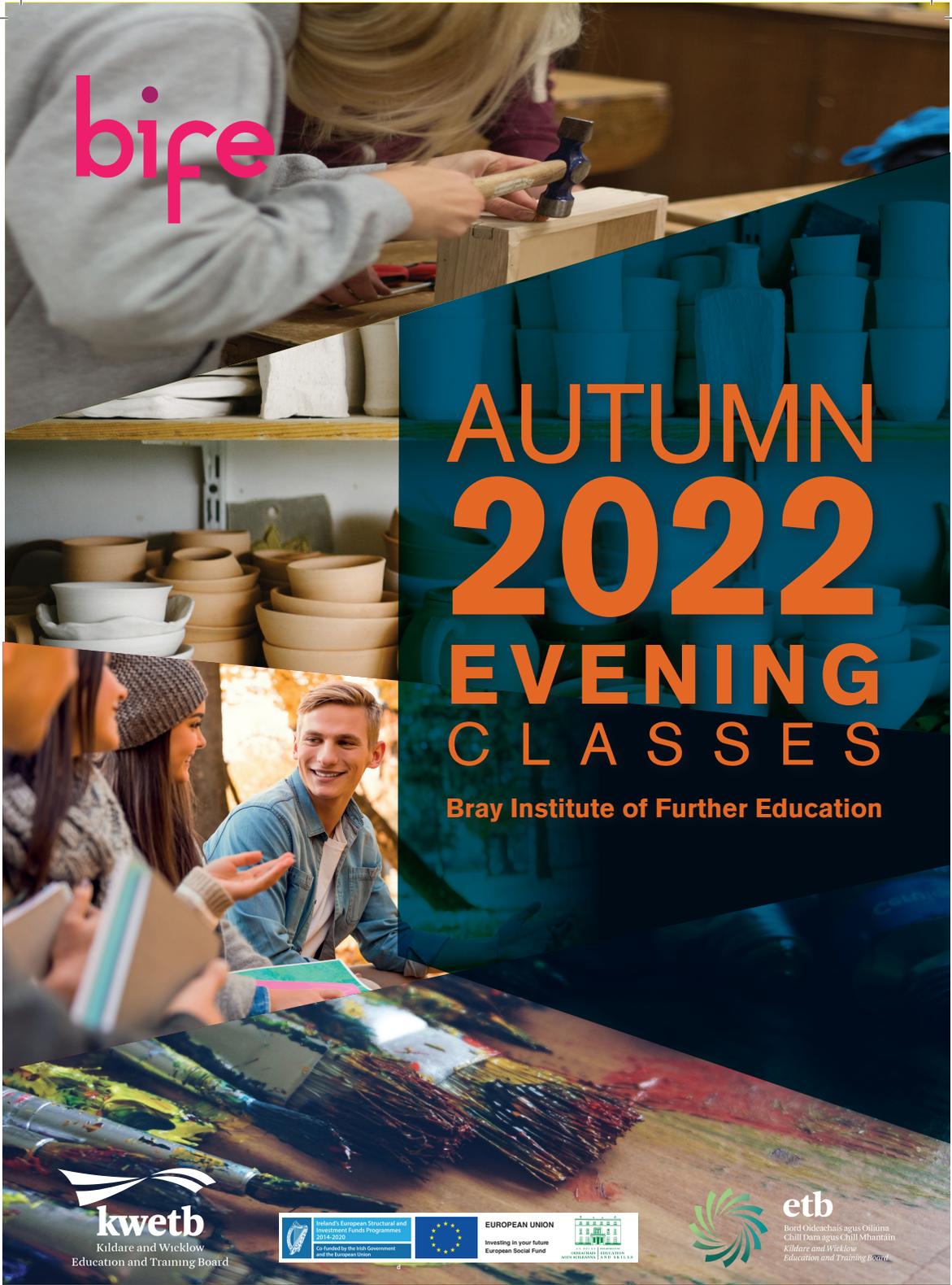


bife

AUTUMN 2022 EVENING CLASSES

Bray Institute of Further Education




kwetb
Kildare and Wicklow
Education and Training Board


Ireland's European Structural and
Investment Funds Programme
2014-2020
Co-funded by the Irish Government
and the European Union


