



Tech Amergin

Adult Education Centre Waterville

Spring 2019 Courses



T: 066 9478956
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QQI Accredited Courses

Back To Education Initiative (BTEI) Courses

Courses offered under this part-time programme lead to a national qualification; Quality & Qualifications Ireland (QQI). These courses are FREE if you are in receipt of a social welfare payment and/or an early school leaver and/or in employment and want to upskill and avail of emerging job opportunities.

PPS numbers as well as an application form must be submitted prior to commencing all courses at the centre.

PLEASE NOTE:

- All courses require a minimum number so therefore all students must be registered before the course begins.
- Start dates will be confirmed only when we have enough interest to make the course viable.
- Courses are subject to sufficient resources being available.
- There may be some changes to the courses listed in this programme.

*QQI ACCREDITED CLASSES CONTINUING FROM
AUTUMN 2018 WILL COMMENCE WEEK BEGINNING
MONDAY 7th JANUARY 2019
(please note continuing classes are not listed in this programme).*



QQI

Quality and Qualifications Ireland
Dearbhú Cáilíochta agus Cáilíochtaí Éireann

Class registration evening of hospitality

Friday 25th January 2019 6 - 8pm

Come along and chat with the staff team at Tech Amergin
to find out what course is suitable for you.

Music & refreshments will be available.

To apply online please visit *www.fetchcourses.ie*

Arts, Crafts & Design

QQI Accredited Courses

Collage Techniques QQI Level 5 5N0761

Monday 10am - 1pm / 26 weeks [start date 4th February]

In this course we will take the design principles of collage and bring them to the 3D level. Our main project will be focussed around the idea of dioramas/shadowboxes created from a multitude of materials using previous woodworking skills in the creation of the layers and boxes. Some previous experience required.

Ceramics QQI Level 3 3N1045

Monday 10am - 1pm / 13 weeks [start date 4th February]

Ceramic for beginners: Always wanted to get your hands on clay, love pottery and art? This is the course for you. All levels are welcome.

Painting QQI Level 4 4N1871

Wednesday 10am - 1pm / 13 weeks [start date 27th February]

This class will offer you the knowledge, skill and competence to use a wide range of painting techniques and media and to foster creativity and self expression. All of the above in a fun inclusive, challenging yet supportive environment.

Stained Glass QQI Level 5 5N4515

Thursday 10am - 1pm / 26 weeks [start date 7th February]

Learn how to create beautiful stained glass pieces for your home. Explore traditional techniques of glass making, copper foil technique, leading and painting on glass. Materials cost €80.00.

Sewing for Beginners QQI Level 3 3N1035

Thursday 10am - 1pm / 13 weeks [start date 7th February]

You must have your own WORKING sewing machine. Learn how to get the best from your machine and how to build up a basic set of sewing essentials. You will learn some basic sewing techniques by doing small samples and then using them to make some easy sewing projects.

Print Making QQI Level 5 5N1373

Thursday 10am - 1pm / 26 weeks [start date 7th February]

This course will explore a variety of printmaking techniques and incorporate them into one or more woodwork projects. This may take the form of printing on wood or using basic upholstery skills combining printed material and wood.

Ceramic Craft Skills QQI Level 6 6N3616

Friday 10am - 1pm / 26 weeks [start date 1st March]

For people who already have a good knowledge of ceramics but want to improve. On the course you will learn how to work on the potters wheel, mould making, glazing and more.

Woodcraft QQI Level 4 4N3185

Friday 10am - 1pm / 13 weeks [start date 8th March]

This course is suitable for beginners and for those who have gained some previous experience in woodwork. You will be encouraged to think outside the box and create individual projects in a safe environment.

Information Technology

QQI Accredited Courses

Word Processing QQI Level 5 5N1358

Tuesday 9.30am - 1.30pm / 13 weeks [start date 5th February]

Running your own business or working in an office? This course will show you how to make MS Word work for you, save you time and minimise effort in document creation. We will cover Tables to display data clearly and evenly, Mail Merge for letters and labels, headers and footers, graphic inserts & manipulation, templates, layout forms maximising content on A4 pages, compliment slips, headed paper etc, work with different page sizes, indentation, formatting text, using styles, track changes in your documents and lots more.

Digital Photography For Beginners QQI Level 3 3N0791

Tuesday 7 - 9pm / 20 weeks [start date 5th February]

This course will provide you with the knowledge on how to use your camera equipment properly, basic photographic skills and techniques. You will learn how to set up the camera, use the menu functions, camera features and the key elements of composition to master your camera effectively.

