



# PEOPLE'S COLLEGE

Adult Education Association

## Syllabus 2023- 2024



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

People's College  
31 Parnell Square, Dublin 1  
[www.peoplescollege.ie](http://www.peoplescollege.ie)

# ENROLMENTS AUTUMN 2023

Enrolments/Registration will be accepted online through our website [www.peoplescollege.ie](http://www.peoplescollege.ie) from the 1st July 2023.

Registration can also be done over the phone on 01 8735879, in the office or by post.

COLLEGE ADDRESS: **PEOPLE'S COLLEGE, 31/32 PARNELL SQUARE WEST, DUBLIN 1**

**Online & Postal Enrolments Welcome.**

**You can also register over the phone also by calling 01 873 5879**

## **SYLLABUS AVAILABLE AT:**

- People's College Office, 31 Parnell Square, Dublin 1 - 01 873 5879
- Liberty Hall, Dublin 1
- Central Library, Ilac Centre
- Teachers' Club, 36 Parnell Square
- Stamped Addressed Envelope (€1) to 31 Parnell Square, Dublin 1.
- Online at [www.peoplescollege.ie](http://www.peoplescollege.ie)

**AUTUMN TERM 2023** - Week commencing 25th September 2023

**SPRING TERM 2024** - Commences on 12th February 2024

## **We now have classes in the following venues:**

Teachers Club, 36 Parnell Square, Dublin 1

Connect Trade Union, 6 Gardiner Row, Dublin 1

Irish Congress of Trade Unions, 32 Parnell Square, Dublin 1

Hugh Lane Gallery, Parnell Square, Dublin 1

and of course, our own building on 31 Parnell Square, Dublin 1

Tel: 01 873 5879

Email: [info@peoplescollege.ie](mailto:info@peoplescollege.ie)

[www.peoplescollege.ie](http://www.peoplescollege.ie)

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

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# ART, CRAFTS & CREATIVITY

## ART APPRECIATION

Avenues into Modern and Contemporary Art for 2023/24 with the first class of the 24 weeks starting on Saturday 7th October,

*Co-ordinated by Jessica O'Donnell*

This series of illustrated art history lectures 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 artworks from the permanent collection will be explored alongside themes arising from our temporary exhibition Andy Warhol: Three Times Out. These illustrated lectures will offer the opportunity for exploring engaging and wide-ranging themes from art history to contemporary visual art practice, to wider societal concerns explored by artists nationally and internationally.

**Venue:** Hugh Lane Gallery, Parnell Square North, Dublin 1

**Saturday morning – Time:** 11am – Noon. **24 classes. Cost:** €135.00

\*Limited to 50 participants

## PAINTING FOR BEGINNERS

Tutor: Elizabeth Archbold, BA in Painting.

This 10 week painting course is for beginners and improvers.

“Painting for All” is a course running over ten weeks covering techniques for beginners and working towards identifying individual paths of interest for improvers.

Approaches to painting will be explored through looking at different ways of applying paint with a paint brush whilst working from still life observing pattern and form. Colour studies and some science of colour use and mixing will be explored. Other classes will look at the traditional Imprimatura technique of applying paint in layers, basic techniques of scaling an image from a photograph and plotting your composition, to different methods of applying the acrylic paint to maximise paint effects of light and shade, texture, and washes.

### Materials that you will need are:

- Canvas boards or Gessoed heavy grey card approx. size 25x35cms
- Notebook, ie: A4 spiral bound mixed media pad
- Acrylic paints; ie: Winsor & Newton Galeria 60ml: Process Cyan, Process Magenta, Process Yellow, Red Ochre. Large Titanium White.
- Other useful colours: Phthalo Green, Raw Umber, Vermilion Red, Ultramarine Blue, Yellow Ochre.
- Tear Off Paper Palette Pad
- Water container
- Selection of paint brushes ie. Richard Oliver Squirrel Wash large; Richard Oliver Sable 65 No.5; Winsor & Newton Galleria Filbert Synthetic No. 8; Winsor & Newton Winton Flat Bristle No.1; Daler Rowney, System 3 Round Synthetic No.6.

A Saturday morning group gallery visit to look at painting will be organised at the start of the course.

**Monday evening – Time:** 6.00 to 8.00pm. **10 classes. Cost:** €130.00

## CREATIVE WRITING

Tutor: Tanya Farrelly

Tanya Farrelly is the author of four books. Her debut short fiction collection *When Black Dogs Sing* (Arlen House, 2016) was longlisted for the Edge Hill Short Story Prize and named winner of the Kate O' Brien Award 2017. Two novels: *The Girl Behind the Lens* and *When Your Eyes Close* were published by Harper Collins, London. (2016/2018) She curated and edited *The Music of What Happens*, an anthology of poems, stories and essays by over fifty Irish writers published in aid of Purple House Cancer Support Centre. (New Island, 2020) Her latest book: *Nobody Needs to Know*, a short fiction collection, was published in November 2021 by Arlen House. She holds a PhD in Creative and Critical Writing from Bangor University, Wales, and teaches at numerous institutions, including the Irish Writers Centre, Dublin, and the People's College. She was appointed Arts Council Writer-in-Residence at NUI Galway 2021, and is the founder and director of Bray Literary Festival.

In the first term attendees will look at the key aspects of fiction writing. We will explore how to create intriguing characters, the importance of point of view, and how to write believable dialogue, as well as considering the importance of conflict, and how to effectively use setting. With the aid of writing prompts, and through analysing the work of many leading short story writers, participants will have the chance to put into practice what they have learned, and will receive feedback on their work in a fun and supportive environment.

In term two we will explore the world of creative non-fiction and how writers use the skills of the fiction writer to draw the reader into their true stories. Participants will try their hand at writing personal essays/memoir, travel writing and factual essays. We will also return to fiction writing: exploring the subtle differences between writing for print and writing for radio. We will read and discuss previous winning entries to the RTE Short Story competition in honour of Francis MacManus with the aim of writing and editing stories to get competition ready!

*\*Term two can be done as a follow-up or independently of term one\**

Class time choices

Wednesday evenings: 18.30-20.00

Thursday mornings: 11.00-12.30

Thursday afternoons: 14.00-15.30      12 classes in each term. Cost: €125.00

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## CALLIGRAPHY - All Levels

Tutor : Ms Noeleen Frain/McNamee

This class will suit both beginners and Intermediate/Adv level. We will be working with the oblique pen holder and pointed nib using ink, gouache and watercolour etc. The course will involve the revision of the Copperplate Script to facilitate those who are total beginners and the use of the pointed nib to create decorative borders and scrolls etc. I will also be demonstrating the italic script using both the Pilot parallel pen and the pointed nib for those who have already studied the Uncial Hand last term and would like to try a different script.

Wednesday Mornings - 11am - 1pm . 12 Weeks . Cost €130





## CALLIGRAPHY - All Levels

Tutor: Sarah O'Dea

This class will suit both beginners and intermediate level. We will cover the basic skills of letter forms and modern calligraphy 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. Students will have the opportunity to create simple personalised projects and compositions over the duration of the course. More experienced students will have the opportunity to learn new scripts and will be assigned individual projects. In this term, students will be offered the opportunity of a field visit to one of the City libraries to view a selection of their calligraphy collections.



