

Appendix to the booklet "Courses and programmes"

New courses not mentioned in the booklet, see the booklet for more information!

Helsingfors arbis – The Swedish Adult Education Institute of Helsinki

www.hel.fi/arbisp, tel. 09- 310 494 94
Continuous registration

Swedish for Beginners I (30€)
(Level A1) Learn to communicate in everyday situations, starting from scratch. You will also learn the basics of Swedish grammar and get some insight into Swedish culture.

Book: Rivstart A1+A2 Textbook.
120242 10.1–10.4, Tuesday from 4.30 to 6.00 p.m.
Heidi Huovilainen, room 45

Traditions and Traditional Food for Matriculation and Confirmation Receptions (10€, reduced fee due to external financing)

Confirmation and matriculation exam candidates are celebrated in Finland with sumptuous buffets, displayed on beautifully laid tables. Learn to prepare some typical spring dishes suitable for cold buffets and join in discussions on Finnish rites of passage in easy Swedish.

120165 9.3. Friday from 10 am to 1.45 pm, Karin Lindgren and Alexandra Ramsay, the Teaching Kitchen

Swedish for parents (40€)
Tuesdays kl. 9.30–12 and Fridays kl. 9.30–12, starting 10.1.2012
Child care is organized during the course

The Arbis fair
Among the teachers at Arbis there is a huge range of craftsmen and artists. On the Arbis fair they will present their skills and crafts with demonstrations and by selling their works of art. There will also be a musicshow, some lectures and surprises.
No entry fee. 23.3, friday from 12 a.m. to 20 p.m.

The Adult Education Centre of Kauniainen

<https://www.opistopalvelut.fi/kauniainen/>,
tel. 09-5056 274
Registration date: Thursday 5
January at 10 a.m.

FINNISH

120112K12 FINNISH FOR FOREIGNERS, CONTINUED
Svenska skolcentrum (entry from the West wing, not the main door), Västra Skolstigen 3
Erja Helin, fil.yo
Course fee 0,00 e, Thu 18.45-20.15
19.1.2012-19.4.2012
Max 14 students

Level: A1. Elementary course in Finnish, where you learn e.g. to tell about living, hobbies and owning. Versatile exercises, including a lot of exercises in speaking.
Book: Hyvin menee 1 (Otava), ch. 6-10.

120110K12 FINNISH FOR BEGINNERS 2
Svenska skolcentrum (entry from the West wing, not the main door), Västra Skolstigen 3
Anni Nykänen, kasv.yo
Course fee 0,00 e, Tue 17.15-18.45
17.1.2012-10.4.2012
Max 14 students

Level: A1. Finnish for Beginners continuation course for those who have studied the language for 1,5 years. Vocabulary and grammar about everyday situations. A lot of exercises: speaking, writing and listening. Study in a relaxed and inspiring atmosphere. Book: Hyvin menee! 1 - Suomea aikuisille (Otava), from ch. 16.

SWEDISH

120205K12 SWEDISH FOR BEGINNERS 1, CONTINUED
Petra - Soldatrummet,
Johanna Stjernberg, pol.mag.
Course fee 0,00 e, Thu 18.30-20.00
19.1.2012-19.4.2012
Max 14 students

Level: A1. A beginner's course in Swedish. Everyday words and expressions.
Book: Rivstart 1 (Scherrer, Lindemalm) + exercise book. From chapter 4.

120204K12 SWEDISH FOR BEGINNERS 2
Petra - Universalklassen,
Johanna Stjernberg, pol.mag.
Course fee 0,00 e, Wed 19.00-20.30
18.1.2012-11.4.2012
Max 14 students

Level: A1. We practise conversation and understanding! Book: Rivstart 1 (Scherrer, Lindemalm), from chapter 9.

