



# PEOPLE'S COLLEGE

Adult Education Association

## Syllabus 2025- 2026



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

Registered Charity No: 20014537

## Welcome to the People's College Syllabus Booklet: Autumn 2025 – Spring 2026

Dear Students,

As we embark on another enriching academic year, I am delighted to extend a warm welcome to both our returning learners and those joining us for the first time. The People's College has been a cornerstone of adult education in Ireland since 1948, rooted in the trade union movement and dedicated to providing accessible, inclusive, and transformative learning opportunities for all. Our lifelong learning programme is a series of courses that are participative, engaging and are facilitated by experts in their field. Our courses are open to all adult learners regardless of previous educational experience and provide a unique opportunity to explore a subject without examinations or pressure. Our College caters to an ever-growing community of over 1000 lifelong learners and we encourage you to join us.



Uniquely, our College is a learning community, administered by the students for the students, together with delegates nominated by affiliated Trade unions. We owe a great debt of gratitude to those who give of their time and expertise in advancing the College, its mission and vision for Society. Keeping our minds active is a great prevention AND a cure for illness, especially mental illness. Something that is constantly in the news these days.

We promote and encourage adults, young and old to join a class and keep our minds moving, focused and constantly learning.

Time – especially time feeling isolated can be damaging to one's health.

Our upcoming term offers a diverse array of courses designed to inspire, challenge, and empower. Whether you're looking to explore a new language, delve into the arts, engage in social studies, or focus on personal development, there's something here for everyone.

**Language Courses:** Enhance your communication skills with classes in Irish, English, French, Italian, and Spanish.

**Arts and Creativity:** Unleash your creative potential through painting, art appreciation, music appreciation, creative writing, calligraphy and instrument lessons including tin whistle, ukulele and guitar.

**Social Studies:** Engage with courses on current affairs, History, European Union studies, and economics/political economy.

**Personal Development and Social Skills:** Invest in yourself with classes on communication skills, public speaking, acting and drama. Mindfulness, tai-chi and pilates, yoga, and first aid.

At the People's College, we believe that education is a lifelong journey. Our courses are designed to foster critical thinking, creativity, and community engagement. As part of the European Workers' Education movement, we emphasize education for democracy, encouraging students to learn more, reflect on, and respond to our ever-changing society.

We are excited to accompany you on this journey of discovery and growth. Here's to a fulfilling and inspiring academic year ahead!

Warm regards,  
Joanne Pearson  
Director, The People's College

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## ART, CRAFTS & CREATIVITY

### ART APPRECIATION

Hugh Lane Gallery Art Appreciation course  
Avenues into Modern and Contemporary Art  
Course details will be available from 5 August 2025.



### STAINED GLASS WORKSHOPS



*"Research has shown that crafting, regardless of the medium you use, can bolster mood, improve self-confidence, and reduce stress overall. In addition, crafting improves mental agility, improves both gross and fine motor movements, and decreases cognitive decline.*

*(Katrina Norris, Spectrum Health & Human Services)*

#### 7 WEEK STAINED GLASS COURSE WITH MADELEINE HELLIER

Stained glass is one of the oldest and most traditional of crafts dating from the 11th century. During this 7-week course (2 hours each week) participants will receive an introduction to the history of stained glass and stained-glass techniques. In the earlier part of the course each participant will work at their own pace to learn all the skills required to make a basic stained glass suncatcher using the Tiffany (copper-foil method). In the following weeks participants will work with the course tutor to develop an original stained-glass work based on their own design.

#### Materials Provided:

Each participant will have their own "bench" comprising the glass, tools and supplies required to create a beautifully crafted stained glass suncatcher. The suncatchers are finished by soldering individual elements together and applying patina and findings.



For individual works, the tutor will work with the participants to select glass that maximises the beauty of the design. Any additional glass required for these works will be at the participant's own expense but the tutor will work with the class to maximise the sharing of glass and shipping costs to reduce the overall outlay for individuals.

#### Outcomes:

This practical, hands-on course gives participants the foundational skills needed to create a stained glass suncatcher followed by more advanced skills in pattern design and more complex stained-glass work.

Course content includes:

- Health & Safety
- Introduction to Stained Glass techniques
- Stained glass tools and bench materials
- Glass cutting techniques
- Applying copper foil
- Understanding glass
- Stained glass pattern design
- Soldering and solder effects
- Patinating and finishing
- Mark making on glass
- Working in 3D glass structures
- How display stained glass

The course moves at a gentle relaxed pace and is the perfect analogue antidote in a digitally charged world. The wider benefits of engaging in craft workshops include exercising natural curiosity which is the foundation of innovation and learning new skills which supports cognitive well-being.

#### Additional Information

At the end of the course participants will be able to purchase a stained-glass starter kit at a reduced cost. The kit includes tools, glass, solder, copper foil and chemicals and will enable participants to set up a basic studio in their own home if they wish to continue with the craft.

#### Venue:

The course will be held in the modern, light-filled meeting room of the Carleton Hall in Marino which can be easily reached by public transport to Fairview or the 123 bus to Marino. Alternatively, there is plenty of free on-street parking in the vicinity.

#### About Madeleine Hellier

Madeleine Hellier is a glass artist and tutor who has been working with glass for more than a quarter of a century. She has a small studio in her home in Marino and where she works mostly to commission. Madeleine has participated in numerous exhibitions in Ireland including Wexford Arts Centre, Talbot Studios and Gallery, Sculpture in Context and most recently Craft Gallery NI. As an invited artist Madeleine participates in the Hugh Lane Gallery's education and outreach programme where she facilitates lunch time talks and stained-glass workshops.

**Time:** Monday Evenings 6.30pm – 8.30pm. 7 weeks. Cost: €295

**Venue:** Carlton Hall, Marino Mart

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## 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

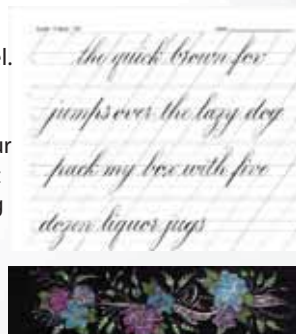
Thursday afternoons: 14.00 -15.30

Fee: 12 classes in each term. Cost: €140.00

## CALLIGRAPHY - All Levels

Tutor: Noeleen Frain

This class will suit both beginners and intermediate/advanced level. We will be working with a pilot parallel pen, [3.8mm size, available from Amazon] and later with a dip pen and different size nibs to further our study in the italic script, using ink, gouache, watercolour and coloured pencils. Beginners will concentrate on the basic italic script while the intermediate /advanced will begin with developing different projects. Those who wish to continue their study of the copperplate script will be encouraged to do so using copperplate for their finished projects. Further into the course we will work on some Christmas designs and illustrations using the pointed nib to create decorative borders and scrolls etc



Wednesday Mornings 11am 1pm. 12 Weeks. Cost: €145



## ACRYLIC PAINTING CLASS

Tutor: Jenny Cleary, Artist and Illustrator based in Dublin, Ireland

Painting is one of the most rewarding ways to express yourself, it develops your creativity and supports your emotional well-being. This class is suited for people who are beginners and people who have some experience in painting. This course will explore the medium of acrylic paint, a medium which is both flexible and durable. We will focus on different skills, methods and techniques as well as colour mixing and paint application. Some of our subject matters will include landscapes, still life and portraiture and we will look at other famous artists' work for inspiration and ideas. Participants in the class will benefit and grow from getting individual support and attention.

