



NUI Galway  
OÉ Gaillimh

# LEARN

WITHOUT LIMITS

- + Part-time
- + Flexible
- + Online
- + Connected
- + Career
- + Opportunity



SHORT COURSE SERIES

# SHORT COURSES START WEEK OCTOBER 1ST 2018

## ○ **Monday 7-9pm**

Introduction to Genealogy  
Introduction to  
Western Philosophy  
Introduction to Herbs  
and Nutrition

## ○ **Tuesday 7-9pm**

Introduction to Russian  
Beginners Italian  
Introduction to Astronomy  
Appreciation of Poetry  
Introduction to Screenwriting  
Decoding Irish Place Names

## ○ **Wednesday 7-9pm**

Brush up your German  
Brush up your French  
Brush up your Spanish  
Europe between the Wars  
Irish Literature  
World Cinema

## ○ **Thursday 7-9pm**

Bees and Beekeeping  
Brush up your Italian  
Improvers Russian  
Creative Writing  
Archaeology of  
Prehistoric Ireland

## ○ **Saturday 10-4pm**

Mindfulness in Action  
Community Development

# SHORT COURSE SERIES AUTUMN 2018

The Centre for Adult Learning and Professional Development continues to offer its Short Course Series commencing October 2018. Courses consist of 8 weeks of lectures in a number of general interest areas including Literature, Writing, Film Studies, Philosophy, History, Languages, Astronomy and many others. These courses are particularly suitable for candidates who have never had an opportunity to study a particular subject area before and wish to gain a deeper insight into a discipline that already interests them. Whatever your motivation, you are sure to meet interesting people to discuss your ideas with, find out more about your subject area and also experience the world of lifelong learning.

You are encouraged to browse through the short courses on offer and to contact the Centre for Adult Learning and Professional Development at the number provided if you require any further details.

## COURSE FEE

€125 per course

If you are a full time student, senior citizen or unemployed you may apply for the discounted fee of €85. You must provide supporting documentation with your application.

## CANCELLATIONS

Please note that our courses require a minimum number of

enrolments. Courses that do not reach this will be cancelled. Applicants will be offered an alternative course or will be refunded the course fee. To avoid not being able to enrol on a course through oversubscription or cancellation please apply as early as possible.

## REFUNDS

Refunds are normally only available if we have to cancel a course. It is in this regard that you are requested to inform yourself of the content of the course before enrolment.



## HOW TO APPLY

### Online

Book and pay for a course online with your credit or debit card. Full fee only.  
[www.nuigalway.ie/shortcourses](http://www.nuigalway.ie/shortcourses)

### By Post

Complete the Application form at the end of the brochure or download it

from the website and return it with a cheque for the fee, made payable to NUI Galway (including your supporting documentation for discounted fee).

**Application closing date Wednesday  
26th September 2018**

# HISTORY ARCHAEOLOGY

## HISTORY

**Monday:** Brid Higgins

### Introduction to Genealogy

Many of us are now interested in starting our own family tree. There is nothing more rewarding than finally stumbling upon those elusive ancestors, or discovering you have additional branches to your family that you did not know existed. There is a sense of excitement attached to this ever increasing interest and hobby. It is almost a compulsion of sorts to want to continue on your quest to find more and more family relatives. This course is aimed at the beginner in family history research and will introduce the fundamental steps you need to undertake your family tree. It will guide you to sources that you need to research to start your own tree. It begins by defining primary and secondary sources and explains administrative divisions used in the past that most primary sources were based upon. The different primary genealogical sources are then examined: Census Records, Church Records, Civil Records, Land Records, Folklore / Oral History and Newspapers. The course will also include information on researching online and documenting your research.

