

# ADULT EDUCATION PROGRAMS

FALL SEMESTER 2011

TO ENROLL IN ADULT EDUCATION PROGRAMS, CONTACT MS. MARIETTA GARBIS AT 210-6393-200, EXT. 302 OR [garbism@acs.gr](mailto:garbism@acs.gr). ENROLLMENT DEADLINE: OCTOBER 8, 2011

## Institute for Innovation and Creativity

Innovation Creativity Culture Critical Thought



**Study Greek Folk Dancing, Printmaking, Drawing, Fiction Writing, Survival Greek, Filmmaking, Feldenkrais, Zumba, Professional Presentation Making, Sculpture for Stop-Motion Animation and Art and Poetry**

**Classes and workshops for adults (and students in grades 11/12)**

**October 2011 - January 2012**



## Writer's Workshop: Playing with Words

**Class 1: Tuesdays, 6:00 p.m. - 8:30 p.m.**  
**Individual conferences: 4:45 p.m. - 5:45 p.m. by appointment**

**Class 2: Wednesdays, 9:30 a.m. - noon;**  
**Individual conferences: noon - 1:00 p.m. by appointment**

**Instructor: Amalia Melis**

**Dates:**

**Tuesdays -- Oct. 11, 18, 25; Nov. 8, 15, 29**

**Wednesdays -- Oct. 12, 19, 26; Nov. 9, 16, 30.**

**Cost: 180 euros (17.5-hour program)**

**Minimum enrollment: 6 (in each class)**

**Maximum enrollment: 10 (in each class)**

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.

**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.

## Communicate in Greek! (for beginners)

**Tuesdays, 4:00 - 5:30 p.m.**

**Instructor: Vasiliki Klimou**

**Dates: Oct. 11, 18, 25; Nov. 1, 8, 15, 29; Dec. 6, 13, 20; Jan. 10, 17**

**Cost: 180 euros (18 hour program)**

**Minimum enrollment: 6**

**Maximum enrollment: 15**

Need to learn how to get on the right bus? Make sure that you arrive on the right island for your weekend getaway? Buy sugar instead of flour at the market? Ask someone if you can buy him/her a drink?

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 and basic grammar instruction will focus on everyday communication. The goal is to learn Greek while getting acclimated to life in Greece.

Instructor **Vicky Klimou** is a member of the Modern Language Department Faculty at ACS Athens. She has taught beginning Greek to children and adults and is currently teaching French and English as a Foreign Language in the ACS Athens Middle School. She is a graduate of Simon Fraser University in Vancouver and has been teaching for six years.

## Sculpture/ Design for Stop Motion Animation

**Tuesdays, 6:00 - 8:00 p.m.**

**Instructor: Dimitris Kaliviotis**

**Dates: Oct. 11, 18, 25; Nov. 1, 8, 15, 29; Dec. 6, 13, 20**

**Cost: 200 euros -- including materials (20-hour program)**

**Minimum enrollment: 6**

**Maximum enrollment: 10**

This workshop is a hands-on character design course starting with drawn design methods in conjunction with sculpting. Animating the character will be encouraged but remains optional.

A scaled character in clay is still the easiest and most direct way to create and express a character design. In this "digital era" expressing a concept/design as a physical object, during and after its completion, has never been more pertinent. Sculptures are very often

scanned in 3D to make virtual models for SFX and video games. Creature design has never been more popular.

Students taking this class will have the chance to create a character design from scratch using clay and learn the same methods a professional in the entertainment industry would use.

Students will first design a character in 2D and then translate it into a real model (3D). They will also be encouraged and show how to make their own tools.

Participants will use computers for the purposes of aiding in the research & development of the character design via finding images on the internet of textures, animals, art and other examples of creature design and puppet sculpting.

The finished result will be something every student can take home with him/her for further work and/or to use as a point of reference if they wish to explore the field further. If the students choose to work on an exceptionally ambitious project they can continue to work on it after the class is over using the methods/techniques learned and eventually add it to their portfolio.

Instructor **Dimitri Kaliviotis** is a professional model-maker, sculptor, designer and animator. He graduated from ACS Athens in 1995 and went on to get a degree in design/art at Concordia University in Montreal. After working on American film productions for 10 years on films such as "Secret Window", "300", "Taking Lives" and "Night At The Museum", Dimitri has recently relocated to Athens, Greece.