Monday evening 6pm - 8pm. 12 weeks. Cost €130

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## WATERCOLOURS - BEGINNERS / IMPROVERS GUIDE

Tutor: Noel Hayes

In this course students will learn how to use watercolour paints and how to handle brushes and materials. We will explore the basic methods and techniques used in watercolour painting. The class is aimed to assist students create their own individual artworks in a unique and personal way. This term will include a visit to the National Gallery and /or The Hugh Lane Gallery and a field trip to paint outdoors. Learning will be through demonstration and individual practice.

This course is aimed towards complete beginners.

Tuesday Morning 11.00 am - 1.00pm. 10 weeks. Cost: €130

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## WATERCOLOURS - INTERMEDIATE / ADVANCED

Tutor: Noel Hayes

This course is aimed towards students who have basic experience of watercolours or have completed the Beginners Guide to Watercolours in the People's College. The class will focus on a continuation of techniques learned in the previous term, along with further study of colour theory. Students will be further encouraged to explore their own individual practice. In this term we are introducing a visit to the National Gallery and /or The Hugh Lane Gallery and a field trip to paint outdoors.



Monday Morning - 11am - 1.00pm. 10 weeks. Cost: €130



## DRAWING & SKETCHING CLASS

Tutor: Noel Hayes

Drawing and Sketching is not just for artists, it can be a path to a healthier life. Drawing is a great asset for better memory, reducing stress, increasing creativity, planning and improving observation skills and focus. This course is suitable for all levels, and is a great foundation to the arts. For those who already paint, drawing and sketching is a great way to improve your skills and bring your art to a higher level. This class is suitable for both beginners and improvers.

Monday Afternoon 1.30pm to 3.30pm 10 weeks Cost : €130

## FELT-MAKING COURSE

### Tailored to work for Beginners and Advanced levels

Tutor: Carmen Garcia – Textile Artist

Carmen García is a textile artist and member of the Design and Craft Council of Ireland. After having worked as a language teacher, translator and Embassy staff, she trained as a milliner in the Grafton academy. Since then, she has made and sold headpieces in Fairs or by commission.

As a Feltmaker she is a member of Feltmakers Ireland. She makes and sells felt pieces through her website, at Gifted Christmas Fair in the RDS and through stockists.

She also practices Creative stitching/ contemporary embroidery. She started stitching when she was very young, as she grew up in a household surrounded by textile artists. She has been participating in courses, seminars etc by specific textile artists she admires. This is a rich ongoing process.

Some of her work has been included in exhibitions such as Sculpture in Context in the Botanic Gardens and exhibitions organised by Feltmakers Ireland.

Feltmaking is creating fabric from fibre. All you need is a handful of fibres, a couple of flakes of soap and a few drops of hot water. In this course participants will be able to experiment with the ancient craft of felt making. Various projects will be carried out in which, using different techniques, participants will be able to create a variety of pieces to take home.

They will get familiar with the magical process of felt making, experimenting with colour mixing, creating 3D pieces, exploring Nuno felting or making jewellery in felt are some of the possibilities. This course is suitable for beginners and those who have already had a go at feltmaking

All materials are included, just bring a towel, your curiosity and smile. Cost of materials, which will be supplied by the tutor, is included in the price



Monday Afternoon – Time: 1.30pm to 3.30pm. 12 Weeks. Cost: €175.00

## New – Introduction to MILLINERY COURSE - 6 Weeks

Tutor: Carmen Garcia – Textile Artist

This is a Millinery course for complete beginners. Participants will be introduced to basic millinery skills and techniques to create a range of headpieces.

We will be working with materials such as Sinamay, straw, feathers, veiling, wire and embellishing. Participants will be encouraged to create their own blocks with household items such as bowls. You will also be encouraged to recycle fabrics and items for trimming that you already have or that you can get in second hand shops. You will learn how to block, shape, wire, stitch, trim and finish your original designs.

Each participant will construct several headpieces from beginning to end.



Monday Afternoon: Time 4.00pm – 6.00pm. 6 weeks. Cost: €130

## New - CREATIVE STITCHING – Contemporary Embroidery

Tutor: Carmen Garcia – Textile Artist

In this course participants will explore creative expression through stitching. Experience is not necessary.

We will practice some basic stitches and will explore ideas and techniques such as appliqué, using paint and mixed media, stitching from photographs, using text etc. Participants will be encouraged to push boundaries and find their own way to express themselves through stitching.



Thursday afternoon: 2.00pm to 4.00pm. 12 weeks. Cost €130.

## New EMBROIDERY AND STITCH CRAFT COURSE (Spring term 2024)

Tutor: Alice Cummins

Alice is a passionate embroiderer inspired by Ireland. Alice began stitching in school at the age of 15, but it wasn't until she heard about the Degree Course at the Royal School of Needlework, London that she thought she might make a career out of it. Here, she learned a wide range of embroidery techniques and worked on a number of high-profile projects such as the Nicholas Oakwell for GREAT Britain Campaign and the HBO Game of Thrones, Hardhome Embroidery.





After graduating from the RSN in 2017, Alice moved back home to Dublin, Ireland and began work on a series of pieces inspired by Irish Folklore, Language, Landscape and History. So far, Alice has completed The Wildflowers series, Celtic Knot series and Ogham series. These works have also inspired some personalised and commissioned pieces.

Alice loves to share her knowledge and love of embroidery, so began teaching classes and workshops around Dublin quite soon after graduating. Over the past few years there was a surge in orders of kits and supplies as many people began to look for new hobbies to do at home. Embroidery has always been a great tool for improving mental health, but was particularly helpful in these difficult times. With this increased demand, Alice decided to concentrate on creating more kits for students to learn to stitch at home, alongside teaching online and in-person classes.



This course is for beginners so we will start at the very beginning! The first week we will talk through your materials, cover some of the basics (like how to thread a needle), and learn some simple stitches to get you started.

We will build on this knowledge of stitches and materials as the course progresses each week. We will create a sampler for the stitches we learn, but also apply them to some small designs. Towards the end of the course, Alice will also help you to start creating your own design.

- Materials needed for this course:
- Embroidery Hoop (ideally 8inch size)
- Cotton Fabric (at least 2 pieces slightly larger than your embroidery hoop)
- Embroidery Needles (various sizes)
- Embroidery Thread (at least 2 skeins of different colours)

These materials can be purchased from Alice at the first class at a cost of €10.

You can learn more about Alice and her work at [www.bealice.ie](http://www.bealice.ie) or on Instagram @be\_alice\_

Wednesday Afternoons – 2.00pm to 4.00pm. 12 weeks. Cost: €130

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## GUITAR Beginners

Tutor: Darren Loughran

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.

Wednesday evening – Time: 6.00 – 7.00pm. 24 Weeks. Cost: €125.00

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## GUITAR Intermediate

Tutor: Darren Loughran

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 a knowledge of how to read music or tablature for the guitar, as most of the study material will be presented in either or both these formats.

Students will be given an opportunity to study pieces suitable for guitar examinations and may sit for an examination at the end of term if they so wish.

Thursday – Time: 8.30 – 9.30pm. 24 Weeks. Cost: €125.00

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## UKULELE Beginners

Tutor: Darren Loughran

This will be the 6th year that the college has offered an introductory course in how to play the Ukulele and it has proven to be very popular with all students. Darren will give this course and has designed it to deal with; basic chords; strumming techniques and the correct use of plectrum. This is definitely a 'fun course' and Darren will be presenting various song accompaniments where all of the students can participate.

