

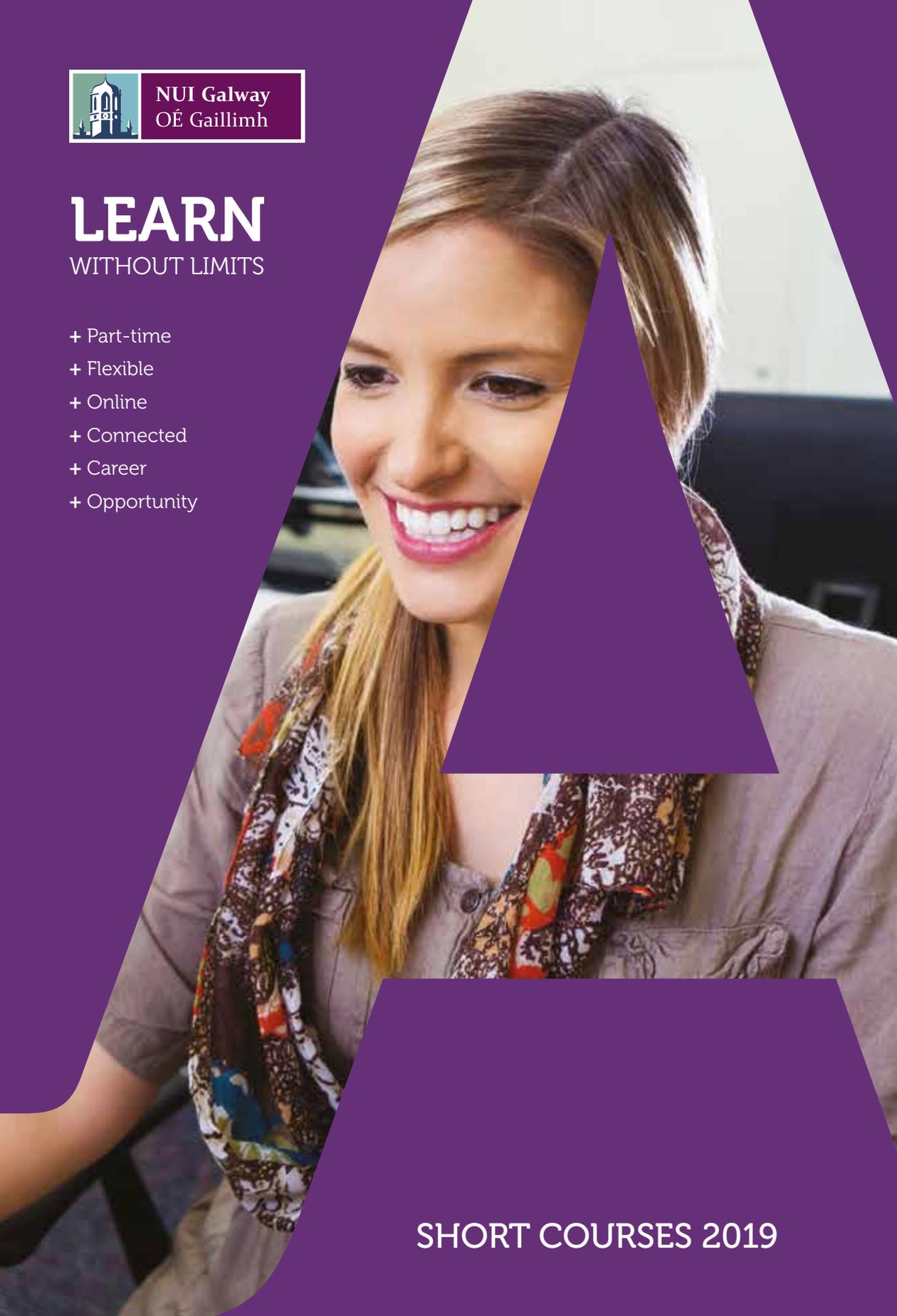


NUI Galway  
OÉ Gaillimh

# LEARN

WITHOUT LIMITS

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



SHORT COURSES 2019



# SHORT COURSES START WEEK 30TH SEPTEMBER 2019

## Monday 7-9pm

Visual Art: Key Concepts and Terms  
From the Border to Brexit:  
A history of Northern Ireland  
Introduction to Genealogy  
Introduction to Western Philosophy  
Introduction to Herbs and Nutrition