**Tuesday:** Dr Liam Ó hAisibéil

### Decoding Irish Place-names

This course provides an introduction to the study of Irish place-names, focusing on the origins, functions, meanings and linguistic development of place-names on this island. The course will outline the various social and cultural influences that can be evidenced by names and naming patterns, in both historical and contemporary contexts. The aim of this course is to enable students to engage with the onomastic heritage of their own

area, and to be able to decode the meaning and structure of names from their anglicised forms. The course also seeks to develop the research skills of participants, presenting information on historical sources, mapping and field-work, while engaging with major scholarly works on names and naming practices which have been published over the past 150 years. A visit to the Special Collections Reading Room at James Hardiman Library will feature as part of the course.

**Wednesday:** Dr Mark Phelan

### Europe between the World Wars, 1919-1939

This course examines European developments between the First and Second World Wars. Towards assessing the 'inevitability' of the latter conflict, lectures will examine the Versailles peace settlement in detail, and account for the rise of the inter-war European dictatorships. Toward explaining the inner-workings of the Nazi, Soviet, and Fascist dictatorships, classes will focus on the peculiar personalities of the key individuals – Hitler, Mussolini, and Stalin – synonymous with the 'Age of Totalitarianism'. Additionally, lectures will summarise developments in the so-called 'Successor States' (Poland, Czechoslovakia, Yugoslavia, et al); investigate the pressures affecting the established 'Great Power' democracies of Great Britain and France; and reflect upon the tragedy that was the Spanish Civil War (1936-39).

## ARCHAEOLOGY

**Thursday:** Dr Noel McCarthy

### The Artefacts and Archaeology of Prehistoric Ireland

Spanning the millennia from c.8000 BC to AD 500, this course will identify and discuss the developments in society and technology that occurred through the prehistoric period of Ireland's past. Using the artefacts and archaeology of the time a range of subjects will be discussed.

The course will begin with the arrival of people into Ireland after the last Ice Age and their use of early stone tools, through to the construction and use of megalithic monuments. Metal will be with regard to the use of these new materials, the development of particular artefact styles, as well as the changing role of objects and individuals in society. The masterworks of the Bronze Age goldsmiths will be viewed in light of their form and function, as will the monuments constructed during the period. Changes in society throughout prehistory will also be analysed; particularly regarding attitudes toward the physical landscape, the construction of spectacular ritual monuments and the rise of powerful elites.

**These short courses provide a wonderful way to get into a new subject or deepen your existing knowledge of the area.**

# LANGUAGES



## LANGUAGES

**Tuesday: Ludmila Snigireva**

### Introduction to Russian

This course is suitable for students who may have some or no knowledge of Russian. It will focus on the Russian alphabet, the ability to read simple texts, and asking and answering questions based on everyday situations. A variety of learning activities will be used throughout the course which will expand your vocabulary and develop your communication skills. If you plan a trip to Russia for business or pleasure, you will not be lost! You'll be able to ask for directions, order a meal and engage in basic conversation.

**Thursday: Ludmila Snigireva**

### Improvers Russian

This is a course for those who have a basic knowledge of Russian including the Russian alphabet, the ability to read simple texts, and asking and answering questions based on everyday situations. A variety of tasks will be employed to revive and revise your prior basic knowledge of the language. This short course will further enhance

your vocabulary and develop your communication skills. A variety of exercises and situations will be used in each class which will help you to communicate simple and routine tasks requiring you to use vocabulary and phrases already learned by you in active, real-life situations.

**Tuesday: Anastasia Beltramell**

### Italian for Beginners

This informal course is intended for those who are learning the Italian language for the first time, allowing you to start to communicate. None or little previous knowledge of Italian is required. The aim of this course is to enable students to feel confident in communicating in everyday situations with Italian native speakers and to give insights into the Italian culture and way of life. Among the main topics covered are greetings/introducing oneself, giving and asking for personal information, talking about work, daily routine, asking and giving directions, talking about events in the past and in the future etc. The course will also cover the main grammatical points which include the alphabet, nouns and gender, articles, regular and irregular verbs, present

tense, pronouns, prepositions, adjectives, adverbs etc. Participants will be encouraged to engage in various dynamic activities such as role plays, discussions, writing compositions, reading comprehensions, pair or group work. A comfortable and enjoyable learning experience is guaranteed!