Thursday – Time: 6.00 – 7.00pm. 24 Weeks. Cost: €125.00

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## UKULELE Intermediate

Tutor: Darren Loughran

After 6 very successful years of 'Ukulele for Beginners', The Peoples College now offer an 'Intermediate Ukulele' class, to continue where the beginner's class finished off. Since this class is for those who can already play, the goal here is to form 'The People's College Ukulele Orchestra'. We envisage a class which will introduce more advanced techniques and present ensemble music which will ultimately lead to the first People's College Ukulele Orchestra.

Darren will also be exploring possibilities where the orchestra can participate in some public performances.

Thursday Evening: 7.15 - 8.15pm. 24 Weeks. Cost: €125.00

## **TIN WHISTLE Beginners**

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

Thursday Evening – Time: 6.15 – 7.15pm. 24 weeks. Cost: €125.00

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## **TIN WHISTLE Intermediate**

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.

Thursday Evening – Time: 7.15 – 8.15pm. 24 weeks. Cost: €125.00

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## **MUSIC APPRECIATION - Introduction**

Lecturer: John Buckley, NT, MA, PhD, D Mus

An easy introduction to pieces of popular classical music and the instruments of the orchestra. The course will outline the lives of the composers, set in a historical and cultural context. It will examine the development of classical music throughout the ages, examining the main features of each period.

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

Thursday Evening - Time: 6.15 – 7.15pm. 24 classes. Cost: €125.00

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## **MUSIC APPRECIATION - A guide to listening**

Lecturer: John Buckley, NT, MA, PhD, D Mus.

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.

Thursday Evening - Time: 7.45 – 8.45pm. 24 classe. Cost: €125.00

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## INTRODUCTION TO HERBAL MEDICINE

Tutor: Susan O'Donoghue, BSc (Hons) Herbal Medicine, MNIMH

Herbal Medicine is the use of plants in the prevention, management and treatment of disease, it is one of the oldest forms of medicine known to mankind and is steeped in history and folklore.

The aim of this course is to give the student an understanding of herbal medicine and a practical knowledge that can be used in daily life. It will focus on herbal medicine of European tradition, also incorporating some of the more commonly used Ayurvedic and Traditional Chinese Medicine herbs.

### The course includes:

- Herbs used for the digestive, respiratory, immune, cardiovascular, nervous and urinary systems, as well as herbs used in musculoskeletal, skin and hormonal health
- The medicinal properties of some common culinary herbs such as Garlic, Ginger, Rosemary, Thyme, Turmeric, and herbs we may see growing locally such as Dandelion, Elder, Hawthorn and Nettle
- Demonstrations showing how to prepare herbs to make your own herbal remedies such as teas, decoctions, tinctures, macerated oils, balms, ointments, creams
- Weekly Herb tastings and herbal teas.

Monday: 6pm – 7.30pm. 12-week term. Cost: €130

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## BEGINNERS MINDFULNESS PRACTICE

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK

### *BEING PEACE*

Lasting peace is not found in searching, true peace is natural to our deeper nature, inseparable from the essence of our mind and being.

We temporarily lose our conscious awareness of this heartfelt compassionate wisdom through the ups and downs, stresses and strains of life, which cloud our clarity and natural insight.

Mindfulness practice is one of the oldest, most effective and widely used practices in the world today to guide us through our own unique experiential understanding. The revered text *The Foundations of Mindfulness* teaches on how to settle in mindfulness of our bodies, breathing/sensations, mind and states of mind in relaxed non-judgemental awareness.

Mindfulness practice is in essence purely and simply an experiential process of enlightened remembrance – guiding us back home to the realisation of our authentic being.

Practice improvers very welcome

Tuesday Evening - Time: 7.00pm - 8.00pm. 24 weeks. Cost €140

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## POSITIVE PSYCHOLOGY - 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 sustain- able 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.

Wednesday Evening - Time: 6.15 – 7.45pm. 12 weeks. Cost: €125.00

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## ADVANCED POSITIVE PSYCHOLOGY COURSE FOR REAL LIFE SITUATIONS - SPRING TERM 2024

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 - Beginners. It primarily examines in class, various Positive Psychology interventions for utilisation and testing at home. All the interventions have been empirically tested and proven to increase greater awareness and practice of Positive Living and Mindfulness. These interventions are examples of what can be achieved through the science of Positive Psychology, such as experiencing more Life Satisfaction, Gratitude and Increased Happiness /Reduced depression. Even better, they can be practiced and tested at home. The course is predominantly structured as teacher-guided, student-led discussions on Real Life Situations and experiences, based on having tried out the various interventions from the Positive Psychology classes, and applying that learning to those situations. The objectives of the Course include:

- Developing Self-awareness
- Increasing Gratitude
- Changing negative beliefs
- 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 and experience of Positive Psychology and its proven Interventions. It is intended that what will occur is a deeper exploration, learning and understanding of how to best handle Real-Life Situations, investigating how we cope with them while simultaneously achieving the above-named objectives through the shared experiences of interventions and applications.

Wednesday Evening – Time: 6.15 – 7.45pm. 12 classes. Cost: €125.00

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## **YOGA – BEGINNERS Evening Session / improvers Morning Session**

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK.

World renowned for bringing a profound sense of physical health and mental wellbeing, Hatha Yoga works gently towards the emergence of positive life patterns enabling us to enjoy life bringing a greater sense of joy, courage and vitality.

Simple yoga postures, breathing exercises and guided relaxation, practiced at our own pace brings fitness 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 commonly improve with Yoga practice.

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

Tuesday Evening - beginners - 6.00 – 7.00 pm. 24 weeks. Cost: €140.00

Tuesday Morning – Improvers – 11.45 – 12.45. 24 Weeks Cost: €140.00

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## **Beginners MEDICAL QIGONG**

Tutor: Tony Walsh - Dip. Chinese Herbal Medicine. Cert Nanjing. ACHI, Dip. TCM Acupuncture. AFPA, Cert Medical Qigong. Shulan College of Chinese Medicine UK, Cert Qigong Teachers' Association UK.

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



During this term, Tony will introduce one of the oldest and most practiced Qigong forms, "Yi Jin Jing Gigong."

- Yi Jin Jing features soft and even movements focusing on the turning and flexing of the spine, invigorating the limbs and internal organs.
- These movements have been proven to benefit health and fitness, prevent diseases, lengthen life and improve the intellect.
- In particular, practice of the Yi Jin Jing exercises has very impressive effects on the respiratory system, flexibility, balance and muscular strength.
- The class focus will be on safe relaxed practice to suit the capacities and experience of participants and will be continuously reviewed and addressed to ensure enjoyable progress on the course.
- Complimenting other systems of personal healthcare such as Tai Chi, Kum Nye, Yoga, Pilates, Meditation etc., this course is suitable for both beginners and improvers.

Practice improves welcome

**Tuesday Evening – Time: 5.00 – 6.00pm. 24 weeks. Cost: €140.00**

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## **ONTOLOGY (REALITY CHECK) COURSE**

Tutor: Ben Somers, 3rd Dan Ninjutsu Instructor, Tai Chi Instructor, Ontology Instructor.

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.

