

VHS INTERNATIONAL ENGLISH PROGRAM

SEPTEMBER 2018–FEBRUARY 2019

volkshochschule stuttgart
www.vhs-stuttgart.de



Did you know...?

Tag der Kulturen/World Cultures Day

A day trip around the world – it's possible, and it's super delicious as well! Tag der Kulturen is a colourful celebration of our world's various cultures, languages and people. In a vibrant atmosphere you'll have the opportunity to discover the unknown and learn more about what interests you most. More than 70 international and German cultural associations will offer a diverse and inspiring cultural program on several stages, inter-connecting generations and nations. Come and try delicious food from all over the world, get to know folkloric traditions and take a look beyond!

What? A global cultural experience for free!

When? Sunday 21st October 2018, from 12:00 am–07:00 pm

Where? TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

Sprachcafé/Language café

Are you learning another language and need to practise? Then circle the 20th of November in your calendar, since you'll pass by Rudolfs Café in Treffpunkt Rotebühlplatz at 7 pm and speak speak speak. This evening, the main focus will be on the languages Arabic, Japanese, Spanish, English und Russian. Speakers of other languages are welcome too!

What? The opportunity to speak your favourite languages!

When? Tuesday 20th November 2018, from 07:00–09:30 pm

Where? Rudolfs Café, TREFFPUNKT Rotebühlplatz 28,
70173 Stuttgart

American Days

From 16th–28th October it's time for the American Days! Be ready for the largest German-American culture festival in Germany and check out its huge variety of events on <http://american-days.org/>. If you love Jazz, join us for Storytelling: Jazz & Blues in St. Louis. Get to know more about... *the origins of Jazz & Blues *iconic personalities of the Jazz & Blues scene in St. Louis *well known songs and the lesser known stories behind them.

What? Talking about/Listening to Jazz
(course number 182-64784)

When? Tuesday 23rd October 2018,
from 06:00–09:00 pm

Where? TREFFPUNKT Rotebühlplatz 28,
70173 Stuttgart

Who? Herbert Coltrane and you!
For only 17.00 Euro



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Dear readers,

people of more than 180 nationalities live in Stuttgart and make it a vibrant global city with all the challenges and transformations of contemporary life. With an incredible variety of courses in over 35 languages, the large department of German as a foreign language, many cultural events and opportunities for education and training, and a very diverse, multilingual staff, the vhs stuttgart already represents the essence of our city and aspires to become a meeting point for the international residents and visitors, so that they can make Stuttgart their second home – even for a weekend! For this reason, it is great honor for me to introduce you to vhs international: the first English-speaking program of the vhs stuttgart aimed at expats and their families, foreign students and academics, visitors and world citizens of all nationalities that speak only English or prefer to communicate in English on a daily basis. Whether you are new in town or a local wishing to meet people of different cultures, a native English speaker or a non-native speaker, feel welcome to join the vhs stuttgart, one of the largest centers for adult education in Germany. In this brochure, you will find a wide range of courses and events in English for everyone: cooking classes, yoga and pilates, talks and sightseeing tours, special languages courses, IT courses, activities for kids, and much more,...

I wish you lots of success and fun learning with us!

Yours truly,

Dagmar Mikasch-Köthner

Introducing vhs international

Making education and culture accessible and affordable for everyone is the goal and core mission of the vhs, an institution for adult education preparing to celebrate its 100th anniversary in 2019. To mark this historic event, the vhs stuttgart is ready to launch its first English-speaking program for the international public of the Stuttgart region.

These courses are specifically designed for expats and their families, foreign students and academics, visitors and world citizens of all nationalities. If you don't speak German or you are not fluent yet, this program is right for you, as our courses are taught in English as a language of global communication.

We are confident that vhs international will be a great opportunity for everyone to learn something interesting and useful as well as build new meaningful relationships overcoming language barriers and cultural differences.

In this brochure, you will find course descriptions and details for the following categories: Body & Mind, Move it!, Taste the World, Exploring Stuttgart and the Region, Languages, Literature & Film, Rhythm & Music, Style & Personality, Arts & Crafts, Go digital, Talks.

Dr. Daniele Nuccetelli & Meike Klom

Body & Mind

On Healing and Living:

“Kitchen Table Wisdom – Stories That Heal”

by Rachel Naomi Remen

In this course we will read and discuss stories written by Rachel Naomi Remen, an American doctor and psychotherapist. Dr Remen’s unique perspective on healing comes from her first-hand experience as a professor of medicine and a long-term survivor of a chronic illness herself. By reading and commenting her heart-warming short stories we will learn more about the beauty of life, the struggle of coping with illness and loss, the fragility of being mortal.

182-10500

Dr. Hildegard Höfel-Wellner

Thu 18.10.–15.11.18 16.00–17.30, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 52.00 incl. course materials

Progressive Muscle Relaxation Training by Jacobson

Progressive muscle relaxation training (PMR) was developed by American physiologist E. Jacobson, but it has been modified over the years to make it simpler and more effective. Learning relaxation skills will help you to relax and deal with tension in everyday situations. PMR Trainings is easy to learn and It is very helpful in stress management.

