

NORTHCOTE COLLEGE EDUCATION FOR LIFE PROGRAMME

TERM 1 & 2, 2010

NB Government Funding has been withdrawn and courses must be self supporting. We aim to keep prices as reasonable as possible. Use it or lose it!

Arts, Crafts and Photography

Bath Goodies and Gifts

Come and have a fun, relaxing day! We are going to make lots of bath goodies that you can spoil yourself with or make for a gift! Make soap on a rope, bath salts, hand cream, and fizz balls and learn how to present them beautifully. Easy to make, with ingredients that are easy to find so you can easily use your what you've learned to make beautiful presents for friends and family!

Tutor: Doreen Rivas

100 Sat 13 Mar 10am-2pm 1 session \$50

Beaded Jewellery – Beginners

The range of beads now available locally or on the internet is stunning. Learn how to design and make your own beaded jewellery. Complete kits for making a necklace, bracelet and earrings are available from the tutor at a range of prices, to make this a hassle-free, fun class. Please bring your lunch and at least \$20 cash to the tutor for your materials.

Tutor: Tracy Benton

101 Sat 20 Mar 10am-2.30pm 1 session \$49

Creative Silver Jewellery – Beginners

Artclay silver is a revolutionary, eco-friendly, jewellery-making product from Japan which is 'shaking up' the jewellery world. Learn to make professional-looking jewellery at home in this one-day workshop. We aim to complete a ring and a pendant in fine silver. Please bring your lunch.

Tutor: Kathy Servian

102 Sat 13 Mar 10am-4pm 1 session \$165

Creative Silver Jewellery – Advanced

For those who have already completed the Beginners course or have used artclay silver before. Extend your learning. Bring your ideas and/or partially completed projects for support, advice and access to the kiln and tool kits. Please bring your lunch.

Tutor: Kathy Servian

202 Sat 22 May 10am-4pm 1 session \$165

Easy Painting

Are you passionate about art? Do you want to know how to use brushes, painting media, acrylic paint - all on canvas? Do you want to learn how to paint popular New Zealand themes - koru, sunset, Rangitoto, etc? Maybe even sell your art?

Then this is the course for you! Beginners or those with some experience are welcome to join this friendly, relaxed course. Please bring a water jar, apron, old cloths or paper towels and soap, masking tape, pencil, rubber, ruler plus \$40 to the tutor on the first day for materials. Tutor is local artist, Nick Fedaeff

203 Sat 15&22 May 9am-3pm 2 sessions \$120

Korowai Kakahu – Feather Cloak

It takes many hours to achieve a full length traditional Korowai (Feather Cloak). Learn to reach that level by taking smaller and more manageable steps and using more accessible materials. It is preferable to master the art of weaving (see Raranga) before going on to Korowai, but not impossible to achieve a beautiful Cloak, should you want to get straight into this art. Please bring \$25 for starter kit to the tutor on the first day.

Tutor: Herapia Cairns

104K Sat 27 Feb 10am-2pm 4 sessions \$150
204K Sat 8 May 10am-2pm 4 sessions \$150

Mosaic Workshop

Be inspired to create beautiful, functional and quirky mosaic objects using brilliant or quietly sophisticated colours. The medium will be your choice, ranging from tiles, stones, glass or shards of china. Expenditure, depending on your choice of project, will be required for materials and tools. Initial evening session is an introduction to and preparation for the Saturday workshop.

Tutor: Philippa Grattan

205 Tue 11 May 7-9pm 1 session
and Sat 22 May 9am-3pm 1 session \$80

Raranga – Flax Weaving

Come and learn the art of weaving with NZ flax / harakeke. This introductory course covers education on the care and use of native weaving plants, as well as instruction for how to make a flower, kete, mat, backpack etc. Absolute beginners as well as students who have already attended Herapia's classes are welcome to join this fun course. Please bring your lunch - tea & coffee supplied.

Tutor: Herapia Cairns

104 Sat 27 Feb 10am-2pm 4 sessions \$150
204 Sat 8 May 10am-2pm 4 sessions \$150

Stained Glass

Leadlighting or copper foiling. Traditional methods used. Tutor will work with you on your own individual project - lampshade, mobile, window... Expenditure required for materials and tools.

Tutor: Philippa Grattan

106 Tue 16 Feb 7-9pm 6 Sessions \$100

The Art of Drawing

Even if you feel you have no talent for drawing this course is for you. Explore still life, portraiture and landscape in a series of exercises that will give you the skills to draw. Great fun and a fantastic lead into painting. Please bring A3 white paper (pad) & 1 sheet black paper, 6B pencil & sharpener, compressed charcoal, white chalk, rubber.

