



Courses and programmes

**in different languages, offered in the capital
region by the Swedish Adult-Education
Institutions and Luckan**

Autumn 2011 – Spring 2012



Dear Reader,

You are holding the first joint-course catalogue for the courses, events and programmes in English and other languages that are offered by the Swedish Adult-Education Institutions in the capital region, as well as by the Finland-Swedish Information and Culture Centre, Luckan. The Swedish department of Vantaa aikuisopisto does not produce courses for immigrants themselves. However, if you live in Vantaa, then you are welcome to join any of the other Arbis and Luckan courses. The focus of these programmes is to offer educational courses as well as fun and social events, where language is not a barrier.

We wish you a fun and educational academic year 2011 – 2012,

The Adult-Education Institutions in the capital region and Luckan

The initiative is funded by the project 'Delaktig i huvudstadsregionen', which aims to develop integration pathways for those who choose Swedish as their language in Finland. The project is part of the nationwide programme 'Osallisena Suomessa', which is funded by: the Ministry of Interior; the Ministry of Employment and the Economy, the Ministry of Education and Culture; the Swedish Foundation of Culture; the Finnish Cultural Foundation; and The Association of Finnish Local and Regional Authorities.

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Helsingfors Arbis

The autumn term

Starts on Monday 12 September.

You can enrol for the language courses starting from **Wednesday 31 August at 10 a.m.** by phone (310 4949 49) or online (<http://anmalningar.arbis.hel.fi>).

Terms of payment

We will invoice you for each course. The bill must be paid by the expiry date at the latest.

Cancellation You can cancel your registration 7 days before the start of the course with no penalty fees. We will charge you half the fee if you have not cancelled your registration.

Most of our teachers speak English. Some of the courses below are presented in Swedish. That means that the course is mainly in Swedish but the teacher will give instructions in English if needed and the subject is such that even basic Swedish is enough to be able to follow the course.

Sign up for a class and enjoy your creativity!

Study at Arbis – a get-together party

Arbis welcomes immigrants and foreigners in Helsinki who can communicate in Swedish or English to join our courses. During this evening we will present our programme in English and indicate which courses you can participate in, even if your mother tongue is not Swedish. Salad and beverages are served, accompanied by musical entertainment.

Entry is free but you must enrol at the office, by 26 September! Welcome!
Friday 30 September from 5 p.m. to 8 p.m.
in the Main Auditorium at Dagmarinkatu 3.

Studera på Arbis – kom och träffas-fest!

Vi på Arbis önskar nyfinländare och utlänningar i Helsingfors som kan kommunicera på svenska eller engelska välkomna att studera hos oss. Under kvällen presenterar vi vårt kursprogram för er och visar på kurser man kan gå på även om man inte har svenska som modermål. Sallad och måltidsdryck serveras, inkl. musikalisk underhållning.

Fritt inträde men obligatorisk anmälan till Arbis kansli senast 26.9., 30.9, fredag kl. 17.00 – 20.00 i Arbis festsal på Dagmarsgatan 3.

Intensive Swedish for Foreigners

The course consists of six parts of 36 lessons each. Students have the opportunity to enrol every 6 weeks throughout the term. No previous knowledge of Swedish is required for the first part (Intensive Swedish I). Reduced fee due to external subsidising. Course books: Rivstart A1 + A2 Textbook and Exercise Book (groups 11 Jan–11 Apr) or Svenska utifrån (others).

Group 11.1

Part 1 at the Finland-Swedish Information and Culture Centre, Luckan, Simonkatu 8. Parts 2, 3 and 4 at Arbis, Dagmarinkatu 3, room 12. Mondays and Wednesdays 1.30 p.m. to 4 p.m. Margaretha Fagerström and Bodil Wadenström.

110801 Part 1 12 Sep–19 Oct (20 €)

110802 Part 2 24 Oct–30 Nov (20 €)

120185 Part 3 9 Jan–15 Feb (20 €)

120186 Part 4 27 Feb–4 Apr (20 €)

The course continues in September 2012.

Group 11.2

Stoa, Turunlinnantie 1, room 8.

Tuesday and Thursday 3.30 p.m. to 6 p.m.

Margaretha Fagerström.

110402 Part 1 25 Oct–1 Dec (20 €)

120187 Part 2 10 Jan–16 Feb (20 €)

120188 Part 3 28 Feb–10 Apr (20 €)

The course continues in September 2012.

Group 12.1

Arbis, Dagmarinkatu 3, room 11.

Tuesday and Friday 9.30 p.m. to 12 p.m.

Marina Giljam and Bodil Wadenström.

