

Highlands College Adult & Community Education

Adult & Community Education Telephone: 608655 | email: ace@highlands.ac.uk



New Year, new term with Adult & Community **Education (ACE) at Highlands College**

ACE works alongside our communities and partners to provide a range of learning services to enable individuals across the island to develop and progress in their lives and we pride ourselves on the work that we do with adults, whether it is just that skill or pastime that you have always wanted to try or to improve your education.

So, what can ACE offer you? We like to think everything from A to Z, so if you want Art, Craft, Cookery, Dance, Low water Fishing, Language, Navigation, Quickbooks, Video Editing or Welding, plus a lot more, then we will have a course for you. If there is anything that you have an interest in that we do not currently offer, please let us know and we will do our best to find a tutor so it can be added to our programme soon.

We are actively looking to expand our teaching team. If you have a desire to teach adult learners, a passion, skill or expertise that you would like to share with others, please contact us on 608638 or email ace@highlands.ac.uk. We are looking forward to hearing from you, it could be your course that we are promoting in our next prospectus.

The ACE team are based at the Philip Mourant Centre in Trinity and are available between 09:00 and 15:00 Monday to Friday.

CONTACT US TODAY

Telephone: 608655 / 608632 E: ace@highlands.ac.uk www.highlands.ac.uk

David Freeman – Welding

- The facilities were first class and I was impressed by and benefitted greatly from the depth of instruction and personal attention given, especially bearing in mind the number of students and variety of skills required to be taught.

- As a result, my previous uninformed and very limited amateur abilities now resemble something approaching competence.

- David was very helpful in giving guidance and suggestions.









SUCCESS STORIES





LISA TROY

We are delighted to share that one of our amazing tutors, Lisa Troy, had a painting titled 'The Old Kitchen of the Garrison Hospital' selected for the 2021, JJ Fox International Art Competition Exhibition which was shown at the Berni Gallery at the Jersey Arts Centre.

Lisa has taught for us for a number of years teaching Art and Fitness classes.

SUE DE GRUCHY

Our very talented Student, Sue De Gruchy had an oil painting entered into the JJ Fox Art Competition Exhibition, titled "Tenders"

Sue studies oil painting with Michelle Le Cornu at the Philip Mourant Centre.

Sue also received a highly commended in the Art Competition for her piece entitled "Heartsease" which she completed during lockdown.



ART	Morning Painting With Oils2181AO2P01Tuesday 18 January 2022 9.30am - 12pm 10 weeksPhilip Mourant CentrePrice: £175 - Senior Citizen: £140Michelle Le Cornu	Beginne Wednesda Price: £64
Saturday 15 January 2022 10am - 12.30pm 1 week Philip Mourar Price: £50 – Senior Citizen: £50 Raymond	AC2G01 The Centre Enjoy this morning course learning the basic steps in oil painting, from how to mix colours and apply paint to canvas to successfully creating the picture you want. Suitable for complete beginners as well as those with some experience.	For beginn crochet jou pattern rea
A one-off pottery experience for individuals, couples or a group of friends. Please bri apron or old shirt to protect your clothing, students must wear closed in shoes.	Ng anWatercolour for Beginners2181AW2B01Friday 21 January 2022 9.30am - 11.30am 10 weeksPhilip Mourant Centre	Daytime Tuesday 1
Saturday Pottery Workshop2181/Saturday 05 February 2022 10am - 12.30pm 1 weekPhilip MourarPrice: £50 - Senior Citizen: £50RaymondA one-off pottery experience for individuals, couples or a group of friends. Please bril	I Ubsdell covering a variety of subject matter. You will learn how to mix colour and become aware of	Price: £80 This is a mix practice. Th
apron or old shirt to protect your clothing, students must wear closed in shoes. Saturday Pottery Workshop 2181/ Saturday 12 March 2022 10am - 12.30pm 1 week Philip Mourant	in applying paint by following step by step demonstrations in a variety of subjects. This course will build on past learning, week by week, to develop new abilities. Suitable for beginners but also for those with a little experience who wish to refresh their skills and develop further.	Easter C Saturday Price: £45 A mixed ab
Price: £50 – Senior Citizen: £50 Raymond A one-off pottery experience for individuals, couples or a group of friends. Please brin apron or old shirt to protect your clothing, students must wear closed in shoes.	ng an Thursday 20 January 2022 9.30am - 11.30am 10 weeks Philip Mourant Centre Price: £140 – Senior Citizen: £110 Ann Morgan For students with a basic understanding of watercolour techniques wanting to explore all	options for Crochet Thursday
Tuesday 25 January 2022 7pm - 9pm 8 weeks Philip Mourar	AD2E01 methods of this exciting medium. The aim is to enable you to paint in a fresh, translucent, expressive way with emphasis on colour-mixing. Check out the tutor's own work on Instagram painting with ann and Eacebook - Ann Morgan Artist	Price: £80 Hazel your technique a start-up pro
measurement. Drawing natural objects, still life and the human figure using pencils, charcoal and pastels. Suitable for beginners, or confident artists wishing to experime mark marking.		motifs, wor March M Saturday
Tuesday 18 January 2022 11.30am - 1.30pm 10 weeks Philip Mourar	fundamentals of photography covering essential camera controls, light and composition as well as basic image editing using Lightroom and Photoshop Elements. Students will need to bring along their own Digital SLR camera	Price: £45 Make items This is a a n
will be taught and sketching using watercolours will also be included. Check out the own work on Instagram - paintingwithann and Facebook - Ann Morgan Artist.	tutor'sDigital Photography for Beginners2181AX2B02Wednesday 19 January 2022 6.30pm - 9pm 8 weeksHighlands CollegePrice: £192 - Senior Citizen: £154Colin Cruicksbank	Tunisian Wednesda Price: £80
Tuesday 18 January 2022 9.45am - 11.45am 10 weeks Philip Mourar	Jackson well as basic image editing using Lightroom and Photoshop Elements. Students will need to	No experie crochet is v is straight fo home. Mat
use of various drawing mediums including pastels, drawing pens, coloured pencils, e students the confidence to produce work within their individual capabilities and at the speed. Not suitable for beginners.	etc. giving	Valentin Saturday Price: £45

