



Ballsbridge College of Further Education

Coláiste Breisoideachais Droichead na Dothra

Adult Education Programme January 2020

Arts & Crafts
Computers & Photography
Lifestyle & Leisure
Wellbeing & Fitness
Personal Development
Languages
International Development

City of Dublin Education & Training Board

Arts And Crafts

Comics & Visual Storytelling This is an practical, introductory course that, through weekly input sessions and creative exercises, gives learners an understanding of what is needed to make good comics:- techniques, tools, formal elements, composition, designing characters, storytelling, character development, drawing figures, depicting action, lettering are among the topics covered.

A list of materials will be given out at enrolment.

Acrylic Painting is one of the most rewarding ways to express yourself artistically, and this course will explore the medium of Acrylic paint, a medium which is both flexible and durable.

This class is suited to both beginners and for people with some experience in painting. During the course we will work on different skills, methods and techniques, such as perspective, colour mixing and paint application.

Our subject matter will include landscape, still life and portraiture, and we will look at other famous artists' work for inspiration and exciting ideas. Students of this class will benefit and grow from getting individual support and tuition and they will be encouraged to develop their own personal style.

See <http://www.jennycleary.com>

A list of materials will be given out at enrolment.

Drawing for Beginners This course involves learning how to realistically draw what you see by accessing the creative part of your brain. Proven drawing techniques and skills will enable you to accurately draw from observation, from photos/artwork and from your own memory and imagination. The tutor will work closely with students, providing continual constructive feedback on each individual's work. Subjects will include the human face, body, nature, still life, animals, basic perspective and much more. B, 2B and 4B pencils, an A3 sketchpad, a good soft eraser and a pencil sharpener that holds shavings will be the materials required. See <http://www.nicolasedgwick.com/>

A list of materials will be given out at enrolment.

Drawing and Painting This is a busy course! It is accepted that accurate drawings are the basis for good realistic paintings, so along with learning the fundamentals of acrylics, and watercolours, proven drawing techniques will also be taught. Over the weeks, students will draw and paint various subjects from observation, as well as from photos/artwork. The tutor will work closely with students, providing continual constructive feedback on each individual's work. One or two additional media may also be introduced during the course. Time will also be given for students to explore their preferred media and subject matter. A list of required materials will be given out at enrolment. See <http://www.nicolasedgwick.com/>

A list of materials will be given out at enrolment.

Materials must be supplied by the student. The tutor will advise students on the most suitable materials during the first class. General information on materials can be given at enrolment.

Computers & Photography

There is a range of Computer Courses to suit everyone, from the absolute beginner to those who have more experience and wish to deepen their knowledge in certain areas.

Practical Computing for the Older Adult

This is a basic introductory course covering the following: e-mail & internet, Facebook & other social networking sites, music files & MP3 players, digital cameras, mobile phones, Skype & other free internet phone call methods, on-line banking, booking flights.

Further Skills with Computers This course is suitable for adults who are familiar with the basic operation of a computer or who have recently completed a beginners course. Improving your computer skills can help you to get on in work, keep in touch with family and friends, access a range of online resources (banking, shopping, social media) or to help you with further learning.

Digital Photography Beginners This course is designed for students who are new to Digital Photography. Over the term, the following areas are covered - understanding the camera's main functions, such as setting resolution; ISO and White Balance for optimum image quality; camera memory and camera software. In addition, students will learn how to upload images from the camera to the computer, learn how to delete files and to format memory cards. Other shooting modes and camera controls are also covered. Students will be set printing exercises, learn how to attach images to emails, back up images to CD/DVDs or external hard drives. Throughout the term a class pertaining to image composition will also be covered. A hands-on approach, working closely with the tutor, ensures that students have the opportunity to learn far more than if they were working alone with a manual. Students should bring their own camera to the class.

Suitable Cameras - Digital Compact Cameras are ideal for this course.

It is essential that students have a good working knowledge of computers.

