Welcome to the University of St Andrews Open Association.

I would like to take this opportunity to invite back our regular customers and to extend a welcome to any new participants on our courses for the academic year 2016-2017. We hope that this year’s programme will continue to generate interest and we have made some adjustments to make sure that the courses are still viable and vibrant.

This year’s programme as usual contain the well-known tutors who present Opera, Geology, Music and Literature courses. We are introducing Creative Writing and Psychology and trust that the wildlife observation that began last year will continue in the same enthusiastic vein. We have a full cohort of speakers for the Friday lectures and for Retirement is Opportunity (which will now be one day per week). The talks have the usual range of topics, which we hope will be interesting and informative to all our participants.

We continue in our search for venues that fit our specifications and will be trying to use the Byre Theatre as much as we can. It is a place that ticks all the boxes and we are very happy to work with our University colleagues in utilising this fine facility for our ongoing town and gown interaction, possibly organising some collaborative events in future. Of course we will continue to use alternative venues and hope that you will be comfortable there too.

We hope that you like our offerings for this year and look forward to seeing you again in 2016-2017.

Alex Allen
Director of Open Association
Friday Evening Lecture Series

Commencing Friday 7 October 2016
Lecture Theatre B, School of Physics & Astronomy, North Haugh
The lectures begin at 8.00 pm and last until approximately 9.00 pm, followed immediately by the opportunity for questions and discussion for a further 15 minutes.

Course fee for the academic year
£70 for both semesters or choose 6 lectures for £25 or 3 lectures for £15

Semester 1 – 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Lecture</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 October</td>
<td>Sugar Stories: Tracing the Trans-National In and Through Greenock</td>
</tr>
<tr>
<td>14 October</td>
<td>The Bible in Anglo Saxon England</td>
</tr>
<tr>
<td>21 October</td>
<td>Known Unknowns – Modelling Risk in Environmental Impact Assessments</td>
</tr>
<tr>
<td>28 October</td>
<td>Music, Memory, and Melancholy on the Renaissance Stage</td>
</tr>
<tr>
<td>11 November</td>
<td>The Ice Age in Scotland</td>
</tr>
<tr>
<td>18 November</td>
<td>What is Quantum Entanglement…</td>
</tr>
<tr>
<td>25 November</td>
<td>The Development of V&amp;A Museum of Design Dundee</td>
</tr>
<tr>
<td>2 December</td>
<td>National Languages</td>
</tr>
<tr>
<td>9 December</td>
<td>Striking Magnetic Gold</td>
</tr>
</tbody>
</table>

Semester 2 – 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Lecture</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 February</td>
<td>Trojan’s Column: Window on the Roman World</td>
</tr>
<tr>
<td>10 February</td>
<td>Borges and Uruguay</td>
</tr>
<tr>
<td>17 February</td>
<td>The Economics of Religion</td>
</tr>
<tr>
<td>24 February</td>
<td>Sex Differences in the Human Brain</td>
</tr>
<tr>
<td>3 March</td>
<td>The Use of Camps in Colonial Warfare</td>
</tr>
<tr>
<td>10 March</td>
<td>60 Years of Reading – Pride &amp; Prejudice</td>
</tr>
<tr>
<td>17 March</td>
<td>Spins and Spinning</td>
</tr>
<tr>
<td>24 March</td>
<td>Social Adaptation</td>
</tr>
<tr>
<td>31 March</td>
<td>Lights, Camera, Action – Optics for Life</td>
</tr>
<tr>
<td>7 April</td>
<td>The Spinal Cord – a Neurosurgeon’s View</td>
</tr>
</tbody>
</table>