Please wear comfortable clothes and warm socks and bring a blanket.

182-42557

Dr. Hildegard Höfel-Wellner

Thu 20.09.–22.11.18 09.30–11.00, 8 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 70.00

Qigong

With roots in Chinese medicine and spirituality, Qigong is a holistic system of body posture and movement used to maintain health and increase vitality. It comprises slow movements that are integrated with conscious breathing and focused attention. Anyone of any age or physical condition can do Qigong.

Please wear comfortable clothes, warm socks and bring a blanket.

182-44920

Sabine Kunz

Sat 10.11.–01.12.18 11.00–12.30, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 30.00

Yoga

182-45740

Laura Licker

Mon 08.10.–03.12.18 13.00–14.00, 8 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00

182-46050

Margareta Doris Wießmeier

Tue 18.09.–11.12.18 18.00–19.30, 12 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 89.00

182-46051

Margareta Doris Wießmeier

Tue 08.01.–22.01.19 18.00–19.30, 3 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 22.00

Lunchtime Fascia Training

Fasciae are sheets of connective tissue that stabilize and separate organs, muscles and bones. Healthy fasciae are relaxed and wavy. Tight and restricted, they can trigger back pain and lead to a tense shoulder girdle and neck. Regular fascia training helps to relieve muscle discomfort and adhesions by puncturing the connective tissue and stimulating the muscles. Fascia roll and balls are used as tools to help us keep a slim silhouette and maintain a youthful, vibrant body.

182-49001

Jennifer Lee-Hausser

Thu 27.09.–31.01.19 12.15–13.00, 15 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 60.00

Original Pilates in the Morning

The training can be traced back to Joseph Pilates and Romana Kryzanowska’s original method, which was developed at the beginning of the last century. It aims to improve flexibility and stability by strengthening the muscles, especially the torso-stabilizing muscles of the abdomen and lower back. It also enhances mental awareness and inner peace. Pilates exercises are based upon simple principles: breathing, flowing and centering.

182-49520

Christel Rehorn

Tue 18.09.–15.01.19 11.00–11.50, 15 x

vhs-studio, Fritz-Elsas-Str. 46/48, 70174 Stuttgart

EUR 70.00

Lunchtime Pilates

Pilates is a discipline designed to balance the development and control of the whole body. Performed on a floor mat, Pilates improves flexibility and stability by strengthening the muscles, especially the torso-stabilizing muscles of the abdomen and lower back. It also enhances mental awareness and inner peace. Pilates exercises are based upon simple principles: breathing, flowing and centering.

182-49580

Christel Rehorn

Mon 17.09.–14.01.19 12.10–13.00, 15 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 70.00

182-49605

Marion Deva

Fri 12.10.–21.12.18 13.30–14.30, 10 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 61.00

Pilates Workshop

Pilates is a discipline designed to balance the development and control of the whole body. Performed on a floor mat, pilates improves flexibility and stability by strengthening the muscles, especially the torso-stabilizing muscles of the abdomen and lower back. It also enhances mental awareness and inner peace. Pilates exercises are based upon simple principles: breathing, flowing and centering.

Please wear comfortable clothes and warm socks and bring a blanket.

182-49800

Simone Galkowski

Sat 01.12.18 and Sat 08.12.18 16.15–17.15

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00

At vhs stuttgart you can find courses and events in other languages, too! Visit our website www.vhs-stuttgart.de or pick up a copy of our main program!



Move it!

Zumba®

in Bad Cannstatt

Zumba is a Latin American-inspired dance-fitness-workout. Everybody can participate, regardless of their previous dancing experience and fitness level. Some people call Zumba a “secret” training session, because it’s so much fun you don’t even realize you’re actually working out. Cherry on top: it helps you boost your self-confidence and improves your well-being and overall fitness. You’ll love to be active, tone your muscles, get rid of some extra kilos and learn new dance steps!

182-51464

Arabel Valencia

Tue 18.09.–15.01.19 20.05–21.05, 15 x

Treffpunkt Bad Cannstatt, Kreuznacher Str. 13, 70372 Stuttgart

EUR 89.00

Taste the world

Italian Cooking Class: Pasta Amatriciana

After a devastating earthquake hit Central Italy and destroyed the old town of Amatrice in 2016, the pasta amatriciana has become a symbol of memory and resilience among Italians and lovers of Italian food around the world. Pour yourselves a glass of red wine and roll up your sleeves! In this cooking class you will cook and savor the authentic pasta amatriciana with an Italian chef.