## Tuesday 7-9pm

Russian Literature  
Beginners Italian  
Brush up your French  
Early and Silent Cinema  
Child and Youth Development

## Wednesday 7-9pm

Brush up your German  
Brush up your Spanish  
Brush up your Italian  
Irish Literature  
Thinking about Sex and Gender

## Thursday 7-9pm

Europe between the Wars  
Bees and Beekeeping  
Introduction to Russian  
Wines of the World  
Archaeology of Prehistoric Ireland  
Creative Writing

## Saturday 10-4pm

Alexander Technique  
Create your own Podcast

# SHORT COURSES 2019

The Centre for Adult Learning and Professional Development continues to offer its Short Courses Series commencing week September 30th 2019. Courses consist of 8 weeks of lectures in a number of general interest areas including Literature, Writing, Film Studies, Philosophy, History, Languages, 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 if you require any further details.

## **COURSE FEE**

€140 per course

If you are a full time student, senior citizen or unemployed you may apply for the discounted fee of €100. 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 required 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/ Postal Order/Bank draft for the fee, made payable to NUI Galway (including your supporting documentation for the discounted fee).

**Application closing date Wednesday 25th September 2019**

# 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.

**Monday:** Dr Séan Ó Duibhir

### From the Border to Brexit: A history of Northern Ireland

The intricacies of Northern Irish politics and history have long been a source of fascination – and confusion – for Southern audiences. Have you ever

admitted to a friend that you are not really sure why partition occurred? Have you ever listened to the news and wondered if you really understood the differences between the DUP and the UUP, or the UFF and the UVF, or the OIRA and the PIRA? Why were there a number of ‘Sinn Féins’, but only one Social Democratic and Labour Party? What finally brought Paisley and Adams together? What ultimately drove Martin McGuinness and Arlene Foster apart? And what impact is the ‘Brexit’ process having upon politics in Northern Ireland today. In this short course we shall address these questions, and more, as we review political developments in Northern Ireland from the early 20th Century up to the present day.

**Thursday:** 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 investigate the pressures affecting the established ‘Great Power’ democracies of Great Britain and France; reflect upon the tragedy that was the Spanish Civil, and explore the inter-war evolution of Nazi anti-Semitism.

## 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 such as Poul Nabrone and Newgrange, towards the end of the Stone Age. The subsequent appearance of metal will be viewed 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:** Anastasia Beltramello

### Italian for Beginners

This informal course is intended for those who are learning the Italian language for the first time. 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 routines, 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!.

**Thursday:** 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 are planning 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.

## BRUSH UP YOUR ....

French-Tuesday  
German-Wednesday  
Spanish-Wednesday  
Italian-Wednesday

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 ART | LITERATURE



## FILM STUDIES

**Tuesday: Dr Veronica Johnson**

### Early and Silent Cinema

Starting with the first films in 1895 this course will explore the epic, comic and event films until the arrival of sound in 1927. Early cinema was an exciting period of experimentation by pioneers such as Georges Méliès, Edwin Porter. This course will examine how significant comic films by Charles Chaplin, Buster Keaton and Harold Lloyd were to the rise of Hollywood as a filmmaking factory. It will look at the epic film, including an in-depth look at the early Irish film Knocknagow made in 1918. In addition to examining fiction films we will explore the world of newsreels and films made during the First World War including Battle of the Somme from 1916. Beginning with La Sortie des ouvriers de l'usine Lumière in 1895 and ending with Sunrise in 1927, the first and only film to win an Oscar for "unique and artistic picture" this course is for anyone who has an interest in how filmmaking began.

