



Ballsbridge College of Further Education

Coláiste Breisoideachais Droichead na Dothra

Adult Education Programme September 2020

Arts & Crafts
Computer Courses
Lifestyle & Leisure
Well-being & Fitness
Languages

City of Dublin Education & Training Board

A message to our community of learners

The safety of our learners and staff are paramount and the College will comply with any social distancing measures the Government may introduce to reduce the spread of COVID 19.

This September we are planning to deliver most courses online.

Online Delivery

After you have enrolled, you will be sent a link which will allow you to access your course on the device of your choice – PC, tablet or smartphone.

Be sure to check that your camera is set up correctly as you will have to interact with your teacher during the lesson.

Course Payment

We are pleased to inform our learners that online enrolment and payment is now possible for our evening classes. This will be available from early September through our college website, www.ballsbridgecollege.com. Postal enrolment, with payment by cheque or postal order, will continue to be accepted.

There will be no enrolment evenings this term.

Arts And Crafts

Introduction to Acrylic Painting

(Course Code: 01) 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 for this course will be emailed to you on enrolment. It is also available on the college website <https://www.ballsbridgecollege.com/evening-classes/>

Drawing for Beginners (Course Code: 02)

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 for this course will be emailed to you on enrolment. It is also available on the college website <https://www.ballsbridgecollege.com/evening-classes/>

NEW Introduction to Portrait Drawing and Painting (Course Code: 05) Learn the foundational techniques of portrait drawing and painting.
www.helenkeaneart.com
Instagram: [helenkeaneart](https://www.instagram.com/helenkeaneart)

In this online course, I will begin each lesson with a small talk on the class objective(s) and I will do demos on portrait drawing or painting. You will also have a chance to ask any questions during the session.

Portrait painting can seem daunting; but this course, suitable for both beginners and those with some experience will equip you with all you need. You will learn the foundational techniques of portrait drawing and painting, combining composition/proportion/tonal work and how to mix skin tones, with the overall goal of capturing a likeness of the person you are painting. You will have a chance to explore your creativity using various materials such as pastels, charcoal, graphite or other materials such as acrylic paint. You will develop your observational skills and study portraits created by famous artists. This course is perfect for novice artists, those with existing skills who wish to learn more, or anyone looking for a mindful but engaging activity to do at home.

A list of materials for this course will be emailed to you on enrolment. It is also available on the college website <https://www.ballsbridgecollege.com/evening-classes/>

Drawing and Painting (Course Code: 04)

This is a popular 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.

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

A list of materials for this course will be emailed to you on enrolment. It is also available on the college website <https://www.ballsbridgecollege.com/evening-classes/>

NEW Landscape Painting for Beginners (Course Code: 03) – How to read the outdoors and simplify it into a painting you love!

Helen Keane www.helenkeaneart.com
Instagram [helenkeaneart](https://www.instagram.com/helenkeaneart)

Winner of the runner up prize for the Dublin Plein Air Festival 2018 – for the Rush Harbour Paint Out.

In this course, I will break down the process of landscape painting. Each week I will teach one of the key steps to paint a painting outdoors. You will be given the opportunity to ask questions and practice what you have learned.

Course Outline

- Introduction to Landscape (alternatively called Plein Air) Painting
- Simplifying an outdoor scene – planning and composition
- Visual language for landscape sketching
- Under-painting Studies
- Plein Air (Landscape) Painters painting studies
- Painting palettes – your options
- Painting Techniques – Brushstrokes and editing your work
- Negative versus positive painting
- Understanding tonal value relationships fundamental to creating beautiful paintings
- Working with photo references

After this course you should be able to confidently participate in the two major Plein Air Painting Festivals in Ireland. All levels welcome. Just bring some sketching paper, pencils or pens for your first lesson.

A list of materials for this course will be emailed to you on enrolment. It is also available on the college website <https://www.ballsbridgecollege.com/evening-classes/>

Computer Courses

Digital Photography Beginners

(Course Code: 20). 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 have access to their own camera during 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 (Course Code: 21)

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 have access to their own camera during 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.

