



# courses, programs & activities

**SEMESTER 1: 29 Jan - 4 Jul 2025** 

David (AI & ChatCPT student commenting on the course): "More than I expected. Have already used some AI tools...and have a much greater idea of uses (& abuses) of AI"

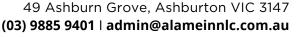


Image generated by Al















# Languages, Literacy & Short Courses

#### Our English as an Additional Language (EAL) classes run every term throughout the year.

New students are welcome to start at any time during the year; an interview with the EAL Co-ordinator is required. Contact us to book.

#### **Literacy for Practical Purposes**

#### **25LITFORPRAC**

#### Pre-Intermediate English (Level 2)

Learn language skills tailored for daily tasks, from reading labels to filling out forms. Gain confidence in navigating real-world situations, understanding Australian culture, enhancing independence and participation in society.

#### Mon 9.30am - 12pm

T1: 3 Feb - 31 Mar (8wks, nc 10/3)

T2: 28 Apr - 30 Jun (9wks, nc 9/6)

T3: 21 Jul - 15 Sep (9wks)

T4: 6 Oct - 8 Dec (9wks, nc 3/11)

(Plus 1 session independent

learning/excursion)

Full Year: \$185, Conc=\$138

Non-Residents: T1: \$160; T2: \$180

#### **English Communication Skills**

#### **25LANENGCOM**

#### Pre-Intermediate English (Levels 1-2)

Improve communication skills through practising your reading, writing, speaking and listening skills to express yourself effectively in everyday situations.

#### Tue 9.30am - 12pm

T1: 4 Feb - 1 Apr (9wks)

T2: 29 Apr - 1 Jul (10wks)

T3: 22 Jul - 16 Sep (9wks)

T4: 7 Oct - 2 Dec (8wks, nc 4/11)

Full Year: \$185, Conc=\$138

Non-Residents: T1: \$180; T2: \$220

### Learn Local

For Australian permanent residents & citizens. ACFE funded. (The ACFE funded courses are supported by the Victorian Government)

#### **English for Work and Study (L3)**

#### **25LANENGWKST**

#### Upper-Intermediate & above (Level 3)

Refine skills, express complex ideas confidently, and advance towards fluency, engage in deeper discussion and unlock future opportunities.

#### Wed 9.30am - 12pm

T1: 5 Feb - 2 Apr (9wks)

T2: 23 Apr - 2 Jul (11wks)

T3: 23 Jul - 17 Sep (9wks)

T4: 8 Oct - 19 Nov (7wks)

Full Year: \$185, Conc=\$138

Non-Residents: T1: \$180; T2: \$220

#### Read, Write Now (L1) NEW

#### 25SBDLIT017

Build essential literacy, numeracy, and digital skills while boosting confidence, self-esteem, and employability. Perfect for thriving in everyday life, study, and work within your community.

#### Thu 12.30pm - 3pm

T2: 1 May - 3 Jul (10wks)

(Plus 3 hours online)

Per Term: \$84, Conc=\$55, NR=\$251

#### Let's Learn English (L1)

#### **25SBDLAN002**

An English beginner class to improve your everyday speaking & listening skills, vocabulary and writing, in a small friendly and supportive group.

Fri 9.30am - 12.30pm

T1: 28 Feb - 23 May (10wks, nc 11/4,

18/4 & 25/4)

T2: 6 Jun - 22 Aug (10wks, nc 11/7 &

18/7))

Per Term: \$90, Conc=\$58, NR=\$269

#### **English Conversations**

Class for seniors, over 65 yrs who are permanent residents and citizens.

#### Tuesdays 12.30pm - 2.15pm

T1: 11 Feb - 1 Apr (8wks)

T2: 29 Apr - 1 Jul (10wks)

T3: 22 Jul - 16 Sep (9wks)

T4: 7 Oct - 25 Nov (7wks, nc 4/11)

Cost: Cold coin donation appreciated.

#### **Short Courses**

#### **Fast and Easy Meals**

#### **25ENGLITERA**

#### **Leap into Literacy**

Learn practical tips to plan fast, easy, affordable and healthy meals. Gain skills in meal preparation and nutrition ensuring a balanced diet and promoting overall well-being. Free recipes to take home each week.

#### Fri 1pm - 3pm

T1: 7 Mar - 4 Apr (5wks)

T2: 30 May - 27 Jun (5wks)

Per Term: \$50, Conc=\$40, NR=\$109

#### **Fixing Things at Home**

#### **25ENGLITERA**

#### **Leap into Literacy**

Learn to use a variety of hand tools to fix minor repairs at home. Covers the language of fixing things, drilling holes in different surfaces, fixing squeaky hinges, clearing blocked drains, caulking joints, understanding fuse boxes and more.