### Materials list for Acrylic Painting

#### Paint

This is a list of a few colours I recommend. You can get more if you need to, but it is not necessary. I would advise you to look out for ready-made sets in shops like Easons, Evans and Reads, which are often cheaper than buying individual tubes. Look for makes like Galeria and System3 which are both reasonable priced student paints.

Try not to get tubes any smaller than 60ml and I would always get a bigger white tube, since this will be the colour you will use the most of.

- Cadmium yellow - Raw Sienna - Ultramarine - Cadmium red - Burnt umber or Raw umber
- Crimson Lake (sometimes called Alizarin Crimson) - Sap green or Phthalo green
- Titanium white - Mars black

Optional: Cobalt blue, Yellow ochre, Lemon yellow

#### Brushes

We are trying to keep things simple to start off with so all we need are one large, one medium and one small. There are round and flat brushes, so try at least one of each to see which one you prefer. Make sure that they are suitable for acrylics (ask someone in the art shop if you're not sure) You can get good quality expensive brushes but I would go for something medium priced. Try not to get the cheapest brushes as the hairs often fall out of these while painting.

#### Ground

The advantage of acrylic paint is that you can paint on most supports. It can be anything from canvas, canvas board, acrylic paper, wood, glass and metal. I would suggest you start off with Acrylic paper and then later when we get to your personal projects you can use canvas or canvas board.

Monday Afternoon : 1.00pm to 3.00pm 10 weeks Cost: €165.00

## EMBROIDERY & STITCH CRAFT COURSE – Beginners Level - SPRING 2025

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.

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

Thursday Afternoon – 2.00pm to 4.00pm 12 weeks Cost: €145

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## EMBROIDERY & STITCH CRAFT COURSE – Improvers Level -

Tutor: Alice Cummins.

This course is for those who have a little experience stitching, and would like to try some new techniques! We will cover techniques such as blackwork, ribbonwork, mountmellick embroidery and needleweaving.

As well as learning the stitches involved in each technique, we will look at the history and traditional designs associated with each one. We will be using a wide range of materials to cover each of these techniques. These materials can be purchased from Alice at the first class at a cost of €15.

Thursday Morning – 11.00pm to 1.00pm 12 weeks Cost €145





## 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 11.00am - 1.00pm 10 weeks Cost: €145

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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: €145



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## 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: €145

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## ARTISTIC STAINED-GLASS PAINTING

Tutor: Julia Gonyou

I am a British/Canadian Stained-Glass Artist passionately committed to producing original, environmentally conscious stained-glass art. I began stained glass as a hobby in my adolescence and continued to pursue creative education by completing a Bachelor in Drawing & Painting and Art History at Ontario College of Art & Design, University in Toronto Canada. Though, it wasn't until after I graduated from university that I returned to glass, and truly found my passion!

Please join us for an exciting new course 'Artistic Stained-Glass Painting'. Over the course of 10 weeks (2-hour sessions), students will learn the fundamental techniques and creative potential of painting on glass. The course will cover realistic, illustrative and abstract aesthetics in glass painting, using traditional grisaille and enamel mixing and layering methods. Then, to liberate your painting styles, we'll continue experimenting with more expressive painting and mark making techniques; using both stencils and free-hand applications.

While the course will concentrate on glass painting, works involving more than one piece of glass will be constructed using the traditional lead came technique. Students will have the opportunity to make painted samples, suncatchers and a panel to take home. Explore these medieval practices, learn new skills and discover a sense of creative freedom to apply to your future work!

Wednesday evening at 6.30pm to 8.30pm. 10 Weeks. Cost: €280

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## ARTISTIC KILN FORMING with RECYCLED GLASS

Tutor: Julia Gonyou

I am a British/Canadian Stained-Glass Artist passionately committed to producing original, environmentally conscious stained-glass art. I began stained glass as a hobby in my adolescence and continued to pursue creative education by completing a Bachelor in Drawing & Painting and Art History at Ontario College of Art & Design, University in Toronto Canada. Though, it wasn't until after I graduated from university that I returned to glass, and truly found my passion!

Please join us for an environmentally conscious new course **Artistic Kiln Forming with Recycled Glass**. Over the course of 7 weeks (2-hour sessions), students will learn the fundamentals and creative potential of how to kiln form unique designs using recycled glass bottles and salvaged window glass.

The course will cover innovative contemporary methods on how to break down these materials and artistically repurpose the glass (without moulds) into compositions using pattern, shape and script. Create original designs and experiment with mark-making and expressive applications by melting the glass in a kiln and forming reliefs over cut outs, textural objects and powder. Students are encouraged to bring in their own clean and label free used glass bottles of any colour or size; each bottle will equal one final piece as the glass cannot be mixed, so bring in a few.



The class will learn how to drill holes and fix attachments as we investigate the versatility of the technique and all the ways it can be displayed. Students will have the opportunity to create a few pieces including samples, suncatchers, wall mounted features, hanging mobiles, table centrepieces or free-standing panels to take home or gift as presents. Explore this more streamlined and eco-friendly glass practice, learn new skills and discover a sense of creative purpose to apply to your future work!

All methods will be explained in-depth to the class collectively and students can expect individual guidance at each and every stage throughout the course. Class tools and general materials and components will be provided to use for the duration of the class and are included in the price of the course. A wider variety of art glass or specialised personal tools or custom kits can be ordered for the students to use and to take home at an additional cost.

Thursday evening at 6.30pm to 8.30pm. 7 Weeks. Cost: €260

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## ARTISTIC STAINED-GLASS LEADED LIGHTS

Tutor: Julia Gonyou

Please join us for an engaging new course 'Artistic Stained-Glass Leaded Lights'. Over the course of 10 weeks (2-hour sessions), students will learn the fundamental architectural practice and creative potential of building stained glass windows with the lead came technique. The course will cover how to design, draft, lead, solder and cement a window, while investigating why these specialised materials and procedures are essential to the craft. Students will be encouraged to design their own compositions, but will also have the choice to adapt a design in one of their favourite styles such as Victorian, Medieval or Art-Deco. Together we'll experiment with these timeless aesthetics and methods using traditional tools and contemporary hindsight. Students are not required, but are encouraged to bring a salvaged or self-built frame to the class, so we can learn how to design for and install into architectural spaces.

