

11am –12.30pm

Triskel Christchurch South Main St

### INAUGURAL ANNUAL SEMINAR:- LIFELONG LEARNING: FROM AUSTERITY TO PROSPERITY – AT HOME & AWAY

Since 2004 the festival has showcased and celebrated lifelong learning opportunities for all ages & abilities in Cork. Now its organisers want to broaden its perspective to examine current ideas about education by each year organising a seminar – which will offer both those involved in providing educational opportunities & the general public a forum where they can express their views & exchange ideas. Today, our inaugural seminar looks at Lifelong Learning, Community Education, Adult Education from both a national & international perspective - where we seem to be and where we might be heading; and how the Irish people might access education in these austere times.



*“When you look at the brochure for the festival, it’s a kaleidoscope, it’s remarkable, How do you even think of half the things?”*

8th President of Ireland, Mary McAleese, opening last year’s festival



#### Guest Speakers:

- Minister Sean Sherlock TD Minister of State, Department of Enterprise, Jobs & Innovation and the Department of Education & Skills with responsibility for Research & Innovation.
- George Osborne from Victoria, Australia, Manager Learning Community with Hume City Council in Melbourne with responsibility for Hume Libraries and the renowned Hume Global Learning Village, just appointed Manager Economic Development for Hume City with responsibility for business support & development, employment and the Hume Jobs and Skills Task Force.
- Martin Power, from the Department of Sociology, University of Limerick, who has an interest in the social dimension of Adult & Community Education.
- Seminar Chair: Ted Owens, CEO City of Cork VEC & Chair Learning Forum
- Q & A Chair: Mary Liz Trant of the National Office for Equity of Access to Higher Education (National Access Office) established by the HEA in 2003.



*The festival’s organising committee wishes to thank FETAC for its generous annual sponsorship of the festival over the years from 2005 to 2011, funding from which supports this Inaugural lifelong learning seminar.*

**All welcome.** Info: Tina Neylon 086 603 5552  
Light refreshments. To indicate your attendance, please email: [learningfestival@corkcity.ie](mailto:learningfestival@corkcity.ie)



Scenes from last year’s opening

George Osborne’s stay in Cork is sponsored by the River Lee Hotel.



## ONE BOOK ONE COMMUNITY

One Book, One Community is a Family Reading Project which promotes & encourages reading in DEIS schools in Cork City & County. Now in its fourth year, it involves over 1,500 families, with parents reading the chosen book along with their children.



Activities associated with the book are organised by the Home/School/Community Liaison Co-ordinators (HSCL) & teachers in the schools & parents and the local community are encouraged to participate in them.

Copies of the book chosen are bought by the HSCL Co-ordinators and distributed free to the children to take home to read with their families. This year each area made its own choice: Dog Lost by Ingrid Lee in Knocknaheeny/Hollyhill with Bad Dog Marley by John Grogan for preschoolers; The Spirit of the Titanic by Nicola Pierce in Mayfield/The Glen & for the boys in Farranree, while the girls there have been reading The Timespell by Judi Curtin. In the Shandon/North Cathedral/Blackpool area the children have been reading books about the Titanic.

Look out this week for activities organised as part of the One Book, One Community Initiative or contact the following for information:

### Rachel Browne

Farranree  
421 0677

### Ann Neff

Knocknaheeny/Hollyhill  
086 357 7121

### Margaret McSwiney

Mayfield/The Glen  
086 380 5164

### Joanne Murphy

Shandon/North Cathedral/Blackpool  
086 263 0078

**Daily, until Friday, different times**

*Mahon CDP, Avenue de Rennes*

## MAHON COMMUNITY BUS TOURS FESTIVAL EVENTS

Mahon Community Bus visits various venues participating in the festival. Come and see the different events around the city. Numbers on each trip limited to 16. Book early to avoid disappointment! Call in to the pick up point, Mahon CDP, or phone to find out where it's visiting. 435 9070

**8.45am – 9.45am**

*LeisureWorld, Rossa Ave,  
Bishopstown & LeisureWorld,  
Knockfree Ave, Churchfield*



## TAKE TO THE WATER

During festival week learn how to improve your health & fitness. Both Leisureworlds offer free sessions daily until Saturday. It's an opportunity for everyone to find out what facilities & classes are available all year. This morning have a swim, relax & unwind in the comfort of the sauna & steam room – no need to book. Staff will answer your queries. Free parking. T Bishopstown 434 6505 T Churchfield 439 7868 [www.leisureworldcork.com](http://www.leisureworldcork.com)