## Creating Professional Multimedia Presentations

**Wednesdays, 6:00 - 8:00 p.m.**

**Instructor: Dr. Angelos Athanasopoulos**

**Dates: Oct. 12, 19, 26; Nov. 2, 9**

**Cost: 100 euros (10-hour program)**

**Minimum enrollment: 6**

**Maximum enrollment: 15**

Does your job (or school program) require you regularly to make professional presentations to groups of people? Are you bored with the structure and look of the typical Powerpoint presentation? (Imagine how bored your audience is.)

This computer-lab based seminar is designed to help folks learn how to spice up their presentations (to make them more interesting, vital and professional). Participants will learn how to add sound and video, to edit video and create animations and “lock” their Powerpoint show as a flash movie so that it runs great on every machine. They will learn how to use the available technology to use words, audio and visual images to help them communicate clearly, effectively and memorably.

Instructor Angelo Athanasopoulos earned a BSc in Political Science from Northeastern University in 1993. He earned his Ed.M. from the University of Massachusetts in 1995, specializing in Curriculum Development and Teaching. He earned his Doctoral Degree from Boston University in 2003 specializing in Educational Media & Technology. While working towards his degrees, he worked for one year at the K-9 Boston Renaissance Charter School as the director for technology and for two years as a Boston Public School teacher, teaching computers, desktop publishing and web development. At the same time he taught undergraduate education related courses as adjunct faculty in various US institutions of higher learning.

At ACS Athens he teaches mathematics, Information Technology and Business Economics. He also works with the technology department to find new ways to design, develop and utilize new educational media to infuse technology in the learning process.

## Zumba Dance and Fitness

**Mondays and Wednesdays, 9:15 - 10:15 a.m. (Arts Center at ACS atrium)**  
**Instructor: Nicolette Frangou**  
**Dates: Mondays -- Oct. 10, 17, 24, 31; Nov. 7, 14, 21, 28; Dec. 5, 12, 19; Jan. 9, 16**  
**Wednesdays -- Oct. 12, 19, 26; Nov. 2, 9, 16, 30; Dec. 7, 14; Jan. 11, 18, 25**  
**Cost: Mon./Wed -- 250 euros (25 classes); Wed. only -- 125 euros (12 classes)**  
**Minimum enrollment: 6**  
**Maximum enrollment: 16**



The ZUMBA® program is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, creating dynamic, exciting, exhilarating, and effective fitness system. A ZUMBA class-known as a ZUMBA Fitness-Party™-combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

- It's a blast!
- It's different!
- It's easy!
- It's effective!
- 



Approach Greek culture through the fun of Greek Dancing! Fall into the contagious rhythms and melodies of Greek music by learning an exciting array of Greek folklore dances - while also dipping into the rich history that lies behind them.

Workshops include - besides dancing:

Short introduction with background information on the history and meaning of each dance

A presentation of Greek costumes.

Each session will end with celebration/ party as we dance together the dances we have learned.

*Week One:*

- Sta Tria
- Syrtos from Aegean Islands
- Syrtos from Epirus
- Kalamatianos

*Week Two:*

- Syrtos from Macedonia
- Syrtos from Lesbos Island
- Tsamiko
- Koftos

*Week Three:*

- Issos
- Berati
- Hasaposerviko
- Zonaradiko

*Week Four:*

- Trata
- Karsilamas
- Ballos
- Ikariotikos

*Week Five:*

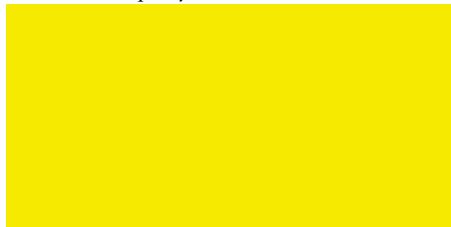
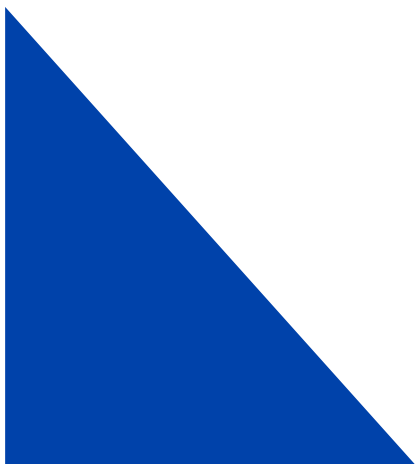
- Hasapikos/Syrtaki
- Revision of all the dances

Instructor **Eleni Mastoras** is an ACS Athens graduate, class of 1999. She is an Art Historian and a member of the internationally renowned Dora Stratou Dance Company.