120189 Part 1 10 Jan–17 Feb (20 €)

120190 Part 2 28 Feb–10 Apr (20 €)

The course continues in September 2012.

Group 12.2

Stoa, Turunlinnantie 1, room 8

Tuesday and Friday 12.30 p.m. to 3 p.m.

Heidi Huovilainen.

120191 Part 1 28 Feb–10 Apr (20 €)

120192 Part 2 13 Apr–25 May (20 €)

The course continues in September 2012.

Group 10.4

Stoa, Turunlinnantie 1, grupprummet.

Tuesday and Friday 12.30 p.m. to 3 p.m.

Margaretha Fagerström.

110403 Part 2 13 Sep–21 Oct (20 €)

110404 Part 3 25 Oct–2 Dec (20 €)

120193 Part 4 10 Jan–17 Feb (20 €)

120194 Part 5 28 Feb–10 Apr (20 €)

Group 10.3

Arbis, Dagmarinkatu 3, room 11.

Wednesday and Friday 12.30 p.m. to 3 p.m.

Jenny Kajanus and Saila Korvenranta.

110803 Part 3 14 Sep–21 Oct (20 €)

110804 Part 4 26 Oct–2 Dec (20 €)

120195 Part 5 11 Jan–17 Feb (20 €)

120196 Part 6 29 Feb–11 Apr (20 €)

Group 10.1

Arbis, Dagmarinkatu 3, room 11.

Tuesday and Friday 9.30 p.m. to 12 p.m.

Marina Giljam and Bodil Wadenström.

110805 Part 5 13 Sep–21 Oct (20 €)

110806 Part 6 25 Oct–2 Dec (20 €)

Group 09.2

Fortsättningskurs (40 € / termin)

Arbis, Dagmarsgatan 3, rum 21.

En kurs för dig som hunnit fram till kapitel 75 eller längre i Svenska utifrån, och vill gå vidare i lugn takt. Fokus ligger på kommunikation och interaktion: Vi pratar och skrattar mycket!

110807 13.9–2.12 och 10.1–10.4,
tisdagar och fredagar kl. 12.30 – 15.00.
Saila Korvenranta.

Swedish for Beginners I (60 €)

Arbis, Dagmarinkatu 3, room 11.

(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. The teacher speaks English. Course books: Rivstart A1 + A2 Textbook and Exercise Book.

110797 13 Sep–29 Nov,
Tuesday from 4.30 p.m. to 7.35 p.m.
Bodil Wadenström.

Swedish for Beginners – First Year, Stoa (30 € / termin)

Stoa, Turunlinnatie 1, room 8.

(A1) The teacher speaks English and Russian.

No previous knowledge of Swedish is required.

Course books: Rivstart A1 + A2 Textbook and Exercise Book.

110405 13 Sep–13 Dec (not 18 Oct) and 10 Jan–10 Apr,
Tuesday from 6.40 p.m. to 8.10 p.m.
Rabbe Dahlqvist.

Swedish for Beginners II (60 €)

Arbis, Dagmarinkatu 3, room 11.

(A1–A2) Continuation of the beginners' course, including grammar and vocabulary exercises with emphasis on spoken Swedish. We take a closer look at Swedish culture through texts and audiovisual means and improve our discussion skills. Course books: Rivstart A1 + A2 Textbook and Exercise Book.

120184 10 Jan–10 Apr,
Tuesday from 4.30 p.m. to 7.35 p.m.
Bodil Wadenström.

Swedish for Beginners III (30 € / termin)

Arbis, Dagmarinkatu 3, room 42.

(A2) Continuation of the beginners' course and the continuation course. We go deeper into the Swedish language and learn more grammar and vocabulary as well as improve our conversation skills. We take a closer look at Swedish culture through texts and audiovisual means and we learn how to use Swedish in real-life situations. Course books: Rivstart A1+A2 Textbook and Exercise Book.

110798 15 Sep–8 Dec and 12 Jan–12 Apr,
Thursday from 4.30 p.m. to 6.05 p.m.
Bodil Wadenström.

HELLO! HEJSAN!

Do you want to practise your Swedish over a cup of coffee? Find a partner for mutual language exchange on the notice-board near the lifts on the ground floor at Dagmarinkatu 3!

Svenska och samhällskunskap – Practical Swedish (20 €)

(nedsatt pris p.g.a. utomstående finansiering)

Arbis, Dagmarsgatan 3, rum 42.