182-10550

Sabrina Liberatori

Sat 03.11.18 11.00–15.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 35.00 incl. EUR 10.00 for food & drinks

An Introduction To “uisge-beatha” – Taste And Discover Whisky Superlatives

Learn how “uisge-beatha” (water of life) is produced (and pronounced), how the surrounding countryside and the maturation affects the whisky and creates a finished product with an almost endless range of taste and character. Why do some single malts taste smoky? Why do others taste of vanilla and honey? Enjoy an entertaining evening with interesting legends, facts and stories

about our 6 selected Single Malt Whiskys that we will be tasting while enjoying some beautiful views and music of Scotland and its distilleries. Identify which tastes have evolved during the maturation and learn how to drink whisky “properly”. Join us for an interesting, educational and sociable evening which includes a great deal of information about whisky, maybe a live song or two and lots of snacks.

182-10552

Mike Coils

Jörg Seher

Fri 09.11.18 18.00–22.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. whisky & snacks

Korean Cooking Class

Join us for a culinary trip to Korea and you will be soon able to cook a delicious Korean three-course meal by yourself! We will start with Kimchijoen, a traditional pancake with kimchi and bacon. The main course will be Korea’s renowned Bulgogi, tasty beef marinated in homemade sauce and served with vegetables and rice. And if you have a sweet tooth, you can’t miss Goguma Matang: fried sweet potatoes with crispy nuts on top! During the meal you will also learn interesting facts about Korean culinary culture and etiquette.

182-10554

Inhye Maugg

Tue 18.12.18 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00 incl. EUR 15.00 for food & drinks

Lebanese Cooking Class: History and Tasting

In this class you will learn about the culinary history of Lebanon, how the main dishes are prepared and served, and some basic rules of Arab hospitality and dining etiquette. You will also cook and taste some Lebanese specialties.

182-10555

Rana Nasser Köhler

Wed 19.12.18 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 37.00 incl. EUR 12.00 for food & drinks

Quick and Easy

No time for cooking, your kitchen is merely decoration, but you want to eat something other than take-out every day? In this course we will prepare several quick and easy meals that don’t need much more than a pot, a pan and a knife. Please bring a dish-towel, an apron and maybe some containers for leftovers.

182-53280

Brigitte Hillner

Fri 26.10.18 17.30–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 46.00 incl. EUR 12.00 for food & drinks

It’s the Season

In our course we will be cooking a (mostly) vegetarian menu using vegetables and fruits that are currently in season and grown locally. Enjoy them cooked, baked or raw, in a salad or a lasagne. Get tips on storage and preparation, where to shop and find out just how tasty veggies can be.

Please bring a dish-towel, an apron and maybe some containers for leftovers.

182-54000

Brigitte Hillner

Tue 16.10.18 17.30–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 44.00 incl. EUR 12.00 for food & drinks

Veganese Schwabinese

Swabian specialties go vegan! Yes, it’s possible... and it’s super delicious, too! In this course you will learn how to bake vegan apple pie and pudding bread. And don’t forget other classics of Swabian cuisine, like homemade lentils with Spätzle, Maultaschen with vegetable broth, potato noodles and sweet braided rolls! With only organic and regional ingredients our recipes will make your Swabian heart melt with taste.

182-54015

Christel Rehborn

Wed 24.10.18 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 44.00 incl. EUR 12.00 for food & drinks

Classics of Swabian Cuisine

They might sound weird to a non-German, but Schupfnudeln, Flädlesuppe and Ofenschlupfer are some of the tastiest classics of the Swabian cuisine. Would you like to learn how to prepare Swabian regional specialties? In English preferably? Then this course is just right for you! In a friendly atmosphere we will cook (and eat!) a three-course meal with drinks. This course is suitable for vegetarians too.

182-54260

Simone Hübener

Sun 20.01.19 12.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 47.00 incl. EUR 15.00 for food & drinks

Seychelles – a Taste of Paradise

The Seychelles are not only a dream destination for those in search of the lost paradise. Indian, European and African influences combined with the huge variety of fruits provided by nature have also created a unique cuisine. We will cook several curries with fish, chicken and vegetarian, combined with some side dishes and of course a tasty desert. The recipes offer you a nice variety, but are not too difficult to cook. The evening includes general information about the Seychelles. All ingredients are from organic agriculture.

182-54750

Rudolf Nawroth

Tue 27.11.18 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 46.00 incl. EUR 14.00 for food & drinks

Indian-German Fusion: Surprise, Health and Taste

It's the time of globalization. Our countries, people, technologies and culture are coming together, then why not our food too? Dash of Ayurveda (Science of Life), little bit of European palette and lots of health benefits – an amazing combination. Explore your taste buds with healthy, fast and satisfying recipes and discover a wonderful world of options for your everyday food, easy to make with ingredients available in your supermarket.

Welcome to the adventure of tastes. Die Kursleiterin spricht auch deutsch – für alle Fälle.

