic spoken French. It will equip the student with new language skills required to cope in France, whether on business or holiday. The course will be based on the book *Grammaire progressive du français* (650 exercices, intermédiaire) Nouvelle édition, by Maia Gregoire and Odile Thievenaz, Cle International, 15 Oct 2003.

The book is available at International Books, 18 South Frederick Street, Dublin 2. However, it is NOT essential to have the book.

Venue: The People's College, 31 Parnell Square

THURSDAY EVENING | Time: 7.45pm – 9.00p.m | 12 classes | Cost: €95.00

FRENCH INTERMEDIATE II

Lecturer: Severine De Malingreau

This course is designed for people who have completed the People's College Intermediate I course or those who have a good knowledge of the various past tenses, future and conditional tenses. It will bring the student to a higher level of understanding and speaking modern French. The course will be based on the book *Grammaire progressive du français* (400 exercices, avancé), by Michèle Boulares and Jean-Louis Frérot, Cle International, 8 mars 1999. It is available at International Books, 18 South Frederick Street, Dublin 2. However, it is NOT essential to have the book.

Venue: The People's College, 31 Parnell Square

THURSDAY EVENING | Time: 6.15pm – 7.45p.m | 12 classes | Cost: €95.00

CONVERSATIONAL IRISH

Lecturer: Aonghus Ó Croidheáin.

This course is geared towards those who have some Irish but would like to increase their vocabulary and general knowledge of the language. The emphasis will be on speaking Irish in class. Students will also learn some poetry and song and will develop their comprehension through listening to Irish speakers on tape. The class will continue in February 2018. The course will be interactive and sociable.

This is a 24 week course divided into two terms of 12 weeks each

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENINGS | Time: 6.15pm – 7.45pm | 12 weeks | Cost: €95.00

ITALIAN, BEGINNERS

Lecturer: Stefania Rando

This course is designed for real beginners with no previous knowledge of Italian. At the end of the course students should be able to satisfy basic communicative needs, such as talking about themselves; being able to interact in one-to-one conversations about basic topics, in both formal and informal contexts; being able to ask the main communicative questions. Part of the course will be dedicated to open discussion of topics related to Italian culture, history, and way of life that will enable students to have a better understanding of the background of the language.

No book needed.

This is a 24 week course divided into two terms of 12 weeks each.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENING | Time: 6.00pm – 7.30pm | 12 weeks | Cost: €95.00

ITALIAN, INTERMEDIATE

Lecturer: Stefania Rando

This course is intended for students who have acquired a good level of understanding and who wish to further their knowledge of Italian language and culture. Open topics will be discussed with an accent on cultural themes as well as key grammar points. By the end of the course, students will have learnt new communicative structures of both spoken and written Italian, and developed a new and deeper understanding of what being Italian and living in Italy means.

No particular text book will be required, materials will be provided.

This is a 20 week course divided into two terms of 12 weeks each.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

TUESDAY EVENING | Time: 7.30pm – 9.00pm | 12 weeks | Cost: €95.00

CONVERSATIONAL ITALIAN

Lecturer: Stefania Rando

This course is designed for students who have good basic grammar but do not feel comfortable at launching into conversations. The course is structured around some situation related scenarios and also makes use of listening comprehension activities. Students will be provided with the opportunity to improve their conversational skills.

No text book is required as material will be provided.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

TUESDAY EVENING | Time: 6.00pm – 7.30pm | 12 weeks | Cost: €95.00

CHINESE – INTRODUCTION TO MANDARIN

Tutor: Rong Ji (Rose)

With one of the world's strongest economies and longest civilizations, China is beaconing with more opportunities for Irish people to travel, work, study and live there. This course is designed to introduce learners to the language and culture of China. It provides a learning base in Mandarin Chinese which they can subsequently build on in their life; they also learn many aspects of Chinese culture which are essential to communicate effectively in Chinese. The focus is on understanding and speaking basic Chinese in everyday situations. The objective of the course is for learners to build confidence and competence through enjoyment and a sense of achievement in learning to speak and write Chinese.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