Semester 1

7 October
Sugar Stories: Tracing the Trans-National In and Through Greenock
Dr Emma Bond – School of Modern Languages

The lecture will introduce my ongoing research project into the sugar trade in Greenock. Dubbed “Sugaropolis” in the 19th century, Greenock is a key site from which to uncover both the presence of a transnational community and the multiple global pathways of Scottish industry. Indeed, as Greenock became a hub for sugar refinement, it also attracted a wide and diverse populace around its economic activity that stretched far beyond its linear links with the West Indies. And sugar itself functioned as an ‘entangled’ object that connected up with other legacies of Empire within the Scottish context. Jute, imported from Bengal to Dundee by the East India Company, was used to weave the sacks that would bring sugar back from the West Indies to Greenock, as well as the tea from Ceylon that would have been sweetened with it on its return. Sugar thus functions as the nexus of a web of interconnections, one that allows the tracing, not only of the multiple movements of people, but also of other goods and services, leaving traces of this history visible over Scotland and beyond.

14 October
Best Laid Schemes – For Motor Control – of Mice and Men
Gareth B Miles – School of Psychology & Neuroscience

The spinal cord contains complex circuits of nerve cells (neurons) which can control walking without input from the brain. However, the exact neurons which make up these circuits and the way in which they produce such important output remains unclear. My laboratory studies spinal motor control circuits in mice in order to decipher how the spinal cord controls complex movements. In many animals, the spinal cord can ‘re-learn’ how to control walking even after an injury to the spinal cord which has severed connections with the brain. This highlights the importance of gaining a greater understanding of the function of spinal motor circuits in order to facilitate the design of novel treatments for spinal cord injury in humans. Individual neurons within the spinal cord can also be selectively affected by disease. For example, Motor Neuron Disease (MND) involves the selective degeneration and loss of motor neurons which are responsible for sending all of the nervous system’s commands to muscles to make them contract, allowing us to move. The loss of motor neurons in MND therefore leads to progressive paralysis and death. As well as studying how ‘healthy’ motor neurons function, we also investigate the dysfunction of motor neurons affected by MND. For this work we utilise motor neurons which have been grown from stem cells obtained from skin samples of MND patients. We have recently discovered that before they show any signs of damage, motor neurons affected by MND lose the ability to generate the electrical signals required to make muscles contract due to changes in specialised proteins called ion channels. This work has highlighted ion channels as potential targets for much-needed therapies for this devastating, incurable disease.

21 October
The Bible in Anglo Saxon England
John Gallagher – School of English

Arguably the most important text of the medieval period, this lecture will explore the reception of and response to the Bible in Anglo-Saxon England, c.600-1066. The impression of the early medieval period that we get from popular literature and television is that of ‘The Dark Ages.’ The mission to Christianise Anglo-Saxons into ideological conformity with Christendom during this period. This lecture will explore the novel ways in which the Anglo-Saxons used the Bible and what captivated their imaginations the most. This lecture hopes to shed light on the role of the Bible in the rich literary culture that flourished on this island on the fringe of Western Christendom during this period.

28 October
Known Unknowns – Modelling Risk in Environmental Impact Assessments
Carl Donovan – School of Mathematics & Statistics

Planned human developments and activities often carry the risk of harming populations of animals. Government regulations frequently require extensive Environmental Impact Assessments (EIAs) for the approval of such activities – for example offshore wind-farm installations or deployment of high-powered military SONAR. The data underpinning such assessments can be sparse and many steps in the assessment are subject to substantial uncertainty. Using these examples (wind-farms and SONAR), I will show the available data, how they are used and how the gaps are filled probabilistically.
The Ice Age in Scotland
Professor Colin Ballantyne – Emeritus Professor, School of Geography & Geosciences

As recently as 12,500 years ago, glacier ice occupied Loch Lomond, permafrost underlay Fife and Ice Age mammals roamed through the Highlands. This lecture explores the causes and effects of the most recent (Pleistocene) Ice Age, with particular reference to the way that successive episodes of glaciation influenced the Scottish landscape, not only though glacial erosion and deposition, but also through the effects of glacial meltwater, sea-level change and landslides. Has the Ice Age really ended, or are we in a brief interglacial period that will end with the return of glacier ice to cover a third of the land area of the planet?

