

**VOLKSHOCHSCHULE.
ADULT EDUCATION CENTER.
UNIVERSITÉ POPULAIRE.
BONN.**

**English Programme
First Term 2019**





Conversation B1: English Songs and Verse

In this course we focus on traditional English-language songs and poems from around the world. Topics are love and hate, ghosts, shipwrecks and a lot of magic. We will read and discuss the words, watch different performances on YouTube and (for anyone who wants) sing our favourite songs together. Material is provided by the teacher.

Tuesdays, 12.2. - 18.6.2019

3 to 4.30 pm

Jean Lennox

VHS, Am Michaelshof 2, Room 8

Fee: 96,10 € (reduced fee: 69,10 €)

3255



Indian Cooking

Discover a New World of Spice & Flavour

Indian cuisine has an extensive and varied repertoire, influenced by all the regions of this vast subcontinent. In our course you will learn how to prepare Tandoori chicken, meat in coconut milk, various vegetables cooked with seeds and spices, as well as different types of Pakoras and the famous Lassi drink. We will also explore fusion food by learning about the origin and preparation of Balti dishes.

Tuesdays, 12.3. & 19.3.2019, 6 to 9 pm

Masud Khan

VHS, Mülheimer Platz 1

Room 2.11 (Kitchen)

Fee: 44,70 € (reduced fee: 36,42 €)

7922

Sicilian Cooking

Sicilian cuisine reflects the varied history of this island and therefore stands out from the normal Italian cooking. The wide use of aubergines/egg-plants bears witness to the Turkish Empire while the taste for sugar, spices and almonds was established during the Saracen reign and then developed at the opulent Norman court of Frederick II. The Spanish then introduced chocolate and tomatoes, the first often used in savory recipes, while the French expanded the cooking skills.

In this class we will explore this rich landscape with 4 simple and tasty dishes that will enrich your everyday meals.

Wednesday, 20.3.2019, 6 to 9 pm

Alessio Fangano

VHS, Mülheimer Platz 1

Room 2.11 (Kitchen)

Fee: 33,40 € (reduced fee: 29,26 €)

7924



Ayurveda Cooking

Balancing Body, Mind and Spirit

All ancient traditions of the East emphasize the unity of Body, Mind and Spirit. Today, many of us know and practice Yoga and meditation because of their time-tested benefits. Along with Yoga and meditation, Ayurveda has recently been established with many practitioners. Ayurveda originates from the Indian subcontinent and roughly translated means "life knowledge".

It includes a many faceted therapeutic and medical system.

In Ayurveda, among other things, correct nutrition is seen as essential to health and longevity and to achieving the correct balance in the body and between the body, mind and spirit. Ayurveda identifies three elemental substances (doshas) that can predominate in the three body types.

However, any individual's type can be a subtle and complex mixture of these elements.

In this class the instructor concentrates on the guiding principles of Ayurvedic cookery, and allows the flavours and aromas to entice all participants into further exploration. The cardinal rule is to eat fresh foods. All meals incorporate the 6 tastes: sweet, sour, salty, pungent (ginger/chilli, etc), bitter (leafy greens, turmeric, etc) and astringent (pomegranate, lentils, etc).

We will prepare different vegetables and lentil-dishes, such as vegetable curry, zucchini with mung dal, tasty chickpeas with a combination of black mustard seeds, cumin seeds, curry powder, hing etc. We will also learn how to cook with "Ghee" (butter oil).

Tuesday, 26.3.2019, 6 to 9 pm

Masud Khan

VHS, Mülheimer Platz 1

Room 2.11 (Kitchen)

Fee: 25,40 € (reduced fee: 21,26 €)

7926



English at Work C1: Working in an English Speaking Organisation

Weekend Course

Are you thinking about or already in the process of applying for a position in an English speaking organisation? This weekend course focuses on the English language terminology, phrases and conventions for all areas of the application process, ranging from reading and understanding job advertisements (including the small print!) to writing CVs and attending interviews and assessment centres all the way to starting work in an English speaking organisation.

Weekend, 30.3. & 31.3.2019,

10 am to 3 pm

George Anton Law

VHS, Mülheimer Platz 1

Room 3.60

Fee: 51,70 € (reduced fee: 38,02 €)

3072

Conversation B2: Spring Songs

One-Day Workshop

Spring is in the air - let's greet the season with some English songs and verse. We will discuss, listen to and perhaps even sing some popular and some forgotten songs and poems about springtime.

Material is provided by the teacher.

Saturday, 6.4.2019, 2 to 6 pm

Jean Lennox

VHS, Mülheimer Platz 1

Room 3.57

Fee: 25,10 € (reduced fee: 19,40 €)

3282



Urban Planning in Bonn

Walk through the Altstadt

Every spring, dozens of Japanese cherry trees along the streets of the old quarter "Altstadt" bloom and attract tourists from all over the world.