182-54970

Roshita Mishra

Sun 28.10.18 11.00–16.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 13.00 for food & drinks

Exploring Stuttgart and the Region

Diamonds in the Sky – Stars, Planets and All That

All hell is let loose in the sky. A close look reveals the details. This is accomplished by the use of the various telescopes of the observatory. As there are a fully mechanical Zeiss refractor of 7 inches aperture, a fully automatic apochromatic Starfire refractor of the same aperture, and a 16 inch Newton reflector. Stellar nurseries, double stars, open and globular clusters, remnants of dying and exploded stars and even distant galaxies are on the menu, remind us of our limited role in the universe and give us insight into the nature of stars, their birth, life and death, and the structure of our cosmic surroundings.

Warm clothes are strongly advised. In case of adverse weather conditions you will enjoy an astronomical presentation in the (heated) seminar room.

182-08342

Johannes Philipp

Fri 28.09.18 19.30–21.00

EUR 9.00

Meeting point: Sternwarte Stuttgart, Zur Uhlandshöhe 41, 70188 Stuttgart

(Limited parking solutions; we recommend U15 till Heidehofstraße, then 14-minute walk to Uhlandshöhe along Alfred-Lörcher-Weg)

Pearls of Architecture in the Swabian Metropolis

A City Tour following the Traces of Urban Development

The major square, Schlossplatz, illustrates well the architectural styles throughout the centuries and symbols of past and future. The new palace, home of the kings of Württemberg, and the contemporary art-gallery of the city of Stuttgart are only two of very strong contrasts along this impressive square.

On our tour we will pass by the Old Palace, the historical market-hall and the just recently opened urban quarter called „Dorotheenquartier“ next to the City Hall. We also won't miss out on the memorial of the Nazi Time in Stuttgart, Hotel Silber.

182-08540

Andrea Nuding

Thu 18.10.18 17.00–18.30

EUR 11.00

Meeting Point: Musikpavillon, Schlossplatz 9/1, 70173 Stuttgart

End of Tour: Dorotheenquartier

Languages, Literature & Film

A Sneak Peek of the Arabic Language

Do you consider the Arabic script beautiful, but also a complete undecipherable mystery? Then come and join this class! You will learn some basic Arabic phrases and get a sneak peek at its fascinating alphabet.

182-10635

Bashir Alshihabi

Tue 06.11.–20.11.18 18.00–19.30, 3 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 29.00 incl. course materials

Survival Chinese for Travelers: Language and Culture

Is the Chinese language really so difficult to learn? Can I pick up some basic Chinese on a weekend? Try it by yourself on this weekend and you will soon realize it's easier than you think! In this course you will learn frequent phrases and important information for your next trip to China.

182-10645

Xiang Ren

Sat 24.11.18 10.00–13.00

Sun 25.11.18 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00 incl. course materials

Survival Japanese for Travelers

Would you like to pick up some basic Japanese before traveling to Japan? Then this mini-course is just right for you! In two intensive lessons you will learn the most frequent phrases and important information about the country in order to get by during your stay in Japan.

182-10665

Yoshie Yamagishi

Sat 19.01.19 and Sat 26.01.19, 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00 incl. course materials

Globish: the Global Faces of English

English is not only a British or an American thing – there's much more than meets the eye! English is also the language of two billion people worldwide, native and second language speakers, who have stories to tell, dreams to achieve, and voices to be heard. This

course combines up-to-date topics of global and local interest with an interactive communicative method and aims to improve the students' abilities to listen, speak, read and write in English at an intermediate/upper-intermediate level.

182-64726

Dr. Daniele Nuccetelli

Thu 20.09.–06.12.18 18.00–19.30, 10 x

Wirtschaftsgymnasium West, Rotebühlstr. 101, 70178 Stuttgart

EUR 93.00 12 places

Italian for International Learners/Beginners I (A1)

Are you ready to enchant your lover on your next trip to Italy or impress your friends in your favorite pizzeria? This highly communicative beginner's course will be entirely taught in Italian and is specifically aimed at learners whose mother tongue is not German. From lesson one the only language spoken in the classroom will be Italian, while the important communication with the department can be carried out in English. Come and learn Italian in a truly international atmosphere!

Al dente 1 (A1), Libro dello studente + esercizi, casa delle Lingue edizioni, ISBN 978-3-12-525380-3

182-71650

Cinzia Pantalone

Wed 07.11.–06.02.19 19.40–21.10, 12 x

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 84.00

from Unit 1, Al dente 1 (A1), Libro dello studente + esercizi, casa delle Lingue edizioni, ISBN 978-3-12-525380-3

Spanish for International Learners/Beginners I (A1)

Don't miss the chance to learn Spanish in a uniquely international atmosphere! With more than 450 million speakers around the world and an incredible variety of cultures, there are hundreds of reasons to learn Spanish. From lesson one the language spoken in the classroom will be Spanish, while the important communication with the department can be carried out in English. This beginner's course is specifically designed for international learners who don't speak German as a first language.