While the course will concentrate on the lead came technique, there will be the opportunity to create a couple small painted or etched details to incorporate into their finished pieces. Students will have the opportunity to make suncatchers and panels to take home. Explore these medieval practices, learn new skills and discover a sense of technical freedom to apply to your future work!

Monday evening at 6.30pm to 8.30pm. 10 Weeks. Cost: €280

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### "FOR ALL JULIA GONYOU CLASSES"

Each class will involve health & safety inductions. Students will learn how to confidently handle all materials, especially glass and lead. Each course will teach students how to cut and process glass responsibly. Along with physical samples, all content will be explained and demonstrated to the class in-depth, while individually checking-in with each student every session. It is the tutor's priority to make sure each student will achieve their personal goals while understanding and demonstrating an acceptable level of technical proficiency.

Students will be provided with a number of studies they can use as references, as well as drawing in class with the support of the tutor to help each student with their own painting styles and design development. While we create, students would be engaged through



discussions about the artistic and historic aspects of the art & craft of stained glass, not to mention they'd be provided with experiential tips and insights learnt by the tutor throughout their professional career.

Class tools and general materials will be provided to use for the duration of the class and are included in the price of the course. A wider variety of art glass, specialised personal tools or custom kits can be ordered for the students to use and to take home at an additional cost.

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## POTTERY

### Hand Built Mug & Plate Pottery

Tutor: Therese Hackett, ceramicist, artist and tour Guide.

Unleash your creativity and learn the timeless craft of pottery in this hands-on 10-week course designed especially for adult beginners. In a relaxed, supportive environment, you'll explore the art of hand-building with clay, focusing on two functional projects: a beautifully crafted mug and plate.

Guided by an experienced ceramicist, you'll start by learning clay basics and fundamental techniques such as pinch, coil, and slab construction. As your confidence grows, you'll plan, build, and refine your own plate using slab-building methods, textures, and decorative surface techniques like carving and sgraffito.

The second half of the course turns to mug-making—shaping cylinders, attaching bases and handles, and exploring creative embellishments. You'll also be introduced to surface decoration using slips and underglazes before learning the basics of glaze application through dipping, pouring, and brushing.

In the final session, you'll review your finished, glazed, and kiln-fired pieces during a relaxed group showcase, celebrating your creative journey and newfound skills.

All materials, tools, and firings for two finished pieces are included (with a €10 firing/glazing fee). No prior experience needed—just a willingness to get a little messy and have fun! Whether you're looking for a creative outlet, a new hobby, or just two hours of relaxing "you-time" each week, this limited-capacity course (max 10 participants) offers the perfect introduction to pottery. Book early to secure your place!

**Tuesday Afternoon: 2.30pm to 4.30pm. 10 weeks. Cost: €210 \*(+ €10 for glazing and firing)**



## STILL LIFE DRAWING for Adult Beginners / Improvers

Tutor: Therese Hackett, Ceramicist, Artist and Tour Guide

Unlock your artistic potential with this engaging 12-week course designed specifically for adult beginners/improvers. Whether you're looking to develop foundational drawing skills or experiment with various media, this course offers a structured, supportive environment to explore the timeless art of still life drawing.

Throughout the course, you'll build confidence in key drawing principles such as composition, proportion, shape, and value while honing your observational skills. Each week introduces a new concept and medium, allowing you to gradually develop your technique and personal style.

You'll start by mastering the basics of line drawing and observational accuracy with graphite pencils, focusing on contour, gesture, and simple shapes. Early exercises include blind contour drawing and thumbnail sketches, helping you learn to see and record shapes accurately. By Week 3, you'll explore light and shadow to add depth and realism, practicing shading techniques and value scales. Texture and surface qualities come next, where you'll learn how to



depict different materials like organic and manmade using graphite and charcoal. The course then broadens your skills with expressive charcoal drawing and the introduction of colour using coloured pencils. You'll experiment with warm and cool tones, layering, and blending to bring vibrancy to your work.

Ink drawing introduces you to dynamic line work and mark-making, while pastel sessions focus on colour intensity and expressive techniques with soft or oil pastels. The variety of media ensures a rich learning experience and broadens your creative toolkit.

In the final weeks, you'll plan and create a personal still life composition, choosing your preferred medium and applying all the skills you've developed. The course culminates with a finished piece presented during a group critique session, encouraging reflection and constructive feedback in a friendly setting.

Join this small, supportive class and discover the joy of drawing while building new skills, expressing your creativity, and producing artworks you'll be proud to share. No prior experience is necessary — just bring your enthusiasm!

Materials used during course: Graphite pencils, charcoal, coloured pencils, ink, soft pastels, erasers, sketchbooks, and paper

Wednesday Afternoon: 2.00pm to 4.00pm. 12 Weeks. Cost: €160

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## ART, ARCHITECTURE & URBAN EXPRESSION: A Walking Exploration of Dublin

Tutor: Therese Hackett, Tour Guide, Ceramicist, Artist

Step into the story of Dublin through its streets, buildings, and public art in this lively and engaging walking seminar. Perfect for adults with a curiosity about the city's artistic and architectural landscape, this 12-week programme offers a unique blend of history, creativity, and critical reflection—all experienced on foot.

Each week, you'll explore a different area of Dublin, guided by a qualified national tour guide who brings the city's layers to life. From the medieval roots of Dublin Castle to the Georgian elegance of Merrion Square and the bold modernism of the Docklands, you'll gain fresh insight into how architecture expresses civic identity and cultural change.

The course also delves into Dublin's rich public art scene, from iconic sculptures and historic memorials to contemporary street art and hidden alleyway murals. You'll visit works by artists such as James Earley, Subset, and Aches, while discussing the roles of art in public memory, urban regeneration, and community expression.

Highlights include visits to Christ Church Cathedral, the Spire, Liberty Lane murals, and the vibrant Icon Walk in Temple Bar. You'll also explore literary landmarks tied to figures like Oscar Wilde and James Joyce, considering how literature and place intertwine. Designed for beginners and intermediate learners alike, no prior knowledge is needed—just a pair of walking shoes and a sense of curiosity. The final week includes participant-led mini-tours where you get to share your favourite spot or discovery with the group, making the course both informative and interactive.