EUROPEAN UNION
Investing in your future
European Social Fund


BRAY INSTITUTE OF FURTHER EDUCATION
100 WILKINS ROAD, BRAY, CO. WICK
TEL: 045 360 1000


eth
Bord Oideachais agus Oiliúna
Chill Dara agus Chill Mhantain
Kildare and Wicklow
Education and Training Board

ENROLMENT PROCEDURE

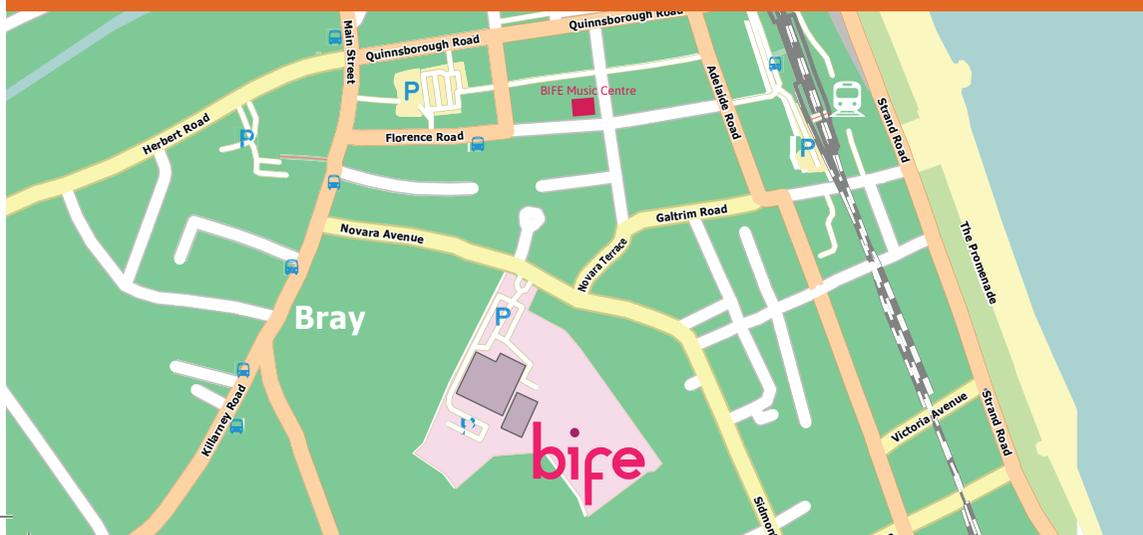
Please enrol online at www.bife.ie

1. **Evening Courses** Bray Institute of Further Education, Novara Ave, Bray.
Web: www.bife.ie Email: bifenightschool@kwetb.ie
Tel: 286 6111 / 282 9668
 - (a) **Online enrolling** for evening classes commences on Monday, August 1st 2022 see Link on the homepage.
Tel: 286 6111 / 282 9668
 - (b) **Enrol in person** or by phone - from Monday, August 1st 2022
9am-12pm / 2pm - 4pm.
 - (c) **Early enrolment** is advisable as classes may fill up quickly or may not form due to a lack of enrolment. Best to enrol online.
 - (d) **Please be advised** that we are unable to facilitate cash or cheque payments for evening classes.
 - (e) **The college offers a discount** to those in receipt of Social Welfare. Enquire on enrolment. Most classes commence the week of September 26th unless otherwise stated. Please check [www.bife.ie/part time/evening classes](http://www.bife.ie/part%20time/evening%20classes) for details.

Please Note: These are Adult Education Classes. We cannot facilitate students under 18 years of age.