The Development of V&A Museum of Design Dundee
Philip Long – Director of V&A Dundee

Philip Long is the Director of V&A Dundee, one of the most exciting new cultural projects in the UK. Now well under construction on the Dundee waterfront, V&A Dundee will be the first V&A in the world outside London. To be housed in a remarkable building by the Japanese architect Kengo Kuma, recently appointed to design the Tokyo 2020 Olympic Stadium, and with a mission to enrich people’s lives through design, V&A Dundee is now prepared for opening in 2018. Philip Long will give an overview of the project, from the early days of its development through to completion, describing the task involved in developing the new museum and giving an insight it what it will show, and the difference it will make to people’s lives.

If Scotland were to become independent, sooner or later the question of national language policy would arise again. We shall consider the implications of support for Gaelic, drawing on the experience of Ireland, India, and other post-colonial nations faced with the pitfalls of a national language. These choices reach far back into history, and the status that different languages may have had a thousand years ago. And they raise the question: are policy makers in fact helpless to prevent language decline?

Striking Magnetic Gold – Using Sub-Atomic Particles to Study Modern Day Materials
Professor Stephen Lee – School of Physics & Astronomy

Condensed matter physics sets out to understand the complex interactions within solids and liquids that give rise to interesting and often highly useful properties. Increasingly these materials are grown or structured with dimensions that are typically a few billionths of a metre, in order to control their properties via tailoring the interactions between constituent parts. Many modern materials such as the semiconductors behind modern digital electronics technology, already have an enormous impact on our society. These are, however, relatively simple and fairly well-understood materials when compared to many of the exotic systems that are currently studied by condensed matter physicists. These latter materials have properties that at present are relatively unexploited compared to semiconductors, yet have the potential to have equally significant societal impact in future.

There are many tools that physicists use to measure the properties of materials. One important approach involves the use of shared large-scale facilities such as nuclear reactors and particle accelerators to generate sub-atomic particles such as neutrons, muons, electrons and also highly intense beams of X-rays. All of these can be used to interrogate complex solids to reveal unique information on the relevant length scales and energy scales. In this talk I will give a broad overview of these types of facilities and to give a flavour of the experience of using these unique facilities for research. Using some recent examples from my own research I will try to give some insight into the types of information that can be learnt and the interesting properties that are revealed. Examples will include: using superconductors to drive gold to be magnetic, using carbon ‘bucky balls’ to make magnetic copper, using electron beams to create artificial materials to test the laws of thermodynamics.
Jorge Luis Borges (1899-1986) is one of the great authors of the 20th century. His work, which often explored themes of identity, memory, and the infinite, has had a profound impact on literature and philosophy. His unique approach to storytelling has earned him the nickname "the poet of the infinite library." 

The lecture will consider Borges's fascination with the neighbouring country in a selection of his texts.

17 February
The Economics of Religion
Ian Smith – School of Economics & Finance

This lecture introduces some of the distinctive and sometimes surprising ideas produced by economists relating to religious behaviour and the operation of religious markets. While much popular discussion addresses the demand for religion with its focus on the secularization of society, economic theory draws attention to the neglected supply side of the market in shaping the incentives faced by religious producers and consumers. The lecture will also address the role played by sacrifice and stigma as mechanisms to increase commitment and reduce free-riding in religious groups.

24 February
Sex Differences in the Human Brain
Gillian Brown – School of Psychology & Neuroscience

Do males and females differ in their brain structure and function? Do gonadal hormones, such as testosterone and oestrogen, ‘hard-wire’ the brains of males and females during early life? How does the social environment impact upon brain development across the lifespan?

In this lecture, I will critically evaluate recent data from the fields of psychology and neuroscience that are directly relevant to these questions. For instance, I will discuss brain imaging studies that are commonly reported in the media as revealing ‘inimate’ sex differences in the brain, despite the fact that social environments can have long-term effects on brain function. I will argue that the ‘hard-wiring’ metaphor does not accurately describe how gonadal hormones influence brain development, using as an example the proposed link between foetal testosterone and autism spectrum disorders. Finally, I will argue that a nature-nurture view of sex differences is now outdated, given our current understanding of how the human brain develops.

