



VHS INTERNATIONAL ENGLISH PROGRAM

FEBRUARY 2019–SEPTEMBER 2019

volkshochschule stuttgart
www.vhs-stuttgart.de



Specials

The Revolution of 1918–19 and the Path to Democracy in Germany

November 1989, when the Berlin Wall came down, is frequently referred to as the only successful democratic revolution in Germany. The revolution of 1918, however, is frequently dismissed as a stillborn attempt to achieve a democratic society. Yet there they were, a century ago, democrats up and down the country toppling kings and princes, preparing for democratic elections and women's suffrage. Why did they do it? And why do they still get such little credit for the foundation of the Weimar Republic in 1919? We will look at the origins of the revolution of 1918 (which date back to 1848) and the consequences, notably our modern constitution. Our focus lies on Stuttgart and Strasbourg, two cities which were separated by war and nationalism, and which today are twinned and linked through friendship.

191-11005

Dr. Nicholas Williams

Mon 18.02.19 20.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

Attendance free



How to Start Your Own Blog

Have you ever considered writing a blog? On your own website you can share your thoughts, experiences and adventures not only with friends and family but with the whole world. Especially as an expat blogging about your new life in a foreign country might help you settle in more easily, as you get in contact with other people who are in the same situation and help others who will benefit from your experiences. In this seminar, we will look into the first important steps to creating a blog.

In Cooperation with the Blog for Expats "Living in Stuttgart".

191-10840

Melanie Buck

Thu 21.02.19 18.00–19.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

Attendance free



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Presenting vhs international – English Program

In 2019, we have finally reached a historic milestone: our 100th anniversary! Since its foundation in 1919 the vhs stuttgart has always been true to its core values: making education and culture accessible and affordable for everyone. To give you a more international and inclusive touch, last year we introduced the English-speaking program of the vhs stuttgart: vhs international – English program.

If you speak English and you feel comfortable taking classes in English, this program is just right for you, as our courses and events are held in English as language of communication.

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

In this brochure, you will find course descriptions and details in the following categories: Health & Fitness, Taste the World, Discover Stuttgart, Rhythm & Music, Identity & Personality, Arts & Crafts, Business & IT, Talks, Let's Travel. We also added an extra category with courses and events in other languages for those of you who speak Spanish, French, Italian or Portuguese.

Have fun learning with us!

Dr. Daniele Nuccetelli & Meike Klom



Follow us on Instagram!

Be a part of it! Follow vhs_international for news and updates, fun facts and special events!
#beapartofit

Health & Fitness

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.

191-42557

Dr. Hildegard Höfel-Wellner
Thu 21.02.–11.04.19, 18.00–19.30, 7x
TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart
EUR 61.00

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.

191-44920

Sabine Kunz
Tue 25.06.–23.07.19, 19.45–21.15, 5x
TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart
EUR 37.00

Yoga

191-45740

Gabriele Schäfer-Bachteler
Mon 11.03.–13.05.19, 13.00–14.00, 8x
TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart
EUR 39.00

191-46050

Margareta Doris Wießmeier
Tue 19.02.–09.04.19, 18.00–19.30, 8x
also on 5.3. (Holidays)
TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart
EUR 59.00

191-46051

Margareta Doris Wießmeier
Tue 07.05.–16.07.19, 18.00–19.30, 9x
TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart
EUR 67.00

Lunchtime Back and Fascia training

191-49089

Jennifer Lee-Hausser

Thu 21.02.–18.07.19, 12.15–13.00, 12x

no class on 04.04., 11.04., 02.05. and 09.05.19

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 48.00

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.

191-49520

Christel Rehorn

Tue 19.02.–02.07.19, 11.00–11.50, 15x

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.

191-49580

Christel Rehorn

Mon 18.02.–01.07.19, 12.10–13.00, 15x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 70.00

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. ▶

191-49800

Simone Galkowski

Sat 27.07.19 and Sat 03.08.19, 19.05–20.05

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00

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. We're sure you're gonna love to be active, tone your muscles, get rid of some extra kilos and learn new dance steps!