BRAY INSTITUTE OF FURTHER EDUCATION

is conveniently situated close to the Main Street in Bray and only 5 minutes walk from the DART Station, and is also served by the following Buses: 45, 45a, 84, 85, 184.



Monday

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Art- Drawing, Sketching and Painting

Art, drawing, sketching and painting, can be a great creative outlet to express yourself. Anyone can learn to draw if they study the basics and develop those skills with practice. In this introductory course you will learn the basic skills necessary to unlock your own potential. This is a beginner's class so there is no experience needed. (Students will need to bring some materials) Time: 7.00 until 9:00 pm. Fee €130.

Bridge Beginners

For those wanting to take up the game of Bridge but with no previous experience. Bridge is an excellent way to develop and retain memory as well as tactical and communication skills. It is a social game practised by millions worldwide. A chance to develop new skills and meet people Bridge is for all ages. 7.30pm-9.30pm. Fee: €130.

Beekeeping for Beginners

This beginners course is open to anyone with an interest in bees or in

setting up their own beehive. Some students may already have bees but most of those attending will not. The course will comprise of eight 2-hour classes where you will learn all about the bee, it's habitat, what you should know before you start plus the 'Health and Safety' requirements. Other areas covered include: the equipment needed; colony management; preparing bees for Winter and most importantly how to harvest your honey.

After the classroom sessions you can, by separate arrangement with the tutor, visit their own apiary or beehives in Wexford for more practical demonstrations. (please note for such visits protective gear must be worn and as gear is limited places on the practical demonstrations may also be limited). The fee for this very interesting course is just €120. Time: 7.30-9.30 (8 weeks)

Dress Making

This dressmaking course is a perfect starting point for anyone wishing to learn how to make their own clothes. Over this ten week course you will

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learn how to use a sewing machine, follow a commercial pattern, measure, lay and cut the fabric as well as sewing, fitting and finishing your garment.

Beginners are advised to choose a simple pattern of a skirt, top or trousers as this will enable you to learn the basic skills needed to complete your garment to a professional finish. Students will need to bring some materials. Fee: €130.

First Aid and Cardiac First Responder

Can you help in an emergency? This course covers first aid and cardiac first responder (CFR). Certificate from the Order of Malta and the Pre-Hospital Emergency Care Council on successful completion. Fee: €130.

French - Beginners

Whether planning a trip or just interested in the country and language, you will find this a useful introduction to both.

Time: 6.45-8.15pm.

Duration: 10 weeks. Fee: €100.

French - Improvers

For those who have completed a beginners course. Those with some basic language skills may join this course. Time: 8.15-9.45pm.

Duration: 10 weeks. Fee: €100.

Furniture Making - Woodwork for Beginners

This class will explore hand tools and their uses, as well as investigating many woodworking techniques through the practical means of a small project. This course is extremely popular and places are limited. To avoid disappointment, you should enrol online as soon as possible to secure your place.

Fee: €150.

Italian - Beginners

A chance to learn the basics of this important language. Key phrases and the important fundamentals of conversing in Italian are covered in this increasingly popular class. Time: 6.45 - 8.10pm. Fee: €100.

Italian - Improvers

This class is perfect for students who have completed the Italian

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beginners class. Newcomers with a prior knowledge of the language are also welcome. This is a one hour class. Time: 8.15 - 9.45pm Fee €100.

Pottery/Ceramics

Learn how to make and fire objects from clay. A very popular course. Due to the limited number of places on the course you are advised to enrol online as soon as possible to secure a place. Fee: €150.

Spanish - Beginners

An introduction to the Spanish language for complete beginners. Come and learn the basics of conversational Spanish - perfect if you are planning a trip to Spain or would just like to get started learning this important world language. Time 6.40 - 8.10pm. Fee €100.

Spanish - Improvers

For those who have completed a beginners' course or if you already have some basic Spanish and would like to further your knowledge This course will help students to gain confidence speaking Spanish. If you have taken beginners Spanish before

or studied Spanish at secondary school level many years ago this is the course for you. Time: 8.15 - 9.45pm. Fee: €100.

