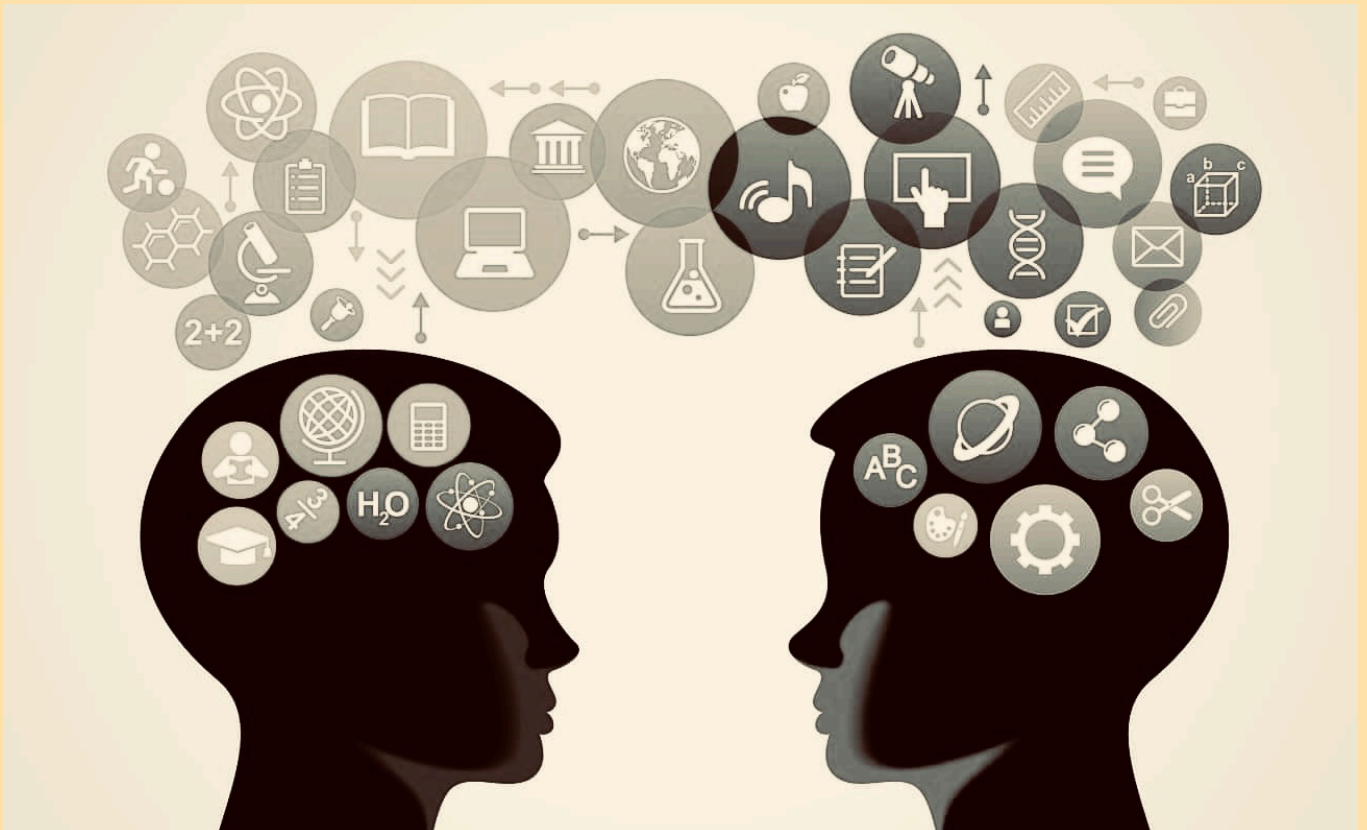


# The Learning Exchange

LEARN

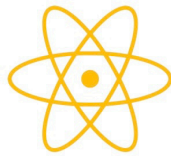
SHARE

CONNECT



**Plymouth**

**Summer 2022**



**The Learning Exchange**

LEARN

SHARE

CONNECT

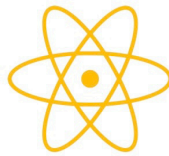
## **Welcome to The Learning Exchange!**

We believe that everyone experiences a sense of personal growth and improved wellbeing through learning, and our purpose is to provide an enjoyable learning experience for every person who attends our courses.

As you will see, there are a wide range of subjects available for you to try, and we hope that you will be inspired to come along and take part. But if there are other subjects and courses that you would like to see being offered, please let us know and we'll try to offer them in future terms.

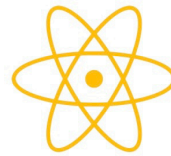
Please do also let us know if you have any specific requirements such as wheelchair access, or information provided in alternative formats etc. We will do our best to fulfil your requirements and enable you to fully participate in our courses.

Thank you for your interest in our programme, and we hope that you enjoy learning with us.



