

LIFESTYLE COURSES

Whether you'd like to learn a new language, spark your creativity or center yourself through meditation practices, we have got you covered with our range of Lifestyle Programs!

LANGUAGES

Our Language classes are divided into 2 Beginners' Levels to provide learners with a continued sequence of learning and practice. If you are brand new (or very out of practice!) with a language, we suggest starting with Level 1. Those with some experience are welcome to talk with our trainers about whether Level 2 is right for you. Classes are interactive and the main focus will be on verbal communication.



SPANISH BEGINNERS LEVEL 1

In this delightful beginners course you will learn to introduce yourself and others, ask about personal information (such as profession, phone number, age) as well as talking about family relationships.

Mon 17 Oct 5.30-7.30pm 8 sessions Kiama \$245
Tue 18 Oct 5.30-7.30pm 8 sessions Shoal \$245



ITALIAN BEGINNERS LEVEL 1

In this fun, interactive course you will learn basic vocabulary and grammar to confidently begin speaking Italian. Let 'la dolce vita' begin!

Thu 15 Sep 5.30-7.30pm 6 sessions Kiama \$180

ITALIAN BEGINNERS LEVEL 2

Immerse yourself in the joy of Italian conversation through flamboyant hands and facial expressions while extending your vocabulary and grammar.

Mon 19 Sep 5.30-7.30pm 6 sessions Shoal \$180
Thu 3 Nov 5.30-7.30pm 6 sessions Kiama \$180
Mon 9 Nov 5.30-7.30pm 6 sessions Shoal \$180



FRENCH BEGINNERS LEVEL 1

Bonjour! Are you looking to learn the 'Language of Love' in a fun and relaxed learning environment? Start your journey in this beginners course!

Wed 21 Sep 5.30-7.30pm 6 sessions Kiama \$180

FRENCH BEGINNERS LEVEL 2

Develop your skills from French Beginners and gain strength and confidence in your understanding of sentences and frequently used expressions.

Tue 20 Sep 5.30-7.30pm 6 sessions Shoal \$180
Wed 2 Nov 5.30-7.30pm 6 sessions Kiama \$180
Tue 8 Nov 5.30-7.30pm 6 sessions Shoal \$180

Visit our website <https://bit.ly/3PP7ldt> or scan the QR code to enrol online or call us on 4232 1050 (Kiama) or 4423 0351 (Shoalhaven) to find out more.



Speak a new language
so that the world
will be a new world.

– RUMI

**KIAMA & SHOALHAVEN
COMMUNITY COLLEGES**
RTO ID: 90087



Kiama Campus O2 4232 1050
Shoalhaven Campus O2 4423 0351

kcc.nsw.edu.au

LIFESTYLE COURSES

Whether you'd like to learn a new language, spark your creativity or center yourself through meditation practices, we have got you covered with our range of Lifestyle Programs!

PHOTOGRAPHY



DSLR AND COMPACT CAMERA BASICS

Are you a proud owner of a DSLR or Compact Camera but haven't quite learnt the tricks to properly operate it for creative purposes? This is the course for you!

***Waitlist** 9.30-4.30pm 1 session Kiama \$165

SMARTPHONE PHOTOGRAPHY

Capture memories with confidence at the touch of a finger! Learn about the amazing options for videos, time lapse, low light and creative photography on your smartphone.

Sun 28 Aug 9.30-4.30pm 1 session Kiama \$165

Sun 11 Sep 9.30-4.30pm 1 session Shoal \$165

ADVANCED DIGITAL CAMERA

Further develop your photography skills in this fun weekend course! BYO camera, charged battery and spare, empty memory card and any lenses you want to try.

***Waitlist** 9.30-4.30pm 1 session Kiama \$165

***Waitlist** 9.30-4.30pm 1 session Shoal \$165

QI GONG



QI GONG ELEMENTS

A form of "standing meditation", Qi Gong has been practised for over three thousand years to increase stamina, mental clarity and patience. Through soft gentle movements, conscious breathing, and mindfulness practices you will learn to work shamanically, engaging the inner self with the elements of Nature. In doing so you will learn to re-establish and restore balance in the body.

We offer series of 6 weekly classes for you to develop your practise and discover all the benefits Qi Gong has to offer. Suitable from beginner to experienced levels.

Sat 17 Sep 10am-11.30am 6 sessions Kiama \$180

***Waitlist:** New dates are coming soon for our waitlisted courses. Visit our website <https://bit.ly/3PP7ldt> or scan the QR code to add your name to our waitlist so we can let you know when new dates become available.



Change is the end result
of all true learning.

— LEO BUSCAGLIA



Learn local.
Thrive anywhere.