The course will also look at how to use additional equipment including tripods, remote control and flash light. Basic photo editing, using computer software will show you how to improve your photos. You must have a digital camera for the class.

Manual & Computerised Bookkeeping QQI Level 5 5N1354

Wednesday 10am - 1pm / 26 weeks [start date 6th February]

The purpose of this award is to equip the learner with the knowledge, skills and competence to produce and maintain accurate bookkeeping records for a range of organisations, using manual and computerised systems.

Digital Photography - Intermediate QQI Level 5 5N1270

Thursday 7 - 10pm / 26 weeks [start date 7th February]

The purpose of this course is to equip the learner with the knowledge, skill and competence in the theory and practice of digital photography. Learn how to expose photographs correctly by using the right settings.

Apply the correct digital editing tools and practices to produce high-quality final images. Experiment with various elements of composition. Illustrate individual creativity through the practice of photography.

E-Business QQI Level 5 5N1369

The purpose of this award is to equip the learner with the knowledge, skill and competence in the application and use of information and communications technologies to enable the learner to apply principles and practices of eBusiness technologies in a range of contexts.

Please contact the centre for further details.

Eco Tourism QQI Level 5 5N0631

The purpose of this award is to enable the learner to independently and effectively carry out a range of information, administrative and service functions in tourism-related enterprises or to progress to further or higher education and training.

Please contact the centre for further details.

Child care / Health care

QQI Accredited Courses

Understanding Community Development QQI Level 5 5N1901

Monday 10am - 1pm / 26 weeks [start date 4th February]

Community development is a process conducted by community members. It is a process where local people can not only create more jobs, income and infrastructure, but also help their community become fundamentally better able to manage change. Through this course participants will be enabled to understand the key concepts and features of the community development process and its potential to contribute to social change. If you are motivated towards engaging in a process aimed at improving the social, economic and environmental situation of your community then this is the course for you.

First Aid Responder PHECC (FAR)

Tuesday 7 - 10pm / 7 weeks [start date 5th February]

Skills learnt include CPR, Defibrillation, managing choking, seizures/ convulsions, heart conditions, stroke, wounds & bleeding and much more which you may encounter at home and in the workplace. This course will include Cardiac 1st Responder Emergency training. Limited places available.

Languages

QQI Accredited Courses

An Introduction to Irish Sign Language QQI Level 3 3N1072

Saturday 11am - 1pm / 5 weeks

[every second Saturday starting on 9th February]

Course is suitable to those who have little or no experience in using sign language. Exam fee €50.

Non-accredited short courses

Community Education (CE)

This programme aims to provide locally based education programmes that are responsive to the local community's needs. Community education courses are free to participants.

Adult Education (AE):

Self-financing programmes covering a wide range of hobby, professional courses and workshops.

Adult Literacy and Basic Education (ABE):

Through this programme we can offer one-to-one confidential tuition in reading, writing, spelling and numeracy. You decide what you want to work on and learn at your own pace with an understanding tutor. Please call 086 0460506 or Tech Amergin on 066 9478956 for further information.

PPS numbers as well as an application form must be submitted prior to commencing all courses at the centre.

PLEASE NOTE:

All courses require a minimum number so therefore all classes must be booked and paid for where relevant before the course begins.

Start dates will be confirmed only when we have enough interest to make the course viable.

Courses are subject to sufficient resources being available.

There may be some changes to the courses listed in this programme.

Self-Financing Courses:

All courses must be booked and paid for before the course begins.

Arts, Crafts & Design

Non-accredited short courses

Art & Design For The Active Retired (CE)

Monday 2 - 4pm / 8 weeks [start date 4th February]

Come along, enjoy and challenge your creative side! Suitable for all students at all levels. Work at your own pace.

Woodwork For Fun (CE)

Monday 7 - 9.30pm / 10 weeks [start date 4th February]

Come and join a group of like-minded people and create something unique! No paperwork, no previous experience required. Just have fun and work together!

Creative Pottery for The Community Garden / Meitheal Amergin(CE)

Wednesday 10.30 - 12.30pm / 10 weeks [start date 6th February]

Fun and exciting class where you will make creative pieces of artwork for the community garden. Volunteers welcome.