Yoga - Beginners

Consisting of breathing exercises, posture, concentration exercises, slow gentle movement & relaxation. Among the benefits attributed to Yoga are: increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality and stress reduction.

Time: 7.00-8.30pm. Fee: €100.

An Introduction to Make-Up Artistry

A course offering basic tips and techniques to anyone who wants to improve their personal makeup skills or hopes to become a makeup artist in the future. We cover all areas from skin prep, foundation application, highlight and contour, eye looks, brow grooming and lip techniques.

A BIFE Certificate of attendance is awarded on successful completion of the class. Students will need to purchase some materials to get the full benefit of the class. Fee: €130.

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T.E.F.L Teach English as a Foreign Language

A very popular and effective way for people to learn the fundamentals of English language teaching and a good way to earn money abroad. A BIFE certificate is awarded on successful completion of this course. Students may need to purchase a textbook. [Qualification only suitable for working abroad] Fee: €130.

Pilates - Level 1

This class is suitable for everyone. It develops and enhances stamina, posture, alignment and core strength thus increasing flexibility and co-ordination. Places are limited to 14 so please book early for this very popular course.
Time: 7.30-8.30pm. Fee: €100.

Pilates - Level 2

For those who completed level 1 last term. Any newcomers with experience of Pilates welcome. Places are limited to 14 so please book early for this very popular course.
Time: 8.30-9.30pm. Fee: €100.

Tai Chi

Tai Chi often described as “meditation in motion” but it might well be called “medication in motion.” There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren’t in top shape or the best of health. This is a gentle exercise and very popular class. Tai Chi is also good for balance and flexibility. Suitable for everyone. Time: 7.00pm-8.30pm.
Fee: €100

Leaving Certificate Irish

This class aims to cover the basics of exam preparation and practicing key areas required for the higher Irish Exam at Leaving Certificate level.
Fee €150.

Digital Photography

This course is taught by a professional practising photographer and aims to introduce participants to the underlying principles of camera technique and visual composition.

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A strong emphasis will be placed on practical coursework. Students are recommended to have access to a single lens reflex camera (SLR). Ideal for beginners, someone who just obtained a new SLR Camera, those planning to travel and want to document their journey with quality photographs or those with ambitions to develop a career in photography.
Time: 7.30 -9.30 pm. Fee €130.

Introduction to Graphic Design

This beginners' course is ideal for small business owners, independent or online traders including artists seeking to enhance their digital skills or those considering graphic design as a career and looking for a really good introductory course.

You will be shown how to enhance your image online or offline, design logos, letterheads, flyers, posters even tattoos. You will learn how to use industry standard software such as Adobe suite – Photoshop, Illustrator and InDesign. (Note you will be required to pay for access to the software for the duration of the course)

No experience necessary for this

introductory course but do book early to secure a place.

Time: 7.30 -9.30pm Fee. €140

Guitar

Have you been considering taking up a musical instrument? Maybe you have started to teach yourself using online tutorials and would really appreciate being taught in a classroom setting.

This beginners course will cover the essentials from a number of basic chords strumming patterns, finger styles and an introduction to melodies to tuning the guitar and changing strings.

For this ten week beginners course all you need is a guitar and a desire to learn. No knowledge of music theory
Time: 7:15-8.30pm Fee €120

Ukulele

The ukulele a great alternative instrument to introduce the novice to the world of music. The ukulele's smaller size makes it easily transportable. The fewer strings (four on total), and the more affordable prices serve to make this a really attractive instrument to introduce you

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to the world of musicianship. So if you're looking for a low-pressure, inexpensive, and fast way to unwind, then the ukulele is for you. You will need to bring your own instrument to these sessions.