Drawing for the Terrified with Watercolours Tuesday 18 January 2022 | 1.45pm - 3.45pm | 10 weeks

Price: £140 – Senior Citizen: £110

2181AD2T02 **Philip Mourant Centre Barbara Jackson**

This course is suitable for those with some drawing and watercolour experience who wish to develop their skills and create artwork with various techniques and materials.

Drawing for the Terrified With Watercolours Thursday 20 January 2022 | 10am - 12pm | 10 weeks Price: £140 – Senior Citizen: £110

This course is suitable for those with some drawing and watercolour experience who wish to develop their skills and create artwork with various techniques and materials.

CRAFT

2181CC2A01

Philip Mourant Centre

Hazel McLaren For students who have mastered the basic skills and want to learn new techniques and patterns. You will be encouraged to choose and pursue a new project with the help of your



Philip Mourant Centre Barbara Jackson



ners Crochet

esday 02 March 2022 | 6.45pm - 8.45pm | 4 weeks 64 – Senior Citizen: £64

inners or those with minimum crochet skills. Your tutor Hazel will start you on your journey and guide you towards finishing simple projects with joining, borders and reading. All materials provided.

ne Crochet

y 18 January 2022 | 12.30pm - 2.30pm | 5 weeks 80 – Senior Citizen: £80

mixed ability crochet class, where you will learn new crochet techniques to put into e. This course also welcomes new beginners. Materials provided.

Crochet

ay 26 March 2022 | 9.30am - 2.30pm | 1 week 45 – Senior Citizen: £45

Hazel McLaren ability class focused on amigurami technique bunnies and chicks but with simple for beginners. All materials provided.

et Mixed Ability

lay 20 January 2022 | 6.45pm - 8.45pm | 5 weeks 80 – Senior Citizen: £80

Hazel McLaren our tutor will quide all students in this mixed ability crochet class who wish to learn new ue and stitches at their various skill level. Absolute beginners, be assured, will have a programme week one and two. These will include pattern and chart reading, joining working in rows and amigurami spirals.

Madness Crochet

ay 05 March 2022 | 9.30am - 2.30pm | 1 week 45 – Senior Citizen: £45

ems with a spring theme, including flowers, baby animals and amigurami march hares! a mixed ability class and suitable for beginners. All patterns and materials included.

an Crochet

sday 19 January 2022 | 6.45pm - 8.45pm | 5 weeks Philip Mourant Centre 80 – Senior Citizen: £80

rience with knitting or crochet required, everybody will be starting afresh. This style of t is worked in rows and results in a thicker fabric than traditional crochet. The technique ht forward for beginners and can easily be used to make all sorts of items for family and Materials and specialist hooks will be provided.

tine Crochet

ay 29 January 2022 | 9.30am - 2.30pm | 1 week Price: £45 – Senior Citizen: £45

A mixed ability crochet class with a love theme. Patterns for hearts, colourwork and ideas for gifts from mug hugs to cushions (All materials provided)

Let's Knit Together

Thursday 20 January 2022 | 9.30am - 11.30am | 5 weeks Price: £80 – Senior Citizen: £80

Philip Mourant Centre Lynn Whitehouse

2181CK2K01

Are you a beginner? not knitted for a while or have unfinished projects? Join me and learn the skills to take you forward in this relaxing, mindful, creative class. Make hats, scarves, children's clothing or simple toys. A perfect sociable way to knit with others.

Eco-Friendly Rag Rugs

Monday 17 January 2022 | 9.30am - 11.30am | 4 weeks Price: £64 – Senior Citizen: £64

Using a hook and canvas, transform old pre-used, loved garments and fabrics into rugs, wall hangings and even cushions. Are you a bit of a magpie with fabrics that need a new purposed Join me on this new course.

Applique Sewing

Friday 21 January 2022 | 9.30am - 11.30am | 5 weeks Price: £80 – Senior Citizen: £80

Make unique shopping bags, draught excluder or a cushion using applique and free motion stitching. Bring your own machine and fabric and you will be sewing in no time. Join me for some sociable sewing.

Make an Item of Clothing

Thursday 03 March 2022 | 7pm - 9pm | 4 weeks Price: £80 – Senior Citizen: £80

Learn how to make an easy dress, skirt, trousers or top using fabric of your choice. Sew in a zip, darts, gather fabric and hem. Use either your sewing machine or an overlocker (you will need to supply your own overlocker). Some sewing machines are available for class use. Suzy will share details of several patterns to follow for each item or bring your own.

Machine Sewing Beginners to Improvers

Thursday 20 January 2022 | 7pm - 9pm | 4 weeks Price: £80 – Senior Citizen: £80

Learn to thread your machine and the different settings it offers. Master a variety of hemming and seam stitches, moving onto improving your skills by making a small zipper pouch perfect for pencil cases or make-up bags.