Pottery for House & Garden (AE)

Wednesday 2.00 - 4.00pm / 6 weeks [start date 6th February]

Always wanted to create a big fruit bowl or a garden sculpture or just play with clay? This might be the course for you. No experience required.

The course will guide you through all necessary processes to produce a beautiful piece. You can come with a plan or get inspired by the class.

Fee: €90 including fee for materials. *Anja Gnauck*

Painting Doctor (AE)

Wednesday 2.00 - 4.00pm / 8 weeks [start date 6th February]

Bring your sick and wounded paintings and we will nurse them back to a healthier condition. This class is for everyone. There is no curriculum but

Helen is happy to assist students create and achieve their own personal artistic goals. Fee: €90. *Helen Richmond*

Create Sensory Tools & Garden Equipment at Cunamh House (CE)

Wednesday 1.30 - 4pm / 9 weeks [start date 13th February]

In this course we work as an integrated team of young adults with special needs at Cunamh House and a group of adults from the community to explore and start the creation of a sensory room at Cunamh House.

We will aim to recycle/reclaim many materials to keep costs at a minimum and design and create pieces suited to the group's sensory needs.

Arts, Crafts & Design

Non-accredited short courses continued

Woodwork for Parents and Kids (ABE)

Wednesday 7 - 9pm / 4 weeks [start date TBC]

Please contact the centre for further details.

Mosaic It!! (CE)

Thursday 2 - 5pm / 6 weeks [start date 7th February]

Create mosaic pieces for your home and garden. With this versatile technique you can create stained glass type windows, outdoor signs, enhance your flower pots and planters. Materials cost €30.00.

Fiddling With Fabric (CE)

Thursday 2 - 5pm / 8 weeks [start date 7th February]

In this class you will learn about fabric and what you can do with it... cut, stitch, glue, paint, tear, fold, the list is endless. It is a class for people who want to unleash their creative ideas through the medium of fabric in a fun and innovative way.

I.T./Computers & Design

Non-accredited short courses

Adobe Lightroom (CE)

Monday 7 – 9pm / 6 weeks [start date 4th February]

Organise and edit your digital photos with Adobe Lightroom to create slide shows, photo books, prints etc... In this course you learn all the basic options and settings for a good workflow. The new features like HDR photography and panorama photo will be covered in this class.

Digital Marketing & Content Creation (blogging) for Small Business

Owners (for people that have a website and are already using social media and their website) (AE)

Tuesday 6.00 - 8.00pm / 3 weeks [start date 5th February]

Are you a business owner that understands the need to create content, that is of value to your potential customers, on your website and your social media channels?

In this short course you will learn how to create content that will be useful to your target audience and how to make you an authority within your niche/industry. You will create content correctly for search engines and your website users. We will discuss the relevant social media actors and show you how all this creates an effective sales funnel. In this course we will also delve into video creation and highlight why and how to set-up a google business page along with an intro into Google Analytics and an intro into Pay Per Click advertising. Delivery style: Slide show presentation plus live screen share demonstrations and live examples on course content.

Fee: €70. *Colm McGill*

Artists - Make Light of your Tax Returns (AE)

Wednesday 2 - 4pm / 4 weeks [start date 6th February]

In this short course you will learn how to

Turn your income and expenditure into a work of art

Make a master piece of the Form 11

Explore the ins and outs of artists exemptions

Fee: €50. *Gerry Kennedy*

Computers For Beginners (CE)

Wednesday 7 - 9pm / 6 weeks [start date 6th February]

Use MS Word to write a letter, create a poster. Use MS Paint to convert your poster to an image file to upload to Facebook. Use the Internet to search for information, shop, download essential forms etc., Bookmarks/Favourites. Use email to send attachments, learn how to save attachments to your computer and be able to find them again later.

Exercise / Self-improvement

Non-accredited short courses

Creative Writing (ABE)

Monday 10.30 - 12.30 / 10 weeks [start date TBC]

Develop your creative writing skills on this course, which will cover imagery, metaphor, and observation in your personal writing. We may explore different mediums to develop your writing skills in several genres including fiction; poetry; life writing; and script writing for film, radio and stage.

Writing is So Much Fun! (AE)

Monday 1.30 - 3.30pm / 8 weeks [start date 4th February]

Fee: €95. *Lesley MacVean*

Teacht Le Cheile (CE)

Tuesday 2 - 4pm / 10 weeks [start date 5th February]

Fun class compromising creative movement and dance. After our fun session we are all ready for a cuppa which is the highlight of the afternoon. Popular class.