**Monday Evening – Time: 6.30 – 8.00pm . 12 Weeks. Cost: €130.00**



## ENERGY AND VITALITY IN MOVEMENT

Tutor: Ben Somers, 3rd Dan Ninjutsu Instructor, Tai Chi Instructor, Ontology Instructor.

Aches and pains? Stiff joints? Bad circulation? Have your body work for you, not against you! We will teach you a whole-body routine for releasing tension and increasing energy flow. Once learned, you can employ any combination of these exercises. These exercises can be used for muscle toning and definition, or just to keep the body healthy, flexible and energised. Gentle, but powerful stretching exercises.

Includes elements of Tai Chi, Qi Gung and various martial arts warm up exercises. Ideal for the older person but very beneficial for all ages.

*"Course was brilliant! Looked forward to it every Monday." "like no other course I have ever done!"; "will not forget your course in a hurry. Great information!" "explained everything very well" "eye-opening and fun" "amazing how many illusions I'm catching myself reacting to" "I'm finding my life getting a whole lot easier!"*

Thursday – Time: 11.00 - 12.30. 12 Weeks Cost: €130.00

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## New - CINEMA, FILM and MEDIA APPRECIATION

Tutor: Karl Gough, BA in English, Media and Cultural Studies, PGDLT (further education).

*"Movies touch our hearts and awaken our vision, and change the way we see things"*  
Scorsese

The aim of this 12 week course is to provide students with an overview of the history of cinema and the development of film as a medium of artistic expression. It will involve lectures and discussion about some of the key developments in the history of cinema; montage, editing and sound and explore the ways these helped to shape the development of film as a new and exciting artistic and commercial enterprise. We will explore a number of key stages in the history of cinema; the silent era, Hollywood's 'Golden Age', the European schools of filmmaking and 'New' Hollywood and examine the wider social, economic and cultural factors surrounding the development of each. We will learn about some of the key ideas and concepts in the study of film; genre, representation, and study a number of key theories in media studies concerning media ownership and the use and effects of media. We will become familiar with the language of film; auteur, cinematography and mise en scene and gain an appreciation for how films are constructed.

Students will learn about the history of cinema and development of film as means of artistic and commercial expression.

Students will learn about the key developments in the history of cinema and explore how these helped to shape films overall development.

Students will learn about a number of key movements in the history of cinema and examine the wider social, economic and cultural contexts of each.

Students will learn some of the key ideas associated with the study of film and gain an understanding of some of the key issues and debates in media studies.

Students will learn about the language of film and gain an appreciation for how films are constructed

Each class will have a warm and friendly atmosphere and aim to discuss the various topics in a relaxed, jovial and stimulating way.

A number of viewing titles will be recommended each week to be watched at students' own discretion. For anyone who has an interest in watching movies, going to the cinema and has wanted to engage in a thoughtful and light-hearted discussion about film.



Wednesday evening: Time: 6.30 - 8.00 pm 12 Weeks. Cost: €130



## New – Irish Cinema, Film and Visual Culture Appreciation- SPRING 2024 Term

Tutor: Karl Gough, BA in English, Media and Cultural Studies, PGDLT (further education)

*"The greatest danger to Ireland comes not from the anglicisation of Ireland but the Los Angelisation of Ireland" (James Montgomery)*

The aim of this 12 week course is to provide students with an overview of the history of cinema in Ireland and the development of film as a medium of artistic expression. It will involve lectures and discussion about some of the key developments in the history of Irish cinema; Kalem, Film Company of Ireland and Ardmore Studios and explore the ways these helped to shape the development of film as a national, cultural and commercial enterprise. We will explore a number of key stages in the history of cinema in Ireland; The Silent Period, 1930s Fictions, Documentaries and examine the wider social, economic and cultural factors surrounding each. We will learn about some of the key ideas and concepts in the study of visual culture including representation and semiotics and study a number of key theories in visual culture concerning denotative and connotative meaning and myth. We will become familiar with the history and politics of Irish cinema and gain an appreciation of different representations of Ireland on screen.

Students will learn about the history of Irish cinema and development of film as a means of national, cultural, commercial expression.

Students will learn about the key developments in the history of Irish cinema and explore how these helped to shape film as a national, cultural and commercial enterprise.

Students will learn about a number of key stages in the history of cinema in Ireland and examine the wider social, economic and cultural factors of each.

Students will learn about some of the key ideas and concepts associated with representation and semiotics and gain an understanding of some of the key issues and debates in visual culture.

Students will learn about the history and politics of Ireland cinema and gain an appreciation for how different representations of Ireland get constructed on screen.

Wednesday evening: Time: 6.30 - 8.00 pm. 12 Weeks. Cost: €130

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### Amy Redmond – Biography (Amy will deliver Acting/Drama classes)

Amy is delighted to be partnering with The People's College to deliver her own unique take on acting and public speaking. Act The Maggot – beginners acting and public speaking classes – is the brainchild of Amy Redmond who trained and worked as a professional actor in New York. Her many acting credits include, Off-Broadway appearances at the Irish Repertory Theatre, "Amy Redmond as one of the four mothers, is powerfully moving," Anita Gates, New York Times. "Amy Redmond is especially gripping", John Simon, New York Magazine. On returning to Ireland, she received an MA in Journalism from Dublin City University and for eight years worked as a broadcast researcher, producer and presenter with Dublin City FM103.2 and RTE Radio 1 and a sub-editor and feature writer for The Irish Times, The Irish Independent and The Irish Mail on Sunday. She re-trained as a drama facilitator in 2008 and facilitates regularly in drama, creative writing, team-building and mindfulness with her own company, Act The



Maggot. Previously, she freelanced as a facilitator in schools, colleges, community groups and companies and worked as a Recreation Therapist at St. Patrick's University Hospital. She has facilitated regularly with Gateway Mental Health Association in Rathmines and has designed and facilitated many new courses for DCU Recovery College. She received a distinction in Train the Trainer and holds a professional certificate in the Therapeutic Use of Mindfulness. She also completed a postgraduate certificate in Innovation, Entrepreneurship and Enterprise at UCD's Innovation Academy where she spent four months intensively working on her vision for Act the Maggot. In her spare time, Amy is also a published writer. She writes poetry, short fiction and screenplays and she is currently writing her debut novel.

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## New - Beginner's Acting – Level One

Tutor: Amy Redmond

This class is suitable for the absolute beginner or for those who have not acted in a long time and wish to return to it. This 12-week Level One course is an introduction to acting, voice & improvisation. We also incorporate some mindfulness techniques. It is fun, safe, sociable. It is tailored to suit people from all walks of life. We do not take ourselves seriously. The main aim is to chill out and Act the Maggot!! Our adult acting classes are perfect for those looking to learn how to get into improvisation or acting. It is also for more experienced performers who may want to brush up on their skills before that big acting audition. Our acting for beginner's programme is specifically designed to teach participants how to be more confident. This course focuses on improving confidence, creativity and communication and is delivered in a fun and welcoming environment. No previous acting experience is required. Participants of the Beginners Acting Class Dublin will:

- This class will start with a physical and vocal warm up and close with a meditation.
- In this acting class you will learn how to become an actor.
- In this acting class you will learn how to gain confidence.
- In this acting class you will learn the principles of improvisation.
- This acting class helps with low self-esteem.
- This acting class helps you overcome public speaking anxiety.
- You meet new people and have fun in Dublin.
- You will Act the Maggot!