182-76320

María Emilia Morales Vásquez

Wed 10.10.–05.12.18 19.40–21.10, 8 x

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 75.00 12 places

from Unit 1, ¡Nos vemos! Klett, ISBN 3-12-515020-1

Rhythm & Music

Sing in a Choir!

Everyone can sing... so why don't you join an international choir? In this course you will improve your singing skills thanks to a teaching method based on special techniques for the vocal chords and breathing exercises that will reduce fatigue and make you sing like a star!

182-10702

Ramona D'Uva

Sat 13.10.–10.11.18 10.00–13.00, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 74.00

Sing in a Choir: Christmas Carols

It's that time of the year again! Music is what makes this season so magical and Christmas carols fill the air with such a joyful atmosphere. In this course for old and young, we will learn and sing the most famous Christmas songs from all over the world in a polyphonic structure. Singing techniques and breathing exercises will also be taught.

182-10705

Ramona D'Uva

Sat 17.11.–08.12.18 10.00–13.00, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 74.00

K-Pop: Understanding the World Phenomenon from South Korea

With its catchy tunes and captivating dance routines K-Pop has moved far beyond the borders of South Korea and is now ready to take over the world. But the premature death of two young singers has also shown the darker side of the colorful Asian music industry. In this class we will discuss the history and development of Korean pop music, its importance and influence as a medium of soft power, the latest trends and consequences on teenager fans and performers.

182-10710

Inhye Maugg

Sat 01.12.18 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 14.00

Style & Personality

Leaving the Comfort Zone

Leaving your comfort zone provides new experiences and surprising insights, possibly also about yourself – like travelling, when you leave your home in order to explore unfamiliar countries. Whatever your individual challenge may be – learning a foreign language, coping with a new job situation, moving to a new place – it is probably associated with hopes and fears. On the one hand, it can be accompanied by feelings of uncertainty, on the other hand, it can be a source of inspiration. This workshop invites you to take a chance by leaving your comfort zone. Beyond the familiar, the adventure begins. Of course, we will also have a look at what provides orientation, stability, and security to you. The workshop encourages you to enrich your daily routine with new perspectives and life-enhancing experiences.

182-18720

Dr. Karin Herrmann

Tue 05.02.19 17.00–20.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

In cooperation with Carola Blume Women's Academy – for women only

“Be Fierce and Fabulous – Empower Yourself by Thinking Like a Drag Queen”

Drag queens are terrific role models for how to build confidence: they own the way they look, command attention and can shake off criticism with a flip of their wig. Drag is more than performance art; it's a way of thinking, because “we are all born naked and the rest is drag”. The course offers you a practical guide to grow by learning lessons taught by drag queens. You will learn five keys to channel your inner queen. Those are: creating the person you always wanted to be, power dressing and -posing, how to quiet inner and outer critics and why it's important to start taking small risks to boost yourself to taking even bigger ones. Additionally, all of the drag lessons will be rooted in today's psychology. Let's unlock your inner fabulousness and help you think like a fierce drag queen in everyday life – no wigs or stilettos required.

182-18740

Julia Victoria Pörschke

Thu 08.11.18 18.00–21.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

In cooperation with Carola Blume Women's Academy – for women only

Changes

An interactive morning in English with a potluck breakfast.

During this class, we will talk about and discuss “Changes”. We all experience different types of changes (privately, professionally...). Let’s explore what changes are, how women are handling them, and what impact they have.

In a relaxed, open atmosphere you are invited to take an active part in the discussions, share your experiences and ask questions. Let’s go on a fun and informative journey during our morning and discuss how various change effect women today. In between our activities we will enjoy a breakfast with good food and coffee/tea. Please bring a favorite dish or breakfast item to share with the group.

182-18750

Gabriele Simon

Fri 11.01.19 09.30–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 21.00 incl. EUR 3.50 for coffee/tea

In cooperation with Carola Blume Women’s Academy – for women only

At vhs stuttgart you can find courses and events in other languages, too! Visit our website www.vhs-stuttgart.de or pick up a copy of our main program!



Arts & Crafts

Sewing Basics

This course will cover everything you need to know about the sewing machine: How to install a bobbin, adjust and thread the machine, and when to use the different stitches. Learn about fabric, patterns, pinning and cutting. Your project will be to complete a Reversible Tote Bag!

Please bring fabric scissors, pins, measuring tape, a note pad and a pen. There are sewing machines available for you to use, but you can as well bring your own sewing machine.

182-10760

Arabel Valencia

Sat 24.11.–15.12.18 10.00–13.00, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 75.00

Pattern Making and Sewing

In this course you will learn how to take body measurements, trace a basic skirt pattern with cutting and stitching lines, notches, darts and fabric preparation. At the end of the class you’ll be able to make different basic alterations. Your project will be to create a pattern and sew a skirt with your own style and size.

Please bring fabric scissors, pins, measuring tape, a note pad and a pen. There are sewing machines available for you to use, but you can as well bring your own sewing machine.