Digital Photography Advanced

This course is designed to address the technical capabilities and nuances of Digital SLR cameras and students will learn how to master shooting using the manual settings. In the first half of term areas covered include - refreshing on Resolution, Image Quality, ISO, White Balance and shooting in RAW. Aperture, shutter speeds and depth of field are also covered in detail. Additionally, the course will cover camera flash and deals with different camera lenses and aperture ranges. The second half of the term will focus on postproduction of images using Photoshop/Picasa/GIMP. Areas covered include - image enhancement, printing and presenting images. During the term a class pertaining to image composition will also be covered. Students should bring their own camera to the class.

Suitable Cameras - Digital SLR cameras are ideal for this course or semi/bridge SLRs which have a manual shooting capability. It is essential that students have a good working knowledge of computers.

All computer students are bound to the CDETB computer and network users' policy which is available at registration.

Lifestyle & Leisure

Interior Design The course is aimed at those new to the field of Interior Design, as well as those looking to expand their existing knowledge and flair, and will feature practical exercises along with theory making for a creative and stimulating environment that will appeal to anyone with an interest in style and inspiration.

The course will provide you with the necessary skills to create a cohesive and pleasing style for your home. You will explore elements such as Colour techniques, making the best use of Lighting and choosing and sourcing Materials to name but a few, and you will be supported by the tutor in bringing your ideas together through encouragement and close personal attention.

The **Creative Writing** course explores creativity along with structuring and editing work. The focus will be on the essential ingredients of dramatic narrative: conflict, character, contrast, movement and theme. Short stories, novels, poetry, plays and film will be dealt with, as will comedy and children's writing. People will be encouraged to develop strong individual writing styles and to produce at least one completed work. You may opt to submit assessment work in order to achieve the **QQI Level 5 Creative Writing 5N0690 Minor Award**.

Bridge for Beginners is this term joined by **Bridge Continuation Beginners**. Our tutor from the Bridge Association explains the rules of the game, as well as game strategies. The social aspect of Bridge is stressed. See [http://cbai.ie/ Bridge A game for life](http://cbai.ie/Bridge-A-game-for-life).

Supervised Bridge Game This term we are offering the chance to play a bridge game under the guidance of a teacher who can be called on if needed. Suitable for those who are no longer beginners but don't feel confident enough to join a bridge club yet. See [http://cbai.ie/ Bridge. A game for life](http://cbai.ie/Bridge-A-game-for-life)

Wellbeing & Fitness

Nutrition This course will help participants with a personal self-assessment through body and facial diagnosis. It will give an understanding of how old diet habits have affected present health and fitness. An Irish eating plan, using produce grown locally or in a similar climate will be emphasised. The body's meridians of energy and their healing foods will be discussed.

Yoga has proved to be so popular that, even with extra classes, it is still one of the first courses to book out. Hatha yoga combines physical exercises and relaxation. The practice of yoga leads to greater flexibility and calmness, as well as promoting overall health and well-being. *Students are asked to bring their own mat*. See <http://www.helenkeaneyoga.com/pages/index.htm>

Qi Gong Qi Gong, means "energy work" and is the basis of the practice of Tai Chi. There are many kinds of Qi Gong, which can be roughly paraphrased as the following: A physically energetic exercise which has a specific physical or energetic effect upon a specific part of the body or mind, performed repetitively with the active participation of the mind.

There are hundreds of Qi Gong "exercises". All have the goal of powering up the body's "operating system", giving you more energy, releasing tension and stress, strengthening systems in the body, calming the mind, and so on. You don't need any experience to do Qi Gong. Anybody can do it. The classes will start with a warm up followed by strengthening exercises, breathing exercises and energy movements, as well as meditation, which include relaxation, focus & breathing.

Strength and Conditioning Class - HIIT (High Intensity-Interval Training)

A full body workout to target multiple muscle groups to tone muscles, improve cardiovascular fitness and build endurance.