### BRUSH UP YOUR ....

German-Wednesday  
French-Wednesday  
Spanish-Wednesday  
Italian-Thursday

These informal courses taught by native tutors are for you if you have an advanced beginner/intermediate level (A2/B1) in French, German, Italian or Spanish and if you want to improve your communicative skills, expand your vocabulary and if you want to learn and talk about the country's lifestyle, culture, history, politics, literature, art or music. Each week will focus on a different topic that you will prepare beforehand. A variety of tasks will be employed to revise and consolidate your prior knowledge of the language and each lesson incorporates sufficient time for feedback on grammar and pronunciation.

# FILM STUDIES LITERATURE | POETRY

## FILM STUDIES

**Thursday:** Dr Veronica Johnson

### Introduction to World Cinema

This course will examine films by some of the best directors in world cinema. It will explore the context of making films in various parts of the world including Russia, Africa, America and various European countries with a great tradition of film making including France, Sweden, Germany, Italy, Poland and Spain. Directors whose films we will explore in this course include Ingmar Bergman, Pedro Almodovar, Jean-Luc Godard, Andrei Tarkovsky and Wim Wenders amongst others. As well as analysing the great films from these directors, we will also look at the history surrounding the making of the films and the directors' personal vision.

## LITERATURE

**Wednesday:** Martin Keaveney

### Introduction to Irish Literature

This carefully structured course is a general introduction to critically reading some of Ireland's best known literature in the context of a progressing Ireland and also focussing on the locations of the novels. We will begin at the turn of the 20th century with Mayoman George Moore's *The Untilled Field*, then proceed through the next century with Joyce's *Dubliners*, McGahern's *Amongst Women*, set in the midlands, and Pat McCabe's *The Butcher Boy* as a representative of Ulster. We conclude with newer works in Claire Keegan's *Foster*, set in Wexford, Ann Enright's *Limerick* in The Green Road, Eimear McBride's west of Ireland background of *A Girl is a Half-Formed Thing*, and Galway's Mary Costello who provides an Irish narrator in *New York*. By the end of the course, participants will have read and discussed a number of Ireland's best known authors and critically analysed their geographical settings and foundations. An exciting new course which would be ideal for the literary enthusiast or anyone preparing to study English at third level.

## POETRY

**Tuesday:** Dr Emily Cullen

### Appreciation of Poetry

Luxuriate in the power of poetic language and imagery while engaging with some of the finest poetry written since the start of the twentieth century up to the present day. This course offers an appreciation of modernist and contemporary poetry through the close reading and enjoyment of the written word. Students will learn ways to approach poems with confidence and to attune to their rich insights. In so doing they will gain a foundational knowledge of modern poetry in its cultural and historical contexts. Works by a variety of Irish and international writers, including Louis MacNiece, William Carlos Williams, Pablo Neruda, Frank O'Hara, Elizabeth Bishop, Paula Meehan and others will be explored in a lively and informal atmosphere. Some of the themes addressed include: how poetry is made; the sonnet; the villanelle and forms of rhyme; poetry in free verse; language and vision in ekphrasis; image, nature and description in the haiku; poetry of common things and the antipoetic and spoken word. Led by acclaimed poet, Emily Cullen, the course is aimed at anyone who would like to learn how to appreciate poetic imagery, rhythm, form and meaning more fully.

## HOW TO APPLY

Apply online or complete the application form at the end of the brochure

[www.nuigalway.ie/shortcourses](http://www.nuigalway.ie/shortcourses)

**These short courses provide a wonderful way to get into a new subject or deepen your existing knowledge of the area.**

# PHILOSOPHY WRITING

## PHILOSOPHY

**Monday:** Dr Miles Kennedy

### Introduction to Western Philosophy

Since its inception in ancient Greece, philosophy has pursued fundamental questions: Why is there something rather than nothing? How do we know what we know? What is the right way to live? This introductory course which explores the birth of ideas, takes participants on a quest through the centuries from ancient to modern times and across Europe from Greece to France, Germany, Britain and Ireland. Each great era of Western philosophy presented different views on these questions and their possible answers. These views will be investigated in turn through readings and discussions so that class participants can gain a sense of the history of philosophy. This short course provides a foundation upon which the participants can formulate and discuss their own conceptions of existence, knowledge and ethics. The first step in this adventure is to realise that, as Socrates said, "The unexamined life is not worth living!" Come along and begin examining it, after all it's all you have.