182-10765

Arabel Valencia

Wed 09.01.–30.01.19 18.15–21.15, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 75.00

Create Your Own Greeting Card – Hand Lettering for Kids (8–12 ys.)

Would you like to create a personal greeting card for your friends or family? Together we will write a nice text and draw or paint a fitting illustration. The envelope will be beautifully decorated, so that you can send your greeting card to a special person.

Please bring: 1 x HB pencil, 1 x 15 cm ruler, 1 x eraser, 1 x black Stabilo Point 88, 1 x black Tombow Brush pen and 2 x other colours of your choice, 2 x white envelopes size A6, 2 x white card stocks size A6, 1 x set of acrylic paint and a paintbrush (optional).

182-10805

Yolande Hennig

Sat 17.11.18 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 19.00

Watercolor Painting in English

The nature and essence of watercolour is in its spontaneity, the swift seizure of a single impression. I admire, paint and teach watercolors that are spontaneous and free, and infuse the viewers with the feeling of what they see. Come and join me for the journey into watercolor painting, while refining your English speaking skills during this workshop! Through different projects we will cover most watercolor techniques, materials as well as some basics of colour theory, drawing, perspective and composition. This class is designed as an introduction to watercolor to novice painters as well as artists working in different mediums or watercolour. All painting skills levels are welcome!

Please bring: watercolor pad, watercolors (aquarelle!), watercolor brushes in different sizes, pencil, eraser, sponge or rag, water container

182-36640

Anna Afshar

Sat 13.10.18 10.00–17.00

Sun 14.10.18 10.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 84.00

Go digital

Turn Your Handwriting into a Font

You always dreamed of typing your own handwriting on the computer? Then join us and create your own font in this fun and straightforward workshop. You will first learn how to write your letters, then scan them and finally how to upload them to be used for any project you like (greeting cards, invitations, thank you note and much more...).

Please bring: 1 x HB pencil, 1 x 15cm ruler, 1 x eraser, 1 x black Sharpie Fine Point or 1 x similar fine black marker.

182-10880

Yolande Hennig

Sat 20.10.18 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 19.00

Create Your Christmas Greeting Card with Adobe Illustrator

Workshop

Learning Adobe Illustrator can be sometimes daunting...pretty much like Christmas shopping! In this beginner's class, you will learn how to draw a Christmas greeting card, scan your drawing, digitalize it and colour it in Adobe Illustrator. Merry Christmas!

Please bring: 1 x HB black pencil, 1 x eraser, 1 x black Sharpie Fine Point Marker or 1 x Black Stabilo pen 68, 5 x white A4 Paper

182-10885

Yolande Hennig

Sun 02.12.18 10.00–17.00

vhs-studio, Fritz-Elsas-Str. 46/48, 70174 Stuttgart

EUR 37.00

Introduction to Programming

This course helps you with your first steps into computer programming and provides you with a solid foundation to build on. The course has no prerequisites except for basic handling of a computer desktop. You will learn all the basic elements that are common in almost all programming languages. The course will cover the following topics:

- Programming languages and different categories
- Programming tools
- Program idea, planning and implementation
- Making up programs from structograms
- Basic language elements: variables, instructions, flow control

The programming language used in the course will be Java or JavaScript. All tools used in the course are available free of charge.

Requirements:

- General computer knowledge
- Good English skills

182-96010

Uwe Mock

Wed 07.11.–14.11.18 18.00–21.15, 3 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 135.00

ESF-Fachkursförderung möglich/ESF financial support possible

Starting with Java

Java is the most popular programming languages, and it enables you to create standalone application programs as well as mobile apps for the Android operating system. The Java standard library contains a variety of ready-made building blocks that help you build powerful applications in less time. This course concentrates on the topic of Object Oriented Programming (OOP) and its application in the development process. All necessary tools are freely available on the Internet, so each participant can download all required components on his own computer at home.

This course contains support through the vhs-community, an online learning platform that allows participants to stay connected beyond the course hours. The online platform also provides supportive material, such as exercises and downloadable content.

Requirements:

The course "Introduction to programming" or similar knowledge. Since the seminar takes place in English language, good English skills are required.

182-96040

Uwe Mock

Sun 20.01.–10.02.19 10.00–17.15, 4 x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 270.00

ESF-Fachkursförderung möglich/ESF financial support possible

Talks

Camino de Santiago – The Pilgrimage Route from Germany to Santiago de Compostela

Inspired by countless travel books, in 2015 the speaker of this talk embarked on a long journey on foot from South Germany to Santiago de Compostela and followed the pilgrimage route along 2,500 km from his home town of Freiburg. In this talk he will discuss the challenges faced by pilgrims, encounters with fellow pilgrims looking for answers on the road to Santiago, discoveries and insights to share with those wishing to take such a life-changing trip.

182-11080

Andreas Tomsche

Fri 30.11.18 20.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 8.00

Tickets can be purchased at the box office.