Tuesday Afternoon – 2.00pm - 4.00pm. 12 weeks. Cost: €130

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## New - Beginners Acting – Level 2

Tutor: Amy Redmond

Are you ready for Level 2 acting? That means developing the emotional and physical life of a character, learning their lines and performing in front of your classmates, peers, friends. So, you have tried our Beginners Acting class or you have taken an acting class elsewhere but now you want to Act the Maggot! Now is your opportunity to take this 12-week Level Two Beginners Acting course with us and develop a character. Oh the nerves!!

Do you need to have done Level One with us to take Level Two?

This Level Two acting class is tailored for those who have taken Level one with us OR for those who have some experience at acting already. As well as continuing with improv



every week, each student will be assigned a monologue. The focus will be on developing that character and learning how to bring the words on the printed page to life. This class is also ideal for actors who want to prepare for treading the boards again in a fun, relaxed setting. It is also suitable for the working actor who wants to focus on audition material and nail it. This is a great opportunity to develop confidence in performance and public speaking and the buzz is amazing.

- This class will start with a physical and vocal warm up and close with a meditation.
- In this class you will continue learning the principles of improvisation.
- In this acting class you will learn how to develop a character.
- In this acting class you will learn practical voice and breath exercises.
- In this acting class you will learn how to analyse and perform from texts.
- This acting class helps you overcome public speaking anxiety.
- You meet new people and have fun in Dublin.
- You will Act The Maggot!

Thursday Afternoons – 2.00pm – 4.00pm. 12 weeks. Cost: €130

## **New - A COMPARATIVE APPROACH TO LITERATURE.**

Tutor: Anne Gormley, B.A. H. Dip in Ed. Hons, M.A. Mod English Literature/Hons

In this exciting new course, the literature of the 19th and 20th century will be assessed through comparing works and texts from different social and cultural backgrounds. This course will bring us on a journey through the classics. We will learn about Bronte's *Wuthering Heights*, some of Austen's scintillating novels, along with many others including *The Remains of the Day*, and the Modern Novel.

### **Literature and Film? Is there a Connection?**

We will have an opportunity to compare the representation of these classics in the written word and also through the visual medium of film which we can watch freely at our leisure.

There will be a chance to look at the international scope of literature and compare it with the works of Irish and British authors.

We will also learn about the lives of writers. What motivated them to write in the first place and what political/social circumstances influenced their work.

The atmosphere in these classes will be relaxed and friendly and everyone is encouraged to contribute according to their level of interest and enthusiasm. The sessions will give us some keener insights into our humanity and ourselves and enable us understand people that bit more.

Wednesday morning Time: 11.00 – 12.30. 12 Weeks. Cost: €125.00

## **New – HOW POETRY WORKS**

Tutor: Anne Gormley. B.A. H. Dip in Ed. Hons, M.A. Mod English Literature/Hons

What is it about the language of Poetry that enables us to communicate some of the most complex and deep emotions?

How does poetry work to tell us things about ourselves we find hard to understand?



In these weekly sessions we will look at poetry through the decades and unravel the welter of emotions that lie hidden there. We will examine the historical and cultural background that inspired some of our greatest poetry, and we will learn more about the lives of those poets who penned such marvellous works.

We will study the work of our two Irish Laureates Seamus Heaney and William Butler Yeats, and see what was it about their work that gave them such power and lasting beauty. This class will revisit poems you may have touched on in school, and you will have the opportunity to bring along your own selection of poems if you wish and share and enjoy them.

For those who would like to put their thoughts and emotions on paper there will be opportunities to try their hand at constructing poetry.

In a relaxed and pleasant atmosphere, we will get the chance to explore the works of some of the famous poets in time from Shakespeare's sonnets to Kavanagh's rural and urban poems, to Wordsworth's lyrics, Yeat's - love/Political poetry and tons more.

Join us for a truly inspiring and thrilling journey into another era and other mindsets

Wednesday Afternoon - 2.00 – 3.30pm. 12 weeks. Cost: €125

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## New Polish Your Writing Skills.

Tutor: Anne Gormley. B.A. H. Dip in Ed. Hons, M.A. Mod English Literature/Hons

Whether you are writing an email or a blog or report or dissertation, this course will enable you to grow in confidence in your ability to communicate through the written word.

You will find lots of opportunities to try your hand at some creative writing should you wish. Or simply construct an article or letter for the newspaper. It's all here in these writing workshops.

This is a hands-on effort every week where people can feel free to express themselves in any way they like and learn the skills of clear, lucid writing.

Through an informal and relaxed atmosphere, the classes/workshops will give you more knowledge of what good writing looks like and sounds like, and also provide you with the tools to get going on any challenge in the whole area of writing well.

Tuesday evening: 6.00 – 7.30pm. 12 Weeks. Cost: €125

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## PUBLIC SPEAKING/PRESENTATION SKILLS

Tutor: Colm Mc Glade B.Ed.; DTM (Distinguished Toastmaster Award)

Whether you are a student, preparing for presenting your assignments or an employee seeking promotion, a best man preparing for the wedding speech - This is the course for you. 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.

Thursday Evening – Time: 6.30 – 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, debate and some reading.

The course is strong on class interaction where participants share their views and experiences. It is ideal for those who have a general interest on what is going on around them, who like to listen, watch and read the news. In this coming year, there will be a referendum, local and European elections, a plebiscite on a directly elected mayor for Dublin and, no doubt, some interesting political crises home and abroad.

The class will look at issues such as the economy, the referendum process, electoral reform, crime, health, transport and other key 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, the ongoing Brexit saga - its impact on Ireland the UK and the EU.

We have entered a phase of increasing inflation wage demands and perhaps industrial action. We are on the wind up to a general election- one that will perhaps change the country fundamentally. The emergence of a discussion on unification has been happening in a vacuum of debate and consideration of the consequences. We will look at how populism has emerged and how this has changed political discourse.

At the end of the course, you will 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 and visits to the Oireachtas and RTE. You will also be expected to have enjoyable discussions.

Monday Evening - Time: 6.15 – 7.45pm

12 classes

Cost €110.00

## New - Global Citizenship Education

Tutor: Karl Gough, BA in English, Media and Cultural Studies, PGDLT (further education).

“Global Citizenship Education is an educational process aimed at increasing awareness and understanding of the rapidly changing, interdependent and unequal world in which we live”

(Irish Aid)

This course consists of twelve evening sessions that aim to facilitate teaching and learning about Global Citizenship in an active, friendly, and informal environment. The course is aimed at people with an interest in social justice issues such as poverty, inequality and climate change and each week participants will be provided with a text to engage with as a means of delving deeper into the theme(s) highlighted in class that week. These include and are in no way limited to:

Introductions

**Establishing the Base**

**Living Agreements**

**Exploring Complicity in Systems of Harm**

**Brave Spaces and Navigating Challenges**

**A Journey Through Social Cartographies**

**Theories of Change**

**(Re)sourcing Power**

**Embodied Awareness and Resilience Building**

**Listening and Inquiry**

**Reflections**

Over the course of twelve sessions, participants will also review the United National Sustainable Development Goals (SDGs) and discuss what they are, the purpose they serve on a local level, and how we can understand the issues we all face from a globally informed perspective. We will also look at how the SDGs create a narrative through which we can understand the complex and interconnected world in which we live.