Vi studerar svenska genom att göra saker tillsammans. Vi studerar kartor och bilder över Finland och Norden. Vi besöker affärer och samhällsinstitutioner. Vi bakar och handarbetar tillsammans. Varje månad har vi en gäst som berättar om sitt arbete i Finland. Barnvaktning i rum 33 med Gunilla Hannelius medan lektionerna pågår. Kursen fortsätter under andra former på vårterminen.

110683 4.10–29.11, tisdag kl. 9.30–12.00
Alexandra Ramsay.

Swedish for parents staying home with children (40 €)

(subsidised due to external financing)

Arbis, Dagmarsgatan 3.

We'll study Swedish by doing things together. We will sing with the children, discuss children and childcare in Swedish. Childcare is organised during the lessons. Vi studerar svenska genom att göra saker tillsammans. Vi sjunger med barnen och talar om barn och barnavård, på svenska. Barnvaktning medan lektionerna pågår. Kursen fortsätter under andra former på vårterminen.

110684 13.9–29.11,
tisdag kl. 9.30–12.00, rum 42
16.9–9.12, fredag kl. 9.30–12.00
festsalen och rum 33. Emilie Adolfsson och Gunilla Hannelius.

Intensive Finnish for Beginners (40 €)

Arbis, Dagmarinkatu 3, room 22.

(A1) Learn to communicate in everyday situations, starting from scratch. You will also learn the basics of Finnish grammar. Explanations in English.

110714 4 Oct–27 Oct,
Tuesday, Wednesday and Thursday
from 9.30 a.m. to 12 p.m.
Heidi Huovilainen.

Finnish for Beginners, group A (30 €)

Arbis, Dagmarinkatu 3, room 33.

(A1) Learn to communicate in everyday situations, starting from scratch. You will also learn the basics of Finnish grammar. Explanations in English.

110715 15 Sep–8 Dec,
Thursday from 4.30 p.m. to 6 p.m.
Saila Korvenranta.

Finska för nybörjare, grupp B (30 €)

Arbis, Dagmarsgatan 3, rum 22.

(A1) Du lär dig grunderna i den finska grammatiken, får ett basordförråd och lär dig kommunicera i vardagliga situationer. Förklaringar på svenska.

110716 15.9–8.12, torsdag kl. 4.30 p.m to 6 p.m
Carina Mickos.

Alkeiden jatko A (30 €)

Arbis, Dagmarinkatu 3, room 33.

(A1) More grammar, more words and discussions! Prerequisite: about 25 hours of Finnish studies. This course is a continuation course to Finnish for Beginners, group A.

120172 12.1–12.4,
Thursday from 4.30 p.m. to 6 p.m.
Saila Korvenranta.

Finska andra året / Finnish Second Year (30 € / termin)

Arbis, Dagmarsgatan 3, rum 23.

(A1) Vi fortsätter med grammatik, utökar ordförrådet och samtalar om vardagliga ting. Du har ett års studier på Arbis (ca 50 lektioner) eller motsvarande kunskaper som grund.

More grammar, more words and discussions! Prerequisite: about 50 hours of Finnish studies.

110717 15 Sep–8 Dec and 12 Jan–12 Apr,
torsdag kl. 16.30–18.00
Thursday from 4.30 p.m. to 6 p.m.
Heidi Huovilainen.

Finska tredje året / Finnish Third Year (30 € / termin)

Arbis, Dagmarsgatan 3, rum 33.

(A2) Vi fortsätter med grammatik, utökar ordförrådet och samtalar om vardagliga ting. Du lär dig tala och bilda meningar för olika slags språkbrukssituationer. Du har två års studier på Arbis (ca 100 lektioner) eller motsvarande kunskaper som grund.

More grammar, more words and discussions! Prerequisite: about 100 hours of Finnish studies.

110718 15 Sep–8 Dec and 12 Jan–12 Apr,
torsdag kl. 19.45–21.15
Thursday from 7.45 p.m. to 9.15 p.m.
Saila Korvenranta.

Helppo keskustelu (30 €)

Arbis, Dagmarinkatu 3, luokka 11.

(A2) Rohkeasti puhumaan suomea! Haluatko parantaa taitoasi keskustella suomeksi? Tule mukaan keskustelemaan jokapäiväisistä sekä ajankohtaisista että mielenkiintoisista asioista mukavassa ilmapiirissä.

120174 10.1–10.4., tiistai klo 19.45-21.15
Carina Mickos.

Hantverk / Handicrafts

Glasdesign-workshop (40 €)

Arbis, Dagmarsgatan 3, rum 41.

Kom och gör din egen glasdekoration inför julen – ett litet dekorationsfönster, en julgransprydnad eller smycken med glasmosaik. Vi limmar, smälter och färgar återanvänt glas. Samtidigt kan du öva din spanska. En materialavgift tillkommer. The teacher speaks both Swedish and Spanish.

