



# VHS INTERNATIONAL ENGLISH PROGRAM

SEPTEMBER 2019 – FEBRUAR 2020

volkshochschule stuttgart  
[www.vhs-stuttgart.de](http://www.vhs-stuttgart.de)



# Presenting vhs international – English Program

If you speak English and would like to learn something new, vhs international is for you. Improve your downward facing dog at Yoga, inspire the Picasso in you or discover Mexican cuisine and traditions... the possibilities are plenty.

Since its foundation in 1919 vhs stuttgart has been true to its core values: making education and culture accessible and affordable for everyone. To open our program as well to Stuttgart's international public using English as a language of global communication, we introduced vhs international - English program. Newcomers and locals, newbies and old hands – everybody is welcome to join our classes and learn something interesting, 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 Czech, Italian, Spanish (and those who like to bake Finnish).

Have fun learning with us... and follow us on Instagram (vhs\_international) for updates!

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



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## What's new?

### Hear My Story: How to Create a Podcast

You have embarked on an adventurous journey and want to share it with others? You have a very interesting story to tell? Do it via podcast!

#### 192-10855

Mirjam Karrer

Sat 19.10.19 10.00–14.00

Sun 20.10.19 10.00–14.00

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

EUR 55.00

### Mexican Cooking Class: Día de los Muertos!

Join us to learn about “Día de los Muertos” (Day of the Dead) and the rituals, drinks and (most important!) food Mexican people prepare on this special day to pay respect to their late relatives.

#### 192-10565

Lucero Lopez Ibarra

Sat 02.11.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food & drinks

### Introduction to Modern Calligraphy

You always dreamed of writing beautifully with ink and a penholder? Then join us and learn how to write words in a fun and easy way.

#### 192-10820

Yolande Hennig

Sat 25.01.20 14.00–16.15

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 60.00 incl. all necessary course materials

### Language Café for the European Day of Languages

#### 192-70520

26.09.19 18.30–20.00

Café Raupe Immersatt, Johannesstraße 97, 70176 Stuttgart  
attendance free, registration recommended

## Health & Fitness

### Qigong

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

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

#### 192-44500

Sabine Kunz

Tue 24.09.–19.11.19 20.00–21.15, 8x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 53.00

### Yoga Regeneration and Relaxation

Asana is the Sanskrit word for a yoga posture or position. We will do the asanas without using any special breathing techniques. The asanas have a refreshing and stabilising effect on both body and mind. In the course we will learn and practise the yoga positions in a precise, dynamic and calm way. Your personal vitality will be stimulated and inner strengths such as tranquility, inwardness and resilience will be increased. We will also do meditation and concentration exercises.

#### 192-45860

Gabriele Schäfer-Bachteler

Fri 11.10.–29.11.19 15.30–16.30, 7x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 37.00

### Yoga Class

#### 192-46050

Margareta Doris Wießmeier

Tue 24.09.–17.12.19 18.00–19.30, 12x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 96.00

#### 192-46051

Margareta Doris Wießmeier

Tue 21.01.–04.02.20 18.00–19.30, 3x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 24.00



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### Lunchtime Fascia Training

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

#### 192-49015

Jennifer Lee-Hausser

Thu 26.09.–23.01.20 12.15–13.00, 14x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 56.00

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### 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 six principles: breathing, concentration, control, centering, precision and motion flow.

#### 192-49520

Christel Rehorn

Tue 24.09.–21.01.20 11.00–11.50, 15x

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

EUR 70.00

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### 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 six principles: breathing, concentration, control, centering, precision and motion flow.

#### 192-49580

Christel Rehorn

Mon 23.09.–27.01.20 12.10–13.00, 15x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 70.00

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### Pilates for Women

Pilates is a complete bodytraining. 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.

#### 192-49790

Anne Albrecht

Fri 08.11.–06.12.19 18.30–19.30, 5x

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

EUR 41.50

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### 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'll love to be active, tone your muscles, get rid of some extra kilos and learn new dance steps!