Tutor: Jan Tyler

107 Sat 27 Feb 9am-3pm 1 Session \$60

The Art of Mixed Media

Take home a work of art to hang on your wall. Combine different media on canvas into your individual abstract or realistic design. Explore using oil crayons, acrylics, printing techniques, found objects, postcards, newsprint and imagination. Principles of design, use of colour and the difference that texture can make will be covered in a fun day with local artist, Jan Tyler. Materials list sent on enrolment. Please bring your lunch and \$4 to the tutor for extra materials.

108 Sat 20 Mar 9am-3pm 1 Session \$60

Watercolour Painting

For beginners and those with some experience. Discover the artist within. Learn how to establish clear intention and identify your own style and personality in your work. Find your strengths and build confidence in your use of watercolour.

Please bring a No 12 Brush, (not acrylic), palette (or white plate), Winsor & Newton Water Colours - Aureolin, Prussian or Winsor Blue and Alizarin Crimson, Archers block 300g cold press A4 or A3, water container (white ice cream tub), sea sponge (from chemist).

Tutor: Julia Ferne

109 Mon 15 Feb 7-9pm 6 Sessions \$120

209 Mon 3 May 7-9pm 6 Sessions \$120

Compact Digital Camera Workshop

A fun & practical workshop for compact digital cameras. Learn how to use the main functions of your camera & take better images. Learn the easy way to transfer your photos onto the computer plus resizing & emailing. Bring your camera & manual. Ensure battery is fully charged – bring any accessories & discover their use.

Tutor: Ian Eng

110 Sat 27 Feb & 6 Mar 9am-1pm 2 Sessions \$95

210 Sat 8 & 15 May 9am-1pm 2 Sessions \$95

Advanced Digital Camera Workshop

A fun & practical workshop for users of advanced digital cameras (cameras with manual, aperture & shutter speed controls). This includes medium size cameras & SLRs. This course will teach you how to use your camera & learn photography techniques. Find all about ISO, digital formats, apertures, shutter speeds & depth of field. Fun & creative – portraits, lighting, night shots, action, still life & more! Ensure batteries are charged & bring camera manual.

111 Sat 20 & 27 Mar 9am-1pm 2 Sessions \$95

211 Sat 29 May & 12 June 9am-1pm 2 Sessions \$95

CRAFTS AT KAREKARE

Held at tutor Robin Overall's workshop in Karekare, West Auckland.

Build your own Wood-fired Pizza Oven

Learn how to build your very own wood-fired pizza oven. This hands on course covers two days of tuition in the art of designing and constructing a traditional wood-fired brick oven. Full instructions are given and practical hands on experience in all techniques is the order of the day. Topics include where to buy materials, how to cut bricks, mixing mortar, flue construction, making tools and firing the completed oven. You will be fully able to build your own oven after attending this in depth course. Course concludes with a practical firing of an existing oven and making the best pizzas you have ever tasted. Full plans and notes included. Held at tutor's workshop in Karekare, West Auckland.

Tutor: Robin Overall

112 Sat & Sun 27 & 28 Feb 9.30am-4pm 2 Sessions \$145

Introduction to Garden Sculpture

Create a stunning piece of sculpture for your garden. This workshop, spanning two days, will show you how to create a piece of garden sculpture by both the additive process and the subtractive process (carving). We will be working with cement and sand based mediums to produce stunning pieces without breaking the bank. The course covers methods and hands on experience plus you get to take your creation home. Bring your lunch. Morning and afternoon teas provided. Course is held at the tutor's workshop in Karekare, West Auckland.

Tutor: Robin Overall

113 Sat & Sun 13 & 14 Mar 9.30am-4pm 2 Sessions \$165

Metal Casting and Mould Making

A two day workshop that covers all you need to know in order to get started in the art of casting hot metal in sand moulds. Instruction and notes are given on building your own furnace, making moulds and tools. We will be casting in aluminium. Morning and afternoon teas are provided on both days. Old clothing is essential and NOT man made fibres. All safety equipment and materials are provided. Course is held at tutor's workshop in Karekare, West Auckland.

Tutor: Robin Overall

214 Sat & Sun 15 & 16 May 9.30am-4pm 2 Sessions \$145

Business & Career Development

Emotional Intelligence

Do you wonder about emotions? How do they come about? How can I be more aware of my own emotions and others? How can I manage them better? Or perhaps you would like to be able to talk about emotions more easily. This workshop is an introductory course relevant for those with a workplace or personal interest in the topic. Come and find out more.