110447 26.9–5.12, måndag kl. 13.00-15.15
Itzel Labra Degante.

Jewellery for you (40 €)

Arbis, Dagmarinkatu 3, room 47.

Design your own jewellery that reflects your style and colours. If you have previous experience this course will help you using different techniques such as wire-work, beading and crimping. Creamos y diseñamos joyas a tu propio estilo practicando el castellano.

110480 A13 Sep–29 Nov, Tuesday from 6.05 p.m to 8.30 p.m

120080 B10 Jan–10 Apr, Tuesday from 6.05 p.m. to 8.30 p.m.
Ana María Ramírez.

Textile Craft (40 € / term)

Arbis, Dagmarinkatu 3, room 46.

Are you interested in all kinds of crafts? If you can hold a needle and a thread, then you can certainly join a cheerful group of foreigners and Finns for crafting. We will be trying old and newish handcraft techniques and you can get help for your own projects or work on one of the teacher's suggestions. Beginners and masters can join as well.

110505 14 Sep–7 Dec and 11 Jan–11 Apr
Wednesday from 1 p.m to 3.30 p.m.
Susanne Mensing-Varila.

Weaving

The courses "Grundkurs i vävning" (a beginner's course in weaving) and "Vävning" (a course in weaving) are held in Swedish, but because the subject of the course is quite practical, the student can manage with a very limited knowledge of Swedish. If you don't speak any Swedish at all, but would like to study handicrafts at Helsingfors arbis, you can contact Peggy Danska (teacher in handicrafts) and ask for advice on which courses that could be suitable for you: tel. 09 310 494 78 or peggy.danska@arbis.hel.fi

Grundkurs i vävning / Beginners course in weaving (24 €)

Arbis, Dagmarsgatan 3, vävateljén.

För dig som aldrig vävt förut eller för dig som vill friska upp dina kunskaper i hur en väv läggs upp. På kursen får du som är nybörjare i teori och praktik lära dig vävningens grunder: planering, revning, påbomning, solvning, trampuppknytning och slutligen vävning. Efter kursen kan du delta i Arbis helårskurser. Anmälningar motas från måndagen den 15 augusti kl. 10.00 a.m.

110499 29.8–1.9,
måndag–torsdag kl. 17.00–20.15
Margareta Hästö, vävateljén.

Vävning / Weaving (40 € / termin)

Arbis, Dagmarsgatan 3, vävateljén

Vi sätter upp gemensamma vävar av olika svårighetsgrad enligt deltagarnas önskemål. Teori varvas med praktiskt arbete vid vävupsättningen. Deltagarna förväntas väva också utöver kurstiden. Om du aldrig vävt förut, delta först i kursen 110499 Grundkurs i vävning.

110500 A 13.9–29.11 och 10.1–10.4,
tisdag kl. 18.05–20.30

110501 B 22.9–15.12 och 12.1–12.4,
torsdag kl. 9.30–12.00
Margareta Hästö, vävateljén.

Choice of other courses

Vi firar studenter och konfirmander

/ Celebrating students and confirmations in Finland (10 €)

(nedsatt pris p.g.a. utomstående finansiering)

Arbis, Dagmarsgatan 3, undervisningsköket.

En riklig matbuffé på ett vackert dukat bord. Så firas konfirmander och studenter i Finland. Kom och lär dig några typiska rätter och diskutera traditioner kring att bli vuxen i Finland! This course is in Swedish, but the teacher is prepared to explain also in English if needed.

120165 9.3, fredag kl. 10.00–13.45.
Karin Lindgren och Alexandra Ramsay.

Vi bakar tillsammans till allhelgona / We cook together for Thanksgiving (10 €)

(nedsatt pris p.g.a. utomstående finansiering)

Arbis, Dagmarsgatan 3, undervisningsköket.

Bröd, piroger och bullar är traditionell mat som fortfarande smakar finländarna. De

passar bra då man samlas med vänner en höstkväll. Vi bakar och äter en måltid tillsammans. Du får också lära dig hur allhelgonadagen har firats tidigare och hur den firas i dag i Finland.

110685 2.11, onsdag kl. 10.00–13.45

Karin Lindgren och Alexandra Ramsay.

Your heritage, your story (24 €)

Arbis, Dagmarinkatu 3, room 23 and outdoor teaching.