Hiking through Patagonia

Patagonia is known for its pristine nature, long distances and the sparse population. The speaker hiked in 2015/2016 more than 3 months through the lonely and stormy landscape of Patagonia, the southern part of Argentina and Chile. Mostly by himself, on foot and with the tent on his back, he experienced what true solitude in nature can mean. He walked on the famous street of the South, "Carretera austral", and passed through the biggest private national park in the world. Seeing the pictures of this wonderful trip, you'll get a first-hand impression of beautiful Patagonia, often referred to as "tierra magica".

182-11340

Andreas Tomsche

Fri 14.12.18 20.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 8.00

Tickets can be purchased at the box office.

Extract from the

General Terms and Conditions for the volkshochschule stuttgart

The full terms and conditions can be found on www.vhs-stuttgart.de/agb/ (German language)

General Terms and Conditions

These terms and conditions apply to all course registrations and are automatically accepted upon registration. We do not assume liability for the accuracy of the information printed in the course catalogue.

1. Contract Conclusion

A contract is entered into upon a course registration being taken by volkshochschule stuttgart. Should a participant register for a follow-on course through the Weitermeldeliste handed out in class, this registration is binding. .

2. Fees

The fees are due by the first day of the course, with the exception of specific foreign language courses (paragraph 12), for integration courses (paragraph 13) and for excursions (paragraph 14) for which other rules apply. Payment is generally by direct debit or in cash upon registration at TREFFPUNKT Rotebühlplatz. A course taking place is not dependent on when the course fee was collected by volkshochschule Stuttgart. Should a third party be paying the course fee (e.g. employer), the payer needs to sign a Third Party Payment Declaration. Should courses go over multiple semesters, the registration is for the complete offering. In these cases, it is in principle possible to pay in instalments. This requires payment to be made by SEPA direct debit and for a SEPA direct debit mandate to be completed. Further details are available for the specific courses in question. In the case of a chargeback, the participant/the payer is liable for the costs incurred.

3. Reductions

Multiple reductions cannot be applied.

3.1 Reductions cannot be made on the following offerings:

- Events costing EUR 10 or less.
- Individual tuition
- Field trips, learning holidays and walks (excursions)
- Examinations
- Courses offered by the Kursleiterakademie
- Events offered in conjunction with partner organisations
- Courses lasting multiple semesters (e.g. traineeships and other qualifications) could be subject to different rules which will be set out in a separate contract.
- Offerings explicitly aimed at children and youth up to 17 years which already have a reduced fee. The Bonuscard can still be used on such offerings.
- Offerings for which existing financial support can be applied for (e.g. Meisterbafög).
- Registrations onto courses for which the fee is paid either in full or in part by a firm or other institution (Third Party Payment Declaration).
- Costs reimbursed for retraining as per SGB III (backed by the Bundesagentur für Arbeit). Official information on this is available from vhs stuttgart administration staff and from the Bundesagentur für Arbeit.
- Learning materials (textbooks, course documents, materials etc.)

An exception may be made in individual cases (e.g. in financial or family hardship cases). Please contact the relevant departmental manager for further details.

3.2 Group A: 10% Reduction:

Valid, relevant proof of status or ID must be shown at registration. This reduction applies to:

- Children/youth up to 17 years of age
- School children
- Trainees
- Interns
- Au-pairs
- Students with a German or international university ID card
- Voluntary Governmental Service
- Gap year working in social or environmental care or similar
- Pensioners entitled to housing benefit (Wohngeld)

3.3 Group B: 25% Reduction:

Valid, relevant proof of status or ID must be shown at registration. This reduction applies to:

- People with a degree of disability of at least 50%

3.4 Group C: 40% Reduction:

Valid proof of status (Notice of entitlement ((Leistungsbescheid)) issued within the last three months) to be shown at the registration offices at TREFFPUNKT Rotebühlplatz, in Bad Cannstatt or in Veranstaltungszentrum Ost. This reduction applies to:

- Unemployed persons receiving financial support from the Bundesagentur für Arbeit.
- Recipients of support as per SGB II and SGB XII (Bonuscard)

5. Payment of Fees

The course fee is due by the first day of the course (with the exception of the cases detailed in paragraphs 12 and 13).

8. Proof of Participation/Attendance List

If requested, volkshochschule stuttgart will issue a proof of participation slip once the course has finished. Eligibility for this is course attendance of at least 80%. Regular attendance is determined by consulting the attendance list (courses, seminars, lecture series, workgroups).

9. Minimum Number of Participants

In general, for a course to be carried out, a minimum number of participants must have registered before the beginning of the course. Should this minimum number of participants not have been reached, offerings may be carried out in a shortened form, under consideration of the overall concept and planned content. Participants who are not satisfied with the way the course has been shortened may withdraw from the course in writing. These will have the course fee refunded. Due to organisational and content-specific factors, courses which have not reached the required minimum number of participants may also be carried out if the participants are willing to pay a surcharge. The decision as to whether a course is to be shortened or whether participants should be asked to pay a surcharge is taken by the relevant departmental manager.