COOKING

830301K12 TURKISH COOKING CLASS
Kasavuoren koulukeskus, kotitalousluokka, Kasabergsvägen 1
Funda Caglar
Course fee 24,00 e, Sun 12.00-15.00
15.1.2012-19.2.2012
Max 10 students
15.1 / 5.2 / 19.2

Come and learn the secrets of cooking wonderful Turkish dishes. Food fee 15 € / person / class.

GYMNASTICS

830122K12 MORNING GYMNASTICS
Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor
Course fee 24,00 e, Thu 08.00-08.45
19.1.2012-26.4.2012
Max 20 students

Wake up refreshed with nice morning gymnastics and the rhythm of nice music.

830123K12 AEROSTRETCH - STRETCHING WORKOUT
Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor
Course fee 24,00 e, Tue 18.00-18.45
17.1.2012-24.4.2012
Max 20 students
No class on February 14th.

Stretching relaxes muscles and mind. These are done aerobically in tune to music. The aim is to limber the joints and loosen stiff muscles.

830125K12 AEROFIT A, AEROBIC DANCE FITNESS PROGRAM
Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor
Course fee 24,00 e, Tue 17.00-17.45
17.1.2012-24.4.2012
Max 20 students
No class on February 14th.

Aerofit is a dance and exercise class. It tones and shapes your body and helps you be physically fit by combining cardio, strength training and stretching to provide a truly effective workout in a fun, safe, and friendly environment to enhance the well-being of people of every age and fitness level.

830126K12 AEROFIT B, AEROBIC DANCE FITNESS PROGRAM
Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor
Course fee 24,00 e, Sat 10.00-10.45
21.1.2012-5.5.2012
Max 20 students

Parallel course. No class on January 28th.

830127K12 LATINO FIT A
Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor
Course fee 24,00 e, Fri 16.00-16.45
20.1.2012-4.5.2012
Max 20 students
No class on January 27th.

A great fusion of Latin dance and aerobics moves, using simple moves and expressions through body language with fun Latin music.

830128K12 LATINO FIT B

Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor

Course fee 24,00 e, Sat 11.00-11.45

21.1.2012-5.5.2012

Max 20 students

No class on January 28th.

830129K12 BELLYBIC - BELLY DANCING AEROBIC PROGRAM FOR LADIES

Petra - Festsalen,
Funda Caglar, aerobic dance - fitness instructor

Course fee 24,00 e, Fri 17.00-17.45

20.1.2012-4.5.2012

Max 20 students

Belly Dancing Aerobics is a wonderful form of low-impact aerobics. No class on January 27th.

YOGA

830166K12 YOGA BASED ON IYENGAR - BEGINNERS

Petra - Festsalen,
Jaana Irmeli Turunen, tanssitaiteen maisteri

Course fee 36,00 e, ke 18.00-19.15

18.1.2012-11.4.2012

Max 20 students

Iyengar yoga is suited for everyone. We use belts, blocks and blankets to support the asanas.

830167K12 YOGA BASED ON IYENGAR - INTERMEDIATE

Petra - Festsalen,
Jaana Irmeli Turunen, tanssitaiteen maisteri

Course fee 36,00 e, ke 19.30-21.00

18.1.2012-11.4.2012

Max 20 students

See above. Intermediate level.

Helsinki Summer University / Helsingforsnejdens sommaruniversitet / Helsingin seudun kesäyliopisto

www.kesayliopistohki.fi

Office: Kaisaniemenkatu 4 A, 00100

Helsinki

Tel. 020 779 2400,

e-mail: info@kesayliopistohki.fi

Swedish for foreigners:

Swedish for Beginners 1

Swedish for Beginners 2

Continuation course in Swedish

Course date: May-June and August (several groups)

Teacher: Bodil Wadenström, M.A.

Language of instruction: Swedish / English (when needed Finnish)

Place: Helsinki (address will be confirmed later)

ESBO ARBIS - The Swedish Adult Education Institute of Espoo

Enrol online www.ilmonet.fi 7 December

12 p.m. onwards and by

phone: 09 8165 7890, starting at 7 December, Mon-Fri, 12 p.m.-3 p.m.