This was not always the case - back in the 70s this particular area was quite run down.

With around 9000 residents, the north part of Bonn is the most densely populated area of Bonn. In the 60s and 70s this area was severely burdened with heavy traffic and urban development defects. This district was redesigned after a detailed framework plan was set up during the 80s and 90s. The quarter was traffic calmed and redesigned. Green spaces and playgrounds were created, entire facades restored and gloomy backyards transformed into green oases. Interestingly it was hard work getting the approval of the local residents for this structural changes.

For many years Brigitte Denkel worked for the urban planning department of Stadt Bonn and was responsible for the planning process in this district. She will talk on this guided walk about the measures that were taken to improve the quality of life in this particular area with the integration of local residents into this process.

Thursday, 11.4.2019, 6 to 8 pm

Brigitte Denkel

Meet at: Info Point Stadthaus, Berliner Platz 2

Fee: 6 €

1625



Stroop - Journey into the Rhino Horn War

The african rhino is very close to extinction. The reason for that is based on the belief, that the powder made of their horn contains some magical drug and is sold for double the price of gold. The

South African film makers Bonne de Bod and Susan Scott have followed the poachers and the dealers for four years and discovered a global, mafia network of illegal trades.

They also reveal the conflict, based on military means between the poachers and the wildlife protectors in South Africa. The film took four years to make and has won some of the most popular international film prizes such as the „San Diego International Film Festival“ and the „San Francisco Green Film Festival“.

Documentary film is followed by discussion.

Monday, 29.4.2019, 6 to 7.30 pm

Cinema "WOKI Filmtheater"

Bertha-von-Suttner-Platz 1-7

Fee: 7,50 € (reduced fee: 6,50 €)

1550

Sicilian Cooking for Vegetarians



The island of Sicily was dominated by many of the most powerful rulers in history. Thanks to this, its cuisine is a rare and unique meltingpot of tastes and traditions. Sicilian cuisine offers a wide range of vegetarian dishes that make use of its cultivated and wild flora. In this class we will

prepare some of these delicious dishes.

Wednesday, 8.5.2019, 6 to 9 pm

Alessio Fangano

VHS, Mülheimer Platz 1

Room 2.11 (Kitchen)

Fee: 33,40 € (reduced fee: 29,26 €)

7930



Internationales Gartencafé

Try out your language skills in the international language café. There are several language tables and you can decide at which one(s) you would like to sit. Teachers help you to get into conversation with other guests. Absolute beginners are just as welcome as language professionals!

Friday, 10.5.2019, 5 to 7 pm

Daphne Hsi-Hong Fritz and Bettina Kröll

VHS Garden, Mülheimer Platz 1

Free admission



Visit of the Chancellor Bungalow

The Chancellor Bungalow is the former residential building of the German Chancellor.

It was designed by the Architect Sep Ruf in 1963. Between 1964 and 1999 it was used by the Chancellors as accommodation and for representational purposes.

Since 2001 the building is under monumental protection. In 2006 the Wüstenrot Foundation included it to their private protection programme of historic monuments and started with extensive restoration works.

When the restoration work was completed the Bungalow was solemnly reopened in 2009. The Haus der Geschichte Bonn offers a guided tour of the Chancellor Bungalow. It gives an insight into the representational and private rooms. An exhibition informs about the Chancellor and the usage of the building.

Saturday, 11.5.2019, 12.45 to 2.30 pm

Staff Haus der Geschichte

Meet at: Dahlmannstraße 4, 53113 Bonn

Fee: 6 €



Mediterranean Antipasti

Celebrating Spring

In the Mediterranean we know well how a rich table of small and delightful dishes is the perfect start to a great party. Call them what you prefer, Antipasti, Mezze or Tapas, they are the simplest and most versatile way to exploit the seasonal bounty from our markets. Think of crunchy bread with multiple fresh toppings, frittatas featuring seasonal vegetables or dices of cheese or grilled meat marinated in extra-virgin olive oil and fresh herbs what can be better to enjoy with a glass of wine and good friends? In this course we will explore a rich sample of recipes inspired by the many cultures that border the Mediterranean sea, a real feast for your eyes and palates.