What is your 'heritage'? What makes up your life story? This lively course looks at how heritage is created and what it means to us. We will look at modern forms of storytelling (e.g. 'blogging') so that you can create your own story, and perhaps even present it to the world! Includes visits to museums for inspiration, and a relaxed atmosphere to discuss ideas and improve your English communication.

110678 22 Sep–1 Dec, Thursday (every other week),

From 6.05 p.m. to 7.35 p.m.

Suzanne Collins.

Helsinki on display (14 €)

Outdoor teaching, every lecture starts at Arbis main entrance on Dagmarinkatu 3.

Helsinki is a city full of design and architecture, but how often do we notice it, and what does it really mean? This course will take you to three of the more 'hidden' sites of public art within Helsinki, where you can learn more about their history. Details of the sites will be available in the spring term, but they will cover both sculpture and architecture. Uncover a little of Helsinki's history and join in with some discussion about what art is for.

120161 22 Mar, 29 Mar and 12 Apr

Thursday from 6 p.m. to 7.30 p.m.

Suzanne Collins.

Att ta resefotografier i sin närmiljö

/ Shooting travel photos in your neighbourhood (30 €)

Arbis, Dagmarsgatan 3, rum 41.

Fotografera nära och fjärran och upptäck din närmiljö med fräscha ögon. Stadsdelen Tölö bjuder på många överraskningar. Undervisningen belyser grundläggande principer i bildkomposition och bildspråk. Kursen inleds med en föreläsning om bildanalys tisdagen den 13.9. This course is in Swedish, but the teacher is prepared to explain also in English if needed.

110442 kl. 18.00–19.30 p.m. i rum 23.

20.9–25.10, tisdag kl. 10.15–11.45

Martti Korpijaakko.

Esbo Arbis

The Swedish department, Adjutantsgatan 1
Esbo stads arbetarinstitut, Espoo Arbis
PB 3173, 02070 ESBO STAD

Open Mon–Fri, from 7 a.m. to 3 p.m.

Courses held in English

Enrol online www.ilmonet.fi 15 August 12 p.m. onwards and by
phone: 09 8165 7890, starting at 15 August, Mon–Fri, 12 p.m.–3 p.m.
See our website: www.esbo.fi/arbisp

Swedish for beginners (55 €)

111496 14 Sep–23 Nov, 18 Jan–11 Apr
Wednesday 6 p.m.–7.30 p.m.
Alberga, Ruusutorpan koulu,
Pekanmäki Mirja.

Swedish class for beginners, with an experienced teacher. You will learn about the Swedish language and soon you will be able to understand and speak the language yourself. The teacher speaks Swedish and English, no knowledge of Finnish needed. Course books: Rivstart A1+A2.

Swedish for foreigners, FNBE COURSE (20 €)

111490 14 Sep–23 Nov, 18 Jan–11 Apr
Wednesday 2.45 p.m.–5.15 p.m.
Mäkkylä, Adjutantsgatan 1,
Fagerström Margaretha.

Learn to communicate in everyday situations, starting from scratch. You will learn the basics of Swedish grammar and get some insight into Swedish culture. The teacher speaks Swedish and English. No previous knowledge of Swedish is required. Coursebook: Svenska i Finland.

Swedish second year studies

111722 15 Sep–24 Nov (30 €)
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.

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. It will be in English, but questions can be asked in English, Finnish or Swedish. The book will also be available in all three languages.

Drawing**111264** 14 Sep–7 Dec (45 €)

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**111265** 12 Sep– 2 Dec (45 €)**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. Careful, step-by-step instruction and easy, basic sculpture materials to help you to find a concrete expression for your fantasy. 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.

Art from scrap leather**111475** 17 Nov–20 Nov (31 €)

Thursday 5.30 p.m.–7 p.m.

Friday 5.30 p.m.–8 p.m.

Saturday and Sunday 10 a.m.–4 p.m.

Alberga, Ruusutorpan koulu,

Ignatenkova Lydia.

Leathercraft designer Lydia Gars will teach you how to make hats, bags and accessories from scrap leather and wool fabric. You can make quilts from leather pieces for pillows and bags. Bring your own scrap leather in different colours (old gloves or jackets), pieces of fur and wool (old coats), small sharp scissors, cardboard for patterns. You will also need leather needles, a puncher for making holes and glue. More info about materials on Thursday 17 Nov at 6 p.m. The class is in English.

MS Excel – spreadsheet tool

112381 3 Nov–1 Dec (67 €)

Thursday 5.30 p.m.–8.45 p.m.

Hagalund, Östanvindsgränden 8, IV floor,

Fernandez Hidalgo Alejandro.

We learn how to use MS Excel for our business and personal needs. This versatile tool is a must for every professional. The course is in English.