HIIT is a workout that alternates between intense bursts of activity and fixed periods of less intense activity and rest. Each exercise is 30 seconds followed by 10 seconds of active rest. This increases in time as fitness levels improve. Improve your cardio fitness and your strength in this fun exercise class for men and women, no equipment needed just bring water and a yoga mat.

Personal Development

New Boxfit This is a workout with a focus on the cardiovascular. Our classes last one hour. It is based on the training used for boxing so it includes skipping, boxing drills including footwork and abdominal workouts – all focusing on fitness and toning

Pilates Beginners If you are new to the world of Pilates or you haven't done it for a while, this class is meant for you. Pilates is a workout focusing on your core strength as well as for conditioning your full body, improving your flexibility and raising your mind & body awareness. Want lean abdominals and strong body without having to lift weights and staying in the gym for hours and hours, this is the class to join See <http://erleliivak.com/> for more.

Pilates Improvers If you have already taken part of many Pilates courses before and you want to join again, this is the class to come to. Flowing from one exercise to another, this class is on a higher level and will make you feel like a superior afterwards. Join me and not only feel, but also see your body changing day by day! See <http://erleliivak.com/> for more.

Mindfulness This course is a highly experiential 8 week Introduction to Mindfulness Meditation and the main components are participation and commitment. You wouldn't expect to learn to play an instrument or a sport merely by reading a book on the subject, likewise learning to develop a meditation practice is no different than any other skill that involves both mind and body – practice is the key. Working as part of a group helps to encourage participation, intention and a collective energy which can have a profound impact on motivation, support and inspiration.

This 8 week programme involves a blended approach that includes experiential exercises, formal meditation practices, mindfulness tips and techniques, and the realistic application of mindfulness in everyday life.

<http://www.6thsenseworks.ie/>

Lifestyle

Nutrition This course will help participants with a personal self-assessment through body and facial diagnosis. It will give an understanding of how old diet habits have affected present health and fitness. An Irish eating plan, using produce grown locally or in a similar climate will be emphasised. The body's meridians of energy and their healing foods will be discussed.

International Development

Latin American Development Issues. This is a lively and participative course open to people with any kind of interest in Latin America. The course gives participants insight into the causes and consequences of lack of development in Latin America. Participants will acquire a general understanding of Latin American social, political, historical and economic developments as well as more detailed information about topics of contemporary significance, such as trade, labour issues, indigenous issues and popular resistance. Participants will become familiar with the issues, how people in Latin America have responded to them, how these problems related to Ireland and the rest of the world and how people here can take action on these matters.

Students may submit assessment work during the course in order to achieve the **QQI Level 5 Minor Award "Global Development Issues," 5N4127**

Latin-American Development Issues, presented in conjunction with **LASC**, the **Latin American Solidarity Centre**. For more information go to www.lasc.ie

Languages

The **English as a Foreign Language** courses use a communicative approach where students practice the four key skills: reading, writing, listening and speaking. Grammar will also be taught. Materials are supplied except for a textbook. Class size is limited and groups are taught at **Intermediate** and **Advanced** levels. Students will be asked to complete a placement test at enrolment so that they can be placed in the most suitable group.

Preparation for IELTS: Intensive The International English Language Testing System examination is a requirement for non-native speakers of English who wish to use their professional qualifications in an English-speaking country, and also to study at degree, masters or doctorate level. Preparation is offered for all parts of the examination, which takes place in University College Dublin (UCD), among other venues. This course offers students the chance to prepare for the IELTS examination in a concentrated way – 5 hours of class per week over two evenings.
See http://www.ielts.org/test_takers_information.aspx for more information.

Beginners Spanish, Beginners French are for those wishing to learn the basics of the languages so they can communicate when they meet native speakers, both here in Dublin, or on holidays/business. Emphasis will be on the spoken language as it is used in real-life situations. Students will develop their knowledge of the language through exploring aspects of the cultures involved. This term we are offering **Beginners** and **Continuation Beginners Russian**.