191-51464

Arabel Valencia

Tue 19.02.–02.07.19, 20.05–21.05, 15x

Treffpunkt Bad Cannstatt, Kreuznacher Str. 13, 70372 Stuttgart

EUR 89.00

Taste the world

Korean Cooking Class: Birthday Party

Are you ready to celebrate a Korean birthday? The main dish is a soup with beef and seaweed. We will also learn to cook “Japchae” – sweet potato starch noodles stir fried with vegetables -, the beloved “Bulgogi” -marinated meat with veggies -, and “Soya” – fried sausage with veggies and ketchup – as a side dish. Happy birthday!

191-10525

Inhye Maugg

Tue 12.03.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00 incl. EUR 15.00 for food & drinks

Vietnamese Cooking Class: Fried Spring Rolls

Ever wanted to make those delicious Vietnamese spring rolls at home? It is easier than you think! You will learn tips for customizing them to your taste preferences, how to store them and suggestions for sauces and wines that pair well with them. Along the way, you will also learn a little bit about the culinary history of Vietnam. ▶

191-10533

Tu Ouellette

Wed 10.04.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00 incl. EUR 14.00 for food & drinks

Korean Cooking Class: Picnic Menu

Let's roll "Kimbab" and go on a picnic! In this course, you will learn to prepare delicious snacks and appetizers. We will make two types of Kimbab, one with sausages and one with tuna and mayo. A must for your picnic is the "Inkigayo sandwich", soft bread with mashed potatoes and boiled eggs with mayo, salad and strawberry jam.

191-10530

Inhye Maugg

Tue 07.05.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00 incl. EUR 15.00 for food & drinks

A Very English Breakfast

Fortified by a strong cup of Cupper's organic English breakfast tea and refreshed by pure orange juice, you will learn to prepare a classic English breakfast guided by a true fan of English cooking – someone whose mission is to convince the world that the British eat well! There will be two menus on offer, as those who prefer not to eat meat can enjoy preparing the spicy fish-and-rice dish ked-geree.

191-10535

Hazel Britton

Sun 28.04.19 10.45–13.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 29.00 incl. EUR 10.00 for food & drinks

Taste And Discover Whisky Superlatives

Enjoy an entertaining evening with interesting legends, music, facts and stories about our 6 selected Single Malt Whiskys. 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.

191-10540

Mike Coils

Jörg Seher

Fri 17.05.19 18.00–22.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. whisky and snacks

Lebanese Cooking Class: Moujanat

You will learn to cook "moujanat", delicious pastries filled with spinach, cheese, zaatar or meat and of course "tabbouleh" and hummus!

191-10545

Rana Nasser Köhler

Wed 29.05.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00 incl. EUR 14.00 for food & drinks

Lebanese Cooking Class: Bulgur

Learn how to cook "Bulgur", the best alternative to rice in the Middle Eastern cuisine. We will also make three types of "Kibbeh", bulgur salad and other bulgur delicacies with and without meat. PS: no Lebanese meal is complete without "tabbouleh" and hummus!

191-10550

Rana Nasser Köhler

Wed 26.06.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00 incl. EUR 14.00 for food & drinks

Italian Cooking Class: Handmade Ravioli

In this class, you will learn to make handmade ravioli, a type of pasta filled with cheese, vegetables or meat served with different sauces. Traditional antipasti will also be prepared and served. Roll up your sleeves, pour yourselves a glass of wine and... buon appetito!

191-10555

Giulia Iannucci

Mon 22.07.19 18.00–22.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00 incl. EUR 14.00 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.

191-53280

Brigitte Hillner

Sat 27.04.19 10.00–14.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 48.00 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. Get tips on storage and preparation, where to shop and find out just how tasty veggies can be.