#### 192-51464

Tue 24.09.–21.01.20 20.05–21.05, 15x

Treffpunkt Bad Cannstatt, Kreuznacher Str. 13, 70372 Stuttgart

EUR 89.00

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## Taste the world

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### Dinner & Dialogue

To celebrate 100 years of vhs and the foundation of the Weimar Republic, we invite you to join us for "Dinner & Dialogue", a series of events where we will cook, eat and talk about up-to-date topics together in the friendly, judgement-free setting of our kitchen. Our goal? Gather people from all walks of life, locals and newcomers, and have them get to know each other, work in cooking teams, eat and discuss under the guidance of two hosts. We'll be literally serving food for thought!

#### 192-55400

Thu 17.10.19 18.00–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00 incl. EUR 5.00 for food

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**192-55410**

Thu 14.11.19 18.00–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00 incl. EUR 5.00 for food

**192-55420**

Thu 12.12.19 18.00–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00 incl. EUR 5.00 for food

**192-55430**

Thu 16.01.20 18.00–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00 incl. EUR 5.00 for food

**Italian Cooking Class: Pasta Amatriciana**

Hungry for tasty Italian food? In this class, you will learn to make handmade pasta and prepare the traditional amatriciana sauce. Delicious antipasti will also be prepared and served during the evening. Pour yourselves a glass of red wine, roll up your sleeves and... buon appetito!

**192-10550**

Giulia Iannucci

Wed 23.10.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food &amp; drinks

**Lebanese Cooking Class:****Mezze – Fattoush, Hummus, Wine Leaves**

If you like small bites with a large variety of fresh ingredients, then you're right here. Together we will learn to prepare cold or warm mezze dishes from fattoush to hummus variations to cold wine leaves. etc. Coffee and dessert will be served too.

**192-10555**

Rana Nasser Köhler

Wed 30.10.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food &amp; drinks

**Mexican Cooking Class: Día de los Muertos!**

In Mexico, death is not a reason to give up on the pleasure of eating. Join us to learn about "Día de los Muertos" (Day of the Dead) and the rituals, drinks and (most important!) food Mexican people prepare on this special day to pay respect to their late relatives. Together we will prepare the traditional Mole Poblano with Mexican Rice and enjoy some delicious Pan de Muerto as dessert.

**192-10565**

Lucero Lopez Ibarra

Sat 02.11.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food &amp; drinks

**A Victorian 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 with all the trimmings 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 kedgeree, originating in India, which was a popular Victorian breakfast dish.

**192-10575**

Hazel Britton

Sun 03.11.19 10.45–13.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 35.00 incl. EUR 11.00 for food &amp; drinks

**Guatemalan Cooking Class:****Corn, Avocado, Cocoa and Plantain**

Corn, avocado, cocoa and plantain have been in the Guatemalan diet for centuries. They have survived fashions and trends, were passed on from one generation to the next one. Join us and learn practical recipes based on these healthy and tasty ingredients. They are essential parts of the traditions of a small country, the heart of the Mayan world.

**192-10576**

María Emilia Morales Vásquez

Wed 06.11.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food &amp; drinks

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### **Lebanese Cooking Class:**

#### **Mezze – Bulgur, Baba Ghanoush, Chicken Fatteh**

Together we will learn more about mezze, the never-ending list of small, delicious dishes that can be served both cold and warm. In this class, we will prepare bulgur salad, two eggplant dips, chicken bread bites and much more... Coffee and dessert will be served too.

**192-10577**

Rana Nasser Köhler

Mon 02.12.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food & drinks

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### **Korean Cooking Class: New Year's Dinner Party**

Would you like to celebrate a Korean-inspired New Year's Eve? On this special day, Koreans usually eat a bowl of soup with "mandu" and, depending on the region, rice cakes and "Jeon", Korean pancakes, are also on the list! In this cooking class, you will learn how to prepare the perfect meal for your New Year's dinner party. Let the celebrations begin!