3 March
The Use of Camps in Colonial Warfare
Sibylle Schepers – School of International Relations

This lecture will provide a comparative historical overview of the use of camps in colonial warfare. It will discuss two phases in the evolution of camps: the first generation of camps that emerged around 1900 in Cuba, the Philippines, South Africa and German Southwest Africa, and post-Second World War camps in the wars of decolonisation in Malaysia, Kenya and Algeria. The history of camps in colonial warfare is characterized by an evolution from camps as institutions aimed at the punishment of those who supported an insurgency or rebellion towards a function that focused on the rehabilitation of the inmates, even though this often involved torture. However, the lecture will also outline differences between camps in the comparative perspective and argue that the political circumstances of conflicts in the colonies, most importantly the existence of settlers and the potential for economic exploitation, played a role regarding the concrete functions and roles of camps.

30 March
60 Years of Reading Pride & Prejudice
Nora Bartlett – School of English

The bicentennial year of Jane Austen’s death has brought her new fame and new fans, but for many of us she remains pre-eminently the author of Pride and Prejudice, one of the most beloved of English novels. I will not be alone in having read and re-read over 6 decades, and I wanted to examine the ways in which one changes as a reader of the story of the Bennet sisters and their awful (but is she?) mama and their charming (but is he?) papa. This talk will engage with the ways in which time, growing older, and changing life circumstances affect the reading and rereading of a loved and classic novel.

17 March
Spins and Spinning: Understanding Materials Using Solid-State NMR Spectroscopy
Professor Sharon Ashbrook – School of Chemistry

Nuclear Magnetic Resonance (NMR) spectroscopy is able to provide detailed information on the structure of molecules and materials. To obtain information from solid-state NMR spectra we need to use experimental methods that can narrow the broadened lines and show the different species present, and we need to combine our experiments with ways of computing and predicting spectra, to understand the complicated line shapes observed. Some areas we are currently investigating include understanding how water is stored in the minerals that lie many miles below the surface of our planet, the storage of gases or small molecules in materials that contain channels and pores, and studying how radioactive cations in nuclear waste streams could be stored safely in ceramic oxides for many thousands of years.

31 March
Social Adaptation
Dr Andy Gardner – School of Biology

Natural selection explains the appearance of design in the living world, but at what level is this design expected to manifest – gene, individual, society – and what is its function? I will show how the study of social evolution provides a window on this problem, by pitting the interests of genes, individuals and societies against each other, with application to the evolution of altruistic, selfish and even spiteful behaviour, from bacteria to insects to humans.

4 April
The Spinal Cord – a Neurosurgeon’s View
David Mowle

The spinal cord is a complex organ which has numerous intrinsic functions as well as acting as a communication conduit between the conscious and unconscious parts of our brains and bodies. Despite being ensnared in protective armour, the bony spine, it is vulnerable to injury from a number of pathological processes including trauma, tumour, infection and blood vessel problems. David Mowle will discuss the structure and function of the spinal cord from a clinical perspective, and describe some of the adventures that he and his patients have experienced when this structure and function goes wrong and our attempts, sometimes successful sometimes less so, to correct this.
Retirement is Opportunity

This programme offers the opportunity to explore a variety of interesting subjects and make new friends. A Tuesday morning class which meets at 10:00 am. There is a tea and coffee break at 11.00 am and the opportunity for a short question and answer session and discussion before we finish at 12 noon.