## Greek Folk Dance Workshop

*a five-week celebration of Greek culture*

**Thursdays, 6:00 - 8:00 p.m.**  
**Arts Center at ACS Atrium**  
**Instructor: Eleni Mastoras**  
**Dates: Oct. 20, 27; Nov. 3, 10, 17**  
**Cost: 100 euros (10-hour program)**  
**Minimum enrollment: 6**  
**Maximum enrollment: 15**



## Learn to Draw

*Learning to draw is learning to see*

**Tuesdays, 6:00 p.m. - 8:00 p.m. (Middle School Art Room)**

**Instructor: Jeff Bear**

**Dates: Oct. 11, 18, 25; Nov. 1, 8, 15, 29; Dec. 6, 13, 20**

**Cost: 200 euros (20-hour course)**

**Minimum enrollment: 6**

**Maximum enrollment: 12**

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 ten 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.

Instructor **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.

## Linocut Workshop

**Wednesdays, 6:00 - 8:00 p.m.**

**(Academy Art Room)**

**Instructor: Paraskevi Papadimitriou**

**Dates: Oct. 12, 19, 26; Nov. 2, 9, 16, 30; Dec. 7, 14, 21**

**Cost: 200 euros (20-hour course)/**

**Participants may enroll in the first five week segment of the program for 100 euros.**

**Minimum enrollment: 6**

**Maximum enrollment: 15**

This is a program of late afternoon classes for both high school students and adults. It is a workshop on linocut printmaking that consists of two sections. Each section will last for five weeks.

During the first section, students will learn the methods of transferring a drawing to linoleum, carving the design into the plate as well as the printing methods in order to make multiples in black and white. The end product will be a series of prints made from a single plate.

During the second five weeks of the workshop, students will learn the techniques of making color prints from two or three linoleum plates. They will learn the process of transferring the drawing in stages to each linoleum piece, carving into each piece and printing multiple plates on one sheet. The end result will be one or more color prints made of multiple plates.

The workshops will focus on:

- Transferring techniques
- Carving techniques and techniques of manipulating a surface effectively
- Printing methods and techniques of making multiples
- Basic color theory

Students do not need to have had prior drawing experience, but they will be challenged to do meticulous work in class. Aprons will be provided, but participants may want to bring extra shirts with them as the process can be messy.

Instructor **Paraskevi Papadimitriou** has been teaching visual arts in the Academy at ACS Athens for the past two years.

She received her BA in Painting from the school of Fine Arts in Athens and her MFA from the Massachusetts College of Art and Design in Boston, Massachusetts. Her work has been exhibited in various venues in Boston, NY, Athens and London. She is currently part of the Administration of the Greek Printmakers Association.



## Making Movies

*from pitching an idea to selling the film*

**Saturdays, 1:00 p.m. - 3:30 p.m. (ACS Athens Sabbagh Library, 3rd level)**

**Instructor: Prodromos Trichoidis**

**Dates: Oct. 15, 22; Nov. 5, 12, 19, 26; Dec. 3, 10, 17; Jan. 14**

**Cost: 250 euros (25-hour program)**

**Minimum enrollment: 6**

**Maximum enrollment: 15**

Everybody has a movie he/she wants to make. The goal of this course is to guide participants in the creation of a short movie, working professionally through all of the stages of making and marketing a film from A to Z. All you need is a digital camera, curiosity, creativity and enthusiasm!

Course content:

- Making an idea come to life.
- Script structure basics.
- Acting lessons
- Basic photography.
- Directing ,film language, using digital cameras.
- Music and film/digital sound.
- Film production economics (casting , choosing a set , costumes,scenography)
- Editing.
- The business of show business
- Funding,distribution and marketing,

The major areas of focus will be:

- Script writing
- Acting for film
- Technical support for digital movies

To achieve the course goals, students will learn to work as a team, so that they can express themselves through film language. Team spirit is very important, so that all the work can be done within the very tight schedule of a once-a-week class, during which all of the work of the course can be completed.