#### Thu 1pm - 3pm

T1: 6 Mar - 3 Apr (5wks)

T2: 1 May - 29 May (5wks)

Per Term: \$50, Conc=\$40, NR=\$109

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Alamein Neighbourhood &
Learning values diversity. We
foster an inclusive
environment where individual
differences among us,
including but not limited to
differences in race, religion,
colour, age, gender, national
origin, culture, sexual
orientation, physical or
mental capabilities, and
family and socio-economic
status are recognised and
respected.

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### **Technology**

# Work & Life Skills

#### **ChatGPT and Al**

#### 25DLEDIGSKLL

**Leap into Digital Skills** 

Discover the world of AI and ChatBots with this 6 hours course exploring the latest in Al. Includes ChatGPT and other chatbots and their interactions, using AI for all kinds of aspects in your life including work and daily life tasks, image creation, using AI to manipulate music, and the pitfalls to be aware of!

#### Mon 12.30pm - 2.30pm

T1: 10 Feb - 24 Feb (3wks)

#### Thu 10am - 12pm

T2: 29 May - 12 Jun (3wks) Per Term: \$29, Conc=\$22, NR=\$64

#### 3D Modelling Using SketchUp

#### 25DLEDIGSKLL

**Leap into Digital Skills** 

Gain practical experience in designing 3D models and familiarise yourself with the SketchUp APP. Create a 3D Model of a Deck Chair and be inspired to design unique items in your spare time or continue to further studies in 3D design.

#### Wed 6pm - 8pm

T1: 12 Mar - 26 Mar (3wks)

T2: 14 May - 28 May (3wks)

Per Term: \$29, Conc=\$22, NR=\$64

#### **Using Mobile Devices**

#### 25DLEDIGSKLL

**Leap into Digital Skills** 

Learn the ins and outs of smartphones and tablets, essential apps and features to unlock the full potential of your mobile device.

#### Thu 1pm - 2pm

T1: 20 Mar - 3 Apr (3wks)

#### Mon 12.30pm - 2.30pm

T2: 5 May - 19 May (3wks)

Per Term: \$29, Conc=\$22, NR=\$64

#### **Introduction to MS Word & Excel**

#### **25SBDEDC009**

**Digital MS Word and Excel** 

Learn to create professional documents like cover letters and resumes. Gain practical skills and confidence using basic Word and Excel functions to prepare you for work, study or personal pursuits.

#### Thu 10am - 12pm

T1: 6 Mar - 22 May (10wks, nc 10/4 & 17/4)

#### Fri 1pm - 3pm

T2: 2 May - 4 Jul (10wks)

Per Term\*: \$81, Conc=\$59, NR=\$199 (\*softcopy of Learner Workbook included. Hardcopy available at extra

#### **Avoid Latest Scams**

#### 25DLEDIGSKLL

**Leap into Digital Skills** 

Learn how to protect your personal information, recognize and avoid online threats, and set up secure profiles across platforms. This course will give you the tools to navigate the digital world confidently and safely.

#### Thu 10am - 12pm

T2: 19 Jun - 3 Jul (3wks)

Per Term: \$29, Conc=\$22, NR=\$64

#### **Digital Essentials Level 2**

#### 25SBDDLE003

Builds on basic skills for computers and mobile devices, including: using email, using Word, file management, connecting devices, being safe and secure, and more. This is great course for feeling more Per Term: \$101, Conc=\$79, NR=\$219 confident with your devices.

#### Fri 9.30am - 12.30pm

T2: 2 May - 4 Jul (10wks)

Cost\*: \$111, Conc=\$79, NR=\$289 (\*softcopy of Learner Workbook included. Hardcopy available at extra cost)

#### **Modern Administration Skills**

#### **Essentials NEW**

#### 25SBDEDC002

Office Skills 2

Build confidence, sharpen essential skills to thrive in modern office environments. Learn to plan meetings, create professional documents, gain real-world insights into office practices and expand your employability opportunities.

#### Mon 9.30am - 1.30pm

T2: 5 May - 30 Jun (8wks, nc 9/6) (Plus 2hrs independent learning) Cost: \$137, Conc=\$100, NR=\$339

#### **Digital Online Comms Platforms**

#### 25DSJOLCOMM

Explore Office 365. OneDrive, Teams. Microsoft cloud programs, and Zoom. Develop skills in online collaboration, troubleshooting, file transfer, video communication, organization, and storage.

#### Fri 1pm - 3pm

T1: 7 Mar - 4 Apr (5wks)

#### Sat 10am - 12pm

T2: 3 May - 31 May (5wks)

Per Term\*: \$40, Conc=\$30, NR=\$100 (\*softcopy of Learner Workbook included. Hardcopy available at extra cost)

#### **Woodwork Project**

#### 25EMPINTCAR

**Introduction to Carpentry & Beyond** 

Learn about timber materials and fastening methods. Gain confidence in using hand and power tools such as planes, drills and bandsaws.

Term 1 project will focus on making a basic footstool.

Term 2 project will be an attractive book stand with an adjustable center support.