**Contents:**

<b>Thinking about Thinking</b>	<b>3</b>
<b>Doing the Right Thing</b>	<b>4</b>
<b>Decision-making: Are we rational?</b>	<b>5</b>
<b>Decision-making in an uncertain world</b>	<b>6</b>
<b>Spoon Carving for Beginners</b>	<b>7</b>
<b>Guitar for Beginners</b>	<b>8</b>
<b>Still Life Drawing/Painting</b>	<b>9</b>
<b>Becoming a tutor - how to prepare and run a workshop</b>	<b>10</b>
<b>Vegan Cooking on a Budget</b>	<b>11</b>
<b>Foraging Walk</b>	<b>12</b>
<b>Spray-Art for Non-Artists</b>	<b>13</b>
<b>Course booking and contact information</b>	<b>14</b>



## Thinking about Thinking

**Lead Tutor:** Stuart Bakewell

**Dates/Times:** 19/07/22 2.30pm – 5.30pm

**Location:** Shekinah Mission, Bath Street, 1<sup>st</sup> floor classroom

**Course Overview:**

'Thinking is common to all' - Heraclitus

We all do it; but what exactly is thinking? This three-hour course introduces some of the major philosophical ideas that try to answer these questions.

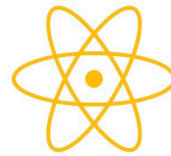
The emphasis is on making philosophy accessible, interactive, useful and fun.

**Teaching and Learning Approaches:**

Talk and workshop format.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## Doing the Right Thing

**Lead Tutor:** Stuart Bakewell

**Dates/Times:** 26/07/22 2.30pm – 5.30pm

**Location:** Shekinah, Bath Street, 1<sup>st</sup> floor classroom

### **Course Overview:**

When confronted by a choice, is there a 'right' thing to do, and how do we know what that might be? Ought we do anything more than please ourselves? Do we owe any consideration to others? And if so, why?

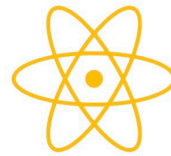
This short course sets out to consider these questions in more detail and introduce some ways we might think about these problems.

### **Teaching and Learning Approaches:**

Talk and workshop format.

### **Assessment:**

There is no formal assessment although we welcome feedback about the course



## **Decision-making: Are we rational?**

**Lead Tutor:** Anne Paess

**Dates/Times:** 02/08/22, 2.30 -5.30pm

**Location:** Shekinah, Bath Street, 1<sup>st</sup> floor classroom

**Course Overview:**

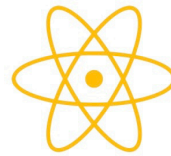
What is a rational decision? Do we actually behave that way? This three-hour course introduces some ideas from game theory and behavioural economics. The aim is to equip learners with useful language, tools, and awareness relevant to decision-making.

**Teaching and Learning Approaches:**

Workshop and group discussion

**Assessment:**

No formal assessment but we welcome feedback about the course



## **Decision-making in an uncertain world**

**Lead Tutor:** Anna Paess

**Dates/Times:** 09/08/22 2.30pm - 5pm

**Location:** Shekinah, Bath Street, 1st floor classroom

**Course Overview:**

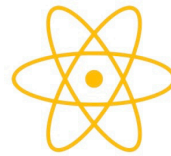
How is risk different to uncertainty? What is a black swan event? What is 'genuine uncertainty' and what can we do about it? This three-hour course introduces some ideas from game theory and behavioural economics. The aim is to equip learners with useful language, tools, and awareness relevant to risk and uncertainty.

**Teaching and Learning Approaches:**

Workshop and group discussion

**Assessment:**

No formal assessment but we welcome feedback about the course



## **Spoon Carving for Beginners**

**Lead Tutor:** John Hamblin

**Dates/Times:** 27/07/22 + 03/08/22 + 10/08/22 2pm - 5pm

**Location:** Hamoaze House, Gardens

**Course Overview:**

Session 1. Introduction to safely using an axe to produce a billet ready for carving a spoon.

Session 2. Introduction to safely using a knife to carve a spoon from a pre prepared billet.

Session 3. Introduction to finishing and oiling your spoon.

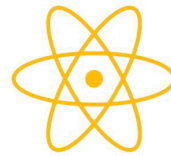
**Teaching and Learning Approaches:**

The course will be a series of sessions, each building on the previous one.

**Assessment:**

No final assessment. At the end of the last session, you will hopefully have a spoon you can take home and enjoy.





## **Guitar for Beginners**

**Lead Tutor:** Dagmar Schwitzgebel

**Dates/Times:** Wednesdays, 2.30 - 3.30pm (weekly from 6<sup>th</sup> of July until 24<sup>th</sup> August)

**Location:** Shekinah, Bath Street, Ground Floor

**Course Overview:**

In this course you will learn several chords and strumming techniques. Also, tuning a guitar, care and maintenance.