Patchwork and Quilting

Monday 17 January 2022 | 1pm - 3pm | 10 weeks Price: £155 – Senior Citizen: £124

This course covers simple techniques from patchwork blocks to a family heirloom quilt. Different quilting methods will also be covered. New students who have not attended before should bring a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week, further advice will be given.

DANCE

Burlesque for Beginners and Improvers Monday 17 January 2022 | 7pm - 8pm | 10 weeks Price: £100 – Senior Citizen: £80

Are you looking to build your confidence and feel good about yourself. Then give burlesque a try! Get some exercise, whilst donning heels, fishnets. You'll be having fun and feeling fabulous in no time, come and get your shimmy on.

Strictly Solo Dance

Monday 17 January 2022 | 6.30pm - 7.30pm | 5 weeks Price: £45 – Senior Citizen: £45

A fun dance class covering an eclectic mix of dance styles over the term including warm up/ stretch, salsa shine routines, line dance, tai chi and more. The dance area is very large and pleasant, comfortably enabling individuals to socially distance whilst working independently.

St Martins School Ann Dove

2181DB2B01 **Springfield School Vicky Phillips**

2181DS2D01

Lynn Whitehouse

2181CS2A01

Lynn Whitehouse

Suzy Winstanley

Mary Dunford

Philip Mourant Centre

2181CS2P01

Suzy Winstanley

Philip Mourant Centre

2181CS2B01

2181CS2M01 **Philip Mourant Centre**

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2181CR2R01

Philip Mourant Centre

CRAFT – DANCE

Philip Mourant Centre



2181CC2M02 **Philip Mourant Centre Hazel McLaren**

2181CC2T01

Hazel McLaren

2181CC2B02

Hazel McLaren

2181CC2D01

Hazel McLaren

2181CC2E01

2181CC2M01

Philip Mourant Centre

Philip Mourant Centre

Philip Mourant Centre

Philip Mourant Centre

2181CC2V01 **Philip Mourant Centre** Hazel McLaren

Strictly Solo Dance

Monday 17 January 2022 | 6.30pm - 7.30pm | 5 weeks Price: £45 – Senior Citizen: £45

A fun dance class covering an eclectic mix of dance styles over the term including warm up/ stretch, salsa shine routines, line dance, tai chi and more. The dance area is very large and pleasant, comfortably enabling individuals to socially distance whilst working independently

Beginners Salsa

Monday 07 March 2022 | 6.30pm - 7.30pm | 5 weeks Price: £45 – Senior Citizen: £45

A complete beginner salsa dance course outlining the basics of this exciting dance. You will be introduced to merengue, cross body and cuban style salsa all to the wonderful rhythms of latin music. Both couples and individuals welcome.

Improvers Salsa

Monday 7 March 2022 | 7.45pm - 8.45pm | 5 weeks Price: £45 – Senior Citizen: £45

St Martins School Ann Dove

A class for students who are confident with the basic salsa steps and turn patterns. A progressive yet fun class introducing more challenging routines in both cross body and cuban rueda styles. Both couples and individuals welcome.

GENERAL INTEREST

Introduction to Interior Design

2181GA2D01 Wednesday 19 January 2022 | 6.30pm - 9pm | 10 weeks **Philip Mourant Centre** Price: £265 – Senior Citizen: £265 Angela Venticinque

An introduction to Interior decorating and lifestyling. Learn how to make a mood board and be inspired with elements of colour and design styles. Gain confidence with colour. Practical exercises for lifestyling, field trips and guest speakers when possible. Students will be required to purchase some materials in addition to the course costs.

An Introduction to Tea Saturday 29 January 2022 | 2pm - 4pm | 1 week Philip Mourant Centre Price: £60 – Senior Citizen: £60

Eunice Pallot Learn about the history and production of real tea in this fascinating class whilst tasting fine teas from the traditional growing areas of Asia all the way to the gardens of Jersey. By the end of the session you'll understand the difference between the tea categories and how to taste systematically.

Outdoor Wilderness Skills

Saturday 19 March 2022 | 9am - 11am | 3 weeks Price: £145 – Senior Citizen: £145

f you like being in the countryside and are interested in foraging for wild edibles, or developing your knowledge of other outdoor skills, then join Harry and Simon as they discuss plant identification, culinary and medicinal uses, do some wild cooking over a campfire, and introduce other areas relevant to hiking and overnight camping, such as fire-making and camp-craft. This is an introductory course, and no previous experience is necessary.

Saturday Low Water Fishing

Saturday 05 March 2022 | 2.30pm - 5.30pm | 1 week

2181GF2W01 **Outdoor Location** Patrick Hogge

2181GA2T01

2181GA2W01

Outdoor Location

Simon May & Harry Matthews

Price: £35 – Senior Citizen: £35 Exploring Jersey at low tide foraging for seafood and experiencing what Jersey has to offer.

Students will meet at Faulkner fisheries, St Ouen's Bay and should wear wellington boots.