#### Thu 9.30am - 12pm

T1: 13 Feb - 3 Apr (8wks)

T2: 1 May - 19 Jun (8wks)

#### **LEAP into Resilience**

#### 25ENGRESILI

Unlock your ability to bounce back from life's challenges. Learn practical techniques (Tai Chi, Meditation) and mindset shifts to build emotional strength, adaptability and confidence to thrive in the face of adversity.

#### Wed 1pm - 3pm

T1: 26 Feb - 12 Mar (3wks)



ive laugh learn T2: 14 May - 28 May (3wks)
Per Term: \$25, Conc=\$12, NR=\$61





# CommunityActivities & Events

#### **Yoga Classes\***

Gentle: Mon 4.30pm - 5.30pm NEW Gentle: Mon 5.45pm - 6.45pm Intermediate: Mon 7pm - 8pm

T1: 3 Feb - 31 Mar (8wks, nc 10/3) \$124 T2: 28 Apr - 30 Jun (9wks, nc 9/6)

\$140

With Meditation & Relaxation Thu 9.15am - 10.45am

T1: 6 Feb - 3 Apr (9wks) \$209 T2: 1 May - 3 Jul (10wks) \$233

#### **Pilates Classes\***

Intermediate- Tue 6.30pm - 7.30pm Foundation - Tue 7.30pm - 8.30pm T2: 29 Apr - 1 Jul (10wks) \$155

\*Note: Please inform the instructor of any injuries, ailments or pregnancy before class.

#### **Harmony Day 19 MAR FREE**

Join us for some delicious food, fun activities and meet our wonderful, diverse community. Dress in orange, the Harmony Day colour.

RSVP by
12 March on 9885 9401 or admin@alameinnlc.com.au

Wed 19 Mar 10.30am - 12pm

#### **NH WEEK - MAY 2025**

Check website for details during Term 1!!

#### \*\*\*\*\*How to enrol\*\*\*\*\*

Pick up an enrolment form from the centre during office hours or download one from our website. Payment can be made in person or over the phone by credit/debit card/EFTPOS, cash or EFT. Westpac Banking details are:

BSB No.: 033-106
Account No.: 11-0866
(Ref. surname & course name)

#### ACRA Twilight Markets, THU 27 FEB & 10 APR FREE

Buy high-quality handcrafted products, grab friends & family and explore what's on offer. For stall enquiries, please email: acraashburton@gmail.com or contact Christine on: 9885 8890.

Thu 27 Feb & 10 Apr, 4pm-8pm

#### **Alamein Seniors' Group**

For local residents aged 65 years & over.

Social Support Group: Mondays and Wednesdays 10am to 12pm. Chair Based Yoga: Thursdays 11 to 11.30am

English Conversations: Please contact Centre for details.

#### **Career Support Consultation FREE**

Looking for work or unsure about employment? Visit the Centre for free advice from a Career Counsellor. 11am-3pm - 1st Thursday per month. To book contact Carol on 9564 1734.

#### Job Club Drop-in FREE

Drop in and meet a Skills & Job Centre career adviser for support with: finding a job, resume and letter writing, interview skills and more.

1pm-3pm - 1st Thursday per month

#### **Alamein Men's Shed, Tuesdays**

Open to Boroondara men, all ages and by invitation. Registration required.

9.30am - 11.30am and 12.30pm - 2.30pm

Cost: \$40 per term or \$140 annual

#### **Chatty Cafe, Wednesdays**

Everyone welcome to join our chatty cafe for a chat, a snack & a drink.

Wed 10.30am-11.30am (weekly)

Cost: Gold coin donation appreciated.

#### **Discussion Group, Thursdays**

1pm-2pm, 20 Feb, 20 Mar, 17 Apr, 15 May, 19 Jun & 17 Jul

All Welcome.

Cost: Gold coin donation

#### Test & Tag Day - TUE 25 Mar 12.30pm - 2.30pm NEW

Stay safe and compliant! Bring your small electrical items to our Test & Tag Day for expert safety checks. Bookings essential. Cost: Donation to Men's Shed

#### CIRCULAR ECONOMY INFO SESSIONS, WED 1pm - 2pm FREE 26 Mar & 25 Jun

Discover the power of the circular economy! Join our info sessions to learn sustainable practices, reduce waste, and make a positive impact.

#### Thursday Rummikub 2-3pm NEW

Join a fun-filled Rummikub game club! Meet new friends, test your skills, and enjoy great company. All levels welcome. Cost: Gold coin donation appreciated.

#### **Friday Crafts Drop-ins**

Participate in craft sessions with a small, relaxed group. BYO craft project. Weekly 1pm - 3pm Cost: Gold coin donation appreciated.

# The Ashburton Family Drug and Gambling Help Support Group

For family members and friends of loved ones with problematic alcohol, drug or gambling use. To attend, contact the Hotline on 1300 660 068.