Maximum 16 students

10 Sep / 11 Sep / 18 Sep

For intermediate students (minimum 1 year of practice with Chris Nirvano).

Kauniainen Adult Education Institution – Grankulla stads medborgarinstitut

Norra Mossavägen 5 A
tfn (09) 5056 274, fax (09) 5056 617
e-post: petra [at] kauniainen.fi

Registration dates for autumn courses

Wed 17 Aug 10 a.m. sports, dance, yoga

Wed 17 Aug 12 p.m. languages, IT

Thu 18 Aug 10 a.m. handicraft, Art

Thu 18 Aug 12 p.m. other courses

120112S11 FINNISH FOR BEGINNERS 1 (0 €)

Svenska skolcentrum, Läntinen Koulupolku 3

Erja Helin, fil.yo

Thu 7 p.m.–9 p.m.

15 Sep–1 Jan

Maximum 14 students

Level: A1. Elementary course in Finnish, where you learn e.g. to introduce yourself, ask the price, tell the time and talk about weather. Versatile exercises, including a lot of exercises in speaking. Coursebooks: Hyvin menee 1 (Otava), kpl. 1-5.

120110S11 FINNISH FOR BEGINNERS 2 (0 €)

Svenska skolcentrum, Läntinen Koulupolku 3

Anni Nykänen, kasv.yo

Tue 5 p.m.–6.30 p.m.

13 Sep 2011–29 Nov 2011

Maximum 14 students

Level: A1. Finnish for Foreigners continuation course for those who have studied the language for one year. We will study e.g. travel-related vocabulary and in grammar different cases. Coursebooks: Heikkilä, S, Majakangas P: Hyvin menee 1 ja Finnish-English and English-Finnish vocabularies (Otava), kappaleesta 10 eteenpäin.

120111S11 FINNISH FOR BEGINNERS 3 (36 €)

Svenska skolcentrum, Läntinen Koulupolku 3

Erja Helin, fil.yo

Tue 5.00 p.m.–6.30 p.m.

13 Sep 2011–29 Nov 2011

Maximum 14 students

Level: A1. Coursebooks: Hyvin menee 1 (Otava), chapters 17–21.

120205S11 SWEDISH FOR BEGINNERS 1 (0 €)

Petra–Sotilashuone, Soldatrummet,

Johanna Stjernberg, pol.mag.

Thu 6.30 p.m.–8 p.m.

15 Sep 2011–1 Dec 2011

Maximum 14 students

Level: A1. A beginner's course in Swedish. Everyday words and expressions. Coursebooks: Rivstart 1 + exercise book.

120204S11 SWEDISH FOR BEGINNERS 2 (0 €)

Petra–Yleisluokka, Universalklassen,

Johanna Stjernberg, pol.mag.

Wed 7 p.m.–8.30 p.m.

14 Sep 2011–30 Nov 2011

Maximum 14 students

Level: A1. We practise conversation and understanding!

Coursebook: Rivstart 1, from chapter 5.

830301S11 TURKISH COOKING CLASS (24 €)

Kasavuoren koulukeskus, kotitalousluokka,

Kasavuorentie 1

Funda Caglar

Sun 12 p.m.–3 p.m.

2 Oct 2011–27 Nov 2011

Maximum 12 students

2 Oct / 30 Oct / 27 Nov

Come and learn the secrets of cooking wonderful Turkish dishes. Turkish food is considered to be one of the top cuisines in the world. Traditional Turkish food has depth and variety, as it can be either Ottoman food fit for the Sultans or Turkish food from the small villages throughout Anatolia. During the three-hour class, I will teach a three-course meal selected from traditional meat and vegetarian dishes such as soups, meat dishes, vegetables, different rice and mezes – the Turkish appetizers. These are a selection of cold and hot dishes served in small dishes, similar to Spanish tapas dishes but the taste is very different. Traditionally, the chosen dishes are placed in the centre of the table and everyone helps themselves from the selection. This is a sociable and friendly environment in which to entertain friends, family or guests. All cooking classes conclude with tasting Turkish coffee that is served with Turkish delight. Ruokatarvikemaksu 15 € per kerta maksetaan opettajalle.