Tuesdays. 10.00 am to 12 noon

Students’ Union, Rehearsal Room, 2nd floor

Semester 1 – 2016

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 October</td>
<td>The Scotsman in Japan</td>
</tr>
<tr>
<td>11 October</td>
<td>Pilgrimage Routes</td>
</tr>
<tr>
<td>18 October</td>
<td>Voices of Opposition in Contemporary Russia</td>
</tr>
<tr>
<td>25 October</td>
<td>Wildwood and Coppice: Trees in the Middle Ages</td>
</tr>
<tr>
<td>1 November</td>
<td>The Roof of the World – A Nepalese Adventure</td>
</tr>
</tbody>
</table>

Semester 2 – 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 January</td>
<td>The importance of localism and traditional skills to rural communities and economies.</td>
</tr>
<tr>
<td>31 January</td>
<td>Chinese New Year</td>
</tr>
<tr>
<td>7 February</td>
<td>Birding for Beginners</td>
</tr>
<tr>
<td>14 February</td>
<td>The Instrument of the Angels</td>
</tr>
<tr>
<td>21 February</td>
<td>This Shrinking Land: Climate Change and Britain’s Coasts</td>
</tr>
<tr>
<td>28 February</td>
<td>Different Perspectives of Colombia – part 2</td>
</tr>
<tr>
<td>7 March</td>
<td>My Teaching Years</td>
</tr>
<tr>
<td>14 March</td>
<td>Restoring Scottish Castles</td>
</tr>
<tr>
<td>21 March</td>
<td>Montaigne: A Thoughtful Man Surrounded by Wars</td>
</tr>
</tbody>
</table>

Course fees for one semester: £45

4 October

The Scotsman in Japan: The Life of Thomas Glover and the Bakumatsu Era
Akihiko Shimizo

This talk will look into the life of a Scottish trader, Thomas Blake Glover (1838-1911). Born in Fraserburgh in Aberdeenshire as the fifth son to Thomas Berry Glover, Chief Constable, Officer, Thomas Glover moved to Nagasaki in Japan in 1859 when he was only 21, and set up his own company in 1861. When Japan’s Edo period was coming to an end. Glover’s influence on the Japanese modernisation and the success of the Meiji Restoration is significant. His company supplied firearms and warships to the revolutionary leaders. After the revolution ended, Glover stayed in Japan for the rest of his life and contributed to mining and beer brewing businesses as the consultant to Iwasaki Yataro, the founder of the Mitsubishi conglomerate. In my talk, I will examine how Glover’s businesses helped the industrialisation and westernisation of modern Japan. Along with Glover, I will mention some of the Scottish people who moved to, and lived in, Japan and played important roles in building a cultural/economical bridge between the two countries.

11 October

Pilgrimage Routes
Jo Fallo

In recent years a number of new pilgrimage walking routes have been developed in Scotland. What does it take, to establish a new one? Some of the problems and questions might surprise you. We shall look at several examples, with numerous illustrations.

25 October

Wildwood and Coppice: Trees in the Middle Ages
Angela Montford

Trees in the Middle Ages generated respect and a certain fear for the occult power of deep woodland and individual species of tree, but forest, woodland, wood pasture and coppice were also sources of so much practical value. This illustrated talk will look at the place of trees in medieval life and culture, looking at some of the myths and legends surrounding them, examining the development and control of the Norman hunting forests and some of the rural industries associated with wood, and look at some specifically medieval uses of timber.

1 November

The Roof of the World – A Nepalese Adventure
Fiona Shearer

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24 January
The Importance of Localism and Traditional Skills to Rural Communities and Economies
Will Docker from Balgove Larder
In our ever increasingly convenient world what does the future hold for small local food producers? How can their skills be maintained and developed to keep up with the ever changing food industry?

31 January
Chinese New Year
Wei Lin
Chinese New Year, also known as the Chinese Spring Festival, is not only celebrated in mainland China, but also the Chinese diaspora, like Taiwan, Hong Kong, Singapore, etc. and nowadays even in western countries. Why is the Chinese New Year so important? How do Chinese people celebrate it? How many animals are there in the Chinese zodiac, and what is the animal of the year of 2017? What does each animal represent? In this talk, I am going to share some fun legends and the culture and history of the Chinese New Year as well as some Chinese etiquette.

7 February
Birding for Beginners
Tony Wilson
Birdwatching is partly science and partly an art. This talk will explore the basic skills necessary to identify birds. It will cover plumage, song, size and shape of the common species found in and around St Andrew; from sparrows to seagulls. We will also look at migration and which species are best seen at what time of year.