**9am – 5pm**

*Main Foyer  
Coláiste Stiofáin Naofa  
Tramore Rd*

## INSIDE OUT: A GROUP EXHIBITION BY STUDENTS, DEPICTING THE LIGHT SIDE OF LIFE



Bright and colourful images of domesticity are larger than life in this fun display of work by students on the Access with Design course

here. Hand sewn symbols of home such as Wellington boots, tea pots and oven gloves are illustrated in an array of beautifully printed and stitched fabrics. Inside Out is a project that demonstrates the positive learning experiences of adult learners at Coláiste Stiofáin Naofa & promotes the translation of traditional craft skills in a contemporary way. Jenny Monks, Course Co-ordinator, email: [j.monks@csn.ie](mailto:j.monks@csn.ie) Coláiste Stiofáin Naofa 496 1020 [www.csn.ie](http://www.csn.ie) Continues until Friday.

**9am - all day**

James Barry Exhibition Centre  
CIT Bishopstown Campus

### LOCATIONS CONTAINED – EXHIBITION BY LANA SHUKS



This is the first solo exhibition by CIT Crawford College of Art & Design graduate Lana Shuks. She was awarded the CIT Registrar's Prize last June, for her

paintings focussing on Cork's Docklands and Tivoli container yards. Since then, her work has responded to travels in snow-covered Finland and a fascination with back gardens. A number of new large paintings capturing fleeting moments and memories are also included. Supported by CIT Registrar and Arts Office.

To preview the artist's work visit [www.lanashuks.com](http://www.lanashuks.com) or email [art@lanashuks.com](mailto:art@lanashuks.com) Continues until April 12.

**9am – noon & 2pm –5pm**

Room 414,  
St John's  
Central College  
Sawmill Street



### LEARN ABOUT ANIMATION

Drop into the college today and get a feel for the Animation Course. Staff will explain and illustrate the animation process. T 425 5500 See a list of courses and apply online: [www.stjohnscollege.ie](http://www.stjohnscollege.ie)

**9.30am – 4.30pm**

St Michael's Credit Union  
Skehard Rd, Blackrock

### MAHON INTERGENERATIONAL DIGITAL PHOTOGRAPHY EXHIBITION

Mahon CDP's Intergenerational Photography Group display photographs on the theme 'Young and Old.' Organised by Mahon CDP & Mahon Youth Development Project. T 435 9070. Continues until Friday.



**9.30am – 2pm**

Lavanagh Centre, Ballintemple



### STUDENT ART & CRAFT EXHIBITION



Students at the School of the Divine Child show crafts, paintings, film & collage in this multimedia exhibition. Meet

senior students & hear how art is made here. Parking only available around Ballintemple village. Book by calling Anne Brennan 429 4803 ext 219 or email [divinechild@eircom.net](mailto:divinechild@eircom.net) Continues until Wednesday.

**10am -11am**

Cork Movement Centre  
The Yoga Centre  
1st Floor,  
4 Washington Street



### HAVE A HEALTHY BACK WITH YOGA

Learn some easy steps to strengthen and increase flexibility. Yoga helps to release tension, pain and discomfort. Everyone welcome. Find out about regular classes here. Contact Nicole 086 043 3324 email: [contact@corkmovementcentre.com](mailto:contact@corkmovementcentre.com) [www.corkmovementcentre.com](http://www.corkmovementcentre.com) Event repeated Thursday 12.30pm.



**10am - noon**

Glen Resource & Sports Centre  
The Glen



### WELL-BEING THROUGH RELAXATION

Come to a workshop introducing a variety of relaxation techniques to promote personal wellbeing. Organised by Glen LCDP, member of the Glen Community Education Network. Refreshments & free parking. Booking essential as places limited. Contact Margo or Clare at Glen LCDP 455 0519.

