

## Enrolment

You may **register and pay online** at our website [www.ballsbridgecollege.com](http://www.ballsbridgecollege.com)

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 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, October 25th to Friday, October 29th, inclusive.

**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.cdetb.ie](mailto:eveningadmissions@ballsbridge.cdetb.ie)

**Twitter:** @Ballsbridge\_CFE  
**Instagram:** ballsbridge\_college\_cfe



## Adult Education Programme September 2021

Code	Course	Day	Time	Fee	Wks	Start Date
<b>Arts And Crafts</b>						
01	<b>Introduction to Acrylic Painting (on-site)</b>	Mon	6.00 - 9.00	€150	10	13/09
	<b>Introduction to Acrylic Painting (online)</b>	Mon	6.00 - 8.00	€100	10	13/09
02	<b>Advanced Painting QQI Level 5 (on-site)</b>	Tues	6.00 - 9.00	€190	10	14/09
	<b>Advanced Painting QQI Level 5 (online)</b>	Tues	6.00 - 8.00	€140	10	14/09
03	<b>Drawing Beginners (on-site)</b>	Mon	6.00 - 9.00	€150	10	13/09
	<b>Drawing Beginners (online)</b>	Mon	6.00 - 8.00	€100	10	13/09
04	<b>Drawing &amp; Painting (on-site)</b>	Tues	6.00 - 9.00	€150	10	14/09
	<b>Drawing &amp; Painting (online)</b>	Tues	6.00 - 8.00	€100	10	14/09

<b>Maths Courses</b>						
10	<b>Maths for STEM QQI Level 5</b>	Mon	6.00 - 8.30	€350	22	13/09

<b>Computer Courses</b>						
20	<b>Digital Photography Beginners</b>	Tues	6.00 - 7.30	€90	10	14/09
21	<b>Digital Photography Advanced QQI Level 5</b>	Wed	7.00 - 9.00	€155	10	15/09

<b>Lifestyle &amp; Leisure</b>						
40	<b>Interior Design</b>	Mon	6.00 - 9.00	€150	10	13/09
42	<b>Creative Writing QQI level 5</b>	Tues	7.00 - 9.00	€140	10	14/09
43	<b>Interior Design</b>	Tues	6.00 - 9.00	€150	10	14/09
44	<b>Screenwriting QQI Level 5</b>	Wed	7.00 - 9.00	€140	10	15/09

<b>Wellbeing &amp; Fitness</b>						
50	<b>Mindfulness (on-site)</b>	Mon	7.00 - 8.30	€90	8	13/09
	<b>Mindfulness (online)</b>	Mon	7.00 - 8.00	€60	8	13/09
51	<b>Qi Gong</b>	Tue	6.00 - 7.00	€60	10	14/09
52	<b>Qi Gong</b>	Tue	7.00 - 8.00	€60	10	14/09
53	<b>Strength &amp; Conditioning HITT</b>	Tue	6.00 - 7.00	€60	10	14/09
54	<b>Strength &amp; Conditioning HITT</b>	Tue	7.00 - 8.00	€60	10	14/09
56	<b>Nutrition</b>	Wed	7.00 - 9.00	€120	10	15/09

Code	Course	Day	Time	Fee	Wks	Start Date
57	<b>Pilates Beginners</b>	Wed	4.30 - 5.30	€60	10	15/09
58	<b>Pilates Beginners</b>	Wed	5.30 - 6.30	€60	10	15/09
59	<b>Pilates Beginners</b>	Wed	6.30 - 7.30	€60	10	15/09
60	<b>Pilates Improvers</b>	Wed	7.30 - 8.30	€60	10	15/09