Wild Vegetables of the Ocean: **An Introduction to Foraging Seaweeds** Tuesday 01 March 2022 | 7pm - 9pm | 1 week Price: £62 – Senior Citizen: £62

Trudie Hairon Trox Gain an historic overview of the centuries-old tradition of seaweed gathering in Jersey, as well as an insight into modern uses of seaweeds. Identify the most common species of seaweed and learn best practice for foraging. You will have one evening classroom session and one Saturday afternoon beach session at La Rocque Harbour where you will discover various ways of cooking with seaweed. Course Dates: , Tuesday 1st March, 7.00pm - 9.00pm, Philip Mourant

Living Jersey - Journey Through Jersey Wednesday 19 January 2022 | 10am - 12pm | 10 weeks Price: £140 – Senior Citizen: £110

A comprehensive continuation of our Journey through Jersey exposes an Island of extraordinary people and places. Their progression and positive perseverance through centuries reveal a unique society on the world stage. The course is accompanied with illustrated notation to enjoy.

British Sign Language - Introduction

Thursday 13 January 2022 | 7pm - 9pm | 5 weeks Price: £100 – Senior Citizen: £100

This five week course is an introduction to basic British Sign Language (BSL) in which you will learn signs for commonly used words and subjects e.g. The Alphabet, Greetings, Communication, Family Relationships, Occupations, In the Community, Weather and Animals.

COOKERY

Valentine Cake Decoration Saturday 12 February 2022 | 9am - 3pm | 1 week Price: £115 – Senior Citizen: £115

Clair Porter & Sally Camara Students will decorate a Valentine themed sponge cake. You will be provided with a cake, cake board and useful tool for you to ice and decorate under the guidance of two tutors Clair Porter and Sally Camara. Learn to fill your sponge, crumb coat, ganache your cake to get the perfect straight edges, flat icing and many decoration techniques. A list of ingredients will be sent to you prior to the course commencing.

Easter Cake Decoration

Saturday 19 March 2022 | 9am - 3pm | 1 week Price: £115 – Senior Citizen: £115

Clair Porter & Sally Camara Students will decorate a Easter themed sponge cake. You will be provided with a cake, cake board and useful tool for you to ice and decorate under the guidance of two tutors Clair Porter and Sally Camara. Learn to fill your sponge, crumb coat, ganache your cake to get the perfect straight edges, flat icing and many decoration techniques. A list of ingredients will be sent to you prior to the course commencing.

Asian Food Adventure Tuesday 01 March 2022 | 6.30pm - 9pm | 5 weeks Price: £170 – Senior Citizen: £170

Rose McCullagh You don't need to be Asian or travel across thousands of miles to make great Asian food at home. During this course you will experience the taste and smells from every major country in Asia. Rose uses step-by-step instruction with easy-to-follow recipes to ensure you produce wonderfully exciting dishes for friends and family to experience., You will need to bring your own ingredients.

2181GL2J01

Philip Mourant Centre Peter Webb

2181GJ2V01

Philip Mourant Centre

2181GX2B01 **Highlands College**

Christine Jones

2181KC2D01

2181KC2D02

2181KF2A01

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ingredients.





2181DS2D02 **St Martins School** Ann Dove

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2181DS2S01 **St Martins School** Ann Dove Centre, Trinity, and Saturday 5th March, 13.30pm - 16.00pm, La Rocque Harbour

2181DS2S03

Curries from Around the World

Thursday 03 March 2022 | 6.30pm - 9pm | 5 weeks Price: £170 – Senior Citizen: £170

Recent research has shown that curry could actually be good for you, easing arthritis and even protecting you from Alzheimer's. If you think of a curry meal and your taste buds light up in anticipation, this is the course for you. Selecting some of the best curries and spiced infused recipes from around the world - South Africa, Indonesia, Pakistan, India, Thailand and Malaysia. Recipes include preparing fresh Naan Bread and Masala mixes. Celebrating the world's most loved dish and all gluten free (optional). You will need to bring your own ingredients.

Indian Party Food

Saturday 29 January 2022 | 9.30am - 2.30pm | 1 week Price: £68 – Senior Citizen: £68

Tariq Attar Elaborate and filling appetizers are pretty common in Indian parties since dinner is often served later than usual. You will learn some appetizers that are most enjoyed with my family and friends and are a breeze to put together. You will need to bring your own ingredients.

Vegetarian Indian Cooking

Saturday 05 February 2022 | 9.30am - 2.30pm | 1 week Price: £68 – Senior Citizen: £68

Highlands College

In this class we will focus on the joys of healthy vegetarian food. It is not all tofu and mushroom - Indian cuisine offers plenty of exotic, tantalising and flavoursome options for vegetarians. You will need to bring your own ingredients.

Indian Cooking Punjabi Food

Saturday 12 March 2022 | 9.30am - 2.30pm | 1 week Price: £68 – Senior Citizen: £68

Tariq Attar A delightful course full of exciting techniques to help you enhance your skills of North Indian cooking. Dishes on this course include Chicken Tikka Kebab, Chana Saag, perfect rotis, not forgetting the traditional Punjab Lassi. You will need to bring along your own ingredients.

Indian Cooking Food of Kerala

Saturday 26 March 2022 | 9.30am - 2.30pm | 1 week Price: £68 – Senior Citizen: £68

Tariq Attar Kerala is known as the "Land of Spices", its cuisine offers a multitude of both vegetarian and non-vegetarian dishes which have developed over centuries and adapt diverse-cultural influences through its trade links. You will need to bring along your own ingredients.