With a small group of like-minded learners (maximum 10), this course is ideal for adults who want to deepen their understanding of Dublin's evolving identity through its art, architecture, and streetscapes. Discover the city in a new light—one step at a time

**Wednesday Morning 11.00am to 1.00pm. 12 Weeks. Cost: €125**



## SCULPTNG WITH POLYMER CLAY

Tutor: Aoife Kerrigan – Artist and Sculptor

Things you will learn in this course:

- how to make an armature (stand for sculpting with clay)
- how to sculpt with polymer clay
- different detailing and texturing techniques
- how to bake/cure polymer clay
- how to paint polymer clay and different painting techniques

Each participant will have a piece to take home with them by the end of the course.

### Materials

- polymer clay (sculpey/fimo)
- sculpting tools
- tin foil
- armature wire
- paint brushes
- acrylic paints
- Heat Gun

Wednesday Evening 6.00pm to 8.00pm. 10 Weeks. Cost: €280

*Samples of what I've made with polymer clay*



## MUSIC

### **GUITAR - Beginners**

Tutor: Darren Loughran MMus

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.*

Thursday evening – Time: 4.45pm – 5.45pm. 24 Weeks. Cost: €140

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### **GUITAR - Intermediate**

Tutor: Darren Loughran MMus

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: €140

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### **UKULELE Beginners**

Tutor: Darren Loughran MMus

This 24-week course is designed for those who are completely new to the ukulele. You'll learn the basics of playing, including essential chords, strumming patterns, and how to use a plectrum properly.

The course is relaxed and enjoyable, with a focus on building your confidence as you go.

No previous experience is required—we start right from the beginning.

By the end of the course, we hope to bring everyone together to form a Ukulele Orchestra, giving all students the opportunity to play as part of a group.

Thursday – Time: 6.00pm - 7.00pm. 24 Weeks. Cost: €140

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### **UKULELE Intermediate**

Tutor: Darren Loughran MMus

This 24-week course is designed for players who are already comfortable with the basics of the ukulele and are ready to take their skills to the next level. The aim of the course is to form The People's College Ukulele Orchestra. Students will explore more advanced techniques, develop ensemble playing skills, and be introduced to basic music theory, song structure, and melody playing. This is a great opportunity for those with some experience to deepen their understanding of the instrument while working together toward a shared musical goal.

All are welcome!

Thursday Evening: 7.15pm - 8.15pm. 24 Weeks. Cost: €140



## 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 :5.15pm – 6.15pm 24 weeks Cost: €140

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## TIN WHISTLE - Improvers

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: 6.20pm – 7.20pm. 24 weeks. Cost: €140

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## TIN WHISTLE Intermediate /Advanced

Our Intermediate Tin Whistle class will build upon basic skills and introduces more advanced techniques and Irish tunes. The focus is on developing proper technique, ornamentation, and exploring a broader repertoire of Irish music. The class structure often involves learning scales, articulation techniques, and ornamentation while progressing to more complex tunes like jigs and reels.

Thursday Evening – Time: 7.30pm – 8.30pm. 24 weeks Cost: €140

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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: 6.15pm – 7.15pm. 24 classes Cost: €140

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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: 7.45pm – 8.45pm 24 classes. Cost: €140



## HEALTH & WELLBEING

### YOGA

#### Restorative Yoga – all levels

Tutor: Cara Chotiner, Pranic Healing Ireland

Yoga practice helps with reducing stress levels, anxiety, insomnia, appetite loss, weight gain/loss, stiff joints, improves fitness and helps you to relax, just to name but a few. This class takes a slower approach to the traditional poses found in Hatha yoga to unlock their calming, restorative benefits for body & mind. Come along for simple yoga postures accessible to all levels of experience, breathing exercises and guided relaxation, practiced at our own pace to relax and unwind while gaining better flexibility.

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

**Tuesday Morning – 11.30am to 12.30pm. 24 weeks €155**

**Tuesday Evening – 6.15pm – 7.15pm. 24 weeks €155**

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### DAOIST YOGA

Tutor: Laurence Reddin, Registered Instructor of Tai Chi and Qi Gong-The Jade Sun School of Tai Chi and Qi Gong.

Daoist yoga is gentle, yet profound sequence of openings and stretches. It is appropriate for all ages and levels. No mat is required. The movements are done in a standing position, or sitting if required. This practice is designed to help regulate and harmonise the flow of energy in the body. As a result this practice promotes general and physical wellbeing. We will also explore The White Crane Method of Qi Gong as presented by The Jade Sun School to enhance the healing effect of the openings.

**Tuesday Afternoons – Time: 2.00pm to 3.00pm 24 weeks €155**

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### YOGA – Pranayama and Gentle Yoga Flow

Tutor: Lucia Fabbro, Yoga Alliance-accredited yoga and pranayama teacher, member of Alliance Yoga Teacher Professional – Over 10 years' experience.

24-week course covering autumn and spring.

Pranayama and Gentle Yoga Flow: a relaxing and beneficial yoga experience that can help students reduce stress and improve their physical and mental health. The Pranayama and gentle yoga flow course is a slow and relaxing yoga experience that combines deep breathing techniques with gentle and fluid movements keeping your body healthy, flexible and more energised.

'Pranayama' is a Sanskrit word. It means 'energy control'; 'Prana' means 'life force' and literally describes the energy believed to sustain life. 'Yama' means 'control'. This is achieved through controlled breathing.

Class combines Asana (physical postures) and Pranayama (breath control) into a sequence of gentle movements, deeply connected with the breath. Guided breath retentions and focused movements will work at a deep subtle level to help you release negative emotions and cultivate positivity and clarity.

Benefits of the course:

- Reduction of stress and anxiety
- Improvement of flexibility and mobility
- Increase of body and mind awareness
- Improvement of physical and mental health



### Teaching Methodology:

My teaching methodology is based on a holistic approach. I strive to create a safe and relaxing environment where students can feel comfortable. I use deep breathing techniques, gentle and fluid movements, and relaxation exercises to help students achieve a state of calm and well-being.



Wednesday at 6.15pm – 7.15pm. 24 weeks. €155

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## TAI CHI

Tutor: Laurence Reddin, Registered Instructor of Tai Chi and Qi Gong-The Jade Sun School of Tai Chi and Qi Gong.

Learn The ancient arts of Tai Chi and Qi Gong. In this class we will explore posture, alignment, breathing and movement through White Crane Qi Gong as presented by The Jade Sun School of Tai Chi and Qi Gong. We will also incorporate the principals of Qi Gong into the practice of the Tai Chi Form. These arts can help in many ways - essentially improved flow of chi leads to improved health, wellbeing and energy levels. This includes better sleep, recovery from injury/sickness, improved balance, strength and mood.