This term we are also offering **Italian & Spanish Continuation Beginners**, designed for students who have already gained some knowledge of the language, **Spanish for Holidays** (suitable for anyone who has completed a Beginners course) We are now also offering **Italian Advanced** for students who wish to further perfect their language skills.

We are now also offering the **French Improvers** group the option to register for and sit the **DELTA A1** examination in French Language. The **French Elementary** group have the same opportunity to take the **DELTA A2** examination, while the **French Intermediate** group will prepare for the B1. These tests are administered by the **Alliance Française Dublin** and are internationally recognised.
See <http://alliance-francaise.ie/exams/delf/> for more information.

Enrolment

You may **register your interest online** on our website at www.ballsbridgecollege.com An email will be sent asking you to call in to the college to pay your fee on the first enrolment evening.

Enrolment is on Wednesday 8th, Monday 13th and Wednesday 15th January 2020 from 5.30 - 7.00 p.m. Cash, cheque, credit card or debit card may be used to pay fees on those evenings.

Enrolment will also take place in the main office Monday to Friday between 3 & 4pm, from Monday 13th to Friday 17th January.

Fee Waivers: A small fund is available to help those who have difficulty attending a course due to the course fees. Applications for fee waivers must be made to the Principal, whose decision is final.

Fees are payable in advance and are not transferable to another student. Cheques should be made payable to City of Dublin ETB. Please write your name and address and current Banker's Card number on the back of the cheque.

Refund of Fees: No refund of fees can be made except where a course does not form.

Rules and Regulations: All enrolments are subject to the rules and regulations of CDETB, a copy of which is available from the Principal. A copy is also on display in the College foyer.

The College will be closed for Mid-Term during the week Monday, February 17th to Friday, February 21st.

The College will also be closed on Monday, March 16th and Tuesday, March 17th for the St Patrick's Day bank holiday weekend.

The College will be closed for Easter from Monday, April 6th to Friday, April 18th.

Ballsbridge College takes no responsibility for any errors or omissions in this brochure.

How to get here: Ballsbridge College is at the top of Shelbourne Road, beside the Post Office. All city centre buses that pass through Ballsbridge pass right beside the College. The cross-city number 18 bus also passes the College. Lansdowne Road Dart station is just five minutes' walk away.

Parking: The road running through Herbert Park, which is a couple of minutes on foot from the College, has free parking from 6.30pm onwards. Before this time there is pay-and-display parking. At time of going to press, some of the road has free parking from 2pm.

There is pay-and-display parking on Shelbourne Road up to 7.00pm on the OPPOSITE side of the road to the College. The College side is a clearway from 4.00pm to 7.00pm.

Always check on-street signage when parking, as it may be changed without notice.

The College can be contacted as follows:
Ballsbridge College of Further Education

Tel: 01 6684806
Web: www.ballsbridgecollege.com
e-mail: eveningadmissions@ballsbridge.cdetsb.ie