Wednesday, 15.5.2019, 6 to 9 pm

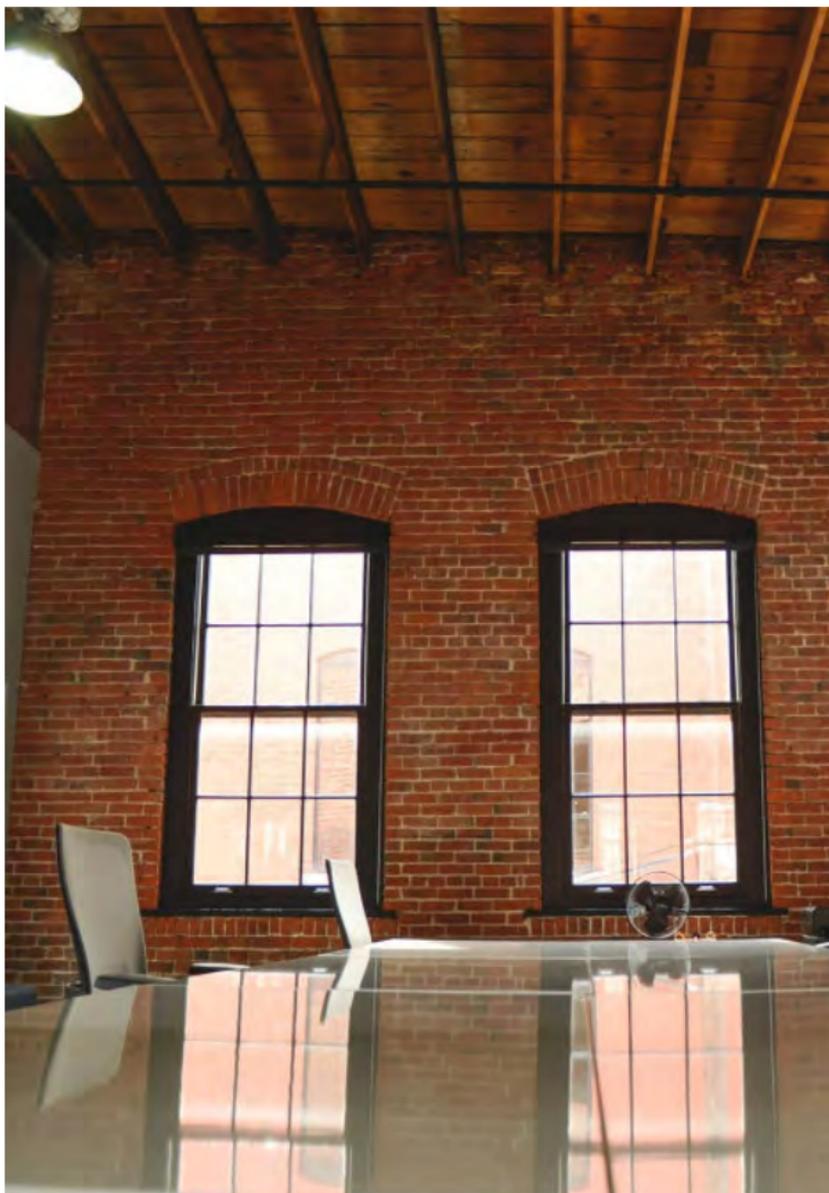
Alessio Fangano

VHS, Mülheimer Platz 1

Room 2.11 (Kitchen)

Fee: 35,40 € (reduced fee: 31,26 €)

7932



Income Taxes for Self-Employed

Working on a self-employed basis in Germany - either as a freelancer or as a tradesman - implies a number of obligations. This ranges from the registration at the financial authorities respectively municipality and the commercial register to the requirement to contribute prepayments on tax.

The presentation addresses frequently asked questions concerning these issues.

Wednesday, 22.5.2019, 8 to 9.30 pm

Jens Köhlhoff

VHS, Mülheimer Platz 1

Room 3.49

Admission free

1620



Tenants' Rights and Duties

Selective legal aspects of renting property in Germany

What exactly is a “Nebenkostenabrechnung” and how can I check it? Who is responsible for fixing damages in my flat? Is my landlord entitled to raise the rent annually? Jürgen Schönfeldt, director of the local Union of Tenants in Bonn, is going to answer your questions throughout this lecture.

Monday, 3.6.2019, 6 to 7.30 pm

Jürgen Schönfeldt

VHS, Mülheimer Platz 1

Room 3.49

Admission free

1610



An Introduction into Buddhist and Secular Meditations to Enhance Self-Compassion

The meditative practice of self-compassion makes it possible to see one's own suffering with the eyes of kindness, forgiveness and even gratitude.

Such meditations often have an origin in Buddhist contemplative practices but nowadays are applied by people in and beyond any religion.

Yesche U. Regel has been a Buddhist monastic in his early years. Now he teaches meditations in many places and in Bonn at a studio for MBSR (Mindfulness Stress Reduction) together with his wife in Poppelsdorf.

Tuesday, 4.6.2019, 6 to 7.30 pm

Yesche Udo Regel

VHS, Mülheimer Platz 1

Room 3.49

Fee: 6 €

2185

Flyer includes all courses in english language by
VHS Bonn

For further information and suggestions please
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