Tuesday Afternoons: Time: 3.00pm to 4.00pm 24 weeks €155

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## QIGONG

Tutor: Laurence Reddin, Registered Instructor of Tai Chi and Qi Gong-The Jade Sun School of Tai Chi and Qi Gong.

Qi Gong which means “energy work” is an ancient practice that originated from The Taoist Tradition. The Taoists held a very deep and profound understanding of how balance and harmony promote health and wellbeing. In this class we will explore this wisdom in a way that is practical and applicable to our everyday life. To do this we will be learning White

Crane Qi Gong as presented by The Jade Sun School of Tai Chi and Qi Gong. The benefits of Qi Gong are many including improved breathing, regulating the nervous system. It is also helpful in terms of mood, sleep and general well-being.

Lastly it can provide an excellent practice for anyone interested in exploring personal growth and development.

Tuesday Evening – Time: 4.30pm – 5.30pm 24 weeks €155

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## MINDFULNESS MEDITATION

### How to cultivate presence in a busy world

Tutor: Aurora Procopio – Mindfulness & Meditation tutor, Wellbeing facilitator, Yoga Teacher, Forest Bathing Guide

What is mindfulness? Why does it matter? And how can we benefit from it in the midst of a fast-paced life?

This 8-week course answers these questions and provides practical tools to help you stay grounded and present, even when life gets hectic.

Backed by research, mindfulness has been shown to reduce stress, anxiety, and overthinking. It can boost your mood, enhance well-being, and improve overall quality of life. Each week we will explore different themes such as intention, acceptance, kindness and self-compassion through both discussion and guided practice.

We'll look at how autopilot mode affects us and explore easy-to-learn techniques that help bring more awareness into everyday life.

You'll get to experience mindfulness in different forms: journaling, mindful breathing, mindful movement, and mindful eating.

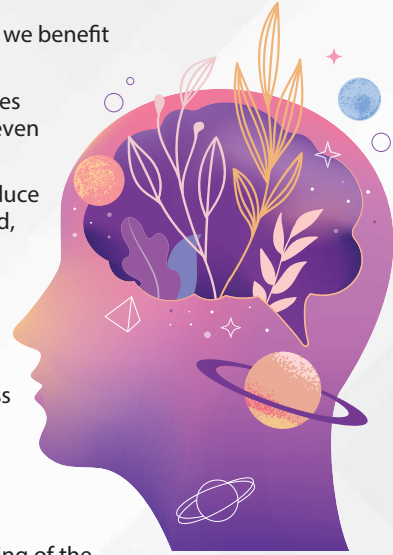
By the end of the course, you'll have a clear understanding of the foundations of mindfulness and how to integrate them into your daily routine.

This course is open to everyone, whether you are brand new to mindfulness or looking to strengthen an existing practice. Group sharing and personal reflection are encouraged as valuable parts of the learning process.

What to bring:

Please bring a notebook and pen to each session, and wear comfortable clothing as some sessions will include gentle movement.

**Monday Evenings – 6.00pm – 7.15pm. 8 weeks. €100**




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## IMPROVE VITALITY & FLEXIBILITY FOR SENIORS and BEGINNERS

Tutor: Aurora Procopio- Mindfulness & meditation tutor, wellbeing facilitator, yoga teacher, forestbathing guide,

These classes are specially designed for seniors and beginners, offering gentle yet effective routines to help you establish a healthy and energizing morning habit. You will gradually build strength, improve flexibility, and boost your overall vitality as well as improving joint stiffness.

Each session includes mindful stretching, combined with elements of Qi Gong and mindfulness to support balance, relaxation, and mental clarity. Movements are practiced seated, standing, and on the mat, making them accessible to all levels and abilities. Classes are taught in a safe, supportive environment. No experience needed, just a willingness to move, breathe, and feel better each day.

Come as you are, leave feeling energized, renewed, and ready for the day ahead!

**Wednesdays Mornings – 10.00am-11.00am. 12 weeks. Cost €145**



## 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: €145**





## PERSONAL DEVELOPMENT

### 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: €135

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### PUBLIC SPEAKING/PRESENTATION SKILLS

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

This is a 12-week course, each class is 90 minutes long.

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: 6.30pm – 8.00pm. 12 Classes. Cost: €125

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## HOW LITERATURE AND BOOKS CAN TELL US MORE ABOUT OURSELVES AND OUR LIVES.

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

*"Literature is where I go to explore the highest and lowest places in human society and in the human spirit, where I hope to find not absolute truth but the truth of the tale, of the imagination and of the heart."* Salman Rushdie.

Reading offers an oasis and haven in a world torn by war and conflict, but it also restores peace and serenity when life's difficulties become overwhelming. And reading not only improves concentration but it enables us express our own stories in richer ways.

Novels unleash in us all the joys and misfortunes which otherwise can take many years to know but a few. In reading good books/Literature I become a thousand men/women and yet remain myself. I see with a thousand eyes, but I am still myself who sees. Every good book we read expands our view of the world.

Join us in this popular course and allow yourself to be transported to different worlds where you will meet new and exciting people. You may find yourself in the thrilling landscape of the Brontes or the enthralling beauty of west Cork or on the Scottish heath amid witches and Kings, or even in a Jewish ghetto in London.

This autumn we plan to explore some of Shakespeare's tragedies and romantic comedies along with some contemporary Irish writers such as William Butler Yeats, Colm Tóibin, Clare Keegan, Eavan Boland and others.

This course consists of 24 workshops where we will discover how Drama, Poetry, Fiction and Short Stories can change and energise us, offering fresh new insights on people and events. We take a look at not just the literary work itself but the life of the writer and what stimulated them to create new worlds. Our capacity for language will become re-vitalised and our imaginations and inner worlds more enriched and inspired.

*This year early in spring we travelled as a group to the moors of Yorkshire and experienced the home and atmosphere of the Brontes. We now hope to embark on new and exciting territory. Halfway through the course in 2025/26, we plan to make a Literary Pilgrimage to Paris following in the footsteps of literary giants such as Joyce, Wilde, Beckett, Hemingway, Scott Fitzgerald, and many others.*

Join us for stimulating sessions on:

- Women in Literature past, present and future
- Learning from certain themes in English literature-Fear, Violence, Conflict...
- Society in Literature past, present and future
- The dark side of humanity in literature- what does that tell us about ourselves?
- What is it about Books that lures us in and helps us escape?
- What makes a good story?
- What can we learn from books that will help us be happier people?

**Wednesday Morning: Time: 11.00am -12.30pm. Cost: 12 classes €145**

*(you can pay for the full 24 week course, autumn and spring term for a discounted price of €270 if you prefer)*

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## THE BOOK OF "ME"

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

I'm no-one special, but this is the real me.