Tutor: Sarah Morton BA, Dip Drama, Dip Tchg, LTCL Effective Speaking
220 Sat 8 May 9am-3pm 1 session \$95

Get that Job – Interview Success

Perhaps you are thinking of a career change, have been made redundant, or you're a new graduate. Maybe you are returning to the workforce after working at raising children. It's competitive out there. If you haven't nailed the job you really want, or you just know you need a leading edge, this course on interview success will give you the skills, knowledge and practice you need.

Tutor: Sarah Morton BA, Dip Drama, Dip Tchg, LTCL Effective Speaking
121 Mon 22 Feb 7-9pm 3 sessions \$65

Leadership and Communication – getting the best out of your team

If you are new to management or want to improve your leadership skills this is the course for you. A chance to up-skill away from work! Learn how to motivate and communicate more effectively. Understand your staff and develop a greater range of leadership tools to get the best from your team. We will be role playing real situations. Come with real problems and issues. We will practice new ways to deal with a range of situations. All information will remain confidential to the workshop.

Tutor: Sarah Morton BA, Dip Drama, Dip Tchg, LTCL Effective Speaking
222 Sat 22 May 9am-3pm 1 session \$95

Public Speaking & Presenting with Confidence

Does the mere thought of public speaking make you want to run a mile? Do you dread presentations? Public speaking is a learned skill. You will learn the skills and have plenty of practice time. Become a confident, competent speaker and have fun getting there. Bring your ideas for a speech or presentation.

Tutor: Sarah Morton BA, Dip Drama, Dip Tchg, LTCL Effective Speaking
123 Sat 6 & 13 Mar 9am-1pm 2 sessions \$85

Computing

Using Windows XP and Office 2003. One computer per student. Certificate of Attendance if you complete 80% of a course.

Computing for Absolute Beginners

This course is designed for those who have not yet begun or just started using computers. Typically people who join this class will have a computer or are thinking of buying one and need some help to get started and have their questions answered. If you are not sure how to send email but would like to "climb aboard," this is the course for you.

Tutor: Tony Smith
124 Wed 17 Feb 7-9pm 6 sessions \$120

Post Beginners Computing

This course is designed for those who know how to use a computer a bit, can probably send an email but want to know where to go next, how to improve their documents, how to attach a photo to their email, how to delete old files and create folders to organise their work.

Tutor: Tony Smith
225 Wed 12 May 7-9pm 4 sessions \$80

MYOB – Mind Your Own Business

Learn how to customise the programme to suit your business needs. Create a new company file, customise your accounts, process sales and purchases, reconcile bank transactions and more. Prior computing and book keeping experience is required.

Tutor: Lisa Reynolds NDBS Accounting
126 Mon 15 Feb 7-9pm 6 sessions \$195
226 Mon 10 May 7-9pm 6 sessions \$195

Excel – Introduction

If you're new to the world of Microsoft Excel spreadsheets, this course is for you! It covers Excel basics, data entry, formatting of cells for text, numbers, currency and dates. Course includes full course notes with material for more advanced home study. No previous Excel knowledge required. Limited to 10 students

Tutor: Michelle Wharekawa
127 Wed 17 Feb 7-9pm 3 sessions \$69

Excel – Intermediate

Build on the spreadsheet skills you have already gained and learn additional skills for dealing with larger sheets and more complex workbooks. Students need to have completed 'Excel – Introduction' or the equivalent. Course fee includes a set of notes. Limited to 10 students

Tutor: Michelle Wharekawa
128 Wed 10 Mar 7-9pm 3 sessions \$69

Microsoft Word - Beginner to Advanced

Gain confidence using MS Word. Our patient tutor shows you step-by-step how to produce documents and be confident editing, formatting, saving, printing, inserting pictures and working with tabs. You are then able to extend your skills to learn how to use section breaks, headers & footers, styles, create templates, as well as a table and doing a mail merge. Course notes supplied. Maximum 10 students

Tutor: Joy Hughes
129 Tue 16 Feb 7-9pm 6 sessions \$120
229 Tue 4 May 7-9pm 6 sessions \$120

PowerPoint

Know the basics in PowerPoint or just starting out? This course will take you through from the first setting up of a PowerPoint slideshow to all the bells and whistles to tastefully enhance your presentations. Create effective overheads, handouts and computer presentations. Learn the tricks behind adding text, working with tables, simple charts & diagrams, setting up slide shows and more. Comprehensive notes supplied. Maximum 10 students

Tutor: Michelle Wharekawa
230 Wed 5 May 7-9pm 3 sessions \$69

Photoshop – Introduction

Adobe Photoshop is the most popular graphic design software. Come and learn the basics - clean up images, enhance photos, colour adjustment etc using Photoshop CS3. Students need basic mouse, keyboard & Windows skills. Maximum 10 Students

Tutor: Robin Overall
131 Sat 6 Mar 9am-3pm 1 session \$95

A Website with Dreamweaver

Learn how to make simple website for fun using Adobe Dreamweaver. This course will cover web design, creating web pages, text and formatting, adding images and tables, using templates and publishing your website. No knowledge of Dreamweaver is required but you should have a basic understanding of how to your computer's operating system eg launch an application, create, copy and save files

Cooking

Please bring an apron & tea towel, cloth and scourer to all cooking classes.