Twitter: @Ballsbridge_CFE
Instagram: ballsbridge_college_cfe



Adult Education Programme January 2020

Code	Course	Day	Time	Fee	Wks	Start Date
Arts And Crafts						
001	Introduction to Acrylic Painting	Mon	6.00 - 9.00	€150	10	20/01
002	Drawing Beginners	Mon	6.00 - 9.00	€150	10	20/01
003	Drawing & Painting	Tues	6.00 - 9.00	€150	10	21/01
004	Comics & Visual Storytelling	Tues	6.00 - 9.00	€150	10	22/01
Computers & Photography						
021	Practical Computing for the Older Adult	Mon	6.00 - 7.30	€90	10	20/01
022	Digital Photography Beginners	Tues	6.00 - 7.30	€90	10	21/01
023	Digital Photography Advanced	Tues	7.45 - 9.15	€90	10	21/01
024	Further Skills With Computers	Wed	6.00 - 8.00	€120	10	22/01
Lifestyle & Leisure						
040	Interior Design	Mon	6.00 - 9.00	€150	10	20/01
041	Supervised Bridge Game	Tues	5.30 - 8.00	€120	10	21/01
042	Creative Writing	Tues	7.00 - 9.00	€100	10	21/01
043	Interior Design	Tues	6.00 - 9.00	€150	10	21/01
044	Bridge Continuation Beginners	Wed	5.30 - 7.15	€80	10	22/01
045	Bridge Beginners	Wed	7.15 - 9.00	€80	10	22/01
Wellbeing & Fitness						
050	Yoga	Mon	6.00 - 7.30	€80	10	20/01
051	Yoga	Mon	7.45 - 9.15	€80	10	20/01
052	Qi Gong	Tue	6.00 - 7.00	€60	10	21/01
053	Qi Gong	Tue	7.00 - 8.00	€60	10	21/01
054	Strength & Conditioning HITT	Tue	6.00 - 7.00	€60	10	21/01
055	Boxfit	Tue	7.00 - 8.00	€60	10	21/01
056	Nutrition	Wed	7.00 - 9.00	€90	10	22/01
057	Yoga	Wed	6.00 - 7.30	€80	10	22/01
058	Yoga	Wed	7.30 - 9.00	€80	10	22/01
059	Pilates Beginners	Wed	4.30 - 5.30	€60	10	22/01
060	Pilates Beginners	Wed	5.30 - 6.30	€60	10	22/01
061	Pilates Beginners	Wed	6.30 - 7.30	€60	10	22/01
062	Pilates Improvers	Wed	7.30 - 8.30	€60	10	22/01

Code	Course	Day	Time	Fee	Wks	Start Date
Personal Development						
065	Mindfulness	Mon	7.00 - 8.30	€90	8	20/01
International Development						
070	LASC Latin American Development Issues	Tue	7.00 - 9.00	€100	10	21/01
Languages						
080	Spanish – Beginners	Mon	6.00 - 7.30	€80	10	20/01
081	Spanish for Holidays	Mon	7.45 - 9.15	€80	10	20/01
082	Preparation for IELTS	Mon+ Wed	6.00 - 8.30	€260	10	20/01
083	Italian Advanced	Mon	6.00 - 7.30	€80	10	20/01
084	Italian Intermediate	Mon	7.45 - 9.15	€80	10	20/01
085	French Beginners	Mon	6.00 - 7.30	€80	10	20/01
086	French Intermediate (DELF B1)	Mon	7.45 - 9.15	€80	10	20/01
087	Russian Beginners	Tues	6.00 - 7.30	€80	10	21/01
088	Russian Continuation Beginners	Tues	7.45 - 9.15	€80	10	21/01
089	French Elementary (DELF A2)	Tues	6.00 - 7.30	€80	10	21/01
090	French Improvers A1	Tues	7.45 - 9.15	€80	10	21/01
091	English as a Foreign Language: Intermediate	Tues	6.00 - 9.00	€130	10	21/01
092	Spanish – Continuation Beginners	Wed	6.00 - 7.30	€80	10	22/01
093	Spanish – Beginners	Wed	7.45 - 9.15	€80	10	22/01
094	Italian – Upper Intermediate	Wed	6.00 - 7.30	€80	10	22/01
095	Italian – Continuation Beginners	Wed	7.45 - 9.15	€80	10	22/01
096	English as a Foreign Language: Advanced	Wed	6.00 - 9.00	€130	10	22/01

Ballsbridge College of FE
Day-Time Full-Time courses
QQI Level 5 & 6 programmes

OPEN DAY

Wednesday 22nd January 2020

11.00 AM - 3.00 PM

All welcome

Auctioneering Apprenticeship

Business

Criminology

Psychology

English - EFL

Multimedia

Marketing

Social Studies

Event Management

Property

Tel: 01 6684806

Web: www.ballsbridgecollege.com

E-mail: info@ballsbridge.cdets.ie