**192-10585**

Inhye Maugg

Tue 17.12.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food & drinks

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### **Greek Cooking Class: Greece in 3 Dishes**

Join us in a course full of Greek flavours. We will start with feta cheese rolls in (fylo) pastry sprinkled with honey and sesame and continue with 'pastitsada' a delicious, local Corfiot specialty with beef cooked in a rich red sauce with aromatic spices accompanied with pasta! We will finish with the traditional Greek Christmas sweets 'melomakarona' and accompany all these treats with wonderful Greek wine!

**192-10590**

Maria-Efterpi Bogiaki

Wed 18.12.19 18.00–21.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 45.00 incl. EUR 15.00 for food & drinks

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### **Vietnamese Cooking Class: Pho & Spring Rolls**

Ever wanted to make those delicious Vietnamese spring rolls and tasty Pho soup at home? It is so much easier than you think! Join us in this cooking class as we go step-by-step through the process of making these yummy dishes. You will learn tips for customizing them to your taste preferences, how to store them and suggestions for sauces. Along the way, you will also learn a little bit about the culinary history of Vietnam and the country itself.

**192-10595**

N.N.

Mi 05.02.20 18.00–21.30

TREFFPUNKT Rotebühlplatz 28 70173 Stuttgart

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### **Quick and Easy Cooking**

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

**192-53250**

Brigitte Hillner

Sun 16.02.20 11.00–15.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 50.00 incl. EUR 12.00 for food & drinks

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### **Let's eat it fresh!**

Fresh and uncooked food, does not mean salad only. In this course we will prepare all kinds of "raw foods", starting with breakfast-dishes and ending with cake and desserts. You will experience and enjoy many new tastes. Raw food includes fermented or marinated vegetables, as well as kefir or cheese made from non-pasteurized milk.

**192-54000**

Brigitte Hillner

Mon 11.11.19 17.30–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 46.00 incl. EUR 12.00 for food & drinks

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### **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.

#### **192-54015**

Christel Rehorn

Wed 20.11.19 17.45–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 46.00 incl. EUR 12.00 for food & drinks

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## **Discover Stuttgart**

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### **Gateway to the World –**

#### **Guided Tour of the Airport of Stuttgart.**

Discover with us the Airport of Stuttgart in an interesting guided tour. After watching an introductory film, you will visit the terminals, the security and customs areas, and then we will drive you around the apron, where you will see the planes taxiing to the runway and the emergency vehicles of the fire department. The tour continues in the basement of the airport, where the impressive baggage handling system is located. At the end of the tour, you can visit individually the Airport Museum or do some plane watching while eating a bite!

Please, do not bring any sharp objects (e.g. pocket knives, scissors, nail files,...) to the tour.

#### **192-08145**

Sat 08.02.20 14.30–16.30

EUR 12.00/EUR 6.00 for children

Meeting point: Flughafen Stuttgart,

Main entrance Airport Office,

Flughafenstr. 36, 70626 Stuttgart

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### **Bar Culture – A Night Out In Stuttgart**

Berlin has its famous "Paris Bar", New York the "Harry's Bar", Munich its "Schumann's Bar" – and Stuttgart? Stuttgart has a great bar culture as well! No matter how you enjoy your cocktail: stirred or shaken, sour or fruity, with spices or back to the roots – author Ines Witka will show you where you can find your perfect drink. We will visit max. four of Stuttgart's finest Cocktail-Bars and see Stutt-

gart's best barkeepers in action,  
Drinks are not included in the course fee.

#### **192-08910**

Ines Witka

Thu 16.01.20 19.30–23.30

EUR 24.00

Meeting point: Eberhardstr. 61, Tagblatt-Turm, at the cash register of the theater "JES", 70173 Stuttgart.

Finishing point: Stuttgart main station

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### **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 then follow the bicycle path back to the city with a stop at the thermal baths and at 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 on a Saturday morning!