A Saucy Morning!

Join me to make "Salsa Verde", "Pesto" and many other Dressings and Sauces! Just bring your apron and a smile!

Tutor: Dianna Hansen
140 Sat 13 Mar 9am-12 1 session \$35

Authentic Thai Cooking

Learn to cook Thai food the fun way with a native, experienced chef. A hands-on and demonstration course covering exciting dishes from all regions of Thailand. Aspects of Thai culture will be covered - recipes and ingredients supplied. Extra \$55 food costs payable to the tutor on the first night.

Tutor: Ubol de Ronde
141 Tue 16 Feb 7-9pm 6 sessions \$110

Cooking Made Easy

A fun but practical look at what can be done with a few ingredients and a little time. We will cook a 3 course meal each night and enjoy a tasty sampling of the results. Please bring \$20 to the tutor on the first night for all food costs.

Tutor: Dianna Hansen
142 Monday 15 Feb 7-9pm 4 sessions \$80

Feta Cheese Making

Learn how to make a feta cheese ring, delicious cottage cheese and a cheese spread, popular with all the family. The class will be rounded off with something different and exciting: how to make iced tea. All food costs are included in the course fee.

Tutor: Jung Son MNZCS, PGDipComp, DipIT, CertIT
132 Sat 27 Feb 9am-3pm 1 session \$95
232 Sat 8 May 9am-3pm 1 session \$95

Create a Website with CMS – Getting Started with WordPress

WordPress is an Open Source content publishing platform whose popularity is steadily on the rise. Already being used by organizations such as CNN, The New York Times, and the NFL, more and more people are turning to WordPress as a solution for commercial and personal projects alike.

In this course, we will take a look at all of the various functions and features that are a part of a standard WordPress package, and how to make the website with WordPress.

You will be introduced how to use WordPress to make your professional looking website. Experiment with Open Source CMS (Content Management System) that will publish your website in ways you have never seen before. Find out how simple this can be.

This course will be great for

- People who are looking for an easy solution to publish and manage content online
- Bloggers who are looking to have their own website.
- People who want to create a website for their business.

Tutor: Jung Son MNZCS, PGDipComp, DipIT, CertIT
133 Sat 20 Mar 9am-3pm 1 session \$95
233 Sat 29 May 9am-3pm 1 session \$95

Tutor: Doreen Rivas

143 Sat 27 Mar 9am-1pm 1 session \$50
243 Sat 29 May 9am-1pm 1 session \$50

Greening Your Diet

Did you know that changing your diet could have far greater benefits for the environment than changing the kind of car you drive? In this course you'll learn the basics of low-fat plant-based nutrition, along with recipes for easy and delicious dishes. Each session will include several savoury and one sweet dish.

These healthy and economical dishes may even help you keep your New Year's healthy living resolutions! Please bring \$35 to the tutor on the first night for all ingredients.

Tutor: Alice Leonard (Angel Food Ltd)
144 Wed 17 Feb 7-9pm 4 sessions \$79

The Green Gourmet

Eating a plant-based diet doesn't mean brown rice and lentils every night. Each week, we'll cook an appetising entree, a tempting main and a decadent dessert, all suitable for dinner parties and other celebrations. Please bring \$40 to the tutor on the first night for all ingredients.

Tutor: Alice Leonard (Angel Food Ltd)
245 Wed 5 May 7-9pm 4 sessions \$79

Italian Cooking

A simple approach to Italian dishes with our Italian tutor. Learn the art of making olive focaccia, potato gnocchi, fresh

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pasta, easy sauces, delicious dessert and more. Please bring \$40 to the tutor on the first night for all ingredients.

Tutor: Marina Vaccaro

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|-----|-------------|-------|------------|------|
| 146 | Thur 18 Feb | 7-9pm | 4 sessions | \$80 |
| 246 | Thur 6 May | 7-9pm | 4 sessions | \$80 |

Japanese Cooking

Our Japanese chef will focus on popular restaurant dishes – udon & soba noodles, donburi, simmered and dressed dishes for Japanese lunchbox with an authentic Osaka flavour. Bring your own lunchbox

Tutor: Toshi Logan

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|-----|------------|-------|------------|------|
| 147 | Sat 27 Feb | 1-4pm | 2 sessions | \$85 |
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Liqueur Chocolates

If you love chocolates, this is the class for you!! The secret of perfect liqueur chocolates lies in how to cook the perfect syrup and use the perfect melting chocolate. You will get a chance to taste the chocolates in class and to take your own home – ready to top up the next day and enjoy!

