

Community Education Programme

Session 4

April to May 2009



Saturday Basketball

**Open to all members of the
Hanoi Community**

- Food
- Culture
- Skill building
- Movement
- Sports for Adults
- Activities for Children



Welcome to the UNIS Hanoi Community Education Program

The UNIS Community Education Program is run by the Communications Department at UNIS Hanoi and is open to all members of the Hanoi Community. At UNIS Hanoi, we believe that learning and personal development should take place throughout our whole lives. We provide opportunities for continuing education and we encourage and promote a deeper understanding of our host country and of other. Please contact our Community Liaison Officer, Ms Naoko Inui, at the UNIS Communications Department for further information.

Visit: Room G16, Administration Building, UNIS Campus
Lac Long Quan Road, Tay Ho District
Monday to Friday 8 am to 4 pm

Phone: 3758 1551 ext 8718 (Ms Naoko) or 8704 (Ms Ha)

Email: comed@unishanoi.org

Guidelines for Bookings and Payment

Online booking taken from Friday 13 March

No email or phone booking, please!

UNIS is closed for Spring Break from 21 to 29 March

- All bookings need to be done online at www.unishanoi.org from the Community Education link. ComEd is unable to accept registration via email or phone.
- All participants will receive an email invoice owed for each course. Please pay at the UNIS Business Office - Admin Building in cash, deposit VND cash at the ANZ Bank (show invoice), or make a bank transfer in VND. The UNIS Business Office is open from 8 am to 5 pm Monday – Friday. **If payment has not been received by the date indicated in the invoice, we reserve the right to give the place to those waitlisted.**
- **Sign** your waiver of liability form when you come to make the payment if it is your first time to join the ComEd programme.
- **Note our terms:** We do not accept partial bookings for classes. We reserve the right to cancel courses if there are too few bookings. In this case, refunds will be made. In other cases, please contact our office.
- **Feedback** is greatly appreciated. It helps us to plan future programmes. Email to Naoko Inui at comed@unishanoi.org.
- **Please review the guidelines above – registration will only be done on-line at www.unishanoi.org** and all participants will be sent an invoice via email regarding payment. Please pay at the UNIS Business Office - Admin Building in cash, deposit VND cash at the ANZ Bank (show invoice), or make a bank transfer in VND.

Food

F1 Mango Madness

Weekday

Has it occurred to you that maybe you have not appreciated the various possibilities that this tropical fruit can offer? One of our favourite chefs, Ms Chernelle, will give you eye opening ideas how you can use mangos for main courses, relishes and desserts. Be inspired by Mango Chutney Chicken, Mango Salsa, Mango Mousse, etc. This class is not designed for domestic cooks.

When Wednesday, 13 May, 9 :30 am to 11:30 am
Where Ciputra, address on registration
Cost 15 USD (270,000 VND)
Max 8 (min 6)

F2 Japanese Rice Balls and Sushi Rolls

Weekday

For Professional Domestic Cooks

Japanese rice balls are healthy alternatives to sandwiches and pizza. Simple to make, easy to carry, and kids love them! Sushi rolls are great finger foods that you can enjoy at home or at parties. Once you know the basics, you can try with a variety of fillings according to your taste. This class is taught by Ms Hang who has been working with Japanese families for 10 years. This language of instruction is Vietnamese.



When Thursday, 7 May, 1 pm to 3 pm
Where Ciputra, address on registration
Cost 20 USD (350,000 VND)
Max 6 (min 4)

F3 Spring Salad as a Main Course

Weekday x 3

For Professional Domestic Cooks

Now it's the season for fresh crisp salads. Salads can be a great main course especially during the hot season when you don't want something too filling or heavy. Mrs. Hien will teach attractive salad menus such as BBQ chili prawn with fresh mango salad, toasted almond chicken salad, to name a few. Mrs. Hien has excellent English skills and will supplement lessons with the English vocabulary necessary to communicate about cooking, shopping, and ingredients.