## ART

**Monday: Dr Ruby Wallis**

### Introducing Visual Art, key concepts and terms

Based on the "What Is?" series from the Irish Museum of Modern Art, this sequence of lectures will introduce some of the key concepts and terms used in modern and contemporary art. Through the discussion of artworks, theories, and video clips, this course will examine themes in Surrealism, Performance art, Conceptual Art, Sculpture, Photography, Participatory and Relational Art. There will also be a trip scheduled to visit Tulca, Festival of Visual Arts, Galway. Participants will be encouraged to develop creative thinking, visual literacy with critical skills in the discussion of a series of artworks and readings.

## LITERATURE

**Tuesday: Ludmila Snigireva**

### The role of music in the screening of Russian literature

This course will explore works written by famous Russian writers whose novels and stories were screened. Leo Tolstoy, Ivan Turgenev, Anton Chekhov, Ivan Bunin, Andrei Platonov, Konstantin Paustovsky, Viktor Nekrasov and Vassily Grossman: their works live not only in books, but also in films and music. The selected novels and stories which were adapted on screen and enhanced by music to show the original, vivid and philosophical depth of their characters. Students will be plunged into extraordinary circumstances of ordinary lives while exploring a diverse gathering of characters, compelling plots and stylistic flair. There are multiple ways to think about Russia, but the emotional strand derived from this course will not leave you uninvolved.

**Wednesday: Martin Keaveney**

### 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. We will begin in the 20th century with short stories by James Plunkett, Flann O'Brien's At Swim Two Birds and Edna O'Brien's The Country Girls. We take in John Banville's The Book of Evidence and then move to contemporary literature through Mike McCormack's Solar Bones, Claire-Louise Bennett's Pond, Sara Baume's Spill Simmer Falter Wither and Sally Rooney's Normal People. By the end of the course, participants will have read and discussed a number of Ireland's authors and critically analysed their themes. Irish Literature II is an exciting and highly enjoyable new course, which would be ideal for the literary enthusiast or anyone preparing to study English at third level.

# 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 its all you have.

**Wednesday:** Dr Miles Kennedy

### Thinking about Sex and Gender

Except for rare instances, ancient philosophy tended to treat sex and sexuality as aspects of the lower or animal part of human beings. Over time focus on sexuality has waxed and waned in thought. This course is set to follow the development of thought on sex and gender from Plato to Foucault engaging in what the latter called an “archeology” of these subjects that will unearth and explore influential thought from Modern disembodiment through Freud, Sartre and De Beauvoir right up to contemporary thinkers.

## WRITING

**Thursday:** Fred Johnston

### Creative Writing

The aim of this short course is to develop students’ interest in creative writing in terms of Short Story, Short Prose (Autobiographical, Essay) and the Novel. Students will develop techniques in planning their stories, creating characters, producing background/settings and character interactions and notions of style, taking the short story form as a base. The course will also develop and encourage an interest in reading prose and interrogating the structures employed by published writers. Assignments will be given on a weekly basis and these may involve reading as well as writing, for elements of style and construction. Due to the developmental nature of writing, classes gather an impetus from one to the other, with weekly class attendance being advised for students. It is preferable, although not obligatory, that participants will have published one story, essay, or other prose piece in a magazine, paper, or broadcast media. Alternatively, a participant may have taken an introductory Creative Writing course previously.

**Saturday: 5th and 12th October (10 am – 4 pm):** Orla Higgins

### Create your own Podcast: An Introduction

Do you have a story to tell? Have you always wondered how to make your own podcast? This introductory course takes you on a podcasting adventure from idea development to audio reality. Designed for the podcast beginner it looks at the explosion of podcast popularity, considers podcast genres and formats, discusses ways to develop and tell compelling stories and explores effective interviewing and scripting techniques. As well as developing creative skills the course will introduce you to the technical

aspects of getting up and running. You will learn basic recording and editing skills using easily available web tools, get an overview of the equipment you will need to get started and get an introduction on how to host and promote your very own podcast.

Create Your Own Podcast will take place over two days and is a hands-on, interactive workshop format where you will learn the practical skills of storytelling in an audio context. Students are advised to bring their own laptops for this hands-on practical course.

Discover the world of lifelong learning and meet interesting people to discuss your ideas with.