191-54000

Brigitte Hillner

Tue 19.03.19 17.30–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 46.00 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 prepare Apfelküchle and Ofenschlupfer. And don't forget other classics of Swabian cuisine, like homemade lentils with Spätzle, Maultaschen with vegetable broth, Schupfnudeln and sweet Flachswickel! With only organic and regional ingredients our recipes will make your Swabian heart melt with taste.

191-54015

Christel Rehorn

Wed 27.03.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 46.00 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! We will cook (and eat!) a three-course meal with drinks. This course is suitable for vegetarians too.

191-54260

Simone Hübener

Sun 26.05.19 12.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 57.00 incl. EUR 15.00 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 tastebuds with healthy, fast and satisfying recipes, easy to make with ingredients available in your supermarket.

191-54970

Roshita Mishra

Sun 31.03.19 11.00–16.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 55.00 incl. EUR 13.00 for food & drinks

Discover Stuttgart

Diamonds in the Sky – Stars, Planets and All That

Lecture and Astronomical Studies

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. 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 "life" of a star and the structure of our cosmic surroundings.

191-08297

Johannes Philipp

Mon 25.03.19 19.30–21.00

EUR 9.00

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

New in Stuttgart: Orientation Course

Are you new to Stuttgart and looking to gain some information about living in the city in a relaxed and informative environment? Then join our course as we cover such topics as the city's public transportation system, housing, shopping, school system, health care, leisure activities, festivals, some basic German phrases and other topics to make your visit to Stuttgart, whether short-term or for a much longer period, as welcoming as possible. Local snacks and drinks will also be provided.

191-10610

Tu Ouellette

Wed 03.04.19 18.00–21.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00 + EUR 2.00 for snacks

Swabian Humor for Beginners:

Facts Fun And "Veschper"

Training and Comedy in a wonderful combination!

Join an educational and entertaining evening and learn more about Swabian sense of humor, frank manners and odd habits! The event will be held by Christiane M., trainer and comedian, who will introduce you to the joys and sorrows of the Swabian way of life. Grab your favorite Swabian snack and be ready to participate: your Stuttgart neighbors and friends will no longer be a mystery!

191-39192

Christiane Maschajechi

Thu 11.04.19 18.30–21.00

EUR 22.00 incl. EUR 2.00 for Swabian Snacks

IKONE-Studio, Überkingerstr. 12, 70372 Bad Cannstatt

Tour of the Film Academy Baden-Württemberg in Ludwigsburg

How are films made? How can you become a director or a producer? How do you hire famous actors for your movie project? Take a tour of the Filmakademie Baden-Württemberg and visit the studios, labs, warehouses and sneak a peek into the animation institute. At the end of the tour, a selection of short films will be shown.

191-08246

Andrea Macos

Fri 10.05.19 16.00–18.00

EUR 9.00

Meeting Point: Filmakademie Ludwigsburg, Akademiehof 10, 71638 Ludwigsburg, in front of the Entrance (Courtyard, behind the tent)

The Sun – Close-Up at Stuttgart Observatory

Astronomical Studies and sky observation

15 Million degrees – that's the temperature in the inner core of the sun. Incredible amounts of energy are released there at any moment. They make the outer layers of the sun boil and glow and build up strong magnetic fields. We watch the status of the sun by means of special telescopes which allow hazard-free observation, explore the colourful sunlight spectrum and learn about the famous Fraunhofer lines therein.

191-08299

Johannes Philipp

Sat 29.06.19 14.00–15.30

EUR 12.00

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

Bike Tour: Stuttgart's Roman History

This bike tour will guide you through Stuttgart's Roman history. We will start from the Roman Castle in Bad Cannstatt, pass by Juno's Fountain, and discover the thermal baths and the Old Castle, built by dukes of the Holy Roman Empire. We will conclude the tour at Marienplatz, the perfect place for coffee (or ice-cream!) after a bike ride.

