

## Enrolment

You may register and pay online at our website <https://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 City of Dublin ETB, a copy of which is available from the Principal. A copy is also on display in the College foyer.

**How to get here:** City of Dublin FET College Ballsbridge Campus (Formerly 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:*  
**City of Dublin FET College Ballsbridge Campus (Formerly Ballsbridge College)**

Tel: 01 6684806  
Web: <http://www.ballsbridgecollege.com>  
E-mail: [eveningadmissions@ballsbridge.cdetsb.ie](mailto:eveningadmissions@ballsbridge.cdetsb.ie)

City of Dublin FET College Ballsbridge Campus (Formerly Ballsbridge College) takes no responsibility for errors or omissions in this brochure.

## Adult Education Programme January 2024

Code	Course	Day	Time	Fee	Wks	Start Date
<b>Arts &amp; Crafts</b>						
001	100 Illustrations	Tues	6.00 – 9.00	€180	10	23/01
002	Introduction to Acrylic Painting	Mon	6.00 – 9.00	€180	10	22/01
003	Drawing for Beginners	Mon	6.00 – 9.00	€180	10	22/01
004	Drawing & Painting	Tues	6.00 – 9.00	€180	10	23/01
<b>Lifestyle &amp; Leisure</b>						
040	An Introduction to Beekeeping	Wed	6.30 – 8.00	€70	6	24/01
041	Interior Design	Mon	6.00 – 9.00	€180	10	22/01
042	Creative Writing QQI Level 5	Tues	7.00 – 9.00	€150	10	23/01
043	Supervised Bridge Game	Mon	5.30 – 7.15	€100	10	22/01
044	Bridge Continuation Beginners	Mon	7.15 – 9.00	€100	10	22/01
045	Bridge Beginners	Tues	5.30 – 7.15	€100	10	23/01
<b>Wellbeing &amp; Fitness</b>						
049	Healthy Eating	Wed	6.30 – 8.30	€120	10	24/01
050	Yoga	Mon	6.00 – 7.30	€100	10	22/01
051	Yoga	Mon	7.30 – 9.00	€100	10	22/01
052	Mindfulness	Mon	7.00 – 8.30	€105	8	19/02
053	Yogafulness	Tues	6.30 – 8.00	€100	10	23/01
054	Pilates Beginners	Wed	4.30 – 5.30	€70	10	24/01
055	Pilates Mixed Abilities	Wed	5.30 – 6.30	€70	10	24/01
056	Pilates Improvers	Wed	6.30 – 7.30	€70	10	24/01
<b>International Development</b>						
070	LASC Latin American Development Issues QQI Level 5	Tue	7.00 – 9.00	€150	10	24/01

Code	Course	Day	Time	Fee	Wks	Start Date
<b>Language Courses</b>						
080	Spanish Continuation Beginners	Mon	6.00 – 7.30	€90	10	22/01
081	Spanish Beginners	Mon	7.30 – 9.00	€90	10	22/01
082	IELTS	Mon/Wed	6.00 – 8.30	€270	10	22/01
083	Italian Advanced	Mon	6.00 – 7.30	€90	10	22/01
084	Italian Intermediate	Mon	7.30 – 9.00	€90	10	22/01
085	EFL Intermediate	Wed	6.00 – 9.00	€180	10	24/01
086	EFL Advanced	Tues	6.00 – 9.00	€180	10	23/01
087	Spanish Pre-Intermediate	Wed	6.00 – 7.30	€90	10	24/01
088	Spanish Intermediate	Wed	7.30 – 9.00	€90	10	24/01
089	Italian Upper Intermediate	Wed	6.00 – 7.30	€90	10	24/01
090	Italian Continuation Beginners	Wed	7.30 – 9.00	€90	10	24/01
091	French Beginners	Wed	6.00 – 7.30	€90	10	24/01
092	French Continuation Beginners	Wed	7.30 – 9.00	€90	10	24/01

**Please Note:** No refund of fees is possible except in the case that a course does not form.

The College is closed for Mid-Term on **Monday, February 12th, Tuesday, February 13th and Wednesday, February 14th.**

We are also closed for the bank holidays on **Monday, February 5th and Monday, March 18th.**

The College is also closed for Easter from **Monday 25th March to Friday 5th April 2024. Classes resume week beginning Monday 8th April.**

**City of Dublin FET College Ballsbridge Campus**  
**Day-Time Full-Time courses**  
**QQI Level 5 & 6 programmes**

### OPEN DAY

Thursday 18th January

1.30pm-5.30pm

All welcome

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

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City of Dublin FET College Ballsbridge Campus  
(formerly Ballsbridge College)

# Adult Education Programme

## January 2024

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

**City of Dublin Education & Training Board**

## Arts & Crafts Courses

**NEW 100 Illustrations (Course Code: 01)**  
Welcome to the “100 Illustrations” course, a creative journey designed to unleash your artistic potential and redefine the boundaries of traditional art. This course focuses on cultivating creativity and exploring a myriad of artistic forms beyond the conventional.