Lifestyle & Leisure

Interior Design (Course Code: 40/43). We are delighted to present our course in Interior Design, which will provide you with the necessary skills to create a cohesive and pleasing style for your home. We will be exploring elements such as Colour techniques, making the best use of Lighting and choosing and sourcing Materials to name but a few, and we will help you build your confidence in bringing your ideas together through encouragement and close personal attention.

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 **Creative Writing (Course Code: 42)** 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 (Course Code: 44) is this term joined by **Bridge Continuation Beginners (Course Code: 45)**. 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**

Supervised Bridge Game (Course Code: 41)

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**

Wellbeing & Fitness

Strength and Conditioning Class - HIIT (High Intensity-Interval Training) (Course Code: 53/54)

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 water and a yoga mat.

Pilates Beginners (Course Code: 57/58/59) 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 (Course Code: 60) If you have already taken part in 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.

Qi Gong (Course Code: 51/52) means "energy work". 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.

Class format: Warm up.

Main part: strengthening exercises, breathing exercises, energy movements.

Meditation: relaxation, focus, breathing.

Meditative Art (Course Code: 55) – To cultivate mindfulness and creativity! In these uncertain and anxious days, meditative art is useful to stay clear minded, calm and in the present moment.

Meditative art is a practice that can help ease you through challenging days using simple mark making strokes to enable you to focus your attention and to cultivate self-awareness and creativity! <http://www.helenkeaneyoga.com/pages/meditation.html>

In this course, I will give you a weekly demonstration, after which you will be given the opportunity to ask any questions and practice what you've learnt.

Meditative art is a repetitive process where we repeat the simple strokes of dots, lines, curves and rings to create unlimited designs and patterns. As everyone is an artist of his or her own life, every meditative art piece is unique in that it's completely your own work. All you will need for the course is a sheet of paper and a pen or pencil to get started. You don't need fancy coloured pens or a maths geometry set to make a mandala. It's great if you already have them and want to bring them into your drawing, but they are by no means necessary at this point. If you can hold a pen, you can practice meditative art. No art background needed. If you are a beginner, this is a great place to start. If you have some experience with meditative art, come and explore new techniques. The main meditative techniques I will be teaching on this course are drawing mandalas and zentangles. You'll also learn about the background of meditative art, its visual language and mindfulness techniques to help you to tap into a relaxing mindset conducive to the meditative practice. Please email me if you've any questions: yogaforrelaxation@gmail.com

Nutrition (Course Code: 56) 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.

Mindfulness (Course Code: 50) 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/>

The Mindfulness course will be delivered either in a classroom setting in the college OR delivered online. Please check the college website for updates on course delivery mode.

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 (Course Code: 87)** and **Advanced (Course Code: 92)** levels.

Preparation for IELTS: Intensive (Course Code: 82). 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 (Course Code: 80/94), Beginners Italian (Course Code: 96), Beginners French (Course Code: 85) 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 Russian (Course Code: 88)** and **Continuation Beginners Russian (Course Code: 89).**

This term we are also offering **Spanish Continuation Beginners (Course Code: 93)**, designed for students who have already gained some knowledge of the language, **Spanish for Travel (Course Code: 81)** (suitable for anyone who has completed a Beginners course), **Italian Intermediate (Course Code: 84)** and **Italian Upper-Intermediate (Course Code: 95)**, designed for students who have already built a good control of basic vocabulary and grammar and have developed basic conversation skills. We are now also offering **Italian Advanced Course Code: 83** for students who wish to further perfect their language skills.

We are now also offering the **French Improvers (Course Code: 91)** group the option to register for and sit the **DELFA1** examination in French Language. The **French Elementary (Course Code: 90)** group have the same opportunity to take the **DELFA2** examination, while the **French Intermediate (Course Code: 86)** 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 and pay online** at our website www.ballsbridgecollege.com

Following payment, you will receive a login code which you can use to access your course online.

Postal payment by cheque and postal order continue to be possible.

Please note: there will be no enrolment evenings this term.

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 and postal orders 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 CDET B, 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, October 26th to Friday, October 30th, inclusive.

All students using college computers are bound to the CDET B computer and network users' policy which is available at registration.