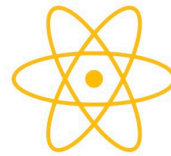
You will find a new way of expression, improve your eye-hand coordination and listening skills, and enter the community of musicians.

**Teaching and Learning Approaches:**

A weekly group session; individual practice required in between each session. Guitars will be supplied if needed.

**Assessment:**

None. Presentation of learning outcomes encouraged, but not mandatory.



## Still Life Drawing/Painting

**Lead Tutor:** Dagmar Schwitzgebel

**Dates/Times:** Mondays, 4 - 6pm (weekly from 4th July until 22nd August)

**Location:** Shekinah, Bath Street, Ground Floor

**Course Overview:**

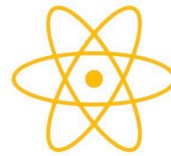
We will draw objects that are arranged in a specific way. In this course you will be able to explore mediums like charcoal, pencils and paint.

**Teaching and Learning Approaches:**

You will learn about composition, measuring, light and shades, and reflect on your work and the work of your peers in each session.

**Assessment:**

No formal assessment, as beauty is in the eye of the beholder.



## **Becoming a tutor - how to prepare and run a workshop**

**LeadTutor:** Learning Exchange staff

**Date/Time:** 28<sup>th</sup> July, 2:30 – 5:30

**Location:** Endeavour House

**Course Overview:**

Are you interested in joining our group of workshop facilitators but feel unsure about how to develop and deliver your course? Don't worry - we can help.

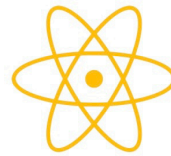
This workshop will provide you with the essential basics to become a tutor in the Learning Exchange.

**Teaching and Learning Approaches:**

Talk and workshop format.

**Assessment:**

There is no formal assessment although we welcome feedback about the course



## **Vegan Cooking on a Budget**

**Lead Tutor:** Amanda Sherriff

**Dates/Times:** Wednesdays 4pm - 6pm. Starting on 6<sup>th</sup> July.

**Location:** Shekinah, Bath Street, Kitchen

**Course Overview:**

Cheap and delicious vegan cooking isn't all fake meats and processed coconut cheeses, it's curries, chillis, wonderful colourful stir fries, roasts, pasta bakes and delicious pancakes.

I will start with a simple potato and kale curry, an easy one pot dish that will delight your friends and family alike. I would also like to show you a lentil dal with rice, another quick easy supper.

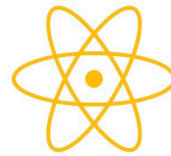
If you are vegan, a meat eater wanting to mix it up a little or just someone that would like to try cooking easy delicious food on a budget then this is the course for you.

**Teaching and Learning Approaches:**

Practical demonstration and having a go.

**Assessment:**

It's all about the taste!



## Foraging Walk

**Lead Tutor:** Tess Wilmot

**Dates/Times:** Thursday 18<sup>th</sup> August, 2 - 4pm

**Location:** Meet at Devil's Point Carpark

**Course Overview:**

A gentle walk connecting with nature and discovering a wide range of interesting plants growing and their different uses.

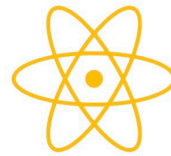
Learn what is in season and how to identify and harvest wild food safely.

**Teaching and Learning Approaches:**

Demonstration, discussion and tasting.

**Assessment:**

There is no assessment for this course but we welcome feedback.



## **Spray-Art for Non-Artists**

**Lead Tutor:** Stuart Francis-Dubois

**Dates/Times:** 4<sup>th</sup> August, 10-12pm

**Location:** To be confirmed

**Course Overview:**

Create your own artwork with a spray paint picture. The session will use spray paints, masking tape and stencils to create a unique artwork. No artistic experience required. This is an ideal opportunity to release your artistic side, even if you don't think that you have one.

**Teaching and Learning Approaches:**

Practical workshop session.

**Assessment:**

There is no formal assessment but we welcome feedback on the course.

## Booking:

You can book courses by:

Coming to our enrolment sessions and signing up

OR

Call Dagmar Schwitzgebel on 07840 851 555 and give your details over the phone.

OR

You can call in at Bath St and pick up a form to fill in and leave with the Learning Exchange reception.

If you would like to talk to someone about options or have more questions, please get in touch. We will either answer your question immediately or get back in touch with you as soon as we can.

The Learning Exchange is new, and we are just starting out on the journey of offering something different – if you have any comments, we would love to hear from you.

We also hope to offer many more courses, so please also let us know what opportunities you would like to have available, and also if you would like to be involved in developing or running them

**Where to find us:**

**Shekinah,  
Bath St,  
Plymouth,  
PL1 3LT**



**Funded by:** Changing Futures (<https://www.gov.uk/government/collections/changing-futures>)