The uniqueness of this course lies in the deliberate exploration of diverse techniques, starting from conventional methods like watercolor and charcoal and gradually transitioning to more unconventional and personally devised approaches.

Other techniques that may be used include Linocut, Cutouts, Fabric Painting, as well as Charcoal and Coupered Pencils.

Encouraging students to formulate their own techniques and styles is a key aspect, fostering a spirit of innovation. By the end of the course, participants will not only have expanded their technical repertoire but also cultivated a more open-minded and creative approach to the art-making process.

While the goal is set at around 100 illustrations, creativity takes precedence over quantity.

Illustrations range from simple to intricate expressions and transcend paper and flat surfaces.

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

**Introduction to Acrylic Painting (Course Code: 02)** 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 <http://www.jennycleary.com>

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

**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 available on the College website. 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 available on the College website. It is also available on the College website <https://www.ballsbridgecollege.com/evening-classes/>*

## Lifestyle & Leisure Courses

**NEW An Introduction to Beekeeping (Course Code: 40)** Bees have been on earth for well over 100 million years and in time they have developed a fascinating life style. Apart from humans, more books have been written about bees than any other animal on the planet. This course is an opportunity to learn about the fascinating life of bees, how they arrange their society, how and where they collect their food, how they look after their young, how they all work together in running the colony and how they divide up the jobs to be done in the colony. We are all familiar with honey but this is not the only product produced by bees. There are nine different products produced in a hive by the bees which can be offered for sale. But the greatest importance of bees to the world has nothing to do with what they produce. In the course of collecting their food, bees pollinate much of the food, fruit and seeds that we use to sustain ourselves. Bees are not the only pollinating insect we have but they are our number one pollinator. They are the only insect that can be kept in hives and moved to crops that need to be pollinated such as Oil Seed Rape and beans.

The course is divided up into classes of one hour duration with half an hour for questions afterwards.

1. The Occupants of the Hive.
2. Equipment for yourself and the bees.
3. Pests and diseases.
4. Managing your bees throughout the year.
5. Swarm control.
6. Harvesting the crop

## Interior Design (Course Code: 41)

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: 45)** is this term joined by **Bridge Continuation Beginners (Course Code: 44)** and a **Supervised Bridge Game (Course Code: 43)**. 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.*

## Wellbeing & Fitness Courses

**NEW Healthy Eating @ Home, Work & Play (Course Code 49)** This course will help participants choose the right balance of carbohydrates, protein & fat for meals and snacks from supermarkets, local shops, work canteens and exercise & sports venues. The objective of the course is to make convenient healthy changes in your food choices.

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

A very mindful & safe practice using a somatic approach in yoga which is more sensory based - mind-body connection. Please bring a set of yoga blocks & a yoga 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. <http://www.6thsenseworks.ie/>

## NEW: Yogafulness (Course Code: 53)

In this practical course, you will explore all dimensions of the human being in a positive, supported, holistic, and knowledgeable way.

What you will learn is based on Classical Yoga, adapted to the modern challenges of the 21st century. Here, the human being is approached as a whole, understanding the interconnectivity and interdependency of body, emotions, mind, and awareness.

By attending this course and mastering the execution of the taught techniques you will *enhance your cognitive functions* including memory and memory recall, mental clarity, attention, and processing speed, train your mind to stay focused for an extended period and *improve awareness of the self and mood.*

Learn tools to *reduce stress and anxiety* by reducing the levels of cortisol and adrenaline, regulating your heart rate, calm your mind.

Have *better sleep*, by releasing physical, emotional, and mental tension.

*Improve physical flexibility, strength and balance, respiratory function, digestive function, eyesight and boost your immune system.*

*Learn how to intentionally relax, focus, calm or increase your levels of energy and vitality, discovering how to regulate your inner chemistry.*

**Pilates Beginners (Course Code: 54)**

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 a strong body without having to lift weights and staying in the gym for hours and hours? This is the class to join.

**NEW Pilates Mixed Abilities (Course Code: 55)**

If you have already taken part in a Beginners group but want to remain at that level for a bit longer, this is the group for you.

**Pilates Improvers (Course Code: 56)** 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 at a higher level. Join me and not only feel, but also see your body changing day by day!

## International Development

**Latin American Development Issues (Course Code: 70)**

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 of development issues in Latin America and its current challenges. 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 equality and gender issues, trade trends and challenges, indigenous issues and citizen participation.

Participants will become familiar with the issues, how people in Latin America have responded to them, how these problems are 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: 85)** and **Advanced (Course Code: 86)** 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.

**Italian Continuation Beginners (Course Code: 90)** and **Spanish Beginners (Course Code: 81)** 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)**; **Spanish Pre-Intermediate (Course Code: 87)** (suitable for anyone who has completed a Beginners course); **Spanish Intermediate (Course Code: 88)**; **Italian Intermediate (Course Code: 84)** and **Italian Upper-Intermediate (Course Code: 89)**, 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.

**French** is returning this term at two levels - **Beginners (Course Code: 91)** and **Continuation Beginners (Course Code: 92)**.