Would you like to leave your real-life story behind when you pass on? Your story can be something very special for the people who are close to you in life. Whether this is your children, Grandchildren, nieces/nephews or siblings, I'm sure that your legacy is something everyone close to you would like to know.

We all pass through life where we experience trials and tribulations, but also gain accomplishments and have special moments that we would like to transmit to others and ensure that they remember us.

Everyone has stuff in the mind closets that may be daunting and difficult to share. These may be lessons along the path of life that has made you who you are today, things that are good, bad and even ugly.

In this 12-week course we will find the space to explore your memories whether of your childhood or where you lived, your most memorable teacher or mentor, your proudest moment, some big changes in your life from childhood to adulthood to middle and old age and share lessons with those who may be going through the same thing.

Creating "The Book of Me" will allow us consider and reflect on the events and times that have led you to where you are today. You will get an opportunity to document your special moments and explain the real reasons why you are who you are.

In the workshops we will draw from the following content and set it down in a vivid and memorable way:

- Your Childhood and where you lived
- Someone who influenced you greatly
- Your best or worst day
- Your most prized possessions
- Your favourite place/s
- Someone you will always remember and why
- Your proudest moment/s
- Something about your life or yourself you wish you could change and why.
- Something or someone who had a big impact on your life for good or bad!
- A crucial or important period of time in your life and why
- Changes that affected you in life
- An Epic Journey you took
- Your favourite recipes, actor/actress, music, country, job, place that you lived
- What is the one lesson you wish you had learned earlier? Explain why.
- What are your core values, and beliefs now? Have these changed? Explain why.

Join us for this new and lively course where you will find the freedom to be yourself more than ever.

Tuesday Morning - 11am- 12.30pm. 12 weeks Cost: €145

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## BEGINNERS ACTING CLASS – LEVEL 1

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!

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

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## 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 – 4.00pm – 6.00pm. 12 weeks. Cost: €130



## THE CLASSIC SHORT STORY

Tutor: David Butler

Over 12 Tuesday afternoons, we'll discuss two stories each by ten influential masters of the short story form, along with an introductory and concluding session.

Authors to be considered might include:

- Guy de Maupassant,
- Anton Chekhov,
- Katherine Mansfield,;
- James Joyce,
- Elizabeth Bowen,
- Ernest Hemingway,
- Frank O'Connor,
- Sherwood Anderson,
- Mary Lavin,
- Raymond Carver
- Eudora Welty,
- Mary Lavin,
- Flannery O'Connor.



David Butler's novel *City of Dis (New Island)* was shortlisted for the Kerry Group Irish Novel of the Year, 2015. Arlen House published his second story collection, *Fugitive*, in 2021. Awards for the short story include the Maria Edgeworth (twice), Benedict Kiely, Colm Tóibín, and Fish International.

*\*For those who took this course before, we'll be choosing different stories.*

**Tuesday Afternoon – 2.00pm – 3.30pm 12 weeks. Cost: €145**

## THE IRISH ABROAD

Tutor: David Giltenane

The Irish and diverse history of the Irish abroad will be studied in this course. It will look how Ireland has throughout history contributed to the development of other countries culturally, politically and economically.

Emphasis will be places on the stories of Irish people abroad who became artists, politicians, and even criminals, the famous and the infamous. The course will take students on a journey from the North to the South of America, and throughout Europe. Students will learn about such varied and diverse topics as Irish soldiers who fought for the Mexican army, the valiant San Patricios. The Irish diaspora in Argentina will be looked at, including the connections between the Guevara and Ireland. In the United States the role of Irish people in organised crime will be explored as well the Irish and the American civil war.

Other topics include Irish Missionaries in Europe, and the Eva Peron of Paraguay, Elisa Lynch from Cork.

David teaches English as a foreign language and Irish history and culture in Dublin. He has a degree in History and geography and a masters in Town planning. He has a fascination with Irish abroad. He has special interest in the Irish in South America having lived in Argentina for several years. He also has been giving running tours of Dublin city for many cities.

**Wednesday Evenings – 6.00pm to 7.30 pm 12 Weeks Cost: €130**

## THE ART AND CRAFT OF SCREENWRITING

Tutor: Peter Salisbury, MA in Screenwriting

Screenwriting is a very particular kind of writing informed by the language of cinema, which uses images and sound, time, sequences, dialogue, and music to express thoughts that cannot be expressed any other way.

This 12-week course for beginners encourages students to develop their own personal voice and an understanding of the basic principles of writing for film.

Students will learn specific screenwriting skills, including script layout, visual storytelling, genre, setting, character, dialogue and the construction of scenes and sequences. The course will be delivered through a combination of lectures and practical exercises.

Students will learn to:

- Develop a short screenplay from initial idea to first draft.
- Apply the techniques of narrative, structure, and visual language.
- Build rounded and convincing characters.
- Craft scenes through dialogue and sub-text.
- Reflect on the nature of screenwriting practice.

By the end of the course, students will have written a first draft screenplay for a short film. Books, scripts and films will be recommended each week to read and watch at the students' own discretion. This course is for anyone with an interest in discovering more about the practice of screenwriting and wishing to develop their writing skills further.

Peter Salisbury is a screenwriter and filmmaker with a lifelong passion for cinematic storytelling. He grew up in England, where his interest in theatre and film began in school drama productions. He studied drama at Edge Hill University and film directing at the Irish Film School with Oscar nominated film director John Boorman. Peter has over twenty-five years' experience working as a cinematographer, specialising in documentary and film-style video production for broadcast TV and corporate clients including BBC TV, Channel 4, TG4, UTV Ireland, TV5Monde, Al Jazeera, Google, Nestle, Tourism Ireland, and Dublin City Council. He has made short films for the Irish Museum of Modern Art, Children's Books Ireland, Clash Gaelic Games, Dun Laoghaire-Rathdown County Council, the National Library of Ireland, and many more. Peter has a Master of Arts in Screenwriting from Falmouth University, graduating with distinction. His screenplays have been award winners and official selections at film festivals throughout the world, including France, Italy, Spain, Sweden, USA, Australia, India, Japan and Ireland. He is a member of the Writers Guild of Ireland and Irish Film & Television Academy (IFTA).

Wednesday Evening – 6.00pm to 8.30 pm. 12 weeks. €145

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## CURRENT AFFAIRS

### 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

9 week Lecture Series – beginning Monday 29th September

Each session will be 2 hours duration – 6.15 – 8.15 pm

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 no doubt, there will be some interesting political crises home and abroad and will enable the class to have interesting debate.