830122S11 MORNING GYMNASTICS (24 €)

Petra–Juhlasali, Festsalen,
Funda Caglar, fitness instructor

Thu 8 a.m.–8.45 a.m.
15 Sep 2011– 8.12.2011
Maximum 23 students

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

830123S11 AEROSTRETCH – STRETCHING WORKOUT (24 €)

Petra–Juhlasali, Festsalen,
Funda Caglar, aerobic dance – fitness instructor

Tue 6 p.m.–6.45 p.m.
13 Sep 2011–13 Dec 2011
Maximum 20 students

Stretching relaxes muscles and mind. These are done aerobically in tune to music. The aim is to limber the joints and loosen stiff muscles. A decrease in muscle tension will relax the mind and cause relief of stress. Stretching increases flexibility and improves the range of motion of your joints and helps you keep yourself mobile and less prone to falls – and the related injuries – especially as you age. Stretching also improves circulation. (No class 6 Dec.)

830125S11 AEROFIT A, AEROBIC DANCE FITNESS PROGRAMME (24 €)

Petra–Juhlasali, Festsalen,
Funda Caglar, aerobic dance – fitness instructor

Tue 5 p.m.–5.45 p.m.
13 Sep 2011–13 Dec 2011
Maximum 20 students

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. This comprehensive workout programme gets you into shape through dance, resistance training, aerobics, pilates, yoga and kickboxing movements. The benefits of Aerofit are an increase in muscle tone, flexibility, balance, strength and endurance – all achieved using easy-to-follow movements. (No class 6 Dec.)

830126S11 AEROFIT B. AEROBIC DANCE FITNESS PROGRAMME (24 €)

Petra–Juhlasali, Festsalen.
Funda Caglar, aerobic dance – fitness instructor

Sat 10 a.m.–10.45 a.m.
17 Sep 2011–10 Dec 2011
Maximum 20 students

830127S11 LATINO FIT A (24 €)

Petra–Juhlasali, Festsalen,
Funda Caglar, aerobic dance – fitness instructor

Fri 4 p.m.–4.45 p.m.
16 Sep 2011–9 Dec 2011
Maximum 20 students

A great fusion of Latin dance and aerobics moves, using simple moves and expressions through body language, with fun Latin music. The Latino Fit workout programme combines a warm-up session followed by a mix of Tango Shaking, Flamenco Shaking and Latin Shaking movements. It tones and shapes your body and helps you become fit. For all ages and fitness levels. Follow and feel the rhythm while dancing. You don't need a dance partner.

830128S11 LATINO FIT B (24 €)

Petra–Juhlasali, Festsalen,
Funda Caglar, aerobic dance – fitness instructor
Sat 11 a.m.–11.45 a.m.
17 Sep 2011–10 Dec 2011
Maximum 20 students

830129S11

BELLYBIC – BELLY DANCING AEROBIC PROGRAMME FOR LADIES (24 €)

Petra–Juhlasali, Festsalen,
Funda Caglar, aerobic dance – fitness instructor
Fri 5 p.m.–5.45 p.m.
16 Sep 2011–9 Dec 2011
Maximum 20 students

Belly Dancing Aerobics is a wonderful form of low-impact aerobics. The Belly Dance's percussive hip work and sustained arm movements make it an excellent exercise choice for people of all ages and shapes. It builds up aerobic capacity and physical stamina. It will even tone and shape your body while you dance and sweat to the sounds of oriental music. The benefits of Belly Dancing are toning, weight loss, improved posture, flexibility and positive attitude, which will help boost your confidence.

830166S11 YOGA BASED ON IYENGAR – BEGINNERS (36 €)

Petra–Juhlasali, Festsalen, Jaana Irmeli Turunen, tanssitaiteen maisteri
Wed 5.30 p.m.–6.45 p.m.
14 Sep 2011–30 Nov 2011
Maximum 20 students

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

830167S11 YOGA BASED ON IYENGAR – INTERMEDIATE (36 €)

Petra–Juhlasali, Festsalen, Jaana Irmeli Turunen, tanssitaiteen maisteri
Wed 7 p.m.–8.30 p.m.
14 Sep 201–30 Nov 2011
Maximum 20 students

See above. Intermediate level.

830181S11 GOOD MORNING YOGA (24 €)

Petra–Juhlasali, Festsalen, Christianne Nirvano, yoga teacher, phys. ed.
Mon 7.15 a.m.–8.45 a.m.
Tue 7.15 a.m.–8.45 a.m.
Wed 7.15 a.m.–8.45 a.m.

Thu 7.15 a.m.–8.45 a.m.

Fri 7.15 a.m.–8.45 a.m.

12–16 Sep 2011

Maximum 18 students

During this 5-day course, you will learn some asanas (postures) and pranayama (breathing exercise) to stretch and to open your body and to get energy for the day. Thursday's lesson is in Aurinkosali, Solsalen.

830183S11 YOGA VINYASA FLOW – BEGINNERS (24 €)

Petra–Juhlasali, Festsalen,

Christianne Nirvano, yoga teacher, phys.ed.