Please bring your own bicycle

#### **192-10610**

Gianmarco Iadicicco

Sat 12.10.19 10.00–12.30

Meeting Point: Treffpunkt Bad Cannstatt

EUR 19.00

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## **Rhythm & Music**

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### **Sing in a Choir: Christmas Carols**

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

#### **192-10710**

Ramona D'Uva

Sat 16.11.–07.12.19 10.00–12.15, 4x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 59.00

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## Modern and Contemporary Dance

Workshop

### 192-30140

Michela Piviero

Sat 07.12.19 15.00–17.00

Sun 08.12.19 15.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 25.00

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## Contemporary Dance with Nina Plantefève-Castryck

For advanced beginners

### 192-30183

Nina Plantefève-Castryck

Sat 16.11.19 16.30–18.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 26.00

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## Identity & Personality

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### Leaving the Comfort Zone

Leaving your comfort zone provides new experiences and surprising insights, possibly also about yourself – like travelling, when you leave your home in order to explore unfamiliar countries and landscapes.

Whatever your individual challenge may be – learning a foreign language, coping with a new job situation, moving to a new place – it is probably associated with hopes and fears. On the one hand, it can be accompanied by feelings of uncertainty, on the other hand, it can be a source of inspiration.

This workshop invites you to take a chance by leaving your comfort zone. Beyond the familiar, the adventure begins. Of course, we will also have a look at what provides orientation, stability, and security to you. The workshop encourages you to enrich your daily routine with new perspectives and life-enhancing experiences.

### 192-18482

Dr. Karin Herrmann

Thu 21.11.19 17.00–20.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

For women only

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## Arts & Crafts

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### Create your own Christmas Card! for Kids (8–12 ys.)

Would you like to create a pretty Christmas 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 Christmas card to a special person.

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

### 192-10810

Yolande Hennig

Sat 30.11.19 10.00–12.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

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### Illustration Course – A Hundred Butterflies

There are a million of different ways 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. The goal is to encourage you to get creative and inventive. For bloody beginners or professionals who are keen to leave their comfort zone.

Please bring: drawing paper, pencils HB + 3B, fine liners and whatever pen or marker you like

### 192-10815

Jan Anderson

Mon 20.01.–03.02.20 18.00–21.00, 3x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 57.00



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## **Introduction to Modern Calligraphy**

### **Workshop for Beginners**

You always dreamed of writing beautifully with ink and a penholder? Then join us and learn how to write words in a fun and easy way. You will first learn how to hold the penholder and the nib, then we will start writing letters and finally we will write our first words that you can then use in greeting cards, invitations, thank you notes and much more...

Course materials (nibs, penholder, ink, paper, workbook) will be provided by the teacher. The participants can then take them home.

### **192-10820**

Yolande Hennig

Sat 25.01.20 14.00–16.15

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 60.00 incl. all the necessary course materials, provided by the teacher.

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## **Watercolor Painting**

The nature and essence of watercolor is in its spontaneity, the swift seizure of a single impression. I admire, paint and teach watercolors that are spontaneous and free, and infuse the viewers with the feeling of what they see. Come and join me for the journey into watercolor painting, while refining your English speaking skills during this workshop! Through different projects we will cover most watercolor techniques, materials as well as some basics of 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!

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

### **192-36640**

Anna Afshar

Tue 08.10.–29.10.19 18.30–21.30, 4x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 72.00

### **192-36641**

Anna Afshar

Thu 10.10.–31.10.19 18.30–21.30, 4x

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 72.00

### **192-36642**

Anna Afshar

Sat 19.10.19 10.00–17.00

Sun 20.10.19 10.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 84.00

### **192-36643**

Anna Afshar

Sat 02.11.19 10.00–17.00

Sun 03.11.19 10.00–17.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 84.00

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## **Photography**

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### **The Basics of Photography**

Technique and creativity are the two main components of photography: The first part of the workshop covers the most important camera functions, as fully automatic settings rarely lead to ideal results. How can you control aperture, shutter speed, sharpness and depth of field? What advantage does the histogram offer? Only those who know the answers to these questions can take photographs instead of snapshots. The second part picks the image composition out as a central theme. We learn about some handy, easy-to-use rules to create photos that are more appealing, interesting and professional. The power of image processing will be demonstrated as well. Also included is a guided photo trip to convert the theory into nice pictures. Finally the results will be reviewed and discussed.