**10am – 1pm**

*The Lodge, Bessborough, Blackrock*



**LEARN ABOUT HEALTHY LIVING**

Sheila O'Connor, SHEP Community Tutor, leads an interactive workshop where participants explore the different dimensions of health & take part in relaxation techniques, gentle dance & meditation. SHEP – the Social & Health Education Project - is a unique, not-for-profit, community-based training & development organisation. Please wear comfortable clothing. Booking essential as places limited. Geraldine Flanagan 466 6180, email: socialandhealth@eircom.net

**10am – 4pm**

*Coláiste Stiofáin Naofa  
College of Further Education, Tramore Rd*

**REILIG – EXHIBITION & AUDIO-VISUAL DISPLAY**



Students of Cultural & Heritage Studies

here have spent the last few months visiting local graveyards & cemeteries, isolating interesting examples of headstones & grave memorials. This photographic & audio-visual exhibition highlights their hidden history & attempts to decode the unspoken messages told by the stones. It also celebrates the craft & disappearing skills of the stonecutter & letter carver. T 496 1020 www.csn.ie

**11am & 2.30pm**

*Lifetime Lab @ Old  
Cork Waterworks, Lee Rd*



**WORKSHOP: LEARN COMPOSTING**

Composting is easy....once you know how! Done correctly, it's an effective way of dealing with your household organic wastes. Learn the process and discover which form of composting is suitable for your area. Participants will see different forms of composting at the Lifetime Lab compost demonstration area. Booking preferred but not essential; community groups/ clubs welcome. Free Parking. Indoor & outdoor event. Coffee Dock on site. Organisations involved: Wastedown - www.wastedown.com Stopfoodwaste - www.stopfoodwaste.ie & Lifetime Lab – www.lifetimelab.ie T 494 1500, email: lifetimelab@corkcity.ie www.lifetimelab.ie Repeated twice daily until Saturday.

**11am – 1pm**

*Bishopstown Senior Social Centre  
Wilton Park House*

**MOBILE PHONES FOR BEGINNERS**



Do you find texting a challenge? Want to know more about using your phone? Get all the help you need at one of these regular sessions. This is the first of a series of events here until Thursday. All welcome – visitors will be greeted by Roger Coughlan & tutors. Find out about regular activities at this

award-winning centre. Parking. Refreshments. Bishopstown Senior Social Centre is a member of the Bishopstown Community Education Network. Info: 434 8595 noon – 5pm or Roger Coughlan 086 386 6975 anytime; email: bishopstownseniors@gmail.com

**11am – 1pm**

*Parents' Room  
Terence McSwiney  
Community College  
Knocknaheeny*



**HOW TO GROW YOUR OWN**

Learn how to grow your own vegetables, herbs, fruit, with the techniques explained & the equipment needed to set up your garden on display. All welcome. Refreshments provided. Parking off Hollyhill Lane behind school. Info Ann Neff 439 1001. A Knocknaheeny/Hollyhill Community Education Network event.

**11am – 1pm**

*Upper Level of College Canteen  
St. John's Central College  
Sawmill Street*

**CALL TO THE TRAVEL DESK**

Drop in and see the free service provided by Tourism students running their own Travel Desk. They'll source travel information for you before you book. T 425 5500. See a list of courses, apply online: www.stjohnscollege.ie



**11am – 12.30pm**

*Triskel Christchurch*

## INAUGURAL ANNUAL SEMINAR

Lifelong learning: from austerity to prosperity?  
See separate entry on page - 5

**11.15am – 12.15pm**

*Cork Movement Centre*

*The Yoga Centre*

*1st Floor*

*4 Washington St*



## LEARN A LITTLE YOGA

Learn some easy steps, gain flexibility, tone your body, find out how to breathe & relax with this morning yoga class. Everyone welcome.

Ask about regular classes here.

Info: Nicole 086 043 3324 or email:

[contact@corkmovementcentre.com](mailto:contact@corkmovementcentre.com)

Event repeated Thurs.

**Noon – 1pm**

*Meeting Room 1,*

*Student Services Building (Nexus), CIT*



## DISABILITY SUPPORT AT CIT - WITH A FOCUS ON DYSLEXIA

Laura O'Rourke, Disability Support Officer, gives a brief presentation on the DARE scheme. She explains how CIT supports students, in particular those with Dyslexia. Park in tiered car park, second exit at second roundabout when entering campus. Nexus is on first floor of red brick Student Centre building. Event signposted on day. To book call Christine Nolan 433 5138 or email [christine.nolan@cit.ie](mailto:christine.nolan@cit.ie)

**1.10pm – 2pm**

*Foyer, CIT Cork School of Music, Union Quay*

## LUNCHTIME CONCERT



Welcome to the first of a series of lunchtime concerts here during the festival. Today it's a selection of electronic and immersive sound pieces

performed by students of the Masters in Music & Technology at CIT Cork School of Music.

Booking not necessary, except large groups.