Indian Cooking - The Spice Route

Saturday 19 February 2022 | 10am - 1.30pm | 3 weeks Price: £123 – Senior Citizen: £123

Tariq Attar Explore the adventurous and delicious flavours of India on this interactive cooking course where you will learn to cook some well-known dishes from across the country. This cooking course is easily adaptable to make it vegetarian-friendly. You will need to bring your own

2181KN2C02

2181KN2C01

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2181KF2A02

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Rose McCullagh

Tariq Attar

2181KN2C03

2181KN2C04

2181KN2C05

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Italian Beginners Stage 1

Price: £145 – Senior Citizen: £115

Challenge yourself to learn Italian! Build foundations with some basic vocabulary and put together simple sentences so that you can be understood in everyday situations. Sessions are fun, interactive and gently paced.

Italian Beginners Stage 2

Wednesday 19 January 2022 | 6.15pm - 8.15pm | 10 weeks Price: £145 – Senior Citizen: £115

Keep challenging yourself and move on to the next stage of the beginners level, build vocabulary for booking holiday flights, order food in Italian and understand simple conversation.

Italian Culture and Conversation

Thursday 20 January 2022 | 6.15pm - 8.15pm | 10 weeks Price: £145 – Senior Citizen: £115

Suitable for students with good knowledge of the Italian language. Explore Italian on this ten week journey across Italy, visiting regions, places and culture.

Portuguese Beginners Stage 2

Wednesday 19 January 2022 | 6.30pm - 8.30pm | 10 weeks Price: £145 – Senior Citizen: £115

This course is aimed at people who have a basic knowledge of Portuguese who wish to improve and gain confidence speaking in various everyday situations. We will cover talking about past actions; asking and answering about experiences; talking about daily routines; expressing feelings; You will learn some essential vocabulary and grammar to start speaking and writing in Portuguese.

LANGUAGES

French Beginners Stage 2

Tuesday 18 January 2022 | 6.30pm - 8.30pm | 10 weeks Price: £145 – Senior Citizen: £115

This course is aimed at people who have a basic knowledge of French and wish to improve and gain confidence speaking French in various everyday situations when in France.

French Conversation - Intermediate

Wednesday 19 January 2022 | 6.30pm - 8.30pm | 10 weeks Price: £145 – Senior Citizen: £115

Anna McDonald This course is designed for students who have a grasp of the language. We will focus on vocabulary, grammar, pronunciation and reading in order to improve your communnication skills in social situations.

Monday 17 January 2022 | 6.45pm - 8.45pm | 10 weeks

2181LIXC02 Highlands College **Romano Pezzal**

2181LMBB01 **Highlands College Carla Pinto**

2181LIBA02 Highlands College **Romano** Pezzali

2181LIBB02

Highlands College

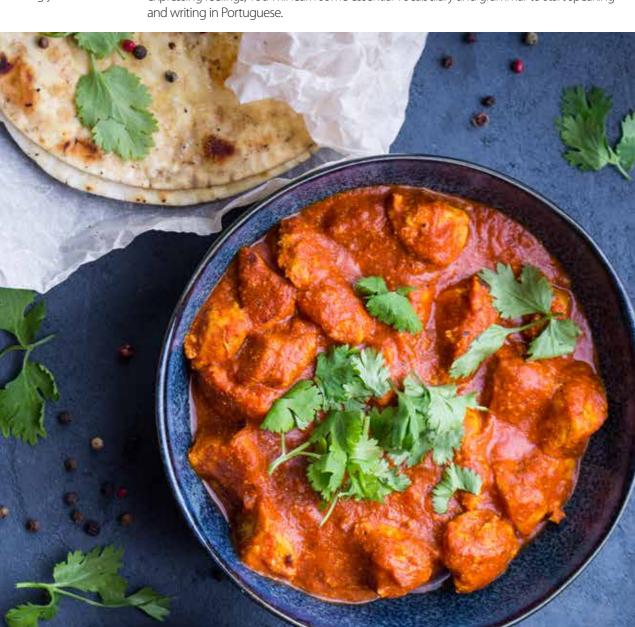
Romano Pezzali

2181LFBB01

2181LFVX02

Highlands College

Highlands College Anna McDonald



2181LPBB01

2181LSBA02

Highlands College

Carla Figueiredo

2181LSBA03

Highlands College

Nuria Fernandez

2181LSBB02

2181LSEA02

2181LSXC01

2181SY2A01

2181SY2D02

Philip Mourant Centre

Henrietta Brice-Smith

Philip Mourant Centre

Philip Mourant Centre

Highlands College

Highlands College

Anna Kowalewska

Polish Beginners Stage 2

Thursday 20 January 2022 | 6pm - 8pm | 10 weeks Price: £145 – Senior Citizen: £115

This course is aimed at people who have a basic knowledge of Polish who wish to improve and gain confidence speaking in various everyday situations in Poland. Keep challenging yourself and move on to the next stage of the beginners level, build vocabulary for booking holiday flights, order food in polish and understand simple conversation.

Spanish Beginners Stage 1

Wednesday 19 January 2022 | 7pm - 9pm | 10 weeks Price: £145 – Senior Citizen: £115

Challenge yourself to learn Spanish! Build the foundations by learning basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain, everyday situations. Sessions are fun, interactive and gently paced.

Spanish Beginners Stage 1

Monday 17 January 2022 | 6.30pm - 8.30pm | 10 weeks Price: £145 – Senior Citizen: £115

Challenge yourself to learn Spanish! Build the foundations by learning basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain, everyday situations. Sessions are fun, interactive and gently paced.