Tutor: Doreen Rivas

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|-----|------------|---------|-----------|------|
| 248 | Sat 22 May | 9am-12n | 1 session | \$49 |
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Simply Entertaining

Having guests doesn't need to be stressful, it can be enjoyable! Planning, shopping, table settings and cooking, no

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problem! Bring along a sense of fun and maybe a friend. Please bring \$30 to the tutor on the first night for all food costs.

Tutor: Dianna Hansen

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|-----|--------------|-------|------------|------|
| 249 | Monday 3 May | 7-9pm | 4 sessions | \$80 |
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South East Asian Cooking

Something deliciously different! Discover the flavours and a little of the culture of Burma, Laos, Cambodia, Thailand, Vietnam, Malaysia & Indonesia. Recipes and ingredients supplied. Extra \$60 food costs payable to the tutor on the first night.

Tutor: Ubol de Ronde

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| 250 | Tue 4 May | 7-9pm | 6 sessions | \$110 |
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Sushi Making

Fresh, delicious and healthy - sushi has so much going for it. Emphasising the importance of making good sushi rice, our Japanese chef shows you the tricks to making your own style of sushi easily at home. Food costs are included in the fee.

Please bring a tea towel, cloth and scourer.

Tutor: Toshi Logan

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|-----|--------------|-------|-----------|------|
| 151 | Sat 20 March | 1-4pm | 1 session | \$39 |
| 251 | Sat 8 May | 1-4pm | 1 session | \$39 |

Health & Fitness

Nordic Walking

Nordic Walking - turn your walk into a total body workout! Nordic Walking is walking with specifically designed poles to engage the upper body. It's a low-stress, total body workout that's fantastic for weight-loss, and great for your body and mind. You burn up to 40% more calories compared to regular walking. There's less impact on lower joints, eg the knees. It will keep you fit, toned & healthy, and almost anyone can do it - regardless of age, weight, or gender. Walk anywhere, on the beach, on grass, through the bush, even in the city.

This introductory course focuses on learning and fine-tuning the Nordic Walking technique as well as on building fitness. Each session includes a walk of approx. 45-60mins at moderate speed. Loan poles are available at \$12 for all 4 sessions (please pay at first class). Talk to your tutor if you prefer to use or purchase your own poles. We walk in any weather. Please wear good running or trekking shoes and comfortable outdoor clothing, bring a rain coat. Bring a water bottle for drinking.

Tutor: Brigitte Bednar Nordic Walking Master Practitioner

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|-----|------------|----------|------------|------|
| 161 | Sat 27 Feb | 10am-12n | 4 sessions | \$70 |
| 261 | Sat 15 May | 10am-12n | 4 sessions | \$70 |

Pilates

Please check with your doctor before starting any exercise regimen. Courses are not suitable if you are pregnant. Wear loose comfortable clothing & bring a mat for floor work, a towel or cushion for your head and a bottle of water to drink. Our Brazilian tutor, Ione Barczak, holds Polestar Pilates qualification.

Pilates 1 Mat for Beginners

Enjoy this dynamic system of exercise that integrates mind, body and breathing to help you achieve your fitness goals. Energize, stretch and strengthen your body. Suitable for beginners and all ages.

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|------|-------------|-------------|------------|------|
| 162A | Tue 16 Feb | 6.30-7.30pm | 7 sessions | \$70 |
| 162B | Thur 18 Feb | 7.30-8.30pm | 7 sessions | \$70 |
| 262A | Tue 4 May | 6.30-7.30pm | 7 sessions | \$70 |
| 262B | Thur 6 May | 7.30-8.30pm | 7 sessions | \$70 |

Pilates 2 Mat for Intermediate

Fun yet challenging, this Pilates Mat Class will take you to the next level of fitness. Learn the classic Pilates exercises and sequences that will strengthen, stretch, tone and relax your body, increasing the mind-body connection. You'll feel awesome and see results fast!