Beginners Swiss Ball Swish (AE)

Tuesday 10.30 - 11.30am / 6 weeks [start date 5th February]

Exercise class with the support of your 'Swiss ball' to develop core strength, improve posture, flexibility & fitness Fee: €35. *Lesley MacVean*

Pilates

Tuesday 11.30am – 12.30pm / 6 weeks [start date 5th February]

Moderate form of exercise that can improve balance, flexibility, circulation, posture and help you to relax. The programme focuses on the core postural muscles, which help keep the body balanced and are essential for providing support for the spine. Pilates is beneficial for just about everyone - regardless of age and fitness level. Fee: €35. *Lesley MacVean*

Pilates

Tuesday 7 - 8pm / 6 weeks [start date 5th February]

As above. Fee: €35. *Lesley MacVean*

Exercise / Self-improvement

Non-accredited short courses continued

Mindfulness (AE)

Wednesday 9.30 - 10.30am / 8 weeks [start date 6th February]

Mindfulness is a very simple effective form of meditation. Learn body scanning and healthy breathing practices in a peaceful environment. In essence, mindfulness allows you to catch negative thought patterns before they tip you into a downward spiral. It begins the process of putting you back in control of your life. Fee: €45. *Lesley MacVean*

Complimentary Health (AE)

Wednesday 10.30 - 11.30am / 5 weeks [start date 6th February]

Over the 5 weeks you will learn about :
Oils herbs and spices / Plants / Healing Practices / Energy medicine /Feng Sui. Fee: €30. *Lesley MacVean*

Yoga (AE)

Wednesday 7.00pm - 8.30pm / 6 weeks [start date 6th February]

Benefits of yoga include: • Improved efficiency of lungs and cardio-vascular system • Improved posture, flexibility and strength • Improved concentration • Enhanced feeling of well-being • Better quality sleep • Reduction of anxiety and depression. Fee: €55. *Lesley MacVean*

Yoga for Men (AE)

Wednesday 8.30pm - 9.30pm / 8 weeks [start date 6th February]

Develop physical and psychological suppleness, learn relaxation and breathing techniques. Fee: €45. *Lesley MacVean*

Art Therapy (CE)

Thursday 2 - 4pm / 6 weeks [start date 7th February]

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being.

The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviours and feelings, reduce stress, and improve self-esteem and awareness. You don't need to be talented or an artist to receive the benefits.

Bellydancing (AE)

Thursday 7 - 8pm / 8 weeks [start date 7th February]

Exercise for woman, enjoyable and beneficial. All ages welcome! Please note class will not take place on 28th Feb., 28th March & 18th April due to Culture Cinema Screenings. Fee: €45. *Anja Gnauck*

WORKSHOPS

Please note that a deposit must be paid when you make your booking and in-advance of the proposed start date. All workshops are dependent on a minimum number. Start dates will be confirmed only when we have enough interest to make the workshop viable.

First Aid Responder Refresher (AE)

Saturday 26th January & Saturday 2nd February 9.30 - 4pm / 2 days

All participants must have completed the Occupational First Aid (OFA)

QQI Level 5 certificate or the new First Aid Responder PHECC certificate

in order to do this course. This workshop will enable you, over 2 days, to refresh your original certificate & update to the new First Aid Refresher Certificate. *Please note all students must bring, to the class, a copy of their original QQI certificate and their most recent refresher certificate.*

Participants will practice skills such as CPR/Defibrillation, bandaging and management of stroke, choking, seizures, heart conditions, asthma and much more. 1 day. Fee: €90. Attendance certificate issued on completion of the session. Limited places available. *Maura O'Connor*

Rock Art Safari - Save a monument! (AE)

Saturday 16th March 10am - 5pm / 1 day

In many ways it is a race against time to find monuments (as yet to be identified) before land is reshaped and rocks moved, buried or broken. Rock art (a beautiful form of geometric carving dating back to the Neolithic) can be particularly vulnerable to destruction as, dramatic as it is in sun light, it can be easily overlooked being only barely detectable when it is overcast. That coupled with a general lack of awareness of its existence.

