



Adult Education Program FALL 2010

Course 1

Creative Writing: Playing With Words

Monday mornings, 9:30 a.m. – 11:00 a.m. (Course 1A)

Wednesdays, 6:00 p.m. – 7:30 p.m. (Course 1B)

Join us to play with words to create stories you have always wanted to tell. Together we will cover different elements of Fiction: Setting, Character, Point of View, Dialogue, Plot, etc. This workshop is designed to motivate the writer in all of us, and its focus will be to help each of us discover our own writing voice and style. New and published writers are welcome.

We will use several techniques in class to tap into our thoughts/ideas for stories—free writing and writing prompts, including photographs, short story lines, poems, one line sentences, etc. Some outside reading may be required. (Short stories are often discussed in class as they pertain to style, character, voice, plot).

Once we start producing work, participants may be asked to send their new writing to the group for an initial read before we meet in class. Group comments will provide constructive criticism, guidance for rewriting, and editing suggestions.

The goal for the class is for each writer to have produced one piece of polished (thoroughly revised and edited) writing that will be ready for submission to a journal. Literary Journals with serious writing contests will be presented, so writers can know where to submit work.

Group size: 6 - 8 participants per class. Paper/pen required for class. If there are any questions about the writing workshop please contact the instructor at: meli@hol.gr

Amalia Melis is creator and organizer of the Aegean Arts Circle Creative Writing Workshops (fourteen writing workshops have been held to date). Her first short story “Immigrant Daughter” won second place award for new writers in Glimmer Train (U.S. literary magazine/2002). Two other short stories were finalists in Glimmer Train (2005 & 2007). She has finished writing her first novel and is working on her second novel. She is a freelance feature writer for magazines and newspapers. When avoiding the blank page, she makes sculptures out of discarded pieces of metal & wire.

Dates: Monday classes: October 11, 18, 25; November 1, 8, 15, 29; December 6, 13, 20.

Wednesday classes: October 13, 20, 27; Nov. 3, 10; December 1, 8, 15, 22; January 12

Meeting Place: Arts Center Atrium COST: 180 euros
Minimum enrollment of 6 students required for classes to run.

Course 2

Learn to Draw: A Course in Basic Drawing Techniques (open to high school students also) **Thursdays, 6:00 – 8:00 p.m.**

Anyone can learn to draw. It is a very teachable skill. Discover this enjoyable and interesting art process under the experienced guidance of Jeff Bear, ACS Athens Art instructor. *In eleven weeks*, students will explore and master the perceptual skills necessary for drawing and develop their own inherent expressive abilities. Topics include: Right brain perception of edges, spaces, relationships of spaces, light and shadow and the whole; the self-portrait. The class is open to parents, teachers, alumni and all other interested members of the greater ACS Athens community.

Jeff Bear is an artist/educator with 40 years of teaching experience, eighteen of those at ACS Athens. Although he has sculpted and painted in his career, his main personal work is in drawing.

Meeting time: Thursdays, 6:00 – 8:00 p.m.

Meeting dates: October 14, 21; November 4, 11, 18; December 2, 9, 16; January 13, 20, 27

Meeting place: Middle School Art Room

Tuition: 180 euros

Minimum enrollment of 6 participants required for course to run.

Course 3

Communicate in Greek! (for beginners) **Mondays, 4:00 – 5:00 p.m.**

This course is designed for adults who wish to begin a formal study of the Greek language. Students will learn the Greek alphabet and to read and communicate in Greek. Vocabulary instruction will focus on everyday communication. Grammar instruction and exercises are essential parts of this course. Homework assignments will be required.

This course is an intensive introduction to the study of the Greek language, and it is intended for adults who are beginners in the language.

Instructor: Marina Kapsampeli, ACS Athens teacher of Greek language and culture.

Meeting Time: Monday afternoons, 4:00 p.m. – 6:00 p.m.

Meeting Place: ACS Athens ICCT Classroom 1

Meeting Dates: October 11, 18, 25; November 1, 8, 15, 29; December 6, 13, 20; January 10, 17

Tuition: 120 euros

Course 4

Communicate in Greek! (for those who have completed an introductory course) **Mondays, 5:00 – 6:00 p.m.**

This course is designed for those who have completed an introductory course in the language. Students will develop reading, writing, speaking and listening skills through the thematic development of more sophisticated vocabulary and grammatical knowledge of the language. Homework assignments will be required.