In exploring social justice and global development issues through the arts, movement, play, debate, theatre and storytelling, participant will also be encouraged to foster the skills that can help us to facilitate an environment for others to share: active listening, empathy, non-judgement, self-awareness and curiosity.

**Tuesday evening: Time: 7.30pm to 9.00pm. 12 weeks. Cost: €110**

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## LITERATURE APPRECIATION

Tutor: Stephen O’Kane BA (Hons), DipM

This popular course, now in its 10th year, offers a friendly, relaxed and highly enjoyable journey through some great works of literature. It can best be described as a teacher led, student centred book club. Guided by the tutor students read the texts critically and share their own research and ideas with the group.



**Autumn term 2023** we will concentrate on some of the prescribed literature texts on the 2024 Higher Level English Leaving Cert. syllabus. The class will not be a “grind” class for teenagers but it will be an adult look at one novel, one play and some fantastic twentieth century poetry.

Play: **Hamlet** (William Shakespeare)

Novel: **Frankenstein** (Mary Shelley)\*

Poetry: **Sylvia Plath, Eilean Ni Chuilleanain, Seamus Heaney and Emily Dickenson.**

*\*This group has studied Frankenstein before but we will look at it again in relation to the current interest in AI.*

**Spring term of 2024** we will study the following texts:

**The French Lieutenant’s Woman** (John Fowles)

**The Picture of Dorian Gray** (Oscar Wilde)

**Rita Hayworth and Shawshank Redemption** (Stephen King)

**The Sunset Limited** (Cormac McCarthy)

The literature class has a loyal following, but new students are particularly welcome.

**Monday Evening – Time: 6.15 – 7.45pm. 12 classes. Cost €110**

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## **ASTRONOMY – 12 Steps to the Moon**

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.





## ASTRONOMY - 12 STEPS TO THE MOON

The Moon is our companion world in space and is the biggest and brightest object we can view in the night sky. There is an aura of mystery around its waxing and waning during the month, along with the myths and lore woven by many peoples. The Moon is also strongly represented in popular culture such as in works of art and music, along with the interest around supermoons.

This course will explore the many facets of the Moon under the following topics, along with a sprinkling of other astronomical sights to look for:

- The Moon and its characteristics;
- The Moon's many motions;
- Observing the Moon – Part 1; The romance of the Moon (popular culture);
- More on lunar motion;
- The Moon, Myth and Mystery;
- Observing the Moon – Part 2; Blood Moons and Dark Suns (eclipses);
- The Moon in History (perception and mapping);
- Exploration of the Moon (spaceflight);
- Observing the Moon – Part 3; Wrap up and going further.

Tuesday Evening - 6.30 - 7.45pm. 12 weeks. Cost: €140

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## 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. It's 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.

Tuesday Evening – Time: 6.15 – 7.45pm. 12 week. Cost: €120.00

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## HISTORY – 'IRELAND, 1798 – 1998 WAR, PEACE AND A STUDY OF THE PEOPLE AND EFFORTS IN BETWEEN'

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

*\*THIS IS A 24 WEEK COURSE, SPLIT INTO TWO TERMS OF 12 WEEKS - AUTUMN AND SPRING.*



From the granting of Home Rule to the Home Rule Party under Redmond during the First World War, to 'New Nationalism' and the Peace Agreement in 1998, this course will examine the people and events that shaped Modern Irish History. It will look at the circumstances leading up to the 1916 Rising, the emergence of Sinn Fein, the Irish Civil War, and the situation in the North as it developed from No Home Rule to a protectorate of Britain.

Moreover, the famous Irish men and women who played a prominent role in the history of their time and who left an indelible legacy for years to follow, will be observed against the back-ground of the climate and conditions that created the circumstances which thrust them centre-stage in the political and social milieu of their era.

People such as Michael Collins, De Valera, Sam Carson, Margaret Thatcher, the Hungers Strikers, Bernadette Devlin, Martin McGuinness, Jack Lynch Ian Paisley and Gerry Adams - to name but a few and their contribution to Irish history, will be explored in detail on this course, in order to better understand the paths they took, all of which lead to where we are as a Nation today.

Thursday Evening – Time: 6.15 – 7.45pm. 12 weeks. Cost: €120.00 for Autumn

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### **IRISH AMERICA: A Historical overview**

Facilitator: Ray Esten Egan. B. A. History and Religion. H. Dip in Education.  
MA. Irish Political History

This course aims to offer students an overview and understanding of Irish America. The timeline, the early nineteenth to the late-twentieth century, contains many of the critical events which fashioned our perceptions of Irish America. The course links these events to the people, sports stars, factory workers, criminals, politicians and labour leaders, who built the Irish American legacy. Particular themes covered in the course include, anti-immigration and anti-Catholic sentiments in urban America (1840s). The Irish in the Confederate and Union Army (1860s). Prohibition and the Irish American criminal (1920s). The Irish American as a powerful political force in the twentieth century.

Closing with Chicago's Democratic machine and its controversial Mayor Richard J. Daley (1955-1975). The course is aimed at those with an interest in history and is open to all. It is delivered in a friendly environment in which all participants can engage openly. By the end of the course participants will be inspired to think critically about historical events whilst identifying comparisons within modern society.

Tuesday Afternoon- 2.30pm to 4.00pm. 12 Weeks. Cost: €125

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# LANGUAGES

## SPANISH 1 – BEGINNERS – LEVEL A1.1 CEFR -

Tutor: Marta Sans Fernandez

This course is aimed at students who want to start learning the language. This course will be using an online platform to enhance learning. This course is a 24 week course divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Ask and provide personal information: name, address, phone number
- Express intentions
- Describe places
- Talk about the weather
- How to manage in a shop
- Talk about character and personality
- Talk about likes and dislikes
- Talk about family

**Monday Evening: Time: 6.00 - 7.30pm. 12 weeks. Cost: €100.00**

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## INTENSIVE SPANISH FOR BEGINNERS – CEFR: A1.1

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

This is a complete beginner's course. This course will be using an online platform to enhance learning

At the end of this course, the student will be able to:

- Ask and provide personal information: name, address, phone number
- Express intentions
- Describe places
- Talk about the weather
- How to manage in a shop, café, hotel etc.
- Talk about character and personality
- Talk about likes and dislikes
- Talk about family

**Monday and Wednesday: 11.00am - 12.30pm. 12 weeks. Cost: €180.**

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## SPANISH 2 – POST BEGINNERS LEVEL A1.2 CEFR -

Tutor: Marta Sans Fernandez

This course is not complete beginners. Students should have done some Spanish before. We will be using an online platform to enhance learning. The course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Talk about daily actions
- Manage in a restaurant
- To give and provide information about food
- Talk about a city
- How to get to a place – look for directions
- Arrange to meet
- Give instructions
- Talk about experiences
- Talk about skills and aptitudes

**Monday Evening: Time: 7.35 – 9.05pm.. 12 weeks. Cost: €100.00**

## SPANISH 3 – PRE-BASIC SPANISH LEVEL A2.1 CEFR

Tutor: Marta Sans Fernandez

Students should have previous knowledge in Spanish. This course will be using an online platform to enhance learning. The course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Talk about habits
- Make recommendations
- Describe feelings
- Talk about the past (biographies)
- Talk about a house and describe it
- Compare elements
- Ask for permission and favour
- Give excuse
- How to react in social events
- Talk about past experiences
- Talk about intentions and projects

