

## Enrolment

You may register and pay online at our website [www.ballsbridgecollege.com/apply-for-evening-class/](http://www.ballsbridgecollege.com/apply-for-evening-class/)

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, February 21st to Friday, February 25th, 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: [ballsbridgecollege.com](http://ballsbridgecollege.com)  
E-mail: [eveningadmissions@ballsbridge.cdetb.ie](mailto:eveningadmissions@ballsbridge.cdetb.ie)

Twitter: @Ballsbridge\_CFE  
Instagram: ballsbridge\_college\_fe

## Adult Education Programme January 2022

Code	Course	Day	Time	Fee	Wks	Start Date
<b>Arts And Crafts</b>						
001	<b>Introduction to Acrylic Painting</b>	Mon	6.00 - 9.00	€150	10	17/01
002	<b>Continuation Painting QQI Level 5</b>	Tues	6.00 - 9.00	€190	10	18/01
003	<b>Drawing Beginners</b>	Mon	6.00 - 7.30	€150	10	17/01
004	<b>Drawing &amp; Painting</b>	Tues	6.00 - 9.00	€150	10	18/01
005	<b>Creating Comics and Exploring Visual Narratives</b>	Wed	6.00 - 9.00	€150	10	19/01

### Computer and Photography Courses

020	<b>Digital Photography Beginners</b>	Tues	6.00 - 7.30	€90	10	18/01
021	<b>Digital Photography Advanced QQI Level 5</b>	Wed	7.00 - 9.00	€155	10	19/01
022	<b>Further Skills with Computers</b>	Wed	6.00 - 8.00	€120	10	19/01

### Lifestyle & Leisure

040	<b>Public Speaking (Hellfire Toastmasters)</b>	Tues	7.00-8.00	€60	10	18/01
041	<b>Interior Design</b>	Mon	6.00 - 9.00	€150	10	17/01
042	<b>Creative Writing QQI Level 5</b>	Tues	7.00 - 9.00	€140	10	18/01
043	<b>Screenwriting QQI Level 5</b>	Wed	7.00 - 9.00	€140	10	19/01
044	<b>Bridge Beginners</b>	Wed	5.30 - 7.15	€80	10	19/01

### Wellbeing & Fitness

050	<b>Yoga</b>	Mon	6.00 - 7.30	€90	10	17/01
051	<b>Yoga</b>	Mon	7.30 - 9.00	€90	10	17/01
052	<b>Mindfulness</b>	Mon	7.00 - 8.30	€90	8	17/01
053	<b>Strength &amp; Conditioning HITT</b>	Tues	6.00 - 7.00	€60	10	18/01
054	<b>Strength &amp; Conditioning HITT</b>	Tues	7.00 - 8.00	€60	10	18/01
055	<b>Nutrition</b>	Wed	7.00 - 9.00	€120	10	19/01
056	<b>Pilates Beginners</b>	Wed	4.30 - 5.30	€60	10	19/01
057	<b>Pilates Beginners</b>	Wed	5.30 - 6.30	€60	10	19/01
058	<b>Pilates Beginners</b>	Wed	6.30 - 7.30	€60	10	19/01
059	<b>Pilates Improvers</b>	Wed	7.30 - 8.30	€60	10	19/01

Code	Course	Day	Time	Fee	Wks	Start Date
<b>International Development</b>						
065	<b>LASC Latin American Development Issues (QQI Level 5)</b>	Tue	7.00 - 9.00	€140	10	24/01
<b>Languages</b>						
080	<b>Spanish Continuation Beginners</b>	Mon	6.00 - 7.30	€80	10	17/01
081	<b>Spanish Beginners</b>	Mon	7.45 - 9.15	€80	10	17/01
082	<b>IELTS</b>	Mon/ Wed	6.00 - 8.30	€260	10	17/01
083	<b>Italian Advanced</b>	Mon	6.00 - 7.30	€80	10	17/01
084	<b>Italian Intermediate</b>	Mon	7.45 - 9.15	€80	10	17/01
085	<b>French Continuation Beginners</b>	Mon	6.00 - 7.30	€80	10	17/01
086	<b>French Beginners</b>	Mon	7.45 - 9.15	€80	10	17/01
087	<b>EFL Intermediate</b>	Mon	6.00 - 9.00	€160	10	17/01
088	<b>Russian Beginners</b>	Tues	6.00 - 7.30	€80	10	18/01
089	<b>French Beginners</b>	Tues	6.00 - 7.30	€80	10	18/01
090	<b>French Improvers</b>	Tues	7.45 - 9.15	€80	10	18/01
091	<b>EFL Advanced</b>	Tues	6.00 - 9.00	€160	10	18/01
092	<b>Spanish Beginners</b>	Wed	6.00 - 7.30	€80	10	19/01
094	<b>Spanish Intermediate</b>	Wed	7.45 - 9.15	€80	10	19/01
095	<b>Italian - Upper Intermediate</b>	Wed	6.00 - 7.30	€80	10	19/01
096	<b>Italian - Continuation Beginners</b>	Wed	7.45 - 9.15	€80	10	19/01

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

**VIRTUAL OPEN DAY**

**Wednesday 19th January 2022**

**11.00 AM - 3.00 PM**

**All welcome**

**Register in advance:**

[www.ballsbridgecollege.com/open-day](http://www.ballsbridgecollege.com/open-day)

**Business**

**Criminology**

**Psychology**

**English - EFL**

**Multimedia**

**Marketing**

**Social Studies**

**Event Management**

**Property**

**HR**

**Health**

**Web Design**

Tel: 01 6684806  
Web: [www.ballsbridgecollege.com](http://www.ballsbridgecollege.com)  
E-mail: [info@ballsbridge.cdetb.ie](mailto:info@ballsbridge.cdetb.ie)



Ballsbridge College of Further Education

Coláiste Breisoideachais Droichead na Dothra

# Adult Education Programme

## January 2022

**Arts & Crafts**  
**Computer & Photography Courses**  
**Lifestyle & Leisure**  
**Well-Being & Fitness**  
**Languages**  
**International Development**

**City of Dublin Education & Training Board**

## A message to our community of learners:

Classes for all evening courses will be delivered onsite for the January 2022 term.

