City of Dublin FET College, Central Campus, Ballsbridge

Adult Education Programme

January 2025

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

City of Dublin Education & Training Board

Arts & Crafts Courses

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 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. ***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 available on the College website. ***https://www.ballsbridgecollege.com/evening-classes/***

Drawing and Painting (Course Code: 03)

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. ***https://www.ballsbridgecollege.com/evening-classes/***

Lifestyle & Leisure Courses

An Introduction to Beekeeping (Course Code: 40)

Bees have been on earth for well over 100 million years and in that 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: 44) is this term joined by **Bridge Continuation Beginners (Course Code: 43)** and a **Supervised Bridge Game (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.

Wellbeing & Fitness Courses

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/

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

Please bring a yoga mat with you to class.

Pilates Beginners
(Course Code: 54 & 55)
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.

Please bring a yoga mat with you to class.

Pilates Mixed Abilities
(Course Code: 56)
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.

Please bring a yoga mat with you to class.

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***

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: 86)** and **Advanced (Course Code: 87)** 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.

Spanish Beginners (Course Code: 89) is for those wishing to learn the basics of the language 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 culture involved.

This term we are also offering **Italian Continuation Beginners (Course Code: 91)** & **Spanish Continuation Beginners (Course Code: 88)**; **Spanish Pre-Intermediate (Course Code: 81)** (suitable for anyone who has completed a Beginners course) and **Spanish Intermediate (Course Code: 80)**; **Italian Intermediate (Course Code: 85)** and **Italian Upper-Intermediate (Course Code: 90)**, 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: 84)** for students who wish to further perfect their language skills.

Italian Advanced Level 2 (Course Code: 83) is for those who have at least 5 continuous years of Italian learning & practice.

French is returning this term at **Beginners (Course Code: 92)** level.

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, Central Campus, Ballsbridge is at the bridge end of Shelbourne Road. All city centre buses that pass through Ballsbridge pass right beside the College. The cross-city number S2 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 the 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, Central Campus, Ballsbridge

01 6684806
http://www.ballsbridgecollege.com
eveningadmissions@ballsbridge.cdetb.ie

City of Dublin FET College, Central Campus, Ballsbridge takes no responsibility for any errors or omissions in this brochure.

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 17th, Tuesday February 18th and Wednesday February 19th.

We are also closed for the bank holidays on Monday, February 3rd and Monday, March 17th.

Adult Education Programme
January 2025

Code	Course	Day	Time	Fee	Weeks	Start Date
Arts & Crafts						
01	Introduction to Acrylic Painting	Mon	6.00-9.00	€180	10	13/01
02	Drawing for Beginners	Mon	6.00-9.00	€180	10	13/01
03	Drawing & Painting	Tues	6.00-9.00	€180	10	14/01
Lifestyle & Leisure						
40	An Introduction to Beekeeping	Wed	6.30 – 8.00	€70	6	15/01
41	Interior Design	Tues	6.00 – 9.00	€180	10	14/01
42	Creative Writing QQI Level 5	Tues	7.00 – 9.00	€150	10	14/01
43	Continuation Beginners Bridge	Mon	5.30 – 7.15	€100	10	13/01
44	Bridge for Beginners	Mon	7.15 – 9.00	€100	10	13/01
45	Supervised Bridge Game	Tues	5.30 – 7.15	€100	10	14/01
Wellbeing & Fitness						
49	Healthy Eating	Wed	6.30 – 8.30	€120	10	15/01
50	Yoga	Mon	6.00 – 7.30	€100	10	13/01
51	Yoga	Mon	7.30 – 9.00	€100	10	13/01
52	Mindfulness	Mon	7.00 – 8.30	€105	8	13/01
53	Yogafulness	Tues	6.30 – 8.00	€100	10	14/01
54	Pilates Beginners	Mon	4.30 – 5.30	€70	10	13/01
55	Pilates Beginners	Wed	4.30 – 5.30	€70	10	15/01
56	Pilates Mixed Abilities	Wed	5.30 – 6.30	€70	10	15/01

Code	Course	Day	Time	Fee	Weeks	Start Date
International Development						
70	LASC Latin American Development Issues (QQI Level 5)	Tue	7.00 – 9.00	€150	10	14/01
Language Courses						
80	Spanish Intermediate	Mon	6.00 – 7.30	€90	10	13/01
81	Spanish Pre-Intermediate	Mon	7.30 – 9.00	€90	10	13/01
82	IELTS	Mon/Wed	6.00 – 8.30	€270	10	13/01
83	Italian Advanced Level 2	Mon	4.30 – 6.00	€90	10	13/01
84	Italian Advanced	Mon	6.00 – 7.30	€90	10	13/01
85	Italian Intermediate	Mon	7.30 – 9.00	€90	10	13/01
86	EFL Intermediate	Wed	6.00 – 9.00	€180	10	15/01
87	EFL Advanced	Tues	6.00 – 9.00	€180	10	14/01
88	Spanish Continuation Beginners	Wed	6.00 - 7.30	€90	10	15/01
89	Spanish Beginners	Wed	7.30 – 9.00	€90	10	15/01
90	Italian Upper Intermediate	Wed	6.00 – 7.30	€90	10	15/01
91	Italian Continuation Beginners	Wed	7.30 – 9.00	€90	10	15/01
92	French Beginners	Wed	6.30 – 8.00	€90	10	15/01

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

Arts, Humanities & Social Science
Business, including ESOL
Computing, Digital & Data
Creative Arts & Media
Property & Built Environment
Science & Health

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

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