<b>Language Courses</b>						
80	<b>Spanish Beginners</b>	Mon	6.00 - 7.30	€80	10	13/09
81	<b>Spanish for Travel</b>	Mon	7.45 - 9.15	€80	10	13/09
82	<b>IELTS</b>	Mon/ Wed	6.00 - 8.30	€120	10	13/09
83	<b>Italian Advanced</b>	Mon	6.00 - 7.30	€80	10	13/09
84	<b>Italian Intermediate</b>	Mon	7.45 - 9.15	€80	10	13/09
85	<b>French Beginners</b>	Mon	6.00 - 7.30	€80	10	13/09
86	<b>French Intermediate</b>	Mon	7.45 - 9.15	€80	10	13/09
87	<b>EFL Intermediate</b>	Mon	6.00 - 9.00	€160	10	13/09
88	<b>Russian Beginners</b>	Tues	6.00 - 7.30	€80	10	14/09
89	<b>Russian Continuation Beginners</b>	Tues	7.45 - 9.15	€80	10	14/09
90	<b>French Elementary</b>	Tues	6.00 - 7.30	€80	10	14/09
91	<b>French Improvers</b>	Tues	7.45 - 9.15	€80	10	14/09
92	<b>EFL Advanced</b>	Tues	6.00 - 9.00	€160	10	14/09
93	<b>Spanish Continuation Beginners</b>	Wed	6.00 - 7.30	€80	10	15/09
94	<b>Spanish Beginners</b>	Wed	7.45 - 9.15	€80	10	15/09
95	<b>Italian Upper Intermediate</b>	Wed	6.00 - 7.30	€80	10	15/09
96	<b>Italian Beginners</b>	Wed	7.45 - 9.15	€80	10	15/09

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

**OPEN DAY**  
Wednesday 19th January 2022  
11.00 AM - 3.00 PM  
All welcome

**Auctioneering Apprenticeship**  
**Business**  
**Criminology**  
**Psychology**  
**English - EFL**  
**Multimedia**  
**Marketing**  
**Social Studies**  
**Event Management**  
**Property**

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Ballsbridge College of Further Education  
Coláiste Breisoideachais Droichead na Dothra

# Adult Education Programme September 2021

**Arts & Crafts**  
**Maths for STEM**  
**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 is paramount and the College will comply with any social distancing measures the Government may introduce to reduce the spread of COVID 19.

This September, courses will be delivered either online or on site, depending on best advice from Government. Please note the different options in the listings – in some cases, these include a difference in class times and, as a result, different pricings.

### In the event of 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 the end of August through our college website, [www.ballsbridgecollege.com](http://www.ballsbridgecollege.com). Postal enrolment and payment by cheque and 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.jennyclary.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 Advanced Painting QQI Level 5

(Course Code: 02)

This QQI certified course is intended for those who have already done our Introduction to Acrylic Painting course, or those who have good experience of the fundamentals of painting. Participants will work on a number of painting projects, with input and instruction from the tutor. The work produced may be submitted for certification at the end of the course.

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

### Drawing for Beginners (Course Code: 03)

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/>*

### 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/>*

## Maths for STEM

### NEW Maths for STEM (Course Code: 10)

This course is designed for learners who wish to improve their competency and knowledge in mathematics particularly as it relates to work or study in the Sciences, Technology, Engineering and Mathematics (STEM) disciplines. The QQI accredited course (Maths for STEM- Award 5S2246), covers the following mathematical topics : 1. Mathematical Proficiency, 2. Number, 3. Set Theory and Logic, 4. Algebra, 5. Functions and Calculus, 6. Geometry and Trigonometry, 7. Probability and Statistics

The course is delivered over a 22-week period. Each week, students will attend a 2.5 hour class and undertake 3 hours per week of directed online learning.

## 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.*

### NEW QQI Level 5 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. Participants on this course may submit their work for QQI certification at Level 5.

*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.*

*In the event of classes taking place in the college, all students using college computers are bound to the CDETB computer and network users' policy which is available at registration.*

## 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.

**NEW Screenwriting (Course Code: 44)** This practical and creative course will look at approaches to scriptwriting in terms of structures and practices. It will cover character development, and the importance of writing for a specific audience in the fields of TV, radio, internet, feature & Short Films. Participants will learn to draft and revise scripts, and will produce a portfolio of work, which may be submitted for QQI certification. Pitching a script will also be covered.

## Wellbeing & Fitness

**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/>

**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.

**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.

**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!

**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.

## 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](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 **DELTA A1** examination in French Language. The **French Elementary (Course Code: 90)** group have the same opportunity to take the **DELTA A2** 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.