Please bring: Camera with setting options (no mobile phone!) and the manual.

### **192-38280**

Stefan Seip

Mon 20.01.20 18.30–20.30

Mon 27.01.20 18.30–20.30

Mon 03.02.20 18.30–20.30

Fri 07.02.20 18.30–20.30

Sat 08.02.20 09.00–13.00

Fri 14.02.20 18.30–20.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 84.00

## Business & IT

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### Hear My Story: How to Create a Podcast

You have embarked on an adventurous journey and want to share it with others? You have a very interesting story to tell? Do it via podcast! The audio format is a very convenient way to transmit information. Let your audience dive into your story. Learn how to build an interesting storyline, how to capture good atmospheric sounds and voices and how to use them for your audio report. You will also acquire some technical skills in the course: e.g. learn how to cut and master your own audio report with an audio software.

#### 192-10855

Mirjam Karrer

Sat 19.10.19 10.00–14.00

Sun 20.10.19 10.00–14.00

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

EUR 55.00

### The Art of Public Speaking

Do you get nervous at the idea of public speaking? Have you ever wanted to improve your public speaking skills? Or had difficulties with presentations in English? Or have no experience presenting in English? If you answered “yes” to any of these questions then this course is for you. You will have the opportunity to practice giving presentations and reciting speeches in a fun learning environment.

#### 192-10857

Pedro Jimenez

Tue 05.11.–10.12.19 18.00–19.30, 6x

TREFFPUNKT Rotenbühlplatz 28, 70173 Stuttgart

EUR 79.00

### The Art of Discussion & Debate

Do you feel uncomfortable at the idea of publically expressing your opinion? Are you interested in pop culture, politics or current events? If you answered “yes” to one or both of these questions then this course is for you! The course is intended as an introductory course to the art of debating. Participants will have the chance to practice the art of debating in a fun learning environment.

#### 192-10860

Pedro Jimenez

Tue 05.11.–10.12.19 19.40–21.10, 6x

TREFFPUNKT Rotenbühlplatz 28, 70173 Stuttgart

EUR 79.00

### 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. You will also get to practise writing different forms of writings in the business context.

#### 192-10865

Yung Fong Au

Sat 16.11.19 10.00–13.00

Sun 17.11.19 10.00–13.00

TREFFPUNKT Rotenbühlplatz 28, 70173 Stuttgart

EUR 39.00

### Cultural Maps

The Foundation of Intercultural Competence at Work

The work interactions with so-called “foreign” cultures have dramatically increased over the last decades. While the exposure to different viewpoints and habits is surely beneficial to a modern workplace, it sometimes poses challenges. How can we make these intercultural interactions more successful and less difficult? In this workshop, you will be taught to draw your own “cultural map”. By critically comparing your scale of values and beliefs to the ones of others, we will foster understanding and develop strategies that will help us engage in more positive intercultural interactions.

#### 192-10873

Andrea Ota

Sat 18.01.20 09.30–13.00

TREFFPUNKT Rotenbühlplatz 28, 70173 Stuttgart

EUR 30.00 course materials included

### News Writing: Learn to Write Like a Journalist

In this compact course, you will learn the basics of news writing: be on point, concise, simple and still have impact. And even if you don't plan to become a journalist, these writing skills will help you produce better work reports and academic papers.