Time: 8:30 –9.45pm Fee: €120

Developing Computer Skills- An Introduction

This course is for anyone who has little or no experience using computers. Topics include the following:

Basic computer functions;
Identification of computer hardware;
Types of computer; use of peripherals like keyboard and mouse; Navigating the Windows desktop; Logging on; desktop icons; personalising the desktop; Using Windows Explorer, search box, toolbar, settings, opening files etc.

You will also learn: how to access the internet; how to use search engines; how to use email and how to set up an email address, reading and responding to emails etc.

Other areas covered include: basics of mobile devices/tablets; using touch screens; downloading apps;

sending messages and emails from your phone; Video Calling; safety & security; information security; online safety and the importance of passwords.

Time 7.30 -9.30 pm Fee €120

Microsoft Basics- Word, PowerPoint and Excel

This course is ideally suited to students/adult learners starting off in college or preparing to start a college course later in the year, those needing to freshen up on their skills in preparation for a new job or those who would just like to be able to use these very common programmes.

This introductory course will teach you all the basic concepts and techniques of computing while exploring lots of tips and shortcuts. It will then cover the most widely used and important Microsoft computer applications (Word/ PowerPoint / Excel) to give you the skills required to use these tools effectively in modern life.

Classes will take place in a college computer room and all students will have access to the relevant software etc.

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NOTE: Places Limited due to computer room size so please book early
Time: 7.15 - 9.15 pm Fee €120

Psychology- An Introduction

The principles of psychology can be applied across a range of industries, such as teaching, counselling, marketing and human resources. It continues to be a very popular area of interest and this 10 -week introductory course will focus on some of the perspectives and theories in modern psychological thought.

Areas covered include:

- Psychodynamic Perspective
Freud, Erikson, Adler
- The Behaviourist Perspective
Watson, Skinner, Bandura
- The Humanistic Perspective
Rogers, Maslow, Rank and May
- Developmental Psychology
Jean Piaget, Play Theory, John Bowlby
- Social Psychology
Interpersonal Relationships,
Personality, Group Behaviour
- Abnormal Psychology
What abnormality is, Mental Disorder,
Abnormality in Development

Time: 7.30 -9.30 pm
Fee €120

Life Coaching –

This Life Coaching programme has been created and developed with the clear aim to support participants in accessing the tools to create the ability to live a life to their fullest potential.

Over our lives, the stories we tell ourselves and the belief systems we believe to be true for ourselves, create an internal narrative that shape the way we live. Throughout this programme participants can learn to change some of the narrative that unconsciously keep us stuck and keep us from truly living the lives we deserve.

This is a practical, down to earth programme that will allow participants move forward with each session.

At the end of this programme, participants will have learned to: demonstrate an understanding of what life coaching is and how to create a personal action plan, define what success looks like to them individually, become aware of what motivates them as individuals, identify their own personal value systems, examine areas of their life that maybe

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require change or improvement, build a stronger sense of self and an expanded sense of potential and possibility.

Time 7.30 -9.30 pm Fee €150

Counselling – An Introduction

This introductory course offers both a stimulating learning experience and an enjoyable introduction to the world of counselling and psychotherapy.

You can expect to learn more about yourself and your inner processes, and how this may inform your everyday life. This course is for those who wish to learn more about both the inner workings of counselling and psychotherapy and themselves as individuals. It will also appeal to those who intend to pursue a career in the field or who wish to incorporate counselling knowledge and skills into their current personal and/or professional lives.

Skills developed may include increased self-awareness and empathy, improved communication and listening abilities, and a range of counselling tools that can enhance

interpersonal relationships.

Time: 7.30 -9.30 pm Fee: €130

Managing Your Money...

Does your money just seem to disappear and you don't know where?

Do you find managing finances too complicated?

Do you ever think "I'm just not good with money"?

Do you ever say 'someday I must sort out my finances' ?

Could that "someday..." be today?

This 6-week course will help you sort out those money management issues once and for all. The course will provide information on how to spend less and save more, so you have money for what really matters. Areas covered include: Being Money Fit, Saving, Borrowing, Pension, Mortgage and more.