Monday Evenings – 6.15pm to 8.15pm. 9 weeks. €100



## CHESS FOR BEGINNERS

Tutor: Mandukhai Batbaatar, Candidate Master in Chess

This 12-week chess course is suitable for complete beginners and post beginners as we will learn how to mate in week 2. In this course we will learn how to PLAY chess? Therefore our course is mainly based on THEORY and PRACTISE. How cool is that? 45 minutes learning 45 minutes playing. We'll learn the basics in week two. Then we are no longer complete beginners.

In the middle of the course we would have learned about chess (opening, middlegame, ending, zugzwang, several gambits and mate in two etc). Due to a once a week course we will give you the homework yet don't worry it is just playing chess online.

More practice is better than knowledge. The class is aimed to let students know that playing chess is more relaxing, easier to learn, an opportunity to socialise, spending quality time and learning to think before action., etc.

Materials that you will need are:

If you have one, bring your own chess board.

A pen and paper also for notes.

Friday Evening 4.00PM – 6.00pm. 12 weeks. Cost €145





## LANGUAGES

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

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: 6.00pm - 7.30pm. 12 weeks. Cost: €110.00

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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: 10.00am - 11.30pm. 12 weeks. Cost: €210.

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

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: 7.35pm – 9.05pm.. 12 weeks. Cost: €110.00

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

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: 7.35pm – 9.05pm. 12 weeks. Cost: €110

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## SPANISH 4 – BASIC SPANISH LEVEL B.1 CEFR

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: 6.00pm – 7.30pm. 12 weeks. €110 per term

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## SPANISH 5 – Pre - INTERMEDIATE SPANISH LEVEL B2.1 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
- Talk about nature and animals

Wednesday Morning: Time: 11.35am – 1.05pm, 12 weeks. €110 per term

## FRENCH

### FRENCH FOR BEGINNERS – LEVEL 1.1

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: 6.15pm – 7.45pm. 12 weeks. Cost: €110.

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### FRENCH – POST BEGINNERS (LEVEL A1.2)

Tutor: Séverine Guz

Ready to Take Your French Beyond the Basics?

This Post-Beginners General French Course is the perfect next step for anyone who has studied the fundamentals and is eager to refresh their knowledge to build confidence. This is not just about memorizing verb conjugations (though we will definitely tackle those!). It's about unlocking the ability to genuinely communicate, understand, and engage with French in everyday situations.

The course consists of 24 weeks divided into two terms of 12 weeks each.

What will Achieve Together: Course Objectives and Learning Outcomes

- Engage in simple conversations about personal information, hobbies, work and travel, express likes and dislikes.....
- Ask and answer questions.
- Handle common situations such as making purchases, ordering in a restaurant, or booking accommodation...
- Describe daily activities, future plans and past events using appropriate verb tenses.
- Understand basic spoken instructions and announcements.

Get ready to elevate your French from “parlez-vous” to truly “parler français”

Thursdays: Time: 7.15pm-8.45pm. 12 weeks. Cost: €110

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### FRENCH ADVANCED/CONVERSATION I

Tutor: Séverine Guz

This course is intended for students who have some 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. Students are more than welcome to share their interests and contribute to a tailor-made curriculum.

Material will be provided.

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

Thursday Evening: Time: 5.30pm – 7.00pm. 12 classes. Cost: €110

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## **FRENCH FOR HOLIDAYS – 6 Week COURSE - (Level A1.2 + A2.1) - May 2026**

Tutor: Séverine Guz

This short course is designed for students who already have a basic command of the language and wish to refresh their knowledge and oral skills before visiting a French-speaking country.

The course will be practical (videos, vocabulary, role-plays...) and focus on holiday situations such as:

- Meeting people and introducing oneself, greetings, alphabet and a civilisation quiz
- Getting around a place: directions, public transports, buying tickets, shops
- Going to a hotel or a restaurant,
- Learning numbers
- Going to the tourist office and asking for information on tourist attractions
- Discussing the weather, learning the time
- Getting by when encountering issues like illness or accidents (pharmacy), lost property...
- Grammar topics covered will include: the present tense, asking questions, how to use negation in sentences

**Thursday Evening: Time: 5.30pm-7pm. 6 classes Cost: €60**

*May 21st, 28th, June 4th, 11th, 18th, 25th*

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## **FRENCH INTERMEDIATE II – (Level A2/B1 or Upper Intermediate)**

Tutor: Severine Guz

This course is for students who have previously completed the Intermediate I course, as well as those with a strong command of the French language. So if you're enthusiastic and want to improve your knowledge, your confidence and most importantly your communicative skills, this is the right course for you! The program is outlined, but students are welcome to share their needs and interests, and I will be delighted to include them whenever possible.

Material will be provided.

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

**Thursday Evening: Time: 3.45pm - 5.15pm – 7.00pm. 12 classes. Cost: €110**

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## **IRISH LANGUAGE 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: 6.15pm – 7.45pm. 12 weeks. Cost: €110**

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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 Feb 2026.*

**Monday Evening: Time: 8.00pm to 9.30pm 12 weeks Cost: €110**

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## ITALIAN FOR BEGINNERS

Tutor: Daniela Vargiu – Native Italian

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, autumn and spring.*

**Monday Evening: Time: 5.00pm – 6.30pm. 12 weeks. Cost: €110**

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

Tutor: Daniela Vargiu – Native Italian,

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, autumn and spring terms*

No text book is required as material will be provided.

**Tuesday Evening: Time: 5.00pm – 6.30pm. 12 weeks. Cost: €110.00.**

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## ITALIAN INTERMEDIATE/CONVERSATION – Level B1/B2

Tutor: Daniella Vargiu – Native Italian,

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: 6.35pm – 9.05pm. 12 weeks Cost: €110.00.**

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## ENGLISH AS A SECOND LANGUAGE

Tutor: Daniela Vargiu.

English as a Second Language is a course run by People's College Adult Education, Dublin. It is a Classroom Based course with a duration of 12 weeks. Each class will be 90 minutes long.

If you want to speak and read English more fluently this is course for non-native English speakers looking to enhance and develop their English language skills (i.e. reading, writing, listening and speaking) for personal and professional purposes.

**Monday Evening - 6.30pm – 8.00pm. 12 weeks Cost: €110**



## THE PEOPLES COLLEGE CHOIR

The Peoples college choir is a mixed-voice choir of 52 members. We are a friendly and welcoming bunch of people. We are looking for new members – especially you men – 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 8:30 pm to 10:00 pm 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 9th September 2025.**

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



*The People's College Choir performing on stage at Liberty Hall, 21 May 2024.*

# Literature Appreciation Group

Lecturer: Ms Anne Gormley

## Our Trip to Haworth in Yorkshire Spring 2025

Our books/ Literature class has been filled with exciting insights and activities. Some of us have been attending the class for three years now and have enjoyed reading new books and meeting occasionally for some cultural trips.