14 February
The Instrument of the Angels
Bede Williams
The trumpet is one of the oldest instruments of civilisation. Often referred to as the Instrument of the Angels the trumpet has a rich but somewhat checkered history. Not all composers gave it equal treatment, some even despised it! We will discuss why this might be with live demonstrations, concluding that the trumpet has had a renaissance in the twentieth-century like no other instrument.

21 February
This Shrinking Land: Climate Change and Britain’s Coasts
Rob Duck
The oceans are the graveyards of the lands. Lands become eaten away by the action of the seas, and it is no surprise to find that most of the world’s shorelines are in a state of erosion. The fringes of Britain, its cliffs and beaches, are shrinking, disappearing into the sea as a result of coastal flooding, erosion and land sliding. Is climate change speeding up the process? Are our homes, our villages and towns, at risk? This talk examines how the British coast is changing and why - and what is being done to protect this island nation. Are we doing enough? Should we abandon vulnerable settlements to the sea as our forebears did and relocate inland? These are some of the difficult and potentially emotive questions that will be considered.

8 November
The Fall of the Tower of Babel
Jack Daniels
As an addictive traveller Jack Daniels says the three most important items he takes with him all over the world are his British passport, iodine and the English language! In this talk Jack looks at the dominance of English but regrets the almost daily death of at least one of the world’s current 8,000 spoken languages...
But will English go the way of Latin?

22 November
Times and Seasons – Our Forgotten Almanac
Rosemary Anderson
In our headlong rush through the years, we have become less and less aware of the rhythm and pattern of the seasons. Yet this kind of understanding was vital for our ancestors. What can we learn from ancient lore and knowledge, and the resulting perceptions of life’s cycle and purpose? Do the seasons still have unexpected effects on our physical and psychological well-being?

29 November
Kirkin the Trades
Ruth Irons
St Andrew’s Parish Church in Dundee was built in 1774 by the city’s Trade Corporations. As we approach the church’s 250th anniversary, it is now Scotland’s only Trades Kirk and hosts the annual ‘Kirkin of the Trades’ service each November. This talk, given by the church’s Director of Music, will explore the fascinating history of St Andrew’s Church and present some of its fascinating features, such as the former Kail Kirk, once home to a congregation of the Glasite movement, and the magnificent stained glass windows, many of which reflect the church’s relationship with the Nine Incorporated Trades and the Three United Trades.
Exploring the World of Opera
Ian Taylor

Two particularly melodious operas have been selected for study this session...

1. Bizet’s badly underestimated *The Pearl Fishers*, with its romantic setting in ancient Ceylon. Its much admired tenor/baritone duet is but one of a stream of hauntingly beautiful melodies with outstanding orchestration.

2. “Bel canto” composer Bellini’s *Norma* offers “long sweet melodies, raging emotions and high theatricality” as Druids and Romans interact in Roman occupied Gaul. “Casta Diva” is the known taxing test piece for sopranos, with Ponselle, Callas and now mezzo Bartoli as leading exponents: but the score is full of magnificent solo and ensemble pieces.

The works will be given comparative study, visually and vocally, and their merits/demerits discussed and disputed forcefully as part of the appreciation process by a lively group who welcome opinions of newcomers, beginners or experts.

Mondays, 10.00 am-12 noon
Venue: Byre Theatre, LL Studio

Semester 1: 8 week course beginning on Monday 10 October 2016
Semester 2: 8 week course beginning on Monday 23 January 2017

Course fees for one semester: £55, concessions £50

Listening to Music
Gillian Craig

This long-standing and ever-popular course aims to teach you how to listen to music (and not just hear it) by explaining what to listen for. University Music Consultant, Gillian Craig, takes you through recorded examples, including popular favourites from the classical repertoire, more unusual examples from World Music, light music, modern or jazz styles; sessions may include live performances from guest musicians. Each session will include short examples as well as dealing in more depth with particular topics, including works which can be heard live in St Andrews, particularly those on the Scottish Chamber Orchestra’s programmes.