This is for everyone...from younger people who want to start on the right foot, through the money squeezes of middle-age right up to older people and the money challenges of retirement.

(Please note this course provides

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information and techniques on how you can improve the management of your money it will NOT provide investment advice or financial advice of any kind)

Tuesday evening 7.30 – 9.00pm Fee: €100

(Note 8 weeks only)

Barista Essentials -Training to be a Barista

On this beginner's course you will learn about latte art, coffee making and more. It is ideal for the aspiring barista, jobseeker who wants to expand their skills or someone who just wants to add an extra skill so they can gain part time employment.

The 10 weeks course combines coffee theory and practical barista training.

Students will perfect their espresso brewing technique with practical training on a fully manual, top of the line espresso coffee machine in our hospitality management area.

Alongside the practical course you will also learn about customer service and marketing.

No previous experience required.

Time: 7.30 to 9.30pm

Fee €120

Digital Marketing

Learn the skills that will help you stay ahead of the game in the rapidly changing world of digital marketing. This introductory course in Digital Marketing will give you the key skills to build digital marketing strategies from scratch. Learn to find the right audiences as you engage your community and build your brand across digital channels. Learn how to drive valuable traffic to websites with search engine optimisation techniques and pay-per-click (PPC) campaigns, then convert them using proven tactics. You will also learn the use of channels such as social media, paid search, organic reach, and PR, while developing skills in content creation, content distribution, engagement, optimisation, using video and email marketing.

Time: 7.30-9.30pm Fee €150

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Conversational Irish

Have you ever thought of reconnecting with the Irish language or taking it up for the very first time? Well then maybe this course in 'Conversational Irish' is for you. Covering the fundamentals required for achieving a good basis in conversational Irish the course is ideal for adult learners who may have studied Irish in the distant past as well as those who would have very little or no Irish.

The main emphasis of this course is placed on conversation, developing speaking and listening skills. You will be taught basic structures, ways of improving fluency and accuracy and expanding vocabulary.

A good start for those with children attending Irish schools and wanting to start speaking some Irish at home or those who want to connect with Irish culture etc. Learn in a relaxed friendly environment.

This course is based on the Teastas Eorpach na Gaeilge A2 Syllabus.
Time: 7.30 -9.30 pm
Fee: €130

Bray Institute of Further Education

Conditions of Enrolment

- 1.** Enrolment may be processed for a friend or relative provided it is with their consent.
- 2.** Formation of Classes: Classes are only formed where numbers warrant it. If not viable, fees may, with students' consent, be adjusted upwards to suit lower demand.
- 3.** Discipline: The student, on enrolment, subscribes to the regulations and is then bound to observe them.
- 4.** Student property: Responsibility cannot be accepted for loss or damage to the property of students. This includes motor cars, motorcycles and bicycles on the campus.
- 5.** Fees must be paid in full before students enter class and are non-refundable unless a class does not form. Refunds are provided online following cancellation of the class. Fees do not include cost of materials, examination fees or registration with professional institutes where relevant.
- 6.** Transfers may only be negotiated through the Enrolment Centre.
- 7.** The Director of Adult Education reserves the right to close a class or vary its hours if this is deemed necessary based on the needs of the Institution. (see points 2 and 5 above)
- 8.** Smoking: Smoking is prohibited by law in any part of the Centre.

Bray Institute of Further Education Full Time Courses 2022/2023

Over 60 different full time courses to choose between



BIFE is now established as one of the leading Institutes of further education and training in the country. We have grown significantly over the last number of years and recent developments such as the introduction of our culinary arts qualifications has allowed us to diversify even further into new areas of study and training. We also have a proud record of catering for mature students across the wide range of courses that we offer.

BIFE has formal memorandums of understanding with many Institutes of Technology across Ireland and valuable links with UK higher education Institutes. These links often allow our students the opportunity to continue their studies on a variety of diploma and degree courses.