The highlight of our year in 2024 was a trip to Haworth early in Spring. Almost all of the class managed to make it to the Bronte country having spent a few sessions reading and savouring the vast world of Wuthering Heights and Jane Eyre. Bernie, Mary and Margaret did super work in organising the trip, planning meals together in the rustic village of Haworth, together with an inspirational tour of the parsonage. For those of us who managed to make the trip, the moors and landscape of Yorkshire exceeded our expectations.

Being able to stay alongside the Museum/Parsonage where the Bronte family lived drew us in immediately, and we could readily imagine how the environment of Yorkshire generated such magnificent and powerful works of literature.

We spent several hours visiting the rooms and home of the Bronte family and savoured some precious treasures such as Charlotte's writing desk, some diary entries from Emily and letters from Charlotte and Anne Bronte.

The weather was excellent and enabled many in the group to take some lovely long walks on the moors. Others rambled along the narrow streets which were filled with different shops and curiosities. And others again visited the pub called The Black Bull and drank a beer to honour Branwell's memory.

Everyone agreed that Haworth was a trip worth doing, so much so that plans are now underway to do a Literary Pilgrimage to Paris in 2026 and follow in the footsteps of some literary giants such as James Joyce, Samuel Beckett, Ernest Hemingway and others.



## DEBATING SOCIETY

Debating is a fun way to improve your communication and listening skills.

We believe in learning by participation but no pressure as we allow everyone to progress at their own pace.

Listed below are some motions / clubs we debated:

- That AI is good for Society (Dublin Toastmasters)
- That voting should be mandatory (Toastmasters Engineers)
- That Ireland should remain neutral (Peoples College Current Affairs Class)
- That Money is the Key to Happiness (Toastmasters Bishopstown) Interested?

Why not come along to one of our meetings and see if it's for you – guests are free.

If you decide to join the Annual Membership Fee (from September to May) is € 10 and meeting fee €3.

We meet every second Wednesday at 8.00 pm, Teachers Club, 36 Parnell Square, Dublin 1.

Our first meeting will be 24th September 2025

For further information please contact: **Bernie Grant, 085 737 1374.**

Email [Bernie.Grant@hotmail.com](mailto:Bernie.Grant@hotmail.com)



## 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

# PEOPLE'S COLLEGE WEXFORD

## Courses starting mid - September 2025

Registrations are now being taken at our offices in the SIPTU Building,  
O'Leary Road, Townparks, Coolcotts, Wexford.

Phone: **053 9146774**

Email: **info@wctu.ie**

**TERM COMMENCES ON THE 17th SEPTEMBER 2025**

- **Sign Language**
  - **Genealogy**
  - **Calligraphy**
  - **Sketching**
    - **Yoga**
    - **Spanish**
  - **Wexford History**
- **Mental Health Awareness**

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 Wexford Peoples College programme, please contact the WCTU office on **053 914 6774** or Email **info@wctu.ie**  
You can also visit our Facebook page.

(Dates and times are subject to change)

# ENROLMENT INFORMATION

Enrolments/Registration for our autumn term will be accepted online through our website [www.peoplescollege.ie](http://www.peoplescollege.ie) from the 10th July 2025, and for Spring term, enrolments will be open from 1st December 2025

Registration can also be done over the phone on 01 873 5879, in the office or by post.

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

## 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 (€2) to 31 Parnell Square, Dublin 1.
- Online at [www.peoplescollege.ie](http://www.peoplescollege.ie)

**AUTUMN TERM 2025** - Week commencing 29th September 2025

**SPRING TERM 2026** - Commences on 9th February 2026

*\*Please see term calendar at back of this booklet.*

## 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
- The Pillar Room, Rotunda Grounds, Dublin 1
- Connect Building, 6 Gardiner Row, Dublin 1
- Carleton Hall, Marino, Dublin 1

and of course, our own building on Congress House, 31/32 Parnell Square, Dublin 1

Online & Postal Enrolments Welcome.

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

\*Please note, during enrolment period, the phone lines are normally very busy. Please leave your name, phone number and a brief message and we will return your call as soon as possible. Alternatively, you can email the college at [info@peoplescollege.ie](mailto:info@peoplescollege.ie) and we will respond to your enquiry.

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.

 Find us on  
**Facebook**



## General Information

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

### PLEASE NOTE:

Classes which are cancelled 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. (Please note dates and times are subject to change)

By participating in an in-person physical activity-based event or class with the Peoples College, you acknowledge that all exercise involves a risk of personal injury and you agree to take responsibility for your own health and well-being in relation to these events. By participating you confirm that you have received medical approval to take part and that you knowingly, voluntarily and expressly waive any claim you may have against the Peoples College, the activity instructor or any other event participants for any injury or damages that you may sustain as a result of participating in these physical activity-based classes or events.

*\*\*\*When registering online, you will receive a transaction receipt from our website to your email. This looks like a PayPal receipt but please note this is confirmation of your registration. This comes directly from our website to the email address that you have registered from.*

Tel: 01 873 5879

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

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

# New Terms for Autumn 2025 & Spring 2026

## Autumn Enrolments

Course dates - 12 weeks

*\*Please note that the Art Appreciation Saturday Lecture Series will commence on Saturday 4th October to the 25th April (excl. Bank Holidays)*

## Autumn Term 2025 /26

Course Dates -12 Weeks

Week Number	Week Commencing
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Week 1	29th September
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Week 2	6th October
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Week 3	13th October
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Week 4	20th October
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*(Closed for Mid Term & Bank Holiday*

*28th October – 31st October*

Week 5	3rd November
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Week 6	10th November
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Week Number	Week Commencing
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Week 7	17th November
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Week 8	24th November
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Week 9	1st December
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**CHRISTMAS BREAK** 8th December – January 2nd

Week 10	5th January
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Week 11	12th January
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Week 12	19th January
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## Spring Term 2026

### Spring Term

Course Dates - 12 Weeks

Week No	Week Commencing
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Week 1	9th February
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Week 2	16th February
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Week 3	23rd February
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Week 4	2nd March
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Week 5	9th March
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Week 6	*16th March
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Week 7	23rd March
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Week No	Week Commencing
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Week 8	30th March
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**EASTER BREAK – COLLEGE CLOSED. 14th - 25th April**

Week 09	13th April
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Week 10	20th April
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Week 11	27th April
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Week 12	4th May
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*\*Backfill week for Bank Holiday 17th March will be backfilled on the 12th May Backfill for B/H 4th MAY will be backfilled on the 11th MAY*

### 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.

# 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  
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