## WRITING

**Tuesday:** Tim Kearney

### Introduction to Screenwriting

This course offers an introduction to the principles and practice of screenwriting. In it, students will explore the craft of screenwriting and be able to express their own story ideas in a supportive and encouraging environment. Over the eight weeks, the classes will explore the basic principles of screenwriting as a creative practice and examine screen narrative as a visual medium. Student understanding of the form, and the craft involved in its practice will be developed and expressed in practical ways through screening analysis and discussion, in-class exercises and weekly assignments. This course is aimed both at those with a specific interest in film and television writing as well as those seeking a broader understanding of how screen stories work.

**Thursday:** Fred Johnston

### Creative Writing

This course in creative writing will focus on writing fiction and prose, with an emphasis on creating a short story from idea to conception. Students will learn a number of practical writing skills including editing, restructuring of first manuscripts, exploring theme-making and plotting, settings, background and research. The course will also explore the question of "what is style" and "what are the various genres"? The development of these writing skills will be accompanied by an in-tandem exploration of several eminent writers, with an emphasis on reading. Students will be encouraged to explore questions such as "can we write a solid piece of fiction without reading" and "who are the writers that appeal to us, and why".

## FURTHER INFORMATION

Centre for Adult Learning and Professional Development, NUI Galway

☎ (091) 494 055

✉ [berna.morgan@nuigalway.ie](mailto:berna.morgan@nuigalway.ie)

[www.nuigalway.ie/shortcourses](http://www.nuigalway.ie/shortcourses)

# SCIENCE ENVIRONMENT

## SCIENCE

**Tuesday: Dr Matt Redman**

### Introduction to Astronomy

Astronomy is the oldest science and yet is still making new and fundamental discoveries. This course will form a comprehensive introduction to astronomy and requires no previous experience in science or maths. The format each week will be a lecture, richly illustrated by the latest spectacular images from the Hubble Space Telescope and other research telescopes. This is followed by a question and answer session in which the theme of the lecture, or any other topic of interest to the audience is developed further. Starting with the history of astronomy and the discovery of the solar system, the inner planets and the gas giant planets will be examined. Then, the sun is considered and compared to the other stars we see in space.

Examining the evolution of stars as they form and are destroyed will help us understand the origin and destiny of the solar system, and also show how galaxies, made up of billions of stars, change over time. After considering the big bang and the universe as a whole, we return to the Earth and consider the likelihood of life on planets around other stars. This course is ideal for those with an interest in space, the night sky and our place in the universe.

are being made to understand the causes and reverse their decline to prevent the potentially dramatic consequences of further losses. This short course will introduce you to Ireland's wild and managed bee species, provide basic knowledge of their biology and ecology, their importance in plant pollination, the threats they face and their conservation including how you can get involved. Finally we will introduce students to the fundamentals of beekeeping practice. Visits to the NUI Galway apiary will be included, weather permitting, to allow students to view inside a working beehive.

## ENVIRONMENT

**Thursday: Dr Grace McCormack**

### Bees and Beekeeping

Bees are of vital importance for pollination of crops and wild plants as well as providing much sought after natural products for food and health such as honey, wax and propolis. Bees have been in serious decline globally and many efforts





# HEALTH AND WELL BEING



**Monday:** Dr Margaret O'Brien

## Introduction to Irish Herbal medicine, Food fermentation and Nutrition

Herbalism is the oldest form of medicine, ancient writings describe the medicinal uses of herbs which were and still are used here. This course will consist of an introduction to some of the herbs that grow in Ireland, identification of such herbs, their history and folklore, and associated health benefits. There will be demonstrations and you will learn how to make several easy herbal preparations, with some hands-on experience. Examples will include herbal teas, syrups, extracts and tinctures, as well as non-toxic, environmentally-friendly natural beauty and household products. As the saying goes "Let food be thy medicine and medicine thy food". Aspects of nutrition and the health benefits of fermented probiotic foods and drinks (which you can taste and then try at home), other natural foods, and plants which grow in the countryside that provide nutrients and healing will be discussed. There will be demonstrations and samples to take home, and recipes will be provided.