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|------|-------------|-------------|------------|------|
| 163A | Tue 16 Feb | 8.30-9.30pm | 7 sessions | \$70 |
| 163B | Thur 18 Feb | 6.30-7.30pm | 7 sessions | \$70 |
| 263A | Tue 4 May | 8.30-9.30pm | 7 sessions | \$70 |
| 263B | Thur 6 May | 6.30-7.30pm | 7 sessions | \$70 |

Sculpt Pilates (Theraband Series)

Using a theraband, you're talked step-by-step, through the entire class, while listening to inspiring music. You'll feel great and see results fast! Define and sculpt your muscles without weights. Suitable for all ages. One theraband - \$12 BLUE for Beginners, BLACK for Intermediate/Men (Buy both for \$20)

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|------|-------------|-------------|------------|------|
| 164A | Tue 16 Feb | 7.30-8.30pm | 7 sessions | \$70 |
| 164B | Thur 18 Feb | 8.30-9.30pm | 7 sessions | \$70 |
| 264A | Tue 4 May | 7.30-8.30pm | 7 sessions | \$70 |
| 264B | Thur 6 May | 8.30-9.30pm | 7 sessions | \$70 |

Yoga for You

A Yoga course for people of all ages and abilities. Learn relaxing, stretching and strengthening poses; improve your breathing; and learn how to relax deeply. Please wear comfortable loose clothing; and bring a mat and

blanket/jacket. Please advise instructor if you are pregnant or have health concerns.

Tutor: all have Ashram Yoga qualifications

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|------|-------------|----------|------------|------|
| 165A | Tue 16 Feb | 6-7.30pm | 7 sessions | \$99 |
| 165B | Thur 18 Feb | 6-7.30pm | 7 sessions | \$99 |
| 265A | Tue 4 May | 6-7.30pm | 7 sessions | \$99 |
| 265B | Thur 6 May | 6-7.30pm | 7 sessions | \$99 |

Languages

French Without Gendarmes – Beginners French

For those with little or no knowledge of French. Gain confidence in using basic French phrases for coping in everyday situations encountered when travelling or doing business with French-speaking countries. A non-threatening course which includes useful cultural information. Class text needs to be purchased, preferably before the start of the class: "Teach Yourself French" by Gaëlle Graham (Text only or Text with 2 x CD's) – Order at your local bookshop or available online at: <http://www.seekbooks.com.au>

Tutor: Sheri Pradel BA

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| 170 | Mon 15 Feb | 7-9pm | 6 sessions | \$120 |
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German - Beginners 1

An introduction to conversational German taught by a native speaker in a fun and interactive class. Emphasis is on being able to express yourself in everyday life and travelling situations. Some historical background & cultural aspects included. This course caters for absolute beginners as well as those with limited knowledge. Ideal for people working in the tourist industry. You will need to buy a textbook (which covers a whole year's study.)

Tutor: Birgitt Rehbein

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|-----|------------|-------|------------|-------|
| 171 | Mon 15 Feb | 7-9pm | 6 sessions | \$120 |
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German - Beginners 2

A continuation of Beginners Stage 1 building on the knowledge you have already gained. New students are welcome but should have some prior knowledge of the language.

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| 271 | Mon 3 May | 7-9pm | 6 sessions | \$120 |
|-----|-----------|-------|------------|-------|

Italian for Beginners

In a relaxed atmosphere, through dialogues, practice, a blend of grammar and cultural information you will learn the key sentences you need when travelling or chatting with Italian friends. Suitable for absolute beginners or those with a little knowledge of Italian. You will need to buy a textbook. Tutor is a native speaker of Italian.

Tutor: Marina Vaccaro

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|-----|------------|-------|------------|-------|
| 172 | Tue 16 Feb | 7-9pm | 6 sessions | \$120 |
|-----|------------|-------|------------|-------|

Korean for Beginners

Korean is spoken by more than 78 million people around the world. Learn the Korean alphabet and the basics for survival in Korea – greetings, basic conversation, useful phrases, how to introduce yourself, counting, asking for directions, etc. Plus a little about the fascinating customs and culture of Korea.

Tutor is a native speaker.

Tutor: Stella (Seunghee) Baek BA

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|-----|------------|-------|------------|-------|
| 173 | Mon 15 Feb | 7-9pm | 6 sessions | \$130 |
|-----|------------|-------|------------|-------|

Mandarin Conversation

Learn the basics so you can get by on a business trip or holiday or communicate with your Chinese neighbours. Daily greetings, Chinese names, numerals in everyday life, the Chinese way of addressing people, asking the way, business & travel communication. Beginners and those with some language are welcome. Tutor is a native speaker.

Tutor: Jimmy Huang BA

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| 174 | Sat 27 Feb | 9.30am-12n | 4 sessions | \$99 |
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Maori Language - Beginners 1

A basic introduction to New Zealand's oldest language taught in a relaxed atmosphere. Origin of symbols, skills in pronunciation and common, social use. Don't be shy - all ages & cultures welcome. "Nau mai, haere mai."