Saturday Mornings | 11.30am – 1.00pm | 12 Weeks | Cost: €120.00

CHINESE – INTRODUCTION TO MANDARIN

Tutor: Xiaoe Deng (Grace)

With one of the world's strongest economies and longest civilizations, China is beaconing with more opportunities for Irish people to travel, work, study and live there. This course is designed to introduce learners to the language and culture of China. It provides a learning base in Mandarin Chinese which they can subsequently build on in their life; they also learn many aspects of Chinese culture which are essential to communicate effectively in Chinese. The focus is on understanding and speaking basic Chinese in everyday situations. The objective of the course is for learners to build confidence and competence through enjoyment and a sense of achievement in learning to speak and write Chinese.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

THURSDAY EVENING | 7.00pm – 8.30 pm | 12 Weeks | €120.00

JAPANESE – LANGUAGE & CULTURE

Tutor: Erina Yamamoto

This course is aimed at those who have no previous knowledge of Japanese. It will enable you to acquire natural sounding Japanese phrases that will allow you to hold a basic conversation with new people that you meet from Japan. At the end of the course, you will be able to introduce yourself, talk about yourself. Read and write basic Japanese alphabet called Hiragana, you will learn Japanese numbers, how to shop, order in restaurants, transport etc. Our tutor will also teach you about Japanese Cultures, Food, weather, economy and a little history. There will also be a tutorial in Origami, for those who are interested.

Venue: The Teachers' Club, 36 Parnell Square, Dublin 1

MONDAY EVENINGS | Time: 6.30pm – 8.00pm | 12 weeks | Cost €120.00

Get Involved at **THE PEOPLE'S COLLEGE**

STUDENTS COMMITTEE

In keeping with the ethos of the college the students committee encourages students to get involved and contribute ideas for courses and events. As a committee we help with the Syllabus, Enrollments, the Christmas Party and other events the college organise. During the year we arrange cultural, social and educational activities that we think will appeal to students.

The outings we organised during 2016/2017 included:

Guided tours as follows:

- College of Surgeons
- Chester Beatty Library
- St. Patrick's Cathedral
- Hugh Lane Gallery

Other events included:

Ceremony to mark the restoration of the grave of Oliver Bond

Talk on 'The Conservation and Analysis of the Starry Plough Flag'

All events are advertised by leaflets in the class rooms and on the College Website.

As a committee we try to represent all students, currently our members are from various courses i.e. Current Affairs, Art Appreciation, various Language Classes, Music Appreciation, the Debating Society and the Drama Group. If you are interested in joining the committee or becoming a representative for your class / group please contact:

Bernie Grant 01 848 1650 or Tony Black 01 453 1568

DRAMA GROUP

Not enough drama in your life? Then why not contact the People's College Drama Group led by author & playwright, Tom O'Brien. We may have space for new members for our Drama Group which now has six productions under its belt. We are currently planning our autumn and spring productions.

If you are interested contact the People's College for more details.

on 01 873 5879 or email info@peoplescollege.ie

CHOIR

The People's College Choir has vacancies for members in the tenor and bass lines; both the alto and soprano lines are currently full. The choir, which has 52 members (30 female and 22 male), was founded in 1993 as part of the wider cultural programme of courses and subjects offered by the People's College. The members come from the greater Dublin region and the choir sings a wide range of musical styles; from madrigals, spirituals, and traditional Irish airs to arrangements of modern popular songs. The choir generally performs at concerts and college social events and has participated in festivals both at home and abroad, having travelled to Denmark, Italy and Austria and will be taking part in the 'Praga Cantat' Choral Festival (Prague) later this year. The choir has taken part in exchanges with other choirs which brought it to Spain, France and Wales in recent years.

CHOIR *ctd*

While the ability to read music would be a definite asset it is not by any means a requirement for membership; indeed, most of our members do not read music. If you can sing and hold a tune that is all that is required - we will teach you the rest! If you are interested in joining please contact the Musical Director, Paul Walsh (via the college) or turn up in advance at one of our rehearsals which are held on Tuesday night at 8.30 pm in the Teacher's Club (Club na Múinteoirí), 36 Parnell Square West. Our rehearsals resume on Tuesday 5th September 2017.