When Tuesdays, 21, 28 April and 5 May, 9 am to 12 noon
Where Tay Ho District; address on registration
Cost 45 USD (790,000 VND)
Max 8 (min 6)

Session 4 April/May 2009 **3**

Culture

C1 Introduction to Vietnamese Lacquer Painting

Weekday

Lacquer is made from resin collected from trees indigenous to the South East Asia region. Lacquer itself has been a fundamental element of life in Asia for thousands of years. While it is mainly used for everyday wares, in Vietnam it has evolved into a highly sophisticated art form. You are welcome to have a look into the exquisite world of Vietnamese lacquer with



the navigation by UZU gallery (<http://uzugallery.com/>) which takes pride in dealing with only the pieces with natural lacquer (while 99% in the market is synthetic), and the renowned lacquer artist, Saeko Ando herself. You will see and learn about the process from preparing the board, to different techniques used, to finishing. Also, your questions about Vietnamese lacquer paintings will be answered at this information session.

When Thursday, 23 April, 10:00 am to 12:00 noon
Where UZU Gallery, D1-8 Ciputra
Cost 10 USD (180,000 VND) with coffee and snacks
Max 12 (min 6)

C2 Lecture: What is Agent Orange?

Weekeday

Mark Rapoport, MD, MPH of 54 Traditions Gallery here in Hanoi, has been collecting the art and object of Vietnam's minority groups for almost 40 years. In 1969, while he was a medical student, he worked with Vietnamese civilians in the hospital in Danang and in the mountains of Quang Nam Province. He also did volunteer work at the end of the Nigerian civil war ("Biafra") and in the mountains of Guatemala during their civil war. This time he will talk about the Agent Orange: its science, use, effects, and its environmental impact.

When Tuesday, 21 April, 10:00 am to 11:15 am
Where 54 Traditions Gallery (30 Hang Bun)
Cost 10 USD (180,000 VND)
Max 20 (min 10)

C3 A Stroll through the Citadel

Weekend

Once the home to the kings, the Citadel Area has recently been vacated by the Military and is now open to the public. Wander through the historic grounds where first the French and then the Vietnamese generals laid their military plans. Start at the South or Central Gate and view the first archaeological dig which verified the age of the entrance. Please wear comfortable shoes. The tour is conducted by our popular tour guide, Linda Mogul. Not recommended for children aged 8 and younger.

When	Saturday, 30 May 9:00 am to 10:30 am or 2:00 pm to 3:30 pm
Where	Meet at the South Citadel Gate (Doan Mon) at 19 Hoang Dieu Street
Cost	10 USD (180,000 VND)
Max	8

C4 Ninh Hiep Fabric Village Tour

Weekday

If you have never been to Nien Hiep, or have a project and want to find exactly the right materials to create it, please join this "exploration" of the many stalls in this village. One never knows what is to be found- but instructor Suzanne Watzman of Watzman Design and the Tamaryn label will help you focus your search, along with some other key instructions so you can successfully navigate and find just what you are looking for.

Come along and explore this amazing and potentially overwhelming market area. In preparation for this tour, Ms. Watzman will forward simple guidelines- to insure that your adventure will result in finding exactly what you want. Please bring some snack and plenty of water.

When	Wednesday, 22 April Departure from Tay Ho area 9:00 am Arrive back to Hanoi 1:30 pm
Where	Meeting point in Tay Ho area supplied on registration
Cost	20 USD (350,000VND)
Max	12 (min 8)



Skill Building

S1 Creative Design with (your) Textiles Weekday x 2

Are you inspired by the color, variety, and textures of textiles you see in and around Hanoi? Cannot keep yourself out of the fabric markets? Got stacks of beautiful textiles from your various travels? If you answer "yes" to any of the above, this 2 part hands-on course is for you.

Fashion products designer, Suzanne Watzman invites you to her TayHo studio- to get inspired! With books, colors, a big floor, and your textiles, she will demonstrate how to move from idea, to design, to finished product. You need not be an artist to have fun. Time to get those textiles out of the closet and into something uniquely yours.

Ms. Watzman will forward notes about materials to bring for the first class. If you join, we recommend you to participate in the Ninh Hiep fabric village tour on 22 April listed in this brochure (C5).