Instructor: Marina Kapsampeli, ACS Athens teacher of Greek language and culture.

Meeting Time: Monday afternoons, 4:00 p.m. – 6:00 p.m.

Meeting Dates: October 11, 18, 25; November 1, 8, 15, 29; December 6, 13, 20; January 10, 17

Meeting Place: ACS Athens ICCT Classroom 1 **Tuition:** 120 euros

Course 5

Communicate in Spanish!

Mondays, 6:00 – 8:00 p.m.

This program is an introduction to Spanish language and Latin American culture. The course will address the needs of those students who are new to the Spanish language as well as those who would like to reinforce their knowledge of the language. This course emphasizes conversation and communication. By the end of the course, students will be able to respond to the spoken language and engage in conversation in order to deal with everyday situations. Visual and audio materials (movies, food, music, traditions, games and exercises) will be important components of the program, making the course a dynamic and a fun experience.

Instructor **Dennisse Legorreta** is a Spanish teacher in the Academy at ACS Athens. Mrs. Legorreta recently moved to Athens from Mexico where she earned a BA in Communications and an MA in Teaching Spanish as a Foreign Language.

Meeting times: Mondays, 6:00 p.m. – 8:00 p.m.

Meeting dates: October 11, 18, 25; November 1, 8, 15, 29; December 6, 13, 20; January 10, 17

Meeting place: Academy Spanish classroom, Room 402 **Tuition:** 180 euros

Minimum enrollment of 6 students is required for the course to run!

Course 6

Photoshop Basics (open to high school students also)

Tuesdays 6:00-8:00

Photoshop is the most popular PC/Mac tool for manipulating pictures. Retouching, layering, exposure correction and typography are some of its most powerful capabilities. This course will explore the fundamentals of Photoshop, with an emphasis on enhancing the appearance of pictures, altering their dimensions, working with multiple layers, applying artistic filters, removing unwanted elements (i.e. skin imperfections, figures in the background) and unleashing your creativity with hands-on projects. You'll gain confidence in selecting and implementing the best tools for common *Photoshop* tasks that are essential to anyone who wishes to edit and creatively manipulate his/her pictures. *Pre-requisite: Basic Computer skills*

Instructor **Valia Efstathiou** is the Assistant to the Athletic Director at ACS Athens. She holds a Bachelors degree in Marketing & Communication and a Masters in Sports Marketing & Communication. Following her passion for visual communications, she is currently enrolled in an Online Master Certificate in Web & Graphic Design at Sessions College for Professional Design based in New York. Valia has a strong interest in photography and finds pleasure in editing pictures and creating event slideshow presentations for personal and professional use.

Meeting time Tuesdays, 6:00 – 8:00 p.m.

Meeting dates October 12,19,26; November 2,9,16,30; December 7, 14, 21; January 11, 18

Meeting place ACS Library Computer Lab Tuition 180 euros

Minimum of six participants required for course to run.

Course 7

The Feldenkrais Method of Somatic Education: An Introduction to Awareness Through Movement (open to high school students also)

Thursdays, 6:00 p.m. – 7:30 p.m.

The Feldenkrais Method® is a form of movement education which uses gentle, structured movement and directed attention to facilitate movement and enhance human functioning. It is named after its originator, Moshe Feldenkrais (1904-1984), an engineer and physicist as well as Judo teacher. Through movement exploration and development of awareness, one discovers new efficient movement possibilities, which can replace painful or effortful movement habits. The benefits of such an approach can be various, ranging from relief from muscular pain and tension, easier breathing, improved posture, greater relaxation and ease in everyday activities to improved performance in sports, dance, music and drama.

The aim of this series of lessons is to introduce you to the Feldenkrais Method® and the practice of ATM (*Awareness through Movement®*) lessons.

The lessons will take place mainly lying on the floor (sitting or standing can also be involved). The participants will be guided through a series of movements into an interesting movement exploration. *“Making the impossible possible, the possible easy and the easy graceful”* is a guiding principle.