Sat 3 p.m.–6 p.m

Sun 12 p.m.–3 p.m.

10–18 Sep 2011

Maximum 16 students

10 Sep / 11 Sep / 18 Sep

For beginners and for those who would like to work more on the foundation of the practice. Yoga Vinyasa Flow is a dynamic and intense Hatha Yoga style. It combines elements of Astanga Yoga and Iyengar Yoga. Yoga Vinyasa Flow is an energising practice that integrates asanas (postures) and pranayama (breathing) and develops strength, flexibility, attention, balance and postural awareness. It helps to promote healthy life and eliminates stress, back pain and headaches. It is also a good base for different sports, including other yoga styles.

830184S11 YOGA VINYASA FLOW INTERMEDIATE (24 €)

Petra–Juhlasali, Festsalen, Christianne Nirvano, yoga teacher, phys. ed.

Sat 10 a.m.–1 p.m.

Sun 5 p.m.–8 p.m.

10–18 Sep 2011

Maximum 16 students

830289S11 VIPASSANA MEDITATION (12 €)

Petra–Juhlasali, Festsalen, Christianne Nirvano, yoga teacher, phys. ed.

Sat 1.30 p.m.–2.30 p.m.

Sun 3.30 p.m.–4.30 p.m.

10–18 Sep 2011

Maximum 18 students

10 Sep / 11 Sep / 18 Sep

It is a quiet meditation in a process of observation of oneself (body, mind and heart). It refreshes the mind and you get tranquillity and balance to the decisions in your life. Before the meditation we will practise some asanas and pranayamas (light yoga postures and breathing exercises) to prepare the body and the mind to sit in meditation. "Vipassana is the pure essence of the meditations."

Luckan programme 2011

5 September at 2 p.m.–4 p.m.

How to look for a job?

Useful tools for job-hunting in the capital region.

Register by 2 September.

8 September at 9 a.m.–12 p.m.

Experiencing immigration

Moving to a new country creates mixed feelings. How to get on? When do I need to seek help, and where? The Finnish Association for Mental Health arranges an open theme discussion describing the mental process and the different feelings that are related to immigration.

Register by 5 September.

12 September–19 October

Intensive Swedish for Beginners (20 €)

Monday and Wednesday at 1.30 p.m.–4 p.m. in Luckan

The course is organised by the Swedish Adult-Education Institution ARBIS to whom also enrolments should be directed.

For more information and registrations, see www.arbis.hel.fi.

18 October at 12.30 p.m.–3.30 p.m.

Ticket to the Interview

Dos and don'ts in a successful CV & Covering letter applications.

Lecturer: Tony Eichholz. Register by 14 October.

20 October at 5 p.m.

Dinner at Martha Association

Welcome to prepare and taste a Finland-Swedish meal! You will also get an insight in the Finland-Swedish food culture and cooking traditions.

Marthaförbundet, Lönnrotinkatu 3 A 7

Register by 17 October. Limited places available!

22 October at 12 p.m.–5 p.m.

5th Cinemaissimo Film Festival for Children

The Latin American Film Association Cinemaissimo offers a full-day film festival for the youngest.

24 October at 12 p.m.

An excursion to Hufvudstadsbladet (HBL)

Come a long and get a glimpse of the HBL editorial office. We begin with a light lunch at noon in Luckan, Simonkatu 8 and continue from there to HBL for a guided tour. Register by 20 October.

1 November at 1.30 p.m.–4.30 p.m.

Pimp my CV

Tony Eichholz gives useful advice on how to write a CV in the Finnish style. Bring your CV along and have an expert go through it giving useful advice on how to improve it. Register by 27 October.

12 November at 10 a.m.–12 p.m. (20 €.)

Hygiene proficiency test

Come and do the hygiene proficiency test under the lead of Therese Meriheinä, a certified proficiency examiner. The exam costs Independent study for the test required. Register by 8 November.

7 December at 5 p.m.–7 p.m.

Jewellery workshop

Design your own jewellery with the guidance of jewellery designer Linda Toye. No previous knowledge required. Register by 3 December. Limited places available!

12 December at 11.30 a.m.–12.30 p.m.

Lucia celebration for young and old

The music class from the Minerva primary school sings Lucia and Christmas carols. Join in to have some ginger biscuits and mulled wine. Drop in!

**All registrations to bridge@luckan.fi
or 040-485 96 36, unless mentioned otherwise.**

**All the activities will be held in Luckan,
Simonkatu 8 and are free of charge,
unless mentioned otherwise.**