When	Wednesdays, 15 and 29 April 9:00 am to 11:00 am
Where	Tay Ho area (address on registration)
Cost	25 USD (440,000 VND)
Max	8 (min 4)

S2 Discover Perfume Weekend



This half-day workshop explores the world of perfume: how it is made, how to identify the perfume 'families', and the characteristics of famous perfumes. Participants will then make their own perfumes to take home! The course is based on a method developed by *Cinquieme Sense*, a Parisian training and perfume company. Your course tutor will be Ms Clemence Barbier, a UNIS French teacher and a chemical engineer. Ms Clemence is a designer of natural perfumes in

Hanoi and the creator of the brand *Dame Clemence*.

When	Saturday, 16 May, 8:30 am to 12:30 pm
Where	UNIS Campus
Cost	30 USD (530,000 VND) including all materials
Max	12

Adult Swimming Courses Weekday x 6

Our coach, Kim Anh Nguyen, offers Swimming Courses at three different levels. Please read the description carefully and choose the right level for you. This course is for adults over 18 years ONLY.

Where	UNIS Swimming Pool
Cost	30 USD (530,000 VND) for 6 lessons (20 USD for Energize members)
Max	10

M1 Adults Swimming - beginner level

This is offered for adults who would like to improve their confidence in the water and to learn the basics of breaststroke and freestyle.

When Tuesdays, 14 April to 19 May, 4:20 pm to 5:20 pm

M2 Adults Swimming - intermediate level

This is a swimming group for intermediate level swimmers. You should be able to swim up to 50 meters non-stop and have basic skills of breaststroke and freestyle. During the course you will be working on your swimming technique, learning backstroke, and improving your general .

When Wednesdays, 15 April to 20 May, 4:20 pm to 5:20 pm

M3 Adults Swimming - advanced level

If you are an experienced swimmer and looking for a group with which to train then join this advanced swimming group. During the course you will practice different drills to refine your swimming technique and improve the level of your fitness.

When Thursdays, 16 April to 28 May
(no session on 30 April)
5:30 pm to 6:30 pm



Sport for Adults

These continuing courses are self-organized and non-instructional. To be waitlisted, please send an email to comed@unishanoi.org. The Session 4 runs from April 11 to June 12. There is no activity on:

- March 21 to 29 (UNIS Spring Break)
- April 4 to 6 (National Holiday weekend)
- April 30 to May 3 (National Holiday Weekend)

SP1 Ultimate Frisbee

Weekend

Ultimate Frisbee, the game that is taking the world by storm, uses a Frisbee instead of a ball on a football-size field with goals. Open to both men and women over age 15.

When	Saturdays, 3 pm to 5 pm	
Where	UNIS Sports Fields	
Cost	10 USD (180,000 VND) for Session 4	Max 35

SP2 Street Hockey

Weeknight

Join our Street Hockey players as they spend a high-energy hour de-stressing from the first work day of the week. Mr Phi is the dedicated tutor who will be there to assist any newcomers to join in the fun. Open to both men and women over age 15.

When	Mondays, 6 pm to 7:30 pm	
Where	UNIS Covered Basketball Court (please wear appropriate footwear)	
Cost	10 USD (180,000 VND) for Session 4	Max 12

SP3 Badminton (to be waitlisted)

Weekend

Join an enthusiastic group who play informal games of badminton on Saturday mornings. This is a great form of exercise and a lot of fun. Nets supplied, bring your own racquet and birdies. This course is for both men and women over age 15.

When	Saturdays, 9 am to 10:30 am	
Where	UNIS Covered Basketball Court (please wear appropriate footwear)	
Cost	10 USD (180,000 VND) for Session 4	Max 12

SP4 Men's Soccer (to be waitlisted) **Weekend**

Join the men's soccer group for drills and informal games on Saturday afternoons. It is better exercise than using the remote control and you'll have a lot of fun, too.