See our website: www.esbo.fi/arbis

Språkkurser i svenska för invandrare

Swedish for beginners (31 €)

111496 18 Jan-11 Apr

Wednesday 6 p.m.-7.30 p.m.

Alberga, Ruusutorpan koulu,

Pekanmäki Mirja.

The teacher speaks Swedish and English, no knowledge of Finnish needed.

Course books: Rivstart A1+A2. The course is a continuation for the beginners' course, which began in September 2011.

Swedish second year studies

120091 19 Jan-19 Apr (31 €)

Thursday 5 p.m.-6.30 p.m.

Alberga, Ruusutorpan koulu, Pekanmäki Mirja.

Swedish for second year studies. Emphasis on vocabulary, basic grammar and spoken Swedish. Lots of oral exercises and practising everyday situations.

Book: Svenska Utifrån. Course started in autumn.

Övriga kurser där små kunskaper i svenska inte utgör ett hinder.

Easy English (31 €)

120076 23 Jan-23 Apr

Monday 10 a.m.-11.30 a.m.

Hagalund, Östanvindsgränden 8, IV vån., Hansson Mia.

A pre-intermediate course with focus on discussion and vocabulary exercise. No knowledge of Finnish or Swedish required. The course also includes listening and reading comprehension exercises and discussion about Finland and Finnish culture.

So Many Everests (5 €)

120200 23 Jan

Monday 7.10 p.m.-9 p.m.

Östanvindsgränden 8, IV vån.,

Webster Diana and Webster Victoria.

A talk with readings about the background of So Many Everests by Diana and Victoria Webster. The book tells the story of Victoria, born in Finland with cerebral palsy, and her fight to become a doctor and, finally, a specialist in Accident

and Emergency Medicine (the first in the Nordic countries). The talk will be followed by questions and a discussion about some of the issues raised in the book. The book will also be available in English, Finnish and Swedish.

Drawing

120040 18 Jan-11 Apr (45 €)

Wednesday 6 p.m.-8.30 p.m.

Alberga, Ruusutorpan koulu, Ioka Keita.

Model drawing, croquis and painting from model.

Sculpture

120041 16 Jan-16 Apr (45 €)

Monday 6 p.m.-8.30 p.m.

Alberga, Ruusutorpan koulu, Ioka Keita.

Sculpture course for both beginners and advanced students. The teacher speaks English and Swedish.

Art from scrap leather and papier-mâché

120052 9 Mar-1 Mar (29 €)

Friday 5.30 p.m.-8 p.m.

Saturday and Sunday 10 a.m.-4 p.m.

Ruusutorpan koulu, Ignatenkova Lydia.

Leathercraft designer Lydia Gars will teach you how to make three-dimensional art from papier-mâché and scrap leather. Bring your own scrap leather (old gloves or jackets), pieces of fur and wool (old coats), small sharp scissors, cardboard for patterns. The class is in English.

Luckan – the Finland-Swedish Information and Culture Centre

Register to bridge@luckan.fi,

040-485 96 36 by 15 March.

Hygiene training and proficiency examination. (30€)

Address: Helsingfors arbis, Dagmarinkatu 3, Helsinki

Lecturer: Marja Laukkanen

According to the National Food Act, employees handling unpacked, perishable food must demonstrate their knowledge of food hygiene by taking the Hygiene Proficiency Exam. The training course covers all subject areas of the test.

Training is followed by the hygiene proficiency test, after the completion of which you will have the correct answers and receive your result. The course fee covers the training, a set of sample questions, the test, and for those who pass the test, the card and certification awarded by the Finnish Food Safety Authority Evira (so-called hygieniapassi). Useful book Basic facts of food hygiene is available in some libraries or can be ordered from SEFO-konsultointi, see www.sefo-konsultointi.fi.