10. Late Entry onto Course

Late entry onto a course is only possible in courses comprising at least ten sessions. Entry must be no later than the third session and the full course fee is to be paid.

11. Changing Course

Changing to another course is permitted once up to three working days after the first session. This applies to courses of ten sessions or more.

12. Foreign language courses

In foreign language courses comprising eight sessions or more, the invoice will generally be sent out after the first three appointments.

13. German as a Foreign Language/German and Integration

In contrast to paragraph 2 of these terms and conditions, the fees for integration courses are due two weeks before the start of the course and will generally be collected at this time by SEPA direct debit. It is also possible to pay in cash at TREFFPUNKT Rotebühlplatz.

14. Excursions

Should volkshochschule stuttgart only be acting in the role of an intermediary for such excursions, the rules stipulated by the travel agency/contractor apply.

16. Withdrawing from Course/Refunds

- a. volkshochschule stuttgart is entitled to withdraw from its contract should a lecturer not be available, or for another valid reason. In this situation, any payments already made will be refunded. Course fees made by SEPA direct debit shall be transferred back. Course fees paid in cash will be credited to the payer's vhs account and, if desired, paid out in cash at TREFFPUNKT Rotebühlplatz upon presentation of a national ID card, driving licence or passport. No further claims may be made against volkshochschule stuttgart.
- b. The participant must give notice of their intent to withdraw from a course in writing or by telephone at least six working days before the course begins. Not attending a course does not count as de-registering. Should the course information in the course catalogue stipulate different rules for de-registering, these take precedence. volkshochschule stuttgart must receive this notice to withdraw before the deadline has elapsed.. There is no refund of course fees when withdrawing later than the deadline. Cash refunds can only be made at the registration desk in TREFFPUNKT Rotebühlplatz.
- c. Informing the lecturer of an intention to leave the course is invalid
- d. Special rules apply to courses going over multiple semesters (traineeships and qualifications), courses offered by the Frauenakademie, excursions, and adult music lessons. Details available from the relevant department.
- e. Special rules and cancellation fees apply to German and integration courses, including exams.
 - A notice to withdraw must be made in writing at least 15 workdays before the course begins
 - Should a participant not turn up to a German exam without having cancelled in the required time frame, there will be a cancellation fee of 30 EUR. The same applies to cancellations made after the cancellation deadline.

18. Liability

volkshochschule stuttgart is only liable in cases where it can be shown that it or its agents have acted with gross negligence or intent. Conversely, volkshochschule stuttgart is liable in the case of death, injury to body or health or for major breach of contract if simple negligence can be shown.

26. Final Provisions

These Terms and Conditions render all earlier versions null and void.

Last updated: May 2018



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facebook.com/vhsstuttgart
instagram.com/vhs_stuttgart

 **vhs** | LIKE TO LEARN

Ansprechpartner/innen/Info and Advice

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Anmeldung für Kurse/Registration

volkshochschule stuttgart
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Fax 0711 1873-709
info@vhs-stuttgart.de



volkshochschule stuttgart
Postfach 10 49 54
70043 Stuttgart

Please send this card to the address on the left or fax it to
 0711 1873-858

Yes, I am willing to be contacted with information on current events and courses offered by vhs stuttgart (e.g. via Newsletter). I can withdraw this consent at any time by post, fax, telephone or email.

E-Mail _____

Telephone (during the day) _____

Postcode and Town/City _____

Street _____

Date of Birth _____

Name _____

Surname _____

Sender Ms. Mr.

Registration

If participant and payer are the same person, please use this registration card.

With the exception of: Children up to 18 years of age

Should the person paying not be the person participating in the course, please complete a Third Party Payment Declaration.

(Kostenbermahmeerklärung). This form can be found on www.vhs-stuttgart.de ▶ Downloads

SEPA direct debit mandate: Authorisation to collect funds through SEPA direct debit

Course number _____

Name of course _____

Fees _____

EUR _____

Name _____ Surname _____

Date of Birth _____

I hereby authorise volkshochschule stuttgart, Fritz-Elsas-Str. 46/48, 70174 Stuttgart, to collect funds from my account through SEPA direct debit. At the same time, I hereby instruct my credit institute to pay out funds to volkshochschule stuttgart through SEPA direct debit. With my course registration I hereby accept the General Terms and Conditions of volkshochschule stuttgart. The creditor ID number for volkshochschule stuttgart is DE54VHS00000005884, a customer reference number will be printed on the invoice.

BIC: _____ (8- oder 11-digits) _____ (22-digits) IBAN: _____

Yes, I agree to my personal data being collected, processed and used for registering, carrying out and invoicing courses. I can withdraw my consent to this at any time without being disadvantaged.
 My privacy is assured. Data will not be passed onto third parties except for those necessary for the course to be carried out, e.g. course teachers.

Place _____

Date _____

Signature _____