Spanish Beginners Stage 2

Tuesday 18 January 2022 | 6.30pm - 8.30pm | 10 weeks Price: £145 – Senior Citizen: £115

Nuria Fernandez Further develop the skills that you learnt from the beginners stage one course. Familiarise with Spanish grammar rules, develop your vocabulary to be able to participate in basic conversations, become a more confident speaker and improve your pronunciation and

sharpen your ability to listen in Spanish and understand what's being said. This course is aimed at people who have a basic knowledge of Spanish.

Spanish Elementary Stage 1

Monday 17 January 2022 | 6.45pm - 8.45pm | 8 weeks Price: £116 – Senior Citizen: £95

Karen Le Brun This follow-on course from the autumn term will continue to develop your Spanish knowledge. You'll learn more advanced grammar and cover topics such as clothes and appearance, hobbies, films and music whilst also practising your Spanish conversation.

Spanish Conversation

Tuesday 18 January 2022 | 9.15am - 11.15am | 8 weeks Price: £116 – Senior Citizen: £95

Philip Mourant Centre Karen Le Brun

A chance for students with a knowledge of Spanish to practice their conversation whilst also learning new grammer and vocabulary. Topics will include eating out.

SPORT AND FITNESS

Ambient Stretch

Wednesday 19 January 2022 | 12.30pm - 1.45pm | 10 weeks Philip Mourant Centre Price: £100 – Senior Citizen: £80 Lisa Troy

Ambient Stretch is practised to calming music that focuses on stretching, strengthening and de-stressing the mind and body. The body becomes supple and strong and it helps alleviate ailments and stress related symptoms.

Yoga for Deep Relaxation

Monday 17 January 2022 | 7pm - 8pm | 10 weeks Price: £80 – Senior Citizen: £64

Yoga for Deep Relaxation is a practice guided by sensitivity and uses slow, rhythmic movements, linked to the free flow of the breath, to very gently release your body of any tension in preparation to come to stillness. You will then come to a supported supine position using your bolster, cushions, blankets and anything else you may need to be as comfortable as possible to come into the relaxation, where you will learn how to invite the whole of your body and mind to relax, release and let go.

Friday Morning Yoga

Friday 21 January 2022 | 11.15am - 12.45pm | 10 weeks Price: £100 – Senior Citizen: £80

Elayne Cole Learn yoga safely and effectively through a step by step approach. Release tension in poses whilst maintaining good posture and alignment. Muscles are toned and stretched, joints lubricated, increasing blood circulation and flexibility. Finish with a deep rest. All levels welcome. This course equips you with enough knowledge to navigate around familiar waters by day. A Students must bring along their own equipment mat straps and blocks.

Beginners Restorative Yoga

Thursday 20 January 2022 | 12.30pm - 1.30pm | 10 weeks Philip Mourant Centre Price: £80 - Senior Citizen: £64

Henrietta Brice-Smith A gentle hatha yoga practice which will take you from movement into stillness. You will begin by mobilising the major joints in the body with soft rhythmic movements. Restorative postures will follow, here you will discover where you are holding tension, learning how to consciously relax. Students must bring along their own equipment - mats, bolsters, cushions and blankets needed to support you in stillness.

INFORMATION TECHNOLOGY

Adobe Illustrator - Logos and Design Thursday 20 January 2022 | 6.45pm - 8.45pm | 5 weeks Price: £125 – Senior Citizen: £125

2181WM2D01 **Highlands College Oliver Bartlett**

2181WM2D02

Oliver Bartlett

2181WV2E01

Highlands College

Highlands College

2181SY2R01

Do you want to create your own logo and designs or convert your hand drawn artwork into something digital? Need to create Facebook adverts or do you have existing design you want to be able to edit? Then this is for you. Adobe Illustrator is the go to software for designers and is a powerful tool for creating digital artwork. Business owners can design their own logo, business cards, social media adverts, flyers, invites and pretty much anything else you can think of. This course covers everything from the basics of setting up the document and saving through to applying effects & creating finished designs. You don't need any prior knowledge of the software and we supply you access to online resources.

Web Design Basics - Wordpress

Thursday 03 March 2022 | 6.30pm - 8.30pm | 5 weeks Price: £125 – Senior Citizen: £125

This course is aimed at anyone that already has a Wordpress website set up or is looking to create a brand new site and wants to learn how to take control, start making changes yourself and understand how Wordpress works and what you need to do to keep it up to date. You will learn how to set up a new site and understand how Wordpress works. You will discover the dashboard, adding and using themes, installing plugins and lots of tips and tricks for your website. If you want to start to design and build your own website or want to start building websites for clients this is the course for you.

Adobe Premier Video Editing Monday 10 January 2022 | 6.30pm - 8.30pm | 6 weeks Price: £234 – Senior Citizen: £234

Whether creating home movies, or marketing videos for your company, video editing is what turns a random assortment of footage into a professional production. Using industry standard adobe premiere software, this course will give you the skills you need to add that professional gloss to your video.

DSLR Videography

Thursday 13 January 2022 | 6.30pm - 8.30pm | 6 weeks Price: £234 - Senior Citizen: £234

Learn how to use the video function on your DSLR. We will cover the basic settings and shooting modes, equipment used to keep your footage steady, camera movements and basic story telling. For new aspiring filmakers and those looking to try a new hobby

Introduction to Quickbooks Monday 17 January 2022 | 6pm - 9pm | 3 weeks Price: £165 - Senior Citizen: £165

Learn how to use the online version of the Quickbooks book-keeping package. Create an online company and learn about how to set up company details, produce invoices, manage sales and purchase ledgers, maintain cash records, bank accounts and produce reports. Students should have knowledge of windows based applications and ideally, but not essential double-entry book-keeping. You will also require an email address not used previously for a Quickbooks Online account. This is really important.