Fridays, 10.00 am-12 noon
Venue: Conference Room, Younger Hall, North Street

Semester 1: 8 week course beginning on Friday 7 October 2016
Semester 2: 8 week course beginning on Friday 27 January 2017

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Restoring Scottish Castles
Janet Brennan

In 1999 Janet Brennan and her husband bought Bartholom Castle in Galloway, a 16th century tower house, and began the long process of restoring it from a ruined shell surrounded by thistles and hogweed to a comfortable home with a large garden. Since completing the restoration in 2005 Janet has been researching and photographing the other restored castles of Scotland, and recording the narratives of those who brought them back to life. Her lecture tells the story of the restoration of Bartholom and also looks at the ‘renaissance’ of Scottish castles that has taken place during the past sixty years through the rebuilding and restoration of many more Scottish castles and towers.

21 March

Montaigne: A Thoughtful Man Surrounded by Wars
Jo Falla

The French writer Michel de Montaigne lived through one of the worst periods of French history, the Wars of Religion of the 16th century. His own life was in danger on several occasions. But, secluded in his famous tower library near Bordeaux, he managed to invent a whole new literary form – the autobiographical essay – and to maintain his charm and civilisation through everything. We need more like him.

28 February

Different Perspectives of Colombia – part 2
Claudia Trujillo-Lawrence

Claudia Trujillo-Lawrence, a Colombian who now lives in the East Neuk will talk about ‘Aspects of modern family life in Colombia’. As someone who lives here but who regularly makes trips home to her family, Claudia is well able to describe the differences in systems, structures, culture, education and social living of the two countries. Our perceptions of South American countries such as Colombia are often based on little more than ‘popular action films’ and tabloid newspaper headlines.

7 March

My Teaching Years
Morag Ross

My experiences of teaching in different types of schools and in different areas including teaching abroad. I started teaching in 1963 and have taught in a variety of schools both here and abroad. In that time I have seen many different types of children and have seen a lot of changes. I taught for 32 years before I retired. Now I teach adults.

14 March

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Semester 2: 8 week course beginning on Monday 23 January 2017

Course fees for one semester: £55, concessions £50
Health, Wellbeing & Hobbies

Bridge for Beginners
Bob McPual

This course is designed for students who are new to bridge or who have been playing for just one semester or equivalent. A step-by-step introduction to the most fascinating of card games, this course will give you a solid grounding in the mechanics of the game allowing a firm base for the subtler aspects of the bidding and play.

Mondays, 7.00-8.45 pm
Venue: Conference Room, St Katharine’s West, 16 The Scores
Semester 1: 10 week course beginning on Monday 3 October 2016
Semester 2: 10 week continuation course beginning on Monday 23 January 2017
Summer: 6 week course beginning on Monday 8 May 2017

Intermediate Bridge
Bob McPual

This course is aimed at players who are acquainted with the basics of playing techniques and bidding. The course will recap the bidding and playing topics covered in the last year (opening bids at the one and two level – finessing, drawing trumps, unblocking). This means that even if you have attended just a few classes of a bridge course you can still come and join us, as we will not delve into new topics for the first few classes. Then we will introduce new playing techniques and improve our defensive skills.

Mondays, 5.15-7.00 pm
Venue: Conference Room, St Katharine’s West, 16 The Scores
Semester 1: 10 week course beginning on Monday 3 October 2016
Semester 2: 10 week continuation course beginning on Monday 23 January 2017
Summer: 6 week course beginning on Monday 8 May 2017

Advanced Bridge
Bob McPual

Advanced bridge classes designed for the average club player who aspires to the upper echelon of his / her club and on to national events. These classes will show you the technique, timing and gadgets required to compete against the best. No matter how much or how little you already know, your bridge scores will show improvement from day one.