Wednesdays: Time: 6.00 – 7.30pm. 12 weeks. Cost: €100.00

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## SPANISH 4 – BASIC SPANISH LEVEL A2.2CEFR

Tutor: Marta Sans Fernandez

Students should have done beginners course already. This course will be using an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Give advice
- Talk about food and how to prepare a dish
- Describe in the past
- Talk in the past
- Describing actions and experiences in the past
- Talking about past habits
- Expressing emotions and feelings
- Describing symptoms of sickness and pain
- Tell stories in the past

Wednesday Evening: Time: 7.35 – 9.05pm.. 12 weeks. €100.00 per term

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## SPANISH 5 – Pre - INTERMEDIATE SPANISH LEVEL B1.1 CEFR

Tutor - Marta Sans Fernandez

Students should know the past tenses. This course will be using an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Telling stories and anecdotes
- Giving advice
- Expressing wishes and opinion

Tuesday Morning: Time: 11.00am – 12.30, 12 weeks. €100.00 per term

## SPANISH 6 – INTERMEDIATE SPANISH LEVEL B1.2 CEFR -

Tutor - Marta Sans Fernandez

Students should know the past tenses. This course will be using an online platform to enhance learning. This course consists of 24 weeks divided into two terms of 12 weeks each.

At the end of this course, the student will be able to:

- Describing characteristics of an object
- Expressing opinions about objects
- Expressing opinions about actions and behaviours
- Giving a value on situations and facts
- Making hypothesis
- Telling stories
- Expressing different degrees of certainty

Thursday Evening: Time: 6.00 – 7.30pm.. 12 weeks. €100.00 per term.

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## FRENCH FOR BEGINNERS

Tutor: Margaret Kinane

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.

Tuesday Evening: Time: 6.15 – 7.45pm. 12 weeks. Cost: €100.00

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## FRENCH FOR IMPROVERS

Tutor: Margaret Kinane

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.*

Tuesday Evening: Time: 7.45 – 9.15pm 12 weeks Cost: €100.00

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## FRENCH INTERMEDIATE 1 – (Post Improvers)

Tutor: Severine Guz.

If you have a good knowledge of the French language and wish to learn more about French culture, then this is the right course for you! Throughout the weeks, various language and cultural aspects will be discussed which will enable you not only to develop your understanding of contemporary France but also boost your confidence in your communicative skills.

Material will be provided. This is a 24-week course divided into 2 terms of 12 weeks each,

Thursday Evening: Time: 4.00 – 5.30pm. 12 classes. Cost: €100.00

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## FRENCH INTERMEDIATE II – (Upper Intermediate)

Tutor: Severine Guz

This course is intended for students who have some measure of proficiency in the French language and wish now to immerse themselves into the French/Francophone culture via a passionate and enjoyable discussion of open topics and current affairs. Vocabulary, grammar, listening comprehension aids, magazine articles and lots more make up this vast repository of French lessons designed for Francophiles.

Material will be provided. This is a 24-week course divided into 2 terms of 12 weeks each.

**Thursday Evening: Time: 5.30 – 7.00pm. 12 classes. Cost: €100.00**

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## CONVERSATIONAL IRISH

Tutor: Dr. Réamonn Ó Donnchadha. B.A., H. Dip in Ed., (UCD), Masters in Ed., and Ph.D. (NUI Maynooth).

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 the Spring. The course will be interactive and sociable.

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

**Monday Evening: Time: 6.15 – 7.45pm. 12 weeks. Cost: €100.00**

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## IRISH FOR BEGINNERS

Tutor: Dr. Réamonn Ó Donnchadha. B.A., H. Dip in Ed., (UCD), Masters in Ed., and Ph.D. (NUI Maynooth).

This course is suitable only for those who have never done Irish before. By the end of the course students will be able to hold a basic conversation. You may wish to resurrect the 'cupla focal' that you may have from your school days. You will also learn some Irish songs, poetry and seanfhocail. The aim is to learn, in an enjoyable way, the rudiments of the Irish language and culture.

*This is a 24 week course divided into two terms of 12 weeks each - it will continue in February 2020.*

**Monday Evening: Time: 8pm – 9.30pm. 12 weeks. Cost: €100.00**

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## ITALIAN FOR BEGINNERS

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.*

**Monday Evening: Time: 6.00 – 7.30pm. 12 weeks. Cost: €100.00**

## ITALIAN INTERMEDIATE/ADVANCED – Level B1/B2

Tutor: Debora Danti – Native Italian, MA in foreign languages and literatures – Italian linguistics specialisation.

The Italian B1 level course is an 'intermediate' level and means that the students are proficient enough in the Italian language and they have the ability to communicate and understand the essence of topics usually experienced in work, school, travel, and recreational scenarios. The students should be able to communicate concepts about themselves and their interests, and they can provide descriptions of events and experiences.

Learning outcomes

- By the end of the course, students will be able
- To understand the specific information of a written text on familiar or socio-cultural subjects (including films, videos, interviews, etc.).
- To describe events, experiences and impressions, the plot of a book or a film
- To interact in conversations on familiar topics or topics related to the socio-cultural field, expressing one's own opinion in a simple way

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

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

**Tuesday Evening: Time: 7.30 – 9.00pm. 12 weeks. Cost: €100.00.**

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## ITALIAN – ELEMENTARY/IMPROVERS – Level A1/A2

Tutor: Debora Danti – Native Italian, MA in foreign languages and literatures – Italian linguistics specialisation.

Elementary ability to communicate in Italian language means that the students can understand and use familiar everyday expressions and very basic phrases. They can interact in a simple way provided the other person talks slowly and clearly and is prepared to help. This course will greatly improve your conversational skills.

Learning outcomes

By the end of the course, students will be able

- to participate in basic conversations about work, studies, leisure, etc.
- to read short texts (fiction or cultural)
- to write notes, messages, and short stories

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

No text book is required as material will be provided.

**Tuesday Evening: Time: 6.00 – 7.30pm. 12 weeks. Cost: €100.00.**

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## ECONOMICS MADE SIMPLE

Series of Lectures in the People's College for Autumn 2023/Spring 2024.  
Delivered by NERI – Nevin Economic Research Institute

This course will offer participants a fresh insight and appreciation of some of the main ideas in economics in a contemporary Irish context. No prior academic study in the field of business or economics is required.

### Aim of this course:

The aim is to provide a very basic course linked to current topics and challenges over matters such as

WHAT IS HAPPENING TO LIVING STANDARDS?

DOES WORK HAVE A FUTURE?

WHAT NEEDS TO BE DONE ON THE ENVIRONMENT?

'WILL THERE BE ANOTHER RECESSION?'

Participants will be encouraged to take part in discussions and to give feedback on selected topics. The programme will involve 90 minute sessions and will be spread out over 8 weeks."

Monday Evenings: TBC





## CHOIR

The Peoples college choir is a mixed-voice choir of 45 members. We are a friendly and welcoming bunch of people. This year marks our 30th anniversary and we are looking for new members to share in the joy of singing together in harmony.

We sing a wide range of songs in a non-competitive atmosphere; some old, some new, some folk, traditional Irish airs and modern popular songs. It is not necessary for you to read music, though this is a bonus. All you need to do is to be able to hold a tune; we will teach you the rest!