NAVIGATION

RYA Day Skipper Theory 2181SY2F02

Monday 10 January 2022 | 6.30pm - 9pm | 13 weeks Price: £355 – Senior Citizen: £355

Nigel Coxshall A comprehensive introduction to cruising for future Day Skippers. Applicable to both power and sail to equip you with the knowledge to navigate and command a vessel safely. Essential learning of how to be safe at sea, navigate, interpret tides and deal with emergency situations. basic knowledge of lights is also included to introduce you to night cruising. You will require a Breton plotter, Admiralty chart dividers and suitable pencils. This course is led by a tutor from Go-Sail.je Course dates: Monday 10 Jan - 4 April 2022 *Excluding half term 21 February 2022, Final session: Thursday 7 April 2022

VOCATIONAL

Welding Skills

Tuesday 18 January 2022 | 6.30pm - 9pm | 20 weeks Price: £550 – Senior Citizen: £550

David Freeman This course is designed for those interested in all three types of welding (MIG, TIG and Arc Welding) and is tailored to the individual student. The course can lead to a formal welding gualification in one of these units at Level 2, 3 or 4, depending on the welder's previous experience. The Skills and Education Group is a nationally recognised qualification. The cost of one unit's assessment is included in the course fees. Further assessments will have to be paid for separately. Students must wear overalls and steel toe capped boots in the workshop,, Term Dates: , 18, 25 January, 1, 8, 15 February, 1, 8, 15 ,22, 29 March, 5, 26 April, 3, 10, 17, 24, 31 May, 7, 14, 21 June

2181WX2Q01 **Highlands** College Sally-Anne Fillieul



environment.

WSET Level 1 Award in Wine Appreciation (Course Ref: Q57WSETL1-1)

2180NT2D01

Philip Mourant Centre

2180XWSK02

Highlands College







To enrol, please email fiscal.stimulus@ highlands.ac.uk

Virtual Production

Learn how to use gaming software Unreal Engine to create virtual worlds and characters for use in creative media productions. No prior knowledge of the software is needed, but students should be confidence when learning and using software. An interest in photography and/or media production will be an advantage.

The course will run for 12 weeks beginning Monday 20th January 2022, 18:00 – 21:00

Improving the Quality of Streaming Content

Learn how to stream or improve the quality of streaming content. For anyone that wants to develop skills and confidence for online presentations and meetings, or for anyone that has something to say on social media. You will learn about OBS/Stream Labs software, hardware, and presentation skills and how they can be used to improve the guality of your creative content for Twitch, YouTube, and other streaming platforms.

The course will run for 3 weeks beginning Monday 20th January 2022, 18:00 – 20:00

Introduction to Audio Production and Technology

Learn to use audio editing software and related hardware to create and edit musical compositions. Learners will develop the computer skills needed to edit audio to a high standard and will also learn how to export and publish their compositions.

The course will run for 8 weeks beginning Monday 20th January 2022, 18:00 – 20:00 To enrol, please email fiscal.stimulus@highlands.ac.uk or scan the QR code below

ALL COURSES INFO: FISCAL STIMULUS



AN INTRODUCTION TO VIRTUAL PRODUCTION



IMPROVING THE QUALITY OF STREAMING CONTENT



INTRODUCTION TO AUDIO TECHNOLOGY AND PRODUCTION





Budding Chefs (Course Ref: Q57BUDCO2)

If you have a child aged between 11-16 why not sign them up for one of our popular Budding Chef courses as a Christmas Stocking Filler?

The course runs once a week for four weeks and is a great hands-on learning opportunity for any youngster who loves to cook as a hobby or has aspirations as a chef. The course covers all aspects of food preparation and production in a fun and safe

Start Date: 19.01.22 Time: 5:30-7:30pm Price: £69 (includes the first week's ingredients)

If you know someone who loves their wine and is keen to learn more, then this could be the ideal present for someone special this Christmas.

Over four weeks, learn all about the styles of wine, the importance of regions and grapes as well as how to taste and perfectly pair it with your food. This could make a wonderful and fun gift.

Start date: 19.01.22 (runs each Wednesday evening until 09.02.22) Time: 6:00pm – 8:00pm Price: £111 + Exam fee £48

ONLINE ENROLMENTS ARE NOT AVAILABLE FOR THE THREE **COURSES LISTED BELOW**

For more information please contact Administrator Vicky O'Neil Telephone: 608529 email: victoria.oneil@highlands.ac.uk

City and Guilds Level 2 Award in Barista Skills (Course Ref: Q57ABSL2-2)

Ideal for any coffee lovers or someone who wants to improve their skills in the industrywhy not give an alternative gift this Christmas?

Over three Monday sessions, you will be introduced to the full range of products used in making great coffees and other beverages and learn the history, growing and harvesting processes behind the beans that reach your cup. This could be a thoughtful gift for someone wanting to perfect their coffee making skills.

Start date: 24.01.22 Time: 10:00am- 4:30pm Price: £240

> Full details of these courses, application forms and future dates are available on the highlands website www.highlands.ac.uk

If you would like to purchase a course as a gift, please contact Vicky O'Neil directly

HOW TO ENROL

ONLINE



The best way to enrol is by visiting our website: www.highlands.ac.uk



'Click on the subject' you are interested in to see more details



Click on course **Adult Community Education logo** to view course subjects



Once you have found the course you'd like, click the 'Enrol' button and follow the instructions.