During the lesson the participants will be invited to engage their curiosity and gently experiment at their own rate with new, maybe unusual, movements; to play with and discover movement relationships; to explore their internal sensation. The lesson involves moving, thinking, sensing, imagining and sometimes interacting with each other. This series of lessons aims at giving you a first insight into this exciting learning process.

Please wear comfortable clothes and socks and bring a mat/ blanket and a towel with you!

Born in Athens in 1981, instructor **Alexandra Koumatou** completed her undergraduate studies at Deree College where she studied Dance (B.A Dance). Afterwards she pursued her postgraduate studies in Creative Therapy – Dance Movement Therapy at the Arteveldehogeschool in Ghent, Belgium, where she also earned a second postgraduate degree in the Early Identification and Treatment of Developmental Disorders. During the same period she completed the Amsterdam International Feldenkrais Teacher Training under the guidance of Dr. Larry Goldfarb obtaining a certificate as teacher of the Feldenkrais Method of somatic education. She is a certified practitioner of Sherborne Developmental Movement, a method of movement education based on natural movement patterns and play. Alexandra also received basic training in the DIR/Floortime model (St. Greenspan, S. Wieder), which is a developmental, individual-differences, relationship-based approach to autism, ASD and other developmental or mental health challenges. She has worked in Belgium with adolescents with ASD, ADHD and other developmental, learning or behavioral challenges in educational and medical-pedagogical settings as well as with adults in psychiatric and psychotherapeutic settings. Currently she lives in Athens where she works as dance movement therapist and Feldenkrais practitioner with children and adolescents.

Meeting time: Thursdays, 6:00 p.m. – 8:00 p.m.

Meeting dates: October 14, 21; November 4, 11, 18; December 2, 9, 16; January 13, 20

Meeting place: ACS Athens Middle School Room 10 **Tuition:** 180 euros.

Course 8

A workshop on Documentary Photography and Photojournalism (open to high school students also)

Wednesdays, 6:00 p.m. – 8:00 p.m.

Telling a story...creating a narrative.... The aim of this workshop is to help participants conceive, develop and execute a photographic project into a creative form, while at the same time mastering the skills of photography.

Students in this course undertake two to three clearly defined group or personal projects that will challenge them to become more determined in their resolve. Through practice and critiques, students will be able to research, propose, create, edit, write and present their work through images. The core of this workshop is for students of any photographic level to focus and develop a strong point of view on their projects. Students will be able also to explore critical issues in documentary photography through discussions and DVD presentations and guest by photographers in the field. Final work will be presented in a year-end exhibition.

Instructor **Myrto Papadopoulou** is a photographer based in Athens, specializing in documentary photography and photojournalism. She earned a Fine Arts degree in Painting and Photography from the Aristotle University of Thessaloniki, and completed advanced studies at the ICP (International Center of Photography) in NY. Her work has appeared in the following magazines and newspapers: **GEO**, **La Stampa**, **Corriere della Sera / Io donna**, **Diario Magazine**, **El Mundo / Yo dona**, **National Geographic Magazine**, Greece, **Kappa**, Weekly Magazine, **Kathimerini** News Paper, **Epsilon**, Weekly Magazine, **Eleftherotipia** News Paper, **Vimagazino**, Weekly Magazine, and **Vima** News Paper. Her work can also be found in the following books: **Best Sports Photos 2005** (Action Images, photo agency/ Staff Photographer), **Shift book 2007** (International Center of Photography, N.Y), **Thrace Muslim Community** (to be published - a printed version with photos and stories in collaboration with the writer Natasha Blatsiou).

Meeting time: Wednesdays. 6:00 p.m. – 8:00 p.m.

Meeting dates: October 13, 20,27; November 3, 10; December 1, 8,15,22; January 12, 19, 26

Meeting place: ACS Athens Library, Room ICCT 2 **Tuition:** 180 euros

To enroll in any Institute Adult Education Program:

You may register on-line or by phone. Contact Ms. Marietta Garbis, Institute Administrative Assistant, at garbism@acs.gr or at 210-6393-200, ext. 302.

Registration for all Institute Adult Education courses closes on Thursday, October 7, 2010. Tuition is payable to the ACS Athens Cashier before the first day of class.