Tutor: Mathew Smith Dip Te Reo Rangatira

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|-----|------------|-----------|------------|------|
| 175 | Sat 27 Feb | 9-11.30am | 4 sessions | \$99 |
|-----|------------|-----------|------------|------|

Maori Language - Beginners 2

Builds on & consolidates the Beginners 1 course, but open to anyone with some knowledge of Te Reo. Extend your vocabulary and knowledge. "Nau mai, haere mai."

Tutor: Mathew Smith Dip Te Reo Rangatira

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| 275 | Sat 8 May | 9-11.30am | 4 sessions | \$99 |
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Spanish for Travellers

Learn the language you need to travel to any Spanish speaking country. A dynamic and interactive course taught by a native Spanish speaker. Suitable for absolute beginners or those who already know a little Spanish.

Tutor: Vicky Giglio

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|-----|------------|-------|------------|-------|
| 176 | Tue 16 Feb | 7-9pm | 6 sessions | \$125 |
| 276 | Tue 4 May | 7-9pm | 6 sessions | \$125 |

Music, Drama & More**Acting – Release the Actor Within**

You CAN act! Catering for all levels, this exciting course teaches drama skills and acting techniques for beginners through to working actors. Also fantastic for improving self esteem, confidence and assertiveness in both your working & personal life. Tutor is a working director with her own drama company and so for those of you with a passion to perform there are opportunities to audition.

Tutor: Sioux Smith

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|-----|------------|-------|------------|-------|
| 180 | Wed 17 Feb | 7-9pm | 6 sessions | \$125 |
| 280 | Wed 5 May | 7-9pm | 6 sessions | \$125 |

Bridge for Beginners & Post Beginners

BRIDGE - the thinking man's (and woman's) card game. Guaranteed to keep your brain alert and Alzheimers at bay! A beginner's course for those who have wondered what the fascination of this intriguing game is all about, and a polish up of rusty skills for those who have a nodding acquaintance with the King of card games and wish to know more.

Tutor: Richard Ryan

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|-----|------------|-------|------------|-------|
| 181 | Mon 15 Feb | 7-9pm | 6 sessions | \$125 |
| 281 | Mon 3 May | 7-9pm | 6 sessions | \$125 |

Guitar

Please bring your own guitar, and a music stand and floor step if you have one. You will need to buy a textbook.

Tutor: Martin Harmadi

A. Beginners 7-8pm: Learn to play both classical (plucking) and popular (strumming) techniques. Even if you've never played a note before, you should be able to play a tune by the end of the course.

B. Intermediate 1 8-9pm: This course suits people who have completed the Beginner's course or who have basic strumming and plucking skills.

Workshop**Picture Framing**

Picture Framing does more than make art look good. Whether a painting, photo, tapestry or embroidery it will be protected when framed in the correct manner. Learn how to frame your precious artwork to a professional standard so it is preserved for years to come. Please bring pen/pencil & paper and your item to be framed on the first night. Expenditure required for materials.

Tutor: Ian McNeill

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|-----|------------|-------|------------|-------|
| 185 | Wed 17 Feb | 7-9pm | 6 sessions | \$115 |
| 285 | Wed 5 May | 7-9pm | 6 sessions | \$115 |

C. Intermediate 2 6-7pm: If you can already strum and pluck well this course is for you. Learn to play a variety of songs using different techniques.

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|------|------------|-------|------------|------|
| 182A | Tue 16 Feb | 7-8pm | 7 sessions | \$80 |
| 282A | Tue 4 May | 7-8pm | 7 sessions | \$80 |
| 182B | Tue 16 Feb | 8-9pm | 7 sessions | \$80 |
| 282B | Tue 4 May | 8-9pm | 7 sessions | \$80 |
| 182C | Tue 16 Feb | 6-7pm | 7 sessions | \$80 |
| 282C | Tue 4 May | 6-7pm | 7 sessions | \$80 |

NLP – Keys to Success

How successful do you want to be... at work, home, sports? Learn powerful skills to help you improve your relationships and interaction with family, friends and at work. Explore your own potential, find out what's been stopping you and break away from limiting beliefs. Make year 2010 the best year! If you do the things you've always done, you'll get what you've always got. Take action and make a difference! This could be the most powerful course you've ever done. After this course people say it changed their life. Are you ready to change yours?

Tutor: Elena Kostyugova

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|-----|------------|-------|------------|-------|
| 183 | Tue 23 Feb | 7-9pm | 6 sessions | \$120 |
|-----|------------|-------|------------|-------|

Successful Fishing

Learn techniques to catch common table species from the Waitemata Harbour and inner Hauraki Gulf. You can target Snapper, Kingfish, John Dory, Trevally, Kahawai and others - some available all year. Boat and land-based techniques will be covered.