BY POST



Complete the application form supplied in this programme and return to the address at the top. Alternatively, to print off additional application forms, visit our website: www.highlands.ac.uk/application-forms

Click the green 'ACE Application Form' button at the end of the row. Complete the form and return to the postal address listed on the top of the page.

CALL US

Our ACE team can happily enrol you over the phone. Please call directly on 608655 or 608632.

VISIT US

For more information, to discuss course options, or to enrol in person, visit our Student Records Team in the Main Reception at Highlands College.

Can't find the course you're looking for?

Tell us. We may be able to offer it next term



Had a great learning experience?

FOLLOW US

• HighlandsACE C Highlands_JSY Highlandscollegejersey

Like to teach a course next term?

Get in touch, we're always looking for new, interesting courses to extend our offering



Can anyone apply for a course?

The Adult & Community Education (ACE) programme is only available to students who are no longer in compulsory education and are aged 18 or over. (unless specified in the course information)

How do I apply for a course? You can book and pay for your ACE course online.

- 1. Go to www.highlands.ac.uk and click on Courses Adult Community Education
- 2. Click on the course titles that interest you for more information. You can filter your search by subject or day
- 3. If you wish to enrol on a course, add your chosen course to your basket and follow the payment process

How do I pay for a course?

- Use a MasterCard, Visa or Maestro creditor debit card online
- Supply mastercard, visa or Maestro credit or debit card information over the telephone or by person only. It is no longer acceptable to take written note of your card details.
- Pay by cheque. Cheques should be made out to "Treasurer of the States". If you are applying for more than one course please enclose separate cheques for each. This will enable us to return fees for courses that are already full and still process other applications without delay. Post your form and cheque to Highlands College - Student Records, Highlands Lane, St Saviour JE1 1HL.



bypost-dated cheque?

Unfortunately, no. You will not have your application confirmed until payment is received in full. Remember payment can be made via credit card, cheque, postal order or, if applying in person, in cash.

What do my course fees pay for?

All ACE course fees include your tuition and a registration fee. They may also include a contribution towards the cost of demonstration materials, venue rental, handouts, artist models, equipment or assessment fees.

PLEASE NOTE: be prepared to supply materials in addition to your course fees depending on your course, for example flowers, cooking ingredients, art and craft materials or specialist clothing.

When do courses run?

ACE courses vary in length from half-day workshops to one academic year. The majority of courses follow an academic timetable and may include half-term, bank holiday or other breaks.

What if my course is relocated, rescheduled or cancelled?

We make every effort to avoid doing this, but occasionally it is necessary. This is why it is vitally important for us to have your current telephone numbers or e-mail address in order that we can contact you as speedily as possible. If you have a mobile telephone number, we will use a text message service to inform you of any changes to your course. If the change is not acceptable to you, a full refund will be issued. Please note, our text message service is a non-reply service.

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PRIVACY STAT Privacy Statement

and what your rights are: **DATA WE COLLECT**

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We will endeavour to keep your information accurate and up to date and not keep it for longer than is For further information on why Highlands College collect your data and how we use applicant's necessary. Please see our published retention schedules for more detail about how long we retain your information and the Terms and Conditions of enrolment, please view the College Privacy Policy and information. We will not pass any personal data on to anyone outside of the States of Jersey, other than other information on our website at www.highlands.ac.uk those who either process information on our behalf, or because of a legal requirement, and we will only

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your information in order to provide public services and meet our statutory obligations. We may not be able to provide you with a service unless we have enough information, or your permission to use that information. Below, we explain what we collect; how we will use your information;

We have collected your personal details (name; address, contact details; and DOB) and we do this in order to carry out the service you have requested; to monitor and improve our performance; to ensure that we meet our legal obligations; to prevent and detect crime; to process financial transactions including grants or payment of benefits; to allow the statistical analysis of data so we can plan the provision of services; and where necessary, for our law enforcement functions; or to protect individuals

to protect your personal data. We do not process your information overseas using we services that are hosted outside the European Economic Area. At no time will your information be passed to organisations for marketing or sales purposes or for any commercial use without your prior express consent.

YOUR RIGHTS

You can ask us: to stop processing your information; to correct or amend your information; for a copy of the information we hold about you.

You can also: request that the processing of your personal data is restricted; and withdraw your consent to the processing of your information.

You can complain to us about the way your information is being used by contacting us at registry@ highlands.ac.uk alternatively you can complain to the Information Commissioner by emailing enquiries@oicjersey.org



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Highlands College Adult & Community Education

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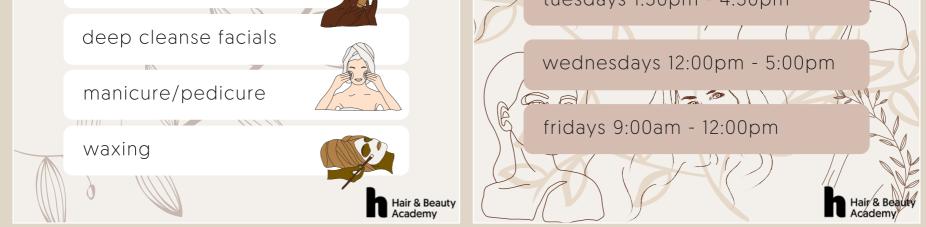
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