191-10620

Gianmarco Iadicicco

Sat 11.05.19 10.00–12.30

Meeting Point: Treffpunkt Bad Cannstatt

EUR 19.00

Please bring your own bicycle.

Living in Stuttgart for International Women

Moving to a new city in a different country can sometimes be a daunting experience. This two-day class for women seeks to facilitate the transition. The classes will focus on a range of topics such as transportation, housing, opening a bank account, school system, health care, shopping, leisure activities and other tips to make it easier for you and your household to settle into living in the beautiful city of Stuttgart. The course will also be a safe space for women to discuss the challenges of living abroad.

191-18450

Tu Ouellette

Wed 10.07.19 and Mi 17.07.19, 09.30–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 36.00

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!

191-10700

Ramona D'Uva

Sat 16.03.–06.04.19, 10.00–13.00, 4x

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 75.00

More than a devout Southerner – Johnny Cash and the “American Recordings”

Late into his career as a country singer, Johnny Cash flipped the switch and entered into a new, the final phase of his career. The unlikely collaboration of HipHop and Cardcore producer Rick Rubin and Johnny Cash turned out to be one of the most creative imaginable. In this interactive talk, we retrace the religious and biblical origins in Cash's 'American Recordings'.

191-11310

Dr. Nicholas Williams

Mon 13.05.19 20.00–21.30

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 8.00

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. 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.

191-10705

Wonhee Jeong

Sat 18.05.19 10.00–12.15

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 14.00

Identity & Personality

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

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. 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. All of the drag lessons will be rooted in today's psychology. Let's unlock your inner fabulousness!

191-10750

Dr. Julia Victoria Pörschke

Wed 03.07.19 18.00–21.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

The event is open to all genders

Encountering The Different

“The different” – that can mean the foreign, the unknown, the unfamiliar, something we might perceive as strange or, at least, unusual. In this workshop, we will explore our ambiguous feelings when encountering the different. You will learn about philosophical and psychological aspects of encountering something or someone “different”. Most important, we will talk about how we can get into contact with the foreign and unfamiliar.

191-18440

Dr. Karin Herrmann

Tue 25.06.19 16.00–19.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

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

Arts & Crafts

Sewing Course: Make Your Own Reversible Tote Bag

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.

191-10800

Arabel Valencia

Sat 02.03.19 and Sat 09.03.19, 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00

Pattern Making and Sewing: Create Your Own Skirt

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.

191-10805

Arabel Valencia

Wed 08.05.–29.05.19, 18.15–21.15, 4x

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).

191-10810

Yolande Hennig

Sat 06.04.19 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 19.00

100 Ways To Draw A Cherry

For the “perfect picture” I can use my smartphone camera or even look it up on pinterest. But isn't it way more interesting to visualize the character of an object in the way you see it in a specific moment? This is a course where you can learn or develop basic drawing skills and get in contact with a variety of techniques, styles and forms of presentation. Regardless of your drawing abilities we'll learn and research many different ways to draw, paint or illustrate. My goal is to encourage you to get creative and inventive – Let's see if together we can find one hundred different ways to visualize and celebrate the vhs-icon, the cherry.

Please bring: Drawing Paper, Pencils HB, 3B, Fineliners and whatever pen or marker you like to use.

191-10815

Jan Anderson

Mon 24.06.–08.07.19, 18.00–21.00, 3 x

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 57.00



Watercolor Painting

The nature and essence of watercolor is in its spontaneity, the swift seizure of a single impression. Come and join me for the journey into watercolor painting. Through different projects we will cover most watercolor techniques, materials as well as some basics of color 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 watercolor. All painting skills levels are welcome!