Wheelchair accessible; on-street parking; bistro

on-site. Info: Edel Sullivan 087 234 4669

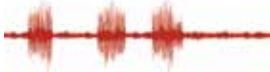
**2pm – 3pm**

*Carrig Sound*

*C3 Units A&B Donnybrook*

*Commercial Centre, Douglas*

## FIND OUT ABOUT SOUND RECORDING & MUSIC TECHNOLOGY COURSES



Visit a commercial recording studio where Liam Davin, sound

engineer and tutor, demonstrates what you'll learn on the 22-week courses here. Have a go yourself. Day & evening courses start at different times year round; classes have a maximum of 12, so each participant gets plenty of hands-on experience. The studio fits 35 comfortably, no need to book. Call if bringing a group or if you have queries. Liam 086 166 0338 [www.carrigsound.com](http://www.carrigsound.com) Free parking. Repeated daily all week, inc Sat & Sun, same time (except on Wed when it's at 11am).

**2pm – 5pm**

*Room 414*

*St John's Central College*

*Sawmill Street*

## LEARN ABOUT ANIMATION

Details under 9am.



**2.30pm**

*Lifetime Lab @ Old Cork Waterworks*

*Lee Rd*

## WORKSHOP: LEARN COMPOSTING

Twice daily until Saturday. Details see 11am.

**2.30pm – 5pm**

*Bishopstown Senior Social Centre*

*Wilton Park House*



## HAVE FUN – OLDER PEOPLE & DANCE

All welcome to enjoy a regular session with tutor Noel Carrey. Free refreshments.

Parking. Learn about all the activities at this award-winning centre. See 11am today for more. Info: 434 8595 – 086 386 6975 email: [bishopstownseniors@gmail.com](mailto:bishopstownseniors@gmail.com) Repeated Thurs.

**2.30pm – 5.30pm**

*Good Shepherd Services  
Hearth, Redemption Rd*

## **OPENING OF EDUCATION AND TRAINING UNIT**

This afternoon Minister of State Kathleen Lynch TD opens the Education Unit and presents learners with certificates. Good Shepherd Services work with homeless women and children & this new unit has a specific focus on education and development. All welcome. Info: Charlotte O'Donovan 439 7314 085 730 9380 email: codonovan@gsscork.ie www.goodshepherdservices.ie Good Shepherd Services is a member of the City Centre Community Education Network.

**3pm**

*University College, Cork  
Visitors' Centre  
North Wing  
Main Quad, UCC*



## **GUIDED HISTORICAL TOUR OF UCC**

Free 55 minute walking tour, charting the history & development of UCC from its origins in 1845 to today's vibrant campus. Tour includes a visit to the Aula Maxima, Ogham Stone Corridor, the Crawford Observatory and (subject

to availability) the Honan Chapel. No need to book. (Group tours, fee charged, can be booked Mon to Sat year round). T 490 1876 email visitorscentre@ucc.ie Repeated daily all week.

**3pm – 4pm**

*Alliance Française de Cork  
36 Mary Street,  
off George's Quay*



## **GRAŽIOJI LIETUVO - BEAUTIFUL LITHUANIA**

Lithuanian cultural co-ordinator, Vytene Laucyte, takes you on a virtual guided tour of the magnificent countryside, historical towns and cities of Lithuania, once the largest country in Europe... Info Vytene 431 0677 This is the first of a series of events here all week. email: info@alliancefrancaisecork.com

**5pm – 8pm**

*Cork College  
of Commerce  
Morrison's Island*



Cork College of Commerce opens its doors to the public on Monday, Tuesday & Wednesday evenings this week & has a stand at Mahon Point on Thursday & Blackpool Shopping Centre on Friday.

### **Photographic exhibition**

Photography is one of the college's range of night courses – for professionals or as a hobby. This exhibition showcases Photography students who worked under Jessica Jones.

### **Collage of photos**

The collage represents the work of the Speech and Drama classes in the college. Here students can complete their Diploma, Advanced Diploma, Licentiate and Fellowship from the Victoria College of Music. Speech & Drama is a valuable life-skill and students develop great confidence and competence as well as gaining valuable qualifications.

**6pm**

### **Top tips in beauty**

An opportunity to get advice from experts, tour the beauty salons, watch demonstrations by make-up artists and nail technicians. If you are interested in beauty then this is the evening for you. Meet teachers informally and get valuable advice on careers, and about the beauty industry.

**6pm – 7pm**

### **Sports taping & strapping**

Knowledge of how to apply taping and strapping correctly can help prevent injury & aid the sportsperson's recovery. Taping limits unwanted movement in an area where weakness has been identified. This demonstration is for individuals or club representatives interested in the latest techniques.