When Saturdays, 4:30 pm to 6 pm
Where UNIS Sports Fields
Cost 10 USD (180,000 VND) for Session 4 **Max** 20

SP5 Men's Basketball (to be waitlisted) **Weeknight**

The Men's Basketball team is made up of UNIS staff, parents and Hanoi community members who enjoy a game of Basketball after work. This course is for men from age 16 who already know how to play the game. Wear appropriate clothing and footwear.

When Tuesdays, 7 pm to 8:30 pm
Where UNIS Covered Basketball Courts (please wear appropriate footwear)
Cost 10 USD (180,000 VND) for Session 4 **Max** 15

SP6 Women's Basketball **Weeknight**

The Women's Basketball team invites you to join them for this after-work activity. The team is made up of Hanoi Community members who are interested in getting some exercise while keeping up their basketball skills and being part of a fun activity. This course is for women over the age of 18.

When Mondays, 7:45 pm to 9:15 pm
Where UNIS Covered Basketball Court (please wear appropriate footwear)
Cost 10 USD (180,000 VND) for Session 4 **Max** 12

SP7 Ki-Aikido **Weeknight & Weekend**

Join our Ki-Aikido classes! Ki-Aikido is not a regular martial art. It is not aggressive, there is no violence and no winning or losing. Instead, its purpose is to acquire mind and body unification through studying and practicing the principle of Ki. It emphasizes harmony and grace of movement. This course is for both men and women over age 16. This course is instructional. Please send an email to comed@unishanoi.org for details.

When Tuesdays, 6 pm to 8 pm,
Thursdays, 6 pm to 8 pm
Sundays, 11:30 am to 1:30 pm
Where UNIS Movement Room
Cost Once a week: 10 USD (180,000 VND) for Session 4
Twice a week: 20 USD (350,000 VND) for Session 4
Three times a week: 30 USD (530,000 VND) for Session 4

UNIS Saturday Soccer for Players Ages 4 to 16

UNIS Saturday Soccer Programme is a community based programme for children to learn skills and play matches in their Grade levels. All of our coaches are parent volunteers. Please contact saturdaysoccer@unishanoi.org to put your child on the waiting list for autumn 2009.



For Children

(no sessions during UNIS events, breaks and national holidays)

K1 Saturday Basketball

Weekend

Basketball is a fast game that will challenge your fitness, your ball-handling skills, and your team-working abilities. Whether your child has never played before or is an experienced player, they are welcome to come along to learn from our coaches. Both age groups will be divided up into at least two levels based on age and ability. This is a continuing course which started already. Please contact comed@unishanoi.org if your child is interested to join.

When 9 am to 10 am for Grades 3 to 6 (8 to 11 years)
10:30 am to 12:00 noon for boys Grades 7 to 9 (12 to 14 years)
10:30 am to 12:00 noon for girls Grades 7 to 12 (12 to 17 years)

Where UNIS Basketball Courts

K2 Saturday Baseball for 9 to 12 years

Weekend

Play ball!! Little league baseball will develop fundamental skills of fielding, base running, batting, and knowledge about the game. All players with experience and without any experience but a desire to learn to play baseball are welcome to learn from our coaches. Mr. Jim Packard-Winkler, Mr. Tom Treutler, and other coaches will work with the players, divided into groups by age and ability. Intrasquad games and several games scheduled with other teams will allow the players to enjoy competitive baseball. Please contact comed@unishanoi.org if your child is interested to join.

When Saturdays, 3:30 pm to 5 pm
Where UNIS Field

K3 Music and Movement for Parents and Toddlers: 20 months to 3 years **Weekend x 6**

This Music and Movement class is designed for you and your children to have fun together on a Saturday morning in a relaxed musical environment! Sing songs, learn new movements, and meet other parents with young children in Hanoi. Lucy Norton is an experienced teacher at UNIS who will be leading the class. Parents are requested to stay with children. Part of the fee will be donated to Birla Orphanage.