#### 192-10875

Rachel Sang-Hee Han

Sat 25.01. and 01.02.20 09.30–13.30

TREFFPUNKT Rotenbühlplatz 28, 70173 Stuttgart

EUR 55.00

## Talks

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### From Illusory Freedom to Ravensbrück

Lesbianism between Weimar Germany and Nazism

This talk investigates the changes in the life conditions and social perceptions of lesbians between the Weimar Republic and the sedimentation of Nazism, focusing on Ravensbrück, the only concentration camp for women. Although at the end of the Weimar Republic lesbianism had emancipated and found its space through the creation of a collective consciousness, following Hitler's rise to power the "lesbian issue" was addressed in a controversial way – since it was not officially punishable by the law. Therefore, the Ravensbrück camp was chosen as the place to intern lesbians and all the women considered "asozial". As a consequence, lesbianism was once again contextualized and stigmatized within a new (forgotten) environment, in which the role of the women was manipulated by a patriarchal system.

**192-18472**

Giulia Iannucci

Tue 05.11.19 16.00–18.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 15.00

For women only

### Leaving the Comfort Zone

Leaving your comfort zone provides new experiences and surprising insights, possibly also about yourself – like travelling, when you leave your home in order to explore unfamiliar countries and landscapes.

Whatever your individual challenge may be – learning a foreign language, coping with a new job situation, moving to a new place – it is probably associated with hopes and fears. On the one hand, it can be accompanied by feelings of uncertainty, on the other hand, it can be a source of inspiration.

This workshop invites you to take a chance by leaving your comfort zone. Beyond the familiar, the adventure begins. Of course, we will also have a look at what provides orientation, stability, and security to you. The workshop encourages you to enrich your daily routine with new perspectives and life-enhancing experiences.

**192-18482**

Dr. Karin Herrmann

Thu 21.11.19 17.00–20.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 18.00

For women only

## Let's travel

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### 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.

**192-10960**

Yoshie Yamagishi

Sat 11.01.20 10.00–13.00

Sun 12.01.20 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00

### Survival Indonesian for Travelers

Would you like to pick up some basic Indonesian before traveling to Indonesia? 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 Indonesia.

**192-10965**

Mirjam Karrer

Sat 18.01.20 10.00–13.00

Sun 19.01.20 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.

**192-10970**

Yung Fong Au

Sat 25.01.20 10.00–13.00

Sun 26.01.20 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 40.00

## Courses and Events in Other Languages

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### Cesky

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#### **Dobrou chut'!**

Deutsch-tschechischer Kochabend zum 30. Jubiläum der  
Stadtpartnerschaft Stuttgart-Brünn

#### **192-11120**

Jana Ilg

26.11.19 18.00–21.45

TREFFPUNKT Rotebühlplatz 28,  
70173 Stuttgart

EUR 20.00 inkl. EUR 15.00 Lebensmittel

Mit freundlicher Unterstützung der Landeshauptstadt Stuttgart.



### Español

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#### **Un viaje culinario por la cocina andina: Perú y Ecuador**

#### **192-76475**

Victoria Ortiz García-Mühlich

Mi 27.11.19 18.00–21.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 30.00 inclusive ingredientes

#### **Viaje virtual al Museo Reina Sofia de Madrid y al Museo Guggenheim de Bilbao**

#### **192-77332**

Carmen de las Peñas

29.01.20 18.00–21.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 23.00

### Italiano



#### **Un intellettuale mitteleuropeo: Giorgio Pressburger**

Presentazione in lingua italiana

#### **192-72810**

Dr. Eszter Papp

25.10.19 18.00–19.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 8.00

In collaborazione con la Stuttgarter Dante Gesellschaft e.V.

#### **Il burattino di carta**

Workshop in lingua italiana per bambini (8–12 anni)

#### **192-72700**

Rosa da Lima Iannone

26.10.19 10.00–13.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 12.00/EUR 8.00 Bonuscard Kinder

In cooperazione con l'Istituto Italiano di Cultura di Stoccarda

#### **Rosa di maggio**

Presentazione di un libro e conferenza in lingua italiana

#### **192-72820**

Dr. Giuseppina Colicci

Prof.ssa Serena Facci

23.11.19 18.00–19.30

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 8.00

In cooperazione con l'Istituto Italiano di Cultura di Stoccarda

#### **A cena con Leonardo da Vinci**

Evento culinario in lingua italiana per la Settimana della  
Cucina Italiana nel Mondo

#### **192-11110**

Annalisa Righetti

19.11.19 18.00–21.45

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 30.00 incl. EUR 20.00 cibo e bevande

In cooperazione con l'Istituto Italiano di Cultura di Stoccarda e  
la Stuttgarter Dante Gesellschaft e.V.

