

**New!**

# **International Programme**

**2/2021**

**Travel, Cooking, Yoga**  
and More

## Book Your Course Now:

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## Visit us:

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**Address**

Volkshochschule Aachen  
Peterstraße 21–25, D-52062 Aachen

**Responsible According to Press Law:**

Dr. Beate Blüggel

# International Programme

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Please check our website to make sure that the information given in this brochure is up to date: [www.vhs-aachen.de](http://www.vhs-aachen.de)

## Registration

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## In Person

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Due to construction work in the foyer of the vhs, you will find the Customer Service Center at Peterstraße 17 until at least the end of December 2021.

Up-to-date information can be found on our website.

### Publisher

Volkshochschule Aachen  
Peterstraße 21–25, D-52062 Aachen  
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The following courses are for participants of all nationalities. No matter whether you have lived in the Euregio all your life or just moved here – if your level of English is B1 or above, these courses are your chance to meet like-minded people, explore a (new) field of interest and practise your English. The courses are also open to expats who don't speak (much) German yet.

## Different Countries

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### **Mythical Ireland**

#### **Lecture and Talk**

For those of you who may be curious about the Megalithic monuments of ancient Ireland and their connecting myths – come along for an interesting evening.

Min. of 4, max. of 5 participants

**Eileen Crowe**

**212-15500**

29 September 2021 (2 units)

Wed 6.30 pm–8 pm • 15,- €/no discount

vhs, Sandkaulbach 13, Room A 25

**Eileen Crowe**

**212-15501**

27 October 2021 (2 units)

Wed 18.30–20 Uhr • 15,- €/no discount

vhs, Peterstraße 21–25, Room 308





## Discover Aachen and its Surroundings

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### **Talk and Walk Around the Aachen Parks**

You may not want to spend Saturday morning sitting in the classroom so let's take a walk around the parks in Aachen. Let us start the day talking while walking around the parks and experience another dimension in learning to speak English at an easy pace and in different surroundings. We will discuss what we see and talk about what we can do to preserve our environment. In light rain, please remember to bring your umbrella.

Min. of 4, max. of 8 participants

**Eileen Crowe**

**212-15503**

28 August 2021 (2 units)

Sat 11.30 am–1 pm • 15,- €/no discount

Meeting Point: Hangeweiher, main entrance parking lot

**Eileen Crowe**

**212-15504**

4 September 2021 (2 units)

Sat 11.30 am–1 pm • 15,- €/no discount

Meeting Point: Westpark,  
entrance Lochnerstraße/Gartenstraße

**Eileen Crowe**

**212-15505**

11 September 2021 (2 units)

Sat 11.30 am–1 pm • 15,- €/no discount

Meeting Point: Stadtgarten, fountain



## **History and Nature Across Three Borders**

### **Walks**

How well do you know our beautiful tri-border area? No matter whether you are already familiar with the area or not, you will discover something new. In this outing you can combine hiking, enjoy the seasonal wild flowers and the history of our region's eventful past: the Aachener Reich, the Spanish and Habsburgian Kingdoms as well as Neutral Moresnet. We will finish off the walk in a café and return to the meeting point.

Min. of 6, max. of 10 participants

**Birgit Strotmann**

**212-15515**

2 October 2021 (3 units)

Sat 10 am–12.15 pm • 15,- €/no discount

Meeting point: Kleng Wach, old customs house at Akenerstraat 1, 6291 BB Vaals, Netherlands

**Birgit Strotmann**

**212-15516**

16. October 2021 (3 units)

Sat 10 am–12.15 pm • 15,- €/no discount

Meeting point: Kleng Wach, old customs house at Akenerstraat 1, 6291 BB Vaals, Netherlands

## **Vegan Cooking for Beginners**

### **Course**

Would you like to try vegan cooking but don't know where to start? Come and join us in this course and find out more about veganism, whilst communicating in English. We meet 3 times to learn all about ingredients, recipes and the philosophy of veganism – then try out what we have learned!

Min. of 6, max. of 7 participants

**Eileen Crowe**

**212-15511**

30 August 2021 (4x, 9 units)

Mon 6 pm–7.30 pm • 44,- €/no discount

On 20 September: 6 pm–8.15 pm

vhs, Sandkaulbach 13, kitchen

## **Indian Vegan Cooking**

### **Course**

Explore the flavourful cuisine of India – cruelty-free and spicy! Take your vegan cooking skills to the next level, meet people who feel like you do. During our first meeting we will get to know each other and decide on the recipes we will learn to cook during this short, hands-on course.