191-36640

Anna Afshar

Mon 24.06.–15.07.19, 18.30–21.30, 4x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 72.00

191-36650

Anna Afshar

Sat 20.07.19 10.00–17.00

Sun 21.07.19 10.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 84.00

Business & IT

How to Start Your Own Blog

Have you ever considered writing a blog? Especially as an expat blogging about your new life in a foreign country might help you settle in more easily, as you get in contact with other people who are in the same situation and help others who will benefit from your experiences. In this seminar, we will look into the first important steps to creating a blog. In Cooperation with the Blog for Expats "Living in Stuttgart".

191-10840

Melanie Buck

Thu 21.02.19 18.00–19.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

Attendance free

Social Media Safety For You and Your Family

This course will explore the different Social Media apps (Facebook, WhatsApp, etc...) and categories currently out there (gaming/making friends/photo sharing/bloggging), their uses, functionality, their business model, and perhaps most importantly, how to safely navigate the Social Media world for you and your family.

191-10845

Tu Ouellette

Thu 16.05.19 10.00–13.00

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 17.00

Business Writing Workshop

From job applications to business emails, you will be exposed to different contents of business writing (e.g. letter of complaint, business proposal). In this compact course, you will be taught various techniques to help you polish your business letters or emails and build better contact with your clients and colleagues.

191-10850

Yung Fong Au

Sat 06.04.19 10.00–13.00

Sun 07.04.19 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 39.00

Turn Your Handwriting into a Font

You always dreamed of typing your own handwriting on the computer? 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.

191-10875

Yolande Hennig

Sat 25.05.19 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 19.00

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

191-96010

Uwe Mock

Wed 10.04.–17.04.19, 18.00–21.15, 3x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 135.00, 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.

Requirements:

The course "Introduction to Programming" or similar knowledge.

191-96040

Uwe Mock

Sun 23.06.–14.07.19, 10.00–17.15, 4x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 270.00, ESF financial support possible

Talks

The Revolution of 1918–19 and the Path to Democracy in Germany

November 1989, when the Berlin Wall came down, is frequently referred to as the only successful democratic revolution in Germany. The revolution of 1918, however, is frequently dismissed as a still-born attempt to achieve a democratic society. Yet there they were, a century ago, democrats up and down the country toppling kings and princes, preparing for democratic elections and women's suffrage. Why did they do it? And why do they still get such little credit for the foundation of the Weimar Republic in 1919? We will look at the origins of the revolution of 1918 (which date back to 1848) and the consequences, notably our modern constitution. Our focus lies on Stuttgart and Strasbourg, two cities which were separated by war and nationalism, and which today are twinned and linked through friendship.

191-11005

Dr. Nicholas Williams

Mon 18.02.19 20.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

Attendance free



Brexitteering Britain – Origins and Consequences of Brexit

On 24 June 2016, Britain, Europe, and the world woke up to a new reality. For the first time in history, the European Union was about to lose a member instead of acquiring new ones. What was the origin of the Brexit vote? Why did it happen, and what are the consequences? In order to answer those questions, we need to go a lot further back than David Cameron's government, the divisive Brexit campaign, and possible intervention in the debate by foreign powers. In addition, we will look at the consequences of Brexit for Britain and Europe, at which point the floor will be opened to questions and comments.

191-11030

Dr. Nicholas Williams

Mon 04.03.19 20.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 8.00

Life Is a Roller Coaster

An interactive morning in English with a potluck breakfast.

During this class, we will talk about the different aspects of life's roller coaster ride. We all experience various levels of ups and downs, both privately and professionally. Let's find out how women are dealing with them, and what impact they have on their lives. In a relaxed and open atmosphere you are invited to take an active part in the discussions, share your experiences and ask questions. 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.

191-18425

Gabriele Simon

Fri 24.05.19 09.30–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 21.00 incl. EUR 3.50 for coffee/tea

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

On Healing and Living:

“Kitchen Table Wisdom – Stories That Heal”

By Rachel Naomi Remen

“Despite the awesome powers of technology, many of us still do not live very well. We may need to listen to one another's stories again” says Dr. Rachel Naomi Remen, American doctor and psycho-therapist. In this course, we will read and discuss her heart-warming short stories, which touch upon the most important aspects of our life: the beautiful moments, but also our struggle of coping with illness and loss, and the fragility of being mortal. Her 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.