**6pm – 7pm**

### **Exciting ways to facilitate group learning**

Carol Neenan, one of the college team of psychology teachers, explores some innovative ways of engaging groups in activity to help learn easily. For anyone who facilitates small or medium sized groups – don't miss this valuable opportunity to develop new skills – it's practical & fun.

**6pm – 7pm**

### **Free mini treatments and demonstrations**

The experienced and dedicated staff and the students of the Complementary Health

Therapies Department give advice and practical solutions to help you stay healthy & reduce stress. They introduce you to therapies and show you the salons and equipment used. Find out about courses and enjoy a little taster treatment to help you de-stress. T 422 2100 email: [queries@ccoc.ie](mailto:queries@ccoc.ie) [www.corkcollegeofcommerce.ie](http://www.corkcollegeofcommerce.ie)

**6.30pm – 7.30pm**

*St Anthony's Sports Hall, Ballinlough Rd*



## ADULTS – TRY KARATE

Welcome to the regular adult class run here every week by the Rising Sun School of Karate. Great for fitness, confidence and self defence. Give it a go. To book your place call Barry 429 1313; 086 722 2779; email [barry@risingsun.ie](mailto:barry@risingsun.ie) Other free classes all week

**7pm – 8pm**

*Upstairs near Debenhams  
Mahon Point Shopping Centre*



## PILATES – FREE CLASS

Experience what Pilates can do for you: feel taller, leaner, stronger, and... relaxed! People benefit from doing Pilates on a regular basis – whether they work in an office, play competitive sports, suffer from back-ache. Each class is a balanced work-out for body and mind, focusing on strength and flexibility, balance and co-ordination, relaxation. You must book, as places limited. T Jaconel Janssen 085 161 3505 email: [info@pilatespeoplecork.com](mailto:info@pilatespeoplecork.com) [www.Pilatespeoplecork.com](http://www.Pilatespeoplecork.com)



**7pm – 8.30pm**

*Alexander Technique Studio  
18 Landscape Park, Pouladuff Road*



## LEARN THE SECRET OF GOOD POSTURE



Come to an introductory class with Alexander Technique teacher Véronique & discover how to sit, stand and move in co-ordinated and balanced way, which helps improve your posture & well-being. Her next 6 week course starts on Monday April 2. You must book

for today, as spaces limited. Call Véronique Druesne 496 3339 - 087 976 1668 email: [vero@isatt.ie](mailto:vero@isatt.ie) [www.isatt.ie](http://www.isatt.ie)

**7pm - 9pm**

*Men's Art Studio  
Mahon Youth Centre, Mahon Drive*

## OPEN STUDIO - DISPLAY OF MEN'S ART

The Men's Art Group run by Mahon CDP invites you visit & see their work. The mural in the Car Park next to Blackrock Castle was created by group members, working with artists from Belfast during last year's festival; and during Féile an Phobail last August they also painted a mural off the Falls Road in Belfast. T 435 9070 Nightly until Thursday.

**7.30pm – 9.30pm**

*Ballyphehane Community Centre  
Tory Top Road, Ballyphehane*



## PRESENTATION OF CERTIFICATES TO ADULT LEARNERS

Minister of State Kathleen Lynch TD presents FETAC Certificates to community learners at this special ceremony. It marks the close and supportive co-operation between Ballyphehane Togher CDP, Read Write Now Adult Basic Education Service & QDS – Cope Foundation. All welcome to celebrate with them. Info Siobhán O'Dowd 431 9085 or [siobhan@btcdp.ie](mailto:siobhan@btcdp.ie)

**8pm**

*Gym, Douglas Community School*

## TUITION IN THE SPORT OF SHORT MAT BOWLS

Douglas Community School Indoor Bowls Club invites you to learn a new sport, played in teams of up to four. People of all ages enjoy playing – give it a go! The Club meets here twice a week. T Steve Wingate 086 845 9996 email [stevewingate@iolfree.ie](mailto:stevewingate@iolfree.ie) Car park at rear. Repeated Thurs.



**8pm**

*Camden Palace Hotel, Camden Quay*

## LIFE LESSONS... LIFE STORIES

Share the moments that changed you and watch them come to life with SpeakOut Theatre for Transformation – spontaneous drama, playback performance. No need to book, just come along. SpeakOut meets every Monday and hosts regular performances and workshops. Want to know more? Call Eliz 086 601 9078 or email: [info@speakout.ie](mailto:info@speakout.ie) [www.speakout.ie](http://www.speakout.ie)