Min. of 6, max. of 7 participants

**Eileen Crowe**

**212-15512**

25 October 2021 (4x, 11 units)

Mon 6 pm–8.15 pm • 64,- €/no discount

vhs, Sandkaulbach 13, kitchen

## **Ayurvedic Cooking for Beginners**

### **Course**

Min. of 6, max. of 7 participants

**Eileen Crowe**

**212-15513**

22 November 2021 (4x, 9 units)

Mon 6 pm–7.30 pm • 44,- €/no discount

On 13 December: 6 pm–8.15 pm

vhs, Sandkaulbach 13, kitchen



# Arts and Crafts

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## **The English Garden Talk**

Conversation Course

Join this group to talk about your garden past, present and future. Discuss matters of beauty, well-being and the environment. Meet people like you who love their gardens and improve your English along the way!

Min. of 4, max. of 5 participants

**Dr. Anne Reuters**

**212-15507**

31 August 2021 (8x, 16 units)

Tue 2.45 pm–4.15 pm • 119,- €/no discount

vhs, Peterstraße 21–25, Room 321

## **B1 – Needles work: Needlework**

**Course**

Combine your hobby with improving your English: bring your knitting or crochet project to class and exchange tips and experiences in English.

Min. of 4, max. of 5 participants

**Dr. Anne Reuters**

**212-15508**

31 August 2021 (8x, 16 units)

Tue 4.30 pm–6 pm • 117,- €/no discount

vhs, Peterstraße 21–25, Room 321

## **Photography Club for Beginners**

**Course**

Would you like to learn the basics of professional photography? Would you like to meet fellow enthusiasts and talk about your (new) hobby in English? Then come along to this fun new class. Prior knowledge of photography is not required.

Min. of 4, max. of 5 participants

**Olga Vlasenko**

**212-15510**

25 October 2021 (8x, 16 units)

Mon 8 pm–9.30 pm • 117,- €/no discount

vhs, Peterstraße 21–25, Room 321



# Special Interest

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## **Say hello to the Sun – 10 Weeks of Yoga for Everyone in English**

### **Course**

Ten weeks of yoga in English. Each week we will focus on a different aspect of yoga, looking at breathing, sun salutations, standing poses, core, backbends, twists, forward folds, hip openers, inversions and meditation. This course is suitable for beginners as well as practitioners who would like to examine their practice with emphasis on breathing and alignment.

Min. of 6, max. of 12 participants

**Sarah Bingham**

**212-15502**

10 September 2021 (10x, 20 units)

Fri 10 am–11.30 am • 90,- €/no discount

vhs, Peterstraße 21–25, Couvenrakt,

Room 270



## **The Cat Lovers' Club**

### **Conversation Course**

Cats are everywhere: in literature, the arts, the internet, and, of course, our homes. As a cat lover, if you want to practise your English and meet others who also love their cats then this is the club for you.

Min. of 4, max. of 5 participants

**Dr. Anne Reuters**

**212-15506**

1 September 2021 (8x, 16 units)

Wed 9.30 am–11 am • 119,- €/no discount

vhs, Peterstraße 21–25, Room 321

## **The History Debate Club**

### **Conversation Course**

History isn't old dates and boring monuments! Take part in history culture. Provocative historical events will be examined through English texts and will be objectively investigated and analysed during in-class discussions.

Min. of 4, max. of 5 participants

**Michael Oyler**

**212-15509**

27 September 2021 (4x, 8 units)

Mon 7.45 pm–9.15 pm • 61,– €/no discount

vhs, Peterstraße 21–25, Peterstrakt, Room 252

## **Communicating across Cultures**

### **Course**

This course provides insight and helps you to understand not only the importance of your own culture and behaviour, but also the significance of other cultures' behaviour and expectations. The training will sensitise you to identify and deal with cultural challenges. This course is tailor-made, which means participants can bring in their own input.

Min. of 6, max. of 8 participants

**Dr. Henrica van Ierland**

**212-15514**

14/15/16 January 2022 (3x, 20 units)

Fri 4 pm–7.15 pm, Sat 10 am–4.30 pm, Sun 10 am–4.30 pm

135,– €/no discount

vhs, Peterstraße 21–25, Room 314

Information and Registration  
at Volkshochschule Aachen

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