Visit us at our Open Day – Friday August 26th from 10.00 am until 2.00pm to discuss your options for 2022.

Web: www.bife.ie

Email: bifeenquiries@kwetb.ie

Tel: 01 282 9668

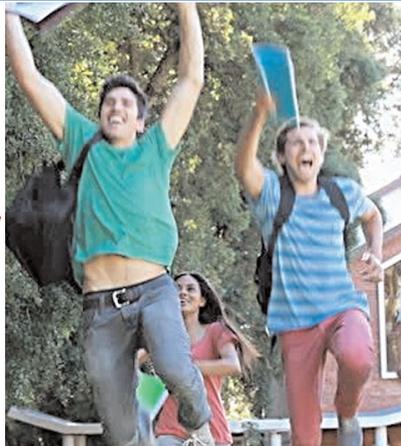
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Dedicated, Professional, Passionate

- THE SOUTH EAST'S LARGEST COLLEGE OF FURTHER AND HIGHER EDUCATION -

Save the Date! Grand, in-person OPEN DAY

Wed 14th, 21st & 28th Sept, 4 - 5:30



ART & DESIGN

Art Portfolio Preparation Course
Art, Craft & Design
Fine Art Practice
Architectural Design & Technology
Graphic Design HND
Fashion & Textiles HNC
Garden Design
Furniture Design & Manu. Level 5
Furniture Design & Cabinet M. Level 6
Jewellery Making & design

MUSIC & COMPUTER GAMING

3D Game Design
Games Development
Music Production HND
Music Performance HND
Traditional Irish & Folk Music Performance
Sound Engineering
DJ Techniques & Music Production

SPORT

Sports, Exercise & Fitness Instruction
Personal Trainer, Strength & Conditioning
Soccer Coaching & Fitness studies
Sports Injury & Massage Therapy /Pre-University Physiotherapy

SOCIAL STUDIES & APPLIED PSYCHOLOGY

Social Studies & Community Care
Applied Health & Social Care HND
Applied Psychology
Early Learning & Care / Childcare Supervision
in Early Childhood Care & Education
NEW Special Needs Assistant
Healthcare Practice

BODY THERAPIES & HOLISTIC HEALTH

Beauty & Body Therapy
Nail Technician & Salon Administration
Hairdressing Junior Stylist
Hairdressing Senior Stylist
Barbering
Fashion Theatre and Media Make-Up
Holistic & Wellbeing Studies
Professional Makeup & Hairdressing

NEW

SCIENCE, ENGINEERING & COMPUTING

Animal Care & Management
Animal Care
Animal Science Advanced
Equine Studies
Science - Pre University
Dietetics, Nutrition & Food Science
Brewing & Distilling Techniques
Forensics - Applied Science
Applied Ecology & Biodiversity Studies
Engineering Pre-University
Computer Software Development
Computer Science Level 5
Computer Networks & Cyber Security Level 6

NEW

NEW

NEW

BUSINESS

Business Management & Administration
Business Management - Advanced Cert
Accounting Technician
Business Tourism & Event Management
Legal Administration
IT & Office Administration
Medical Administration
Security Studies & Pre-Garda

NEW

ADULT LEAVING CERTIFICATE

Adult Leaving Certificate

NURSING & HEALTH SCIENCES

Nursing & Midwifery Studies - Pre-University
Pharmacy Assistant
Pharmacy Technician
Emergency Care Services
Healthcare Assistant
Occupational Therapy Assistant

NEW

ACTING & DANCE

Acting for Theatre & Film
Acting-Advanced for Stage & Screen
Dance Technique, Performance & Chor. ND
Dance Technique, Performance & Chor. HND

FILM

TV & Film Production
TV & Film (Moving Image) HND
Film Special Effects

NEW

TOURISM & HOSPITALITY

Tourism, Reception & Event Management
Restaurant & Bar Management
Professional Cookery
Professional Cookery Advanced
Barista, Pastry & Baking
NEW Tourism with Airline Studies



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