**Saturday 13th & 20th October (10am – 4pm)**

## Mindfulness in Action: Richard Brennan

This practical course is based on the Alexander Technique and will help you to become more aware in all your everyday activities. It will show you how to move with greater ease while sitting, standing, walking and bending and how to avoid common ailments such as back, neck, hip knee and shoulder pain. It will help you to improve performance and avoid injury during yoga and Pilates and all sporting activities and also reduce stress by improving your breathing and posture. The tutor Richard Brennan is the author of 8 books on the technique including Change your Posture – Change your Life.

# COMMUNITY DEVELOPMENT

**Saturday 6th & 13th October  
(10am-4pm)**

**Community Development  
Helen Casey**

This taster course in Community Development will offer learners an opportunity to gain an insight into the meaning and context of what 'community', 'development' and 'community development' mean in a national context. It will guide learners through the core principles which inform and underpin community work practice. The course will provide learners with a historical overview of the processes and dynamics of community development within a national context. The programme content will demonstrate the diversity of the roles and responsibilities of community workers within a national context. Therefore, the course will provide an understanding of the key developments in the social, political, cultural and economic structures within Irish society that shape one's experience of community development.



## HOW TO APPLY

Apply online or complete the application form opposite.  
[www.nuigalway.ie/shortcourses](http://www.nuigalway.ie/shortcourses)



**CONNECT WITH  
US ON TWITTER**

[twitter.com/nuig\\_adult](https://twitter.com/nuig_adult)

# SHORT COURSE SERIES APPLICATION FORM 2018

## 1. APPLICANT DETAILS

Surname: \_\_\_\_\_

First Name(s): \_\_\_\_\_

Address for correspondence (BLOCK CAPITALS)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone No: \_\_\_\_\_

E-mail: \_\_\_\_\_

(correspondence will be to your email address)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Application forms and fee payment (cheques/bank drafts/postal orders made payable to NUI Galway) and supporting documentation for fee discount should be returned to Ms. Berna Morgan, Short Course Series 2018, Centre for Adult Learning and Professional Development, NUI Galway on or before Wednesday 26th September 2018.

## 2. CHOICE OF PROGRAMME

Please indicate which short course(s) you would like to register for

- 1. The Artefacts & Archaeology of Prehistoric Ireland
- 2. Introduction to World Cinema
- 3. Introduction to Herbs, Nutrition and Fermented Foods
- 4. Mindfulness in Action
- 5. Introduction to Genealogy
- 6. Europe between the Wars
- 7. Decoding Irish Place Names
- 8. Bees and Bee Keeping
- 9. Introduction to Russian
- 10. Improvers Russian
- 11. Beginners Italian
- 12. Brush up your Italian
- 13. Brush up your French
- 14. Brush up your German
- 15. Brush up your Spanish
- 16. Introduction to Irish Literature
- 17. Appreciation of Poetry
- 18. Introduction to Western Philosophy
- 19. Introduction to Astronomy
- 20. Creative Writing
- 21. Introduction to Screenwriting
- 22. Community Development

## 3. For Office Use Only

Form of Payment (please tick):

Cash

Cheque

P.O.

B.D.

## FURTHER INFORMATION

Centre for Adult Learning and Professional Development, NUI Galway

☎ (091) 494 055

✉ [berna.morgan@nuigalway.ie](mailto:berna.morgan@nuigalway.ie)

[www.nuigalway.ie/shortcourses](http://www.nuigalway.ie/shortcourses)

# LEARN

WITHOUT LIMITS



National University of Ireland, Galway  
Ollscoil na hÉireann, Gaillimh