When Saturdays, 11, 25 April, 9, 16, 23 and 30 May, 9:45 am to 10:30 am
Where ECC Music Room, UNIS Campus
Cost 30 USD (530,000 VND)
Max 10 pairs (Each child to be accompanied by a parent)

K4 Tumbletots **Weekend x 6**



Bring your children to a Tumbletots session in the UNIS ECC Gym and courtyard. Each week we will start with a musical warm up and then children will work their way through a variety of activities designed to enhance gross and fine motor skills as well as having fun with their parent/guardian and their peers! Each session will be presented by Mel Hamada, a former UNIS PE teacher. Mel will introduce you to a variety of activities to do with your child. Please come prepared to be actively involved with your child. If you bring two children, please book 2 spaces.

When Saturdays, 11, 25 April, 9, 16, 23 and 30 May
9:00 am to 9:30 am (18 months to 30 months)
9:45 am to 10:30 am (31 months to 4.5 years)
Where ECC Gym
Cost 30 USD (530,000 VND) per pair
Max 12 (Each child to be accompanied by an adult)

K5 Saturday Art Club 5 to 7 Years **Weekend x 6**

Keep the kids creatively entertained on Saturday mornings. Art Club will do a different activity each week exploring the range of mediums used in art - painting, drawing, cutting, constructing, etc. Ms Hannah Nguyen is a member of UNIS staff with years of experience with children. She will be assisted by Mr Thao, a professional children's art teacher.

When Saturdays, 11, 25 April, 9, 16, 23 and 30 May, 9:00 am to 10:00 am
Where UNIS Campus
Cost 30 USD (530,000 VND)
Max 10

Food and Wine		
F1	Mango Madness	Wednesday, 13 May, 9:30 to 11:30 am
F2	Japanese Rice Balls and Sushi Rolls	Thursday, 7 May, 1 to 3 pm
F3	Spring Salad as a Main Course	Tuesdays, 21, 28 April and 5 May, 9 am to 12 noon
Culture		
C1	Introduction to Vietnamese Lacquer	Thursday, 23 April, 10 am to 12 noon
C2	Lecture: What is Agent Orange?	Tuesday 21, 10 to 11:15 am
C3-1	A Stroll through the Citadel	Saturday, 30 May, 9 to 10:30 am
C3-2	A Stroll through the Citadel	Saturday, 30 May, 2 to 3:30 pm
C4	Ninh Hiep Fabric Village Tour	Wednesday, 22 April, 9 am to 1:30 pm
Skill-Building		
S1	Creative Design with Textiles	Wednesdays, 15 and 29 April, 9 to 11 am
S2	Discover Perfume	Saturday, 16 May, 8:30 am to 12:30 pm
Movement		
M1	Adult Swimming - Beginner Level	Tuesdays, 14 April to 19 May, 4:20 to 5:20 pm
M2	Adult Swimming - Intermediate Level	Wednesdays, 15 April to 20 May, 4:20 to 5:20 pm
M3	Adult Swimming - Advance Level	Thursdays, 16 April to 28 May, 5:30 to 6:30 pm (no class Apr 30)
Sports for Adults		
SP1	Ultimate Frisbee	Saturdays, 3 to 5 pm
SP2	Street Hockey	Mondays, 6 to 7:30 pm
SP3	Badminton	Saturdays, 9 to 10:30 am
SP4	Men's Soccer	Saturdays, 4:30 to 6 pm
SP5	Men's Basketball	Tuesdays, 7 to 8:30 pm
SP6	Women's Basketball	Mondays, 7:45 to 9:15 pm
SP7	Ki-Aikido	Tuesdays & Thursdays, 6 to 8 pm, Sundays, 11:30 am to 1:30 pm
For Children		
K1	Saturday Basketball	Saturdays, 9 to 10 am or 10:30 am to 12 noon
K2	Saturday Baseball	Saturdays, 3:30 to 5 pm
K3	Music and Movement	Saturdays, 11 April to 30 May, 9:45 to 10:30 am
K4-1	Tumbletots (18 to 30 months)	Saturdays, 11 April to 30 May, 9 to 9:30 am
K4-2	Tumbletots (31 months to 4.5 years)	Saturdays, 11 April to 30 May, 9:45 to 10:30 am
K5	Saturday Art Club 5 to 7 Years	Saturdays, 11 April to 30 May, 9 to 10 am