191-18430

Dr. Hildegard Höfel-Wellner

Wed 05.06.19 09.00–12.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00 incl. course materials

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

Let's Travel

Survival Italian for Travelers

Would you like to pick up some basic Italian before traveling to Italy? Then this mini-course is just right for you! In three intensive lessons you will learn the most frequent phrases and useful information for your next trip to Italy.

191-71900

Gianmarco Iadicicco

Sat 18.05.19 und Sat 25.05.19, 09.30–13.30

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 50.00

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.

191-10900

Yoshie Yamagishi

Sat 18.05.19 and Sat 25.05.19, 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00

Survival Chinese for Travelers

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.

191-10905

Yung Fong Au

Sat 29.06.19 and Sat 06.07.19, 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00

Courses and Events in Other Languages

En Español

Tapas

Descubriendo el mundo de las tapas.

Vamos a cocinar típicas tapas españolas como tortilla de patata o gazpacho.

191-54560

Victoria Ortiz García-Mühlich

19.05.19, 10.00–14.00

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 48.00 incl. EUR 14.00 ingredientes

100 años Evita Perón – una leyenda argentina

Un evento en español recordando el centésimo aniversario del nacimiento de Evita Perón.

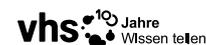
191-77440

Gabriela Svetlik

24.05.19, 18.00–19.30

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 8.00



En Français

Le secteur de la solidarité internationale

Que se cache-t-il derrière les logos des ONGs? L'aide publique au développement est-elle vraiment efficace? Mis à part acheter un produit issu du commerce équitable, comment puis-je participer à créer un monde plus solidaire?

191-70450

Sarah Crestin-Billet

11.03.19, 19.40–21.10

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 8.00

In Italiano

100 passi agli Uffizi

Chi di noi non ha mai sentito parlare o non ha già visitato almeno una volta le Gallerie degli Uffizi? Il museo fiorentino ospita alcuni dei più grandi capolavori del Rinascimento italiano: Botticelli, Leonardo, Raffaello, Michelangelo, Caravaggio. Visiliamo virtualmente le sale principali delle gallerie e scopriamo assieme le meraviglie degli Uffizi! In collaborazione con la Stuttgarter Dante Gesellschaft e.V.

191-72800

Irene E. Musolino

15.03.19, 18.00–19.15

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 8.00



Matera, capitale europea 2019

Matera, proclamata Capitale Europea della Cultura 2019, è stata riscoperta dal turismo nazionale e internazionale. La città ha una storia millenaria, abitata da sempre in un singolare luogo fatto di natura e di architettura.

In collaborazione con l'Associazione Lucana Stoccarda.

191-72820

Anna Picardi

05.04.19, 18.15–19.30

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 8.00

Em Português

As Vozes de Marielle/Marielles Stimmen:

Uma leitura alemão-brasileira

Em março de 2018, Marielle Franco, vereadora e ativista brasileira a favor dos direitos humanos e das mulheres, foi morta no Rio de Janeiro. Ela se tornou ainda mais um símbolo de resistência para homossexuais, mulheres, negros e outros grupos marginalizados no Brasil. Nesse contexto, o livro “Um girassol em seus cabelos”, composto por poemas de autoras brasileiras, foi publicado em sua homenagem. Uma das editoras da Quintal Edições falará sobre a vida e a luta de Marielle Franco, apresentará o livro e lerá alguns poemas em português.

191-11320

Dr. Ludmila Fonseca

16.05.19, 20.00–21.30

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

EUR 6.00

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 (pragraph 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

- 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.
- 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.
- Informing the lecturer of an intention to leave the course is invalid
- 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.
- 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

Info and Advice

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