# ENVIRONMENT

## 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 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 the fundamentals of beekeeping practice, provide basic knowledge of the biology and ecology of honey bees, their importance in plant pollination along with the rest of Ireland's wild and managed bee species, the threats they face and their conservation including

how you can get involved. Weather permitting, a visit to the NUIG apiary will be included, to allow students to view inside a working beehive.

**Thursday: Ms Sevgi Tuzel**

### Wines of the World and Wine Appreciation

This short course is designed for people who wish to learn about a wide range of wines, while developing their wine tasting skills. This course is structured to give you an extensive knowledge about the world's great wine regions, grape varieties and wine styles. It is ideal for both wine enthusiasts (from seasoned wine lovers to newbies) and wine industry professionals. You will explore the 'systematic approach' to wine tasting and discover the factors that impact style and quality through tasting wines that have

been carefully selected. You will taste a diverse range of wines and learn how to describe these wines with confidence. By the end of the 8 session course you will be more confident when tasting wine, have a more developed palate and sense of aroma, be able to identify common wine faults, have an added insight when selecting wines (will know what to look for in a wine) and know the history and key characteristics of the major wine regions.



# 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.

**Tuesday:** Dr. Tereza Brumovska

## Child and Youth Development and Communication skills

This introductory course aims to familiarise course participants with the theoretical concepts regarding childhood development, from middle childhood to adolescent stages of development. It will enable learners to address questions such as how children and youth perceive the world, how caregivers influence the development of their children, and how children learn. The course will look at the domains of influence of significant adults in child and youth development, the views of childhood through history, the nature versus nurture debate, the importance of play in learning, social learning and influences and attachment theory. Also, it will address the aspects of child-and-youth-centred communication and offer practical exercises to enhance communication skills with children and youth. The course will be of interest to parents, teachers, those working with children and youths and to learners with interest in the area of psychology and human development.

**Saturday: 5th & 19th October (10 am – 4 pm)**

## Introduction to the Alexander Technique

The Alexander Technique is a method of self-awareness on many levels. It is very simple and can be understood by anyone, yet at the same time it is very profound. It is a way of improving balance, posture and co-ordination by being aware and letting go of poor postural habits. Many people think that the Alexander Technique involves improving posture by 'sitting up straight'. Nothing could be further from the truth. It involves being aware and releasing the unconscious tension from our body allowing us to move through life with greater ease. It can dramatically help prevent or alleviate backache, neck pain, arthritis, insomnia, depression as well as a range of physical aches and pains that are so common in society today. As these tensions are released, so also are many of the thoughts that hold us back from being who we truly are. Emotions that may have been trapped within our body for decades can gently and safely be released. Many people find that the Alexander Technique helps their confidence, self-esteem and spontaneity, leading to greater contentment and a deeper love of life.

# SHORT COURSES 2019 APPLICATION FORM

## 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 Courses Series 2019, Centre for Adult Learning and Professional Development, NUI Galway on or before Wednesday 25th September 2019.

## 2. CHOICE OF PROGRAMME

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

- 1. The Artefacts & Archaeology of Prehistoric Ireland
- 2. Early and Silent Cinema
- 3. Introduction to Irish Herbal medicine, Food fermentation and Nutrition
- 4. Introduction to the Alexander Technique
- 5. Introduction to Genealogy
- 6. Europe between the World Wars 1939-1942
- 7. From the Border to Brexit: A history of Northern Ireland
- 8. Bees and Bee Keeping
- 9. Introduction to Russian
- 10. Music in the screening of Russian Literature
- 11. Beginners Italian
- 12. Brush up your Italian
- 13. Brush up your French
- 14. Brush up your German
- 15. Brush up your Spanish
- 16. Irish Literature
- 17. Introducing Visual Art, key concepts and terms
- 18. Child and Youth Development and Communication Skills
- 19. Introduction to Western Philosophy
- 20. Thinking about Sex and Gender
- 21. Creative Writing
- 22. Wines of the World and Wine Appreciation
- 23. Create your own Podcast: An Introduction

## 3. For Office Use Only

Form of Payment (please tick):

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)

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