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

**Course Payment** We are pleased to inform our learners that online enrolment and payment is now possible for our evening classes. This is available through our college website at <https://www.ballsbridgecollege.com/apply-for-evening-class/>

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)** This 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 students will work on different skills, methods and techniques, such as perspective, colour mixing and paint application. The course subject matter will include landscape, still life and portraiture, and the work of famous artists' will be looked at 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 [www.jennycleary.com](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 [www.ballsbridgecollege.com/evening-classes](http://www.ballsbridgecollege.com/evening-classes)*

**Continuation 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 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 [www.jennycleary.com](http://www.jennycleary.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 [www.nicolasedgwick.com/](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 [www.ballsbridgecollege.com/evening-classes/](http://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 [www.nicolasedgwick.com](http://www.nicolasedgwick.com)

**NEW Creating Comics and Exploring Visual Narratives (Course Code: 05)** This is a busy course! Through the language of comics, this course will explore how we can tell complete, visual stories; just using a trusty pencil & paper! We will learn how the language of comics and sequential storytelling is actually one that evolved from our very first written forms of communication.

With this in mind each week we will delve into how comics function and complement a wide variety of genres, and also how they relate to other media – providing you with tools and tricks that you can adapt to understanding them, and your interests elsewhere. This will include: basic scriptwriting, shooting your own reference, understanding world-building and more!

*A list of materials for this course will be emailed to you on enrolment. It is also available on the college website [www.ballsbridgecollege.com/evening-classes/](http://www.ballsbridgecollege.com/evening-classes/)*

## Computer & Photography 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.*

**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 shoot 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 post-production 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.*

Students using college computers are bound to the CDETB Computer and Network Users' policy which is available at registration.

**Further Skills with Computers (Course Code: 22)** 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.

## Lifestyle & Leisure Courses

**NEW Public Speaking (in partnership with Hellfire Toastmasters (Course Code: 40)** We are delighted to present a course in Public Speaking, in partnership with Hellfire Toastmasters. The Course is aimed at those new to public speaking, as well as those looking to expand their existing ability. It will provide students with the necessary skills to speak with confidence while engaging any audience. The elements of public speaking from crafting a speech, to engaging an audience will be explored.

**Screenwriting (Course Code: 43)** 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 Level 5 Script Writing** 5N1897 certification. Pitching a script will also be covered.

While participants will be encouraged to participate as much as possible in a supportive and safe environment, at all times the participant may choose to speak as much or as little as they wish.

Participants are welcome to join a weekly meeting of Hellfire Toastmasters Club which will be held immediately after the scheduled course for no extra cost, giving participants a unique insight into the running of a Toastmasters meeting and the opportunity to hear some of the country's most experienced Toastmasters in action. At any point during the course, participants will also have the option to join Hellfire Toastmasters Club which is a fully affiliated club of Toastmasters International (a membership fee will apply).

**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 [cbai.ie/](http://cbai.ie/) *Bridge A game for life.*

## Wellbeing & Fitness Courses

**Yoga (Course Code: 50/51)** 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

**Mindfulness (Course Code: 52)** 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. **www.6thsenseworks.ie/**

**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.

**Nutrition (Course Code: 55)** 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.

**Pilates Beginners (Course Code: 56/57/58)** If you are new to the world of Pilates or you haven't done it for a while, this class is 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: 59)** 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!

## International Development

**Latin American Development Issues (Course Code: 65)** 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](http://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 (Course Code: 84)** and **Advanced (Course Code: 91)** 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 [www.ielts.org/test\\_takers\\_information.aspx](http://www.ielts.org/test_takers_information.aspx) for more information.

We are now also offering the **French Improvers (Course Code: 90)** group the option to register for and sit the **DELTA A1** examination in French Language. This test is administered by the Alliance Française Dublin and is internationally recognised.

See [alliance-francaise.ie/exams/delf/](http://alliance-francaise.ie/exams/delf/) for more information.

**Beginners Spanish (Course Code: 81/92), Beginners French (Course Code: 86/89) and Beginners Russian (Course Code: 88)** 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 also offering **Spanish Continuation Beginners (Course Code: 80), French Continuation Beginners (Course Code: 85)** and **Italian Continuation Beginners (Course Code: 95)**, designed for students who have already gained some knowledge of the language; **Spanish Intermediate (Course Code: 93)** (suitable for anyone who has completed a Beginners course); **Italian Intermediate (Course Code: 84)** and **Italian Upper-Intermediate (Course Code: 94)**, designed for students who have already built a good control of basic vocabulary and grammar and have developed basic conversation skills. We are 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: 90)** group the option to register for and sit the **DELTA A1** examination in French Language. This test is administered by the Alliance Française Dublin and is internationally recognised.

See [alliance-francaise.ie/exams/delf/](http://alliance-francaise.ie/exams/delf/) for more information.