Tutor: Kevin Lydiard

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|-----|------------|-------|------------|------|
| 184 | Mon 22 Feb | 7-9pm | 4 sessions | \$85 |
|-----|------------|-------|------------|------|

Upholstery for beginners

(Limited to 12 students)

Transform your tired, old furniture! Re-spring and recover to original condition. Antiques refurbished. Compressor & stapler available. Please bring a small hammer, tack remover, scissors, side-cutters or pliers & measuring tape and your project on the first night. Storage is available at the college. Tutor can advise re materials.

Tutor: Mike Broadfoot

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|------|------------|-------|------------|-------|
| 186A | Tue 16 Feb | 7-9pm | 7 sessions | \$140 |
| 186B | Wed 17 Feb | 7-9pm | 7 sessions | \$140 |
| 286A | Tue 4 May | 7-9pm | 7 sessions | \$140 |
| 286B | Wed 5 May | 7-9pm | 7 sessions | \$140 |

English for Speakers of Other Languages

Come and improve your English. Gain confidence to mix and speak with your Kiwi neighbours and workmates.

FREE Introductory session 7-8pm - Monday 8 Feb, OR Monday 26 APRIL. Come and meet the teachers and find out which is the best course of study for your needs.

NB. These courses are supported by TEC for Permanent Residents aged 16 years or more. Non residents must pay an extra 50%

General English

Monday AND Wednesday – 2 nights a week

Course covers grammar, reading, writing and conversation at Elementary, Pre-Intermediate and Intermediate levels. Study of New Zealand customs & culture will help you improve your English language skills. You will need to buy a textbook.

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|------|------------|-------|-------------|-------|
| 1801 | Mon 15 Feb | 7-9pm | 14 sessions | \$150 |
| 2801 | Mon 3 May | 7-9pm | 14 sessions | \$150 |

English Conversation

Tuesday AND Thursday – 2 nights a week

Practise speaking English in pairs and small groups. Gain confidence to become more fluent. Learn Kiwi idioms and culture; vocabulary; discuss news articles; improve your pronunciation including Maori place names.

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|------|------------|-------|-------------|-------|
| 1804 | Tue 16 Feb | 7-9pm | 14 sessions | \$150 |
| 2804 | Tue 4 May | 7-9pm | 14 sessions | \$150 |

Preparation for IELTS – General, Academic and Advanced English

Tuesday AND Thursday – 2 nights a week

A pre-University Course for students at Upper Intermediate level. Practice in reading, writing, speaking and listening with emphasis on preparation for the IELTS Academic/General test. Skills development appropriate for advanced English use. You will need to buy a textbook.

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|------|------------|-------|-------------|-------|
| 1805 | Tue 16 Feb | 7-9pm | 14 sessions | \$180 |
| 2805 | Tue 4 May | 7-9pm | 14 sessions | \$180 |

English Pronunciation

Pronunciation is one of the hardest aspects of English to master. In this class we will look at various techniques to improve pronunciation and speech clarity. We will also introduce the IPA (International Phonetic Alphabet) so you can continue to refine your speech after the course has finished. (Level: Pre-Intermediate +)

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|------|------------|---------|------------|------|
| 1806 | Sat 27 Feb | 9am-12n | 5 sessions | \$95 |
| 2806 | Sat 8 May | 9am-12n | 5 sessions | \$95 |

Business English

Suitable for foreign students interested in learning Business English, especially those intending to work or those who have recently commenced employment in New Zealand. Focuses on day to day communication in the workplace. Role plays will help you gain confidence and prepare you for work. Topics include person-to-person communication and understanding cultural differences, phone calls, writing, exchanging information and writing simple reports. This class will also cover conversation on current events to give you confidence to chat with your work colleagues at morning tea and lunchtime. (Level Pre-Intermediate+)

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|------|-------------|---------|------------|------|
| 1807 | Thur 18 Feb | 7-9pm | 7 sessions | \$95 |
| 2807 | Sat 8 May | 9am-12n | 5 sessions | \$95 |

Our friendly well qualified tutors include

- ☺ Elizabeth Collins BA, RSA Cert in TEFLA, Cert Tch Reg
- ☺ Darian Godfrey BA, Cert TEFL
- ☺ Jimmy Huang BA, AIS St Helens TEFL Cert
- ☺ Margi Keys Dip Tch, CELTA
- ☺ Jan Tyler CLTA, Dip TESOL, Cert ESOL Home Tutoring