We rehearse from 8.30pm to 10.00pm every Tuesday night in the Teachers' Club, Club Na Múinteoirí, 36 Parnell Square, Dublin 1. Our choral year runs from September until May of the following year.

**Rehearsals resume in the 'Club' on Tuesday 12th September 2023.**

Interested? Contact the Musical Director, Paul Walsh at [peoplescollegechoir@gmail.com](mailto:peoplescollegechoir@gmail.com)



## 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. New members are always welcome. Joining the group means you are definitely in our next show which will be presented in late November 2023.

The group now has thirteen productions under its belt. If you are interested, contact the People's College for more details. 01 873 5879 or [info@peoplescollege.ie](mailto:info@peoplescollege.ie)

**START DATE:** Thursday 7th September 2023 at 7.00pm to 9.00pm. 12 weeks. €130 for the term



## 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.

The Student committee help with events organised by the college and arrange cultural, social and educational activities throughout the year tailored to student interests.

All events are advertised by leaflets in the classrooms and on the College website.

As a committee we try to represent all students, currently our members represent various courses; e.g., 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 on 085 737 1374 or Tony Black on 01 453 1568



## DEBATING SOCIETY

Our Autumn term will start on 27th September 2023. You can check our Facebook page or meetup.com page for details on our first Autumn term meeting. Details will be announced in August. Our meetings continue to take place in the Teachers Club twice a month on Wednesdays from 8pm to 10pm. Every year we participate in debates with other clubs in Ireland and abroad, with our annual Paris Debate Trip taking place in May each year.

If you are looking to improve your public speaking skills, debating skills or social skills, or if you are just looking for a good night out on Wednesdays, then The Debating Society is for you. We style ourselves as a social club with a public speaking and debating theme. No prior public speaking experience is necessary.

Our typical meeting involves public speaking & confidence building exercises, which generally consists of an impromptu speaking session followed by a debate or public speaking event.

Why not come along to one of our meetings as a guest to see what it is all about?

For further information please contact:

Patrick Mulhall at: [ptmulhall@gmail.com](mailto:ptmulhall@gmail.com), 086 164 0199

[www.facebook.com/Peoples-College-Debating-Society](https://www.facebook.com/Peoples-College-Debating-Society/);

<https://www.meetup.com/Dublin-Debaters/>

# New Terms for Autumn 2023 & Spring 2024

## Autumn Enrolments

Course dates - 12 weeks

*\*Please note that the Art Appreciation Saturday Lecture Series will commence on Saturday 7th October to the 27th April (excl. Bank Holidays)*

## Autumn Term

Course Dates -12 Weeks

| Week Number | Week Commencing |
|-------------|-----------------|
| Week 1      | 25th September  |
| Week 2      | 2nd October     |
| Week 3      | 9th October     |
| Week 4      | 16st October    |

*(Closed for Mid Term & Bank Holiday  
23rd October – 3rd November)*

|        |               |
|--------|---------------|
| Week 5 | 6th November  |
| Week 6 | 13th November |

| Week Number | Week Commencing |
|-------------|-----------------|
| Week 7      | 20th November   |
| Week 8      | 27th November   |
| Week 9      | 4th December    |

**CHRISTMAS BREAK** 8th December – January 5th

|         |              |
|---------|--------------|
| Week 10 | 8th January  |
| Week 11 | 15th January |
| Week 12 | 22nd January |

## Spring Term 2024

### Spring Term

Course Dates - 12 Weeks

| Week No | Week Commencing |
|---------|-----------------|
| Week 1  | 12th February   |
| Week 2  | 19th February   |
| Week 3  | 26th February   |
| Week 4  | 4th March       |
| Week 5  | 13th March      |
| Week 6  | *18th March     |
| Week 7  | 25th March      |

| Week No | Week Commencing |
|---------|-----------------|
| Week 8  | 8th April       |

**EASTER BREAK – COLLEGE CLOSED. 1st - 5th April**

|         |            |
|---------|------------|
| Week 09 | 15th April |
| Week 10 | 22nd April |
| Week 11 | 29nd April |
| Week 12 | *6th May   |

*\*Backfill week for Bank Holiday 18th March will be backfilled on the 13th MAY. Backfill for B/H 6th MAY will be backfilled on the 20th MAY*

The peoples college was established in 1948 under official trade union auspices.  
The college is affiliated to Aontas, The Wheel and the Irish Labour History Society.

### PLEASE NOTE:

**Classes which are canceled due to government warnings will NOT be back filled.**

### GENERAL INFORMATION:

Fees are payable on enrolment. Fees are non-refundable except where a class is not formed. In such a case, you may choose another class or have your fee refunded. Fees cover tuition and the use of rooms only. Materials used are at the discretion of the tutors and must be paid for separately. The formation of classes depends on demand.

# PEOPLE'S COLLEGE WEXFORD

## Courses starting Mid - September 2023

Registrations are now being taken at our office in The SIPTU premises, O'Leary Road, Coolcotts, Wexford.

You can also register online through [www.peoplescollege.ie](http://www.peoplescollege.ie)  
Please call 053 9146774 (email: [wexcountu@gmail.com](mailto:wexcountu@gmail.com)) for directions.

### TERM COMMENCES ON THE MID SEPTEMBER 2023

- Yoga
- Spanish levels 1 and 2
  - Genealogy
  - Italian
- Conversational Irish
  - Creative Writing
  - Calligraphy
  - Sketching
- Sign Language

These courses are run by the Wexford Council of Trade Unions (WCTU) in conjunction with the People's College, Dublin as part of its outreach programme. For further information about the People's College programme and course dates/costs etc., contact the WCTU office in the SIPTU building on 053 9146774 or E-mail [wexcountu@gmail.com](mailto:wexcountu@gmail.com) or find us on Facebook The Peoples College. All dates and times are subject to change.

# Enrolment Form People's College

Date of Registration: .....

(Block Letters Please)

Name: .....

Address: .....

.....

Email: .....

Phone: .....

Mobile: .....

Are you a new student at the People's College? Yes / No: .....

Trade Union: .....

Course: .....

Fee Paid: .....

Cheque  Cash  Debit/Credit Card

Students who wish NOT to receive information during the term about lecturers, tours, extra class's, Please tick here:

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

People's College Office  
31 Parnell Square,  
Dublin 1

Registered Charity No: 20014537

Phone: 01 873 5879 – Office Hours

Email: [info@peoplescollege.ie](mailto:info@peoplescollege.ie)

[www.peoplescollege.ie](http://www.peoplescollege.ie)



 Find us on  
**Facebook**

# Learning at The People's College

Felt Making



Public Speaking



Flower Arranging



Get Money  
Fit



Yoga



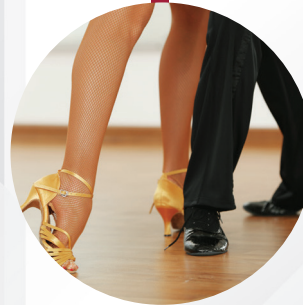
Self  
Defense



Astronomy



Dancing





FOUNDED 1948

Tel: 01 873 5879

Email: [info@peoplescollege.ie](mailto:info@peoplescollege.ie)

[www.peoplescollege.ie](http://www.peoplescollege.ie)

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

Registered Charity No: 20014537



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