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: <http://www.ballsbridgecollege.com>
e-mail: eveningadmissions@ballsbridge.cdetsb.ie

Twitter: @Ballsbridge_CFE
Instagram: ballsbridge_college_cfe



Adult Education Programme September 2020

Code	Course	Day	Time	Fee	Wks	Start Date
Arts And Crafts						
001	Introduction to Acrylic Painting	Mon	6.00 - 9.00	€150	10	14/09
002	Drawing Beginners	Mon	6.00 - 9.00	€150	10	14/09
003	Landscape Painting	Mon	6.30 - 8:30	€100	10	14/09
004	Drawing & Painting	Tues	6.00 - 9.00	€150	10	15/09
005	Portrait Drawing & Painting	Tues	6.30 - 8:30	€100	10	15/09
Computer Courses						
020	Digital Photography Beginners	Tues	6.00 - 7.30	€90	10	15/09
021	Digital Photography Advanced	Tues	7.45 - 9.15	€90	10	15/09
Lifestyle & Leisure						
040	Interior Design	Mon	6.00 - 9.00	€150	10	14/09
041	Supervised Bridge Game	Tues	5.30 - 8.00	€120	10	15/09
042	Creative Writing	Tues	7.00 - 9.00	€100	10	15/09
043	Interior Design	Tues	6.00 - 9.00	€150	10	15/09
044	Bridge Beginners	Wed	5.30 - 7.15	€80	10	16/09
045	Bridge Continuation Beginners	Wed	7.15 - 9.00	€80	10	16/09
Wellbeing & Fitness						
050	Mindfulness (1.5 hours- classroom based)*	Mon	7.00 - 8.30	€90	8	14/09
051	Qi Gong	Tue	6.00 - 7.00	€60	10	15/09
052	Qi Gong	Tue	7.00 - 8.00	€60	10	15/09
053	Strength & Conditioning HITT	Tue	6.00 - 7.00	€60	10	15/09
054	Strength & Conditioning HITT	Tue	7.00 - 8.00	€60	10	15/09
055	Meditative Art	Wed	6.30 - 8.00	€90	10	16/09
056	Nutrition	Wed	7.00 - 9.00	€120	10	16/09
057	Pilates Beginners	Wed	4.30 - 5.30	€60	10	16/09
058	Pilates Beginners	Wed	5.30 - 6.30	€60	10	16/09
059	Pilates Beginners	Wed	6.30 - 7.30	€60	10	16/09
060	Pilates Improvers	Wed	7.30 - 8.30	€60	10	16/09
061	Online Mindfulness (1hour)*	Mon	7.30 - 8.00	€60	8	14/09

The Mindfulness course will be delivered either in the classroom (course code: 50) **OR** online (course code: 61). Decision on delivery mode is subject to HSE social distancing guidelines, yet to be published.

Code	Course	Day	Time	Fee	Wks	Start Date
Languages						
080	Spanish – Beginners	Mon	6.00 - 7.30	€80	10	14/09
081	Spanish for Travel	Mon	7.45 - 9.15	€80	10	14/09
082	IELTS	Mon+ Wed	6.00 - 8.30	€120	10	14/09
083	Italian Advanced	Mon	6.00 - 7.30	€80	10	14/09
084	Italian Intermediate	Mon	7.45 - 9.15	€80	10	14/09
085	French Beginners	Mon	6.00 - 7.30	€80	10	14/09
086	French Intermediate	Mon	7.45 - 9.15	€80	10	14/09
087	EFL Intermediate	Mon	6.00 - 9.00	€160	10	14/09
088	Russian Beginners	Tues	6.00 - 7.30	€80	10	15/09
089	Russian Continuation Beginners	Tues	7.45 - 9.15	€80	10	15/09
090	French Elementary	Tues	6.00 - 7.30	€80	10	15/09
091	French Improvers	Tues	7.45 - 9.15	€80	10	15/09
092	EFL Advanced	Tues	6.00 - 9.00	€160	10	15/09
093	Spanish – Continuation Beginners	Wed	6.00 - 7.30	€80	10	16/09
094	Spanish – Beginners	Wed	7.45 - 9.15	€80	10	16/09
095	Italian Upper Intermediate	Wed	6.00 - 7.30	€80	10	16/09
096	Italian Beginners	Wed	7.45 - 9.15	€80	10	16/09

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

OPEN DAY

Wednesday 20th January 2021

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: eveningadmissions@ballsbridge.cdetb.ie