Instructor **Prodromos Trochoidis** is a professional actor, filmmaker and composer. He is a graduate of Farleigh Dickinson University in the US, and has also completed studies at the L. Stavrakou School of Cinema in Athens. He has studied acting with D. Velios at the Actor's Studio in Athens and with Jacques LeCoq in Paris. He has completed music studies at K.Klavas Music School in Athens and as part of the Modern Music Seminar at Aristotle University of Thessaloniki. In his professional life, he has worked as an actor, production assistant, assistant director, public relations manager in for a number of Greek films, TV productions and commercials.

## Learn the Feldenkrais Method

*Rediscover how to move naturally and effortlessly through the Feldenkrais Method of Movement Education...*

**Class 1: Mondays, 4:00 - 5:00 p.m.**

**Class 2: Thursdays, 5:30 - 6:30 p.m.**

**Instructors: Alexandra Koumatou & Massimo Galli**

**Dates: Mondays -- Oct. 10, 17, 24, 31;**

**Nov. 7, 14, 21, 28; Dec. 5, 12, 19; Jan. 9**

**Thursdays -- Oct. 13, 20; Nov. 3, 10, 17;**

**Dec. 1, 8, 15, 22; Jan. 12, 19, 26.**

**Cost: Option A: 120 euros (12-hour program); Option B: 240 euros (including 3 individual 1-1 sessions)**

**Minimum enrollment: 6 (in each workshop)**

**Maximum enrollment: 12 (in each workshop)**

“Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself.” - Moshe Feldenkrais

The Feldenkrais Method® is a form of movement education which uses gentle, structured movement and directed attention to facilitate movement and enhance human functioning and well-being. 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, effortful or inefficient 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.

There are two approaches within the Feldenkrais Method. The first, Awareness Through Movement (ATM) lessons, are a type of movement exploration through verbal instruction using gentle movement and cultivating awareness and an embodied sense of being. These lessons will take place in group and the students will mainly lie on the floor or experience movement in other positions such as standing, sitting or walking.

The second approach, Functional Integration (FI) lessons, are one-to-one lessons involving gentle manipulation by the teacher to enhance the student's movement and body awareness and to help the student broaden his/her motor ability and improve her quality of movement. The two approaches complement and enhance the effect of each other and contribute to a sense of effortless and pleasurable movement as well as a sense of a more integrated well-being by sensing oneself as a whole.

The Feldenkrais classes will be offered in one ATM group session per week. Participation in individual sessions is optional, and will be scheduled individually with the instructors.

### Option A:

1 ATM group lesson per week. A series of 12 group lessons will be offered on Mondays, from 4:00 - 5:00 p.m. or on Thursdays, from 5:30 - 6:30 p.m. Participants *must enroll in either* the Monday or Thursday series of sessions.

### Option B:

1 ATM group lesson per week + 1 individual FI lesson per month (to be scheduled individually). ***Individual sessions will be scheduled between 5:30 - 6:30 p.m. on Mondays or between 6:45 - 7:45 p.m. on Thursdays.***

BE ON THE LOOKOUT FOR:

ART AND POETRY WRITING WORKSHOP WITH JEFF BEAR

THURSDAYS, DEC. 1 AND 8  
6:00 - 8:30 P.M.

COST: 40 EUROS

MORE INFORMATION TO FOLLOW

## IIC Programs for Adults -- Fall 2011

--at a glance--

### Writer's Workshop: Playing with Words

**Class 1: Thurs., 6 - 8:30 p.m.**

**Class 2: Wed., 9:30 a.m. -noon**

### Communicate in Greek

**Tues., 4 - 5:30 p.m.**

### Sculpture Design for Stop-Motion Animation

**Tues., 6 - 8:00 p.m.**

### Professional Multimedia Presentations

**Wed., 6 - 8:00 p.m.**

### Zumba

**Mon./Wed., 9:15 - 10:15 a.m.**

### Greek Folk Dance

**Thurs., 6 - 8:00 p.m.**

### Learn to Draw

**Tues., 6 - 8:00 p.m.**

### Linocut Workshop

**Wed., 6 - 8:00 p.m.**

### Making Movies

**Sat., 1 - 3:30 p.m.**

### Feldenkrais Workshops

**Class 1: Mon., 4 - 5:00 p.m.**

**Class 2: Thu., 5:30 - 6:30 p.m.**

**TO REGISTER, CONTACT MS. MARIETTA GARBIS AT 210-6393-200, EXT. 302 garbis@acs.gr**

**PAYMENT TO ACS ATHENS CASHIER BEFORE THE FIRST CLASS.**

**REGISTRATION CLOSES: FRIDAY, OCTOBER 8, 2011**