Join us on a day-long Rock Art Safari as we tramp the hills in a beautiful remote landscape looking for previously undiscovered rock art. We meet at Tech Amergin where you will be shown images of rock art and guided on

WORKSHOPS continued

how to identify it. You will also get an introduction to 3D recording using photographs. We will drive from Tech Amergin to a remote area that has been identified by Aoibheann as a likely location for new panels. We will see some rock art during the day. Aoibheann has made in excess of 100 reports of new discoveries of monuments to the NMS.

Car pooling. Sturdy footwear, suitable clothing and a level of fitness required. Bring a packed lunch and water. Fee €40. *Aoibheann Lambe*

The Ancient Technique of Raku Pottery

Saturday 2nd March 10am - 1pm & 9th March 10am - 3pm / 2 days

Rake generally refers to a type of low-firing process that was inspired by traditional Japanese raku firing. Western-style raku usually involves removing pottery from the kiln while at bright red heat and placing it into containers with combustible materials.

On the first day you will create the piece for Raku and on the second day you will fire the piece outside. Fee €50. *Anja Gnauck*

Alchemy In Action (AE)

Saturday 9th March 9.30am - 1.30pm / 1 day

Recent copper mine discoveries on Lamb's Head, Caherdaniel in addition to the previously known 'copper caves' in the area highlight the importance of the Waterville/Caherdaniel area in Ireland's transition from the Stone Age to the Metal ages. Our workshop starts at Tech Amergin with an introduction to the technology involved in the alchemy of transforming rock to copper and the implications this had for Stone Age folk. This is followed by a field trip over wet boggy terrain to recently discovered copper workings on Lamb's Head, near Caherdaniel. Suitable walking clothes essential. Wellingtons if you have them. Car-pooling. Fee €25. *Aoibheann Lambe*

Copper Mine Hike (AE)

Saturday 9th March 2 - 5pm / 1 day

A hike to a copper mine high up in the hills near Coad. This walk includes folklore, history, other monuments and interesting sights on the way as we make our way to the prehistoric copper mine known as St. Crohan's Hermitage. As it is located in uneven boggy terrain, a level of fitness and suitable clothing are essential. Bring snacks and water. Car pooling. Meet at the car-park at Coad at 2pm. Fee €20. *Aoibheann Lambe*

Tech Amergin Arts & Cultural events

Tech Amergin also runs an interesting Arts & Cultural events programme throughout the year. If you would like to receive emails on upcoming events please contact the centre on 066 9478956 / admin@techamergin.com.

Keep up-to-date on all events at www.techamergin.com

Culture Cinema *[in association with Access Cinema Dublin]*

Screenings on the last Thursday of every month except for April where the screening will take place on Thursday 18th April. Admission €5 each.



C'est La Vie
Thursday 28th February 8pm



Cold War
Thursday 28th March 8pm



The Guilty
Thursday 18th April 8pm



Rosie
Thursday 30th May 8pm



Just to Be Sure
Thursday 27th June 8pm

other events at the Centre...

Set Dancing with Bernie Kennedy Monday PM

Come along and enjoy the art of set dancing as well as keeping fit in a lively way! For further information please phone 087 6861958. *Bernie Kennedy*

Love Yourself, Heal Your Life *Transformational Workshops*

This is a powerful workshop that will be conducted over 10 weeks.

Facilitator, Angela, has applied this simple teaching [originally developed by **Louise L. Hay**] to her every day life over many years. On experiencing many positive changes in all areas of her life including good health and Self growth Angela went on to train as a HYL Coach in order to share these simple but very effective teaching techniques with others. Believing we all have within us, without exception, the ability to improve our lives on every level.

Please contact the centre for further information on 066 9478956.

Women's Choir

Wednesday 7-9pm / 10 weeks [*start date 9th January*]

Singing has been shown to improve our sense of happiness and wellbeing. Improved mood comes directly from the release of positive neurochemicals such as endorphin, dopamine and serotonin. But, more than that, singing is fun.

No matter what your experience, you are very welcome to join us

Fee €50. **Choral directors**, *Caroline Kennedy & Marian O'Neill*.

Keep up-to-date on our arts & cultural events at
www.techamergin.com

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Education Programme Spring 2019

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BORD OIDEACHAIS
AGUS OILIGNA CHAIRDE
KERRY EDUCATION
AND TRAINING BOARD



Ireland's EU Structural and
Investment Funds Programmes
2014 - 2020

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AN RÓINN DEPARTAMENT OF
OIDEACHAIS EDUCATION
AGUS SCILEANNA AND SKILLS



QQI AWARD