DEBATING SOCIETY

"It is better to debate a question without settling it than to settle a question without debating it."

Debating is a great way to improve your communication and listening skills. Our society is open to all, from total beginners, those who have never spoken in public, people who may have debated in school a long time ago or anyone who thinks they would like to try something different.

Our programme includes workshops on public speaking and ways to improve the ability to think quickly on your feet. The skill of speaking in public and being an effective communicator is a benefit and can enrich your personal and professional life.

Listed below are some motions / clubs we debated with during 2016/2017:

That the American dream has become the American nightmare
(Peoples College Current Affairs Class)

That Sports people guilty of drug taking should be banned for life
(Professional Toastmasters, Paris)

That Ireland's democracy is diminished by membership of the EU
(People's College Current Affairs Class)

That Cosmetic Surgery has gone too far
(Toastmasters Engineers Clubs)

Other motions:

That Donald Trump is what the U.S.A. needs now

That we should tax the well off to provide housing for the poor

That the Trump travel ban is justified

We meet every 2nd Wednesday, starting in September - date to be confirmed.

Our meetings take place in the Teachers Club from 8 to 10 o'clock.

There is an annual membership fee of € 10 and €3 for each meeting.

Visitors are always welcome (no fee).

Come along and see if it's for you - no commitment expected.

For further information contact;

Helen Collins 01 623 1509, Martin Baldwin 086 021 7616, Bernie Grant 01 848 1650
or 085 737 1374 or bernie.grant@hotmail.com

New Terms for 2017 – 2018 Syllabus

Enrolment dates for Autumn 2017/18

Monday 11th to Thursday 14th September *Time 5.30pm to 8.00pm*

Monday 18th to Thursday 22nd September *Time 11am to 4.00pm*

Monday 25th to Thursday 28th September *Time 11am to 4.00pm*

Monday 2nd to Thursday 5th October *Time 11am to 4.00pm*

Autumn

Course Dates – 12 Weeks

Week Number	Week Commencing	Week Number	Week Commencing
Week 1	9th October	Week 7	27th November
Week 2	16th October	Week 8	4th December
Week 3	23rd October	Week 9	11th December
Autumn Break	30th October	Christmas Break	15th December – 12th January
Week 4	6th November	Week 10	15th January
Week 5	13th November	Week 11	22nd January
Week 6	20th November	Week 12	27th January

Spring Term

Enrolment dates for Spring Term 2018

Monday 15th January to 18th January *12pm to 8.00pm*

Monday 22nd January to 25th January *12pm to 8.00pm*

Monday 29th January to 1st February *12pm to 8.00pm*

Spring

Course Dates – 12 Weeks

Week No	Week Commencing	Week No	Week Commencing
Week 1	12th February	Easter Break	2nd April
Week 2	19th February	Week 7	9th April
Week 3	26th February	Week 8	16th April
Week 4	5th March	Week 9	23rd April
Week 5	12th March	Week 10	30th April
Week 6	19th March	Week 11	7th May
Easter Break	26th March	Week 12	14th May

The People's College was established in 1948 under official trade union auspices.

The college is affiliated to Aontas, National Association for Adult Education and the Irish Labour History Society.

President: **Jim Dorney**

Director: **Joanne Pearson**

Secretariat: **Dearbhla Coyle**

Tel: 01 873 5879

Email: info@peoplescollege.ie

www.peoplescollege.ie

People's College Office, 31 Parnell Square, Dublin 1.



Enrolment Form

People's College

(Block Letters Please)

Name:

Address:

.....

Email:

Phone:

Mobile:

Trade Union:

Course:

Fee Paid:

Cheque ☐ Cash ☐ Debit/Credit Card ☐

Postal Enrolments welcome,
please make cheques payable to The People's College.

People's College Office
31 Parnell Square,
Dublin 1

Phone: 01 873 5879 – Office Hours
Email: info@peoplescollege.ie
www.peoplescollege.ie



Find us on
Facebook





FOUNDED 1948

Tel: 01 873 5879

Email: info@peoplescollege.ie

www.peoplescollege.ie

People's College Office, 31 Parnell Square, Dublin 1.



Find us on
Facebook