# Suomi

## Bake! Karjalanpiirakka, karelistische Piroggen

Finnisch backen? Karjalanpiirakka sind eine Spezialität der finnischen Küche. Die knusprigen Teigtaschen überraschen mit verschiedenen Füllungen. Hyvää ruokahalua!

**192-69193**

Marja Gülch

16.12.19 18.00–21.00

TREFFPUNKT Rotebühlplatz 28, 70173 Stuttgart

EUR 35.00 incl. EUR 10.00 food and drinks

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/](http://www.vhs-stuttgart.de/agb/) (German language)

## General Terms and Conditions

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

### 1. Contract Conclusion

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

### 2. Fees

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

### 3. Reductions

Multiple reductions cannot be applied.

#### 3.1 Reductions cannot be made on the following offerings:

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

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

### 3.2 Group A: 10% Reduction:

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

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

### 3.3 Group B: 25% Reduction:

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

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

### 3.4 Group C: 40% Reduction:

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

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

## 5. Payment of Fees

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

## 8. Proof of Participation/Attendance List

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

## 9. Minimum Number of Participants

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

## 10. Late Entry onto Course

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

## 11. Changing Course

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

## 12. Foreign language courses

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

## 13. German as a Foreign Language/German and Integration

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

## 14. Excursions

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

## 16. Withdrawing from Course/Refunds

- 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**

### **Supervisor**

Dr. Daniele Nuccetelli  
Tel. 0711 1873-707  
daniele.nuccetelli@vhs-stuttgart.de

### **Educational staff**

Meike Klom  
Tel. 0711 1873-733  
meike.klom@vhs-stuttgart.de

### **Secretary**

Ileana Wilkendorf  
Tel. 0711 1873-759  
ileana.wilkendorf@vhs-stuttgart.de

### **Registration**

volkshochschule stuttgart  
Tel. 0711 1873-800  
www.vhs-stuttgart.de



volkshochschule stuttgart  
Fritz-Elsas-Straße 46/48  
70174 Stuttgart  
Telefon 0711 1873-800  
Fax 0711 1873-709  
info@vhs-stuttgart.de

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

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

E-Mail \_\_\_\_\_

Telephone (during the day) \_\_\_\_\_

Postcode and Town/City \_\_\_\_\_

Street \_\_\_\_\_

Date of Birth \_\_\_\_\_

Name \_\_\_\_\_

Surname \_\_\_\_\_

Sender  Ms.  Mr.

**volkshochschule stuttgart**  
**Postfach 10 49 54**  
**70043 Stuttgart**



## Registration

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

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

*Should the person paying not be the person participating in the course, please complete a Third Party Payment Declaration.  
(Kostenübernahmerklärung). This form can be found on [www.vhs-stuttgart.de](http://www.vhs-stuttgart.de) ► Downloads*

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

*Course number*

*Name of course*

*Fees*

EUR \_\_\_\_\_

Name \_\_\_\_\_

Surname \_\_\_\_\_

Date of Birth \_\_\_\_\_

I hereby authorise volkshochschule stuttgart, Fritz-Elzas-Str. 46/48, 70174 Stuttgart, to collect funds from my account through SEPA direct debit. At the same time, I hereby instruct my credit institute to pay out funds to volkshochschule stuttgart through SEPA direct debit. With my course registration I hereby accept the General Terms and Conditions of volkshochschule stuttgart. The creditor ID number for volkshochschule stuttgart is DE54VHS0000005884, a customer reference number will be printed on the invoice.

BIC: \_\_\_\_\_  
(8- oder 11-digits) \_\_\_\_\_ (22-digits)

IBAN: \_\_\_\_\_

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

Place \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

Please complete the sender's and bank details in full