Fridays, 5.30-7.15 pm
Venue: Byre Theatre, Conference Room
Semester 1: 10 week course beginning on Friday 7 October 2016
Semester 2: 10 week continuation course beginning on Friday 20 January 2017
(two classes will be no class on 3 March 2017)
Summer: 6 week course beginning on Friday 12 May 2017

Course fees for Beginners, Intermediate and Advanced courses:
Semester 1 & 2: £70, concessions £65
Summer session: £45, concessions £40

Pilates for Seniors
Suzy Cheong

Do you hope to maintain quality of life as you grow older? Is it important that you are able to perform your daily tasks, enjoy your recreational activities and care for yourself? You probably would like to stay fit, trim, strong and mobile for as long as possible. If you do happen to have some physical limitations, you would want to halt or maybe even improve your condition. This does not have to be just wishful thinking. You do not have to accept frailty as you age!

Use it or lose it! No doubt you have heard this phrase before. I cannot think of a better way to describe what happens to our bodies as we age. You can slow and possibly reverse many of the symptoms associated with aging. It is possible to turn back the clock. By increasing your strength and flexibility, you can turn your wishful thinking into a reality!

Pilates is a unique approach to exercise that develops body awareness, improving and changing the body’s postural and alignment habits whilst increasing flexibility and ease of movement. It is this holistic approach that sets the Method apart from many other forms of exercise. Indeed, osteopaths, physiotherapists and general practitioners are now recommending Pilates as one of the safest and beneficial forms of exercise today.

Pilates can be a real benefit to us as we grow older. Both Suzy and Morag come highly trained in the method Pilates also with the added background in sports therapy and advanced training biomechanical movement of the human body. They have between them at least 20 years experience working with seniors of varying ages. Their oldest student is 93!!

Qualified with the American College of Sports Medicine as Master Trainers and Power Pilates instructors, their knowledge of human anatomy and biomechanics has enabled them to teach from a platform that produces continuing results with their students.

With the experience of teaching Pilates with the Open Association over the past year, we feel it is important to extend the number of classes per semester. This will enable each student to maximise their potential within each class. As such the instructors can help you to progress through all levels of change from beginners, intermediate, and onto advanced, which we will be introducing next year. This means everyone gets the most from their classes and instructors this year.

Please bring your own mat and small towel.

Tuesdays, 9.00-10.00 am
Venue: Byre Theatre, LL Studio
Semester 1: 12 classes beginning on 2 May 2017 (there will be no class on 22 June 2017)
Semester 2: 12 classes beginning on 20 September 2016 (there will be no class on 22 November)
Summer: 10 classes beginning on 2 May 2017 (there will be no classes on 13 and 20 June 2017)

Course fees:
Semester 1 & 2: £102, concessions £96
Summer: £85, concessions £80
Wines of Italy
Daniel Farrell

This tasting class will look in detail at the wine industry of Italy. We will study each of the country’s twenty wine growing regions and their grape varieties. Italy is rich in wine-production history and we will learn how the climatic and geologic features of the various regions change the expression of the grapes when made into wine. We will study wine growing and wine making techniques. We will also learn about the history of wine production in Italy from the Roman world to date and the challenges that have faced the market through the centuries. We will begin with basic knowledge about vineyard management and wine production before moving on to discuss how winemaking differs between regions. We will look at wine regulation and compare varieties grown in Italy with their New World cousins. Our aim is to learn the techniques that help us to identify and appreciate quality wines. We will taste wines from all the major wine appellations of Italy using a systematic approach to tasting. There will be opportunities for blind tasting on some evenings as we build on our knowledge during the semester. We will taste at least 24 wines including still (white, red, rose), sparkling and fortified. Glasses will be provided. Participants take it in turn to provide cheeses and biscuits for the classes. At the end of the eight weeks of teaching we will organise a dinner at the University where we will match wines with foods.

**Thursdays, 6.15-8.15 pm**  
**Venue:** Old Burgh School, Abbey Walk

**Semester 1:** 8 week course
- beginning on Thursday 13 October 2016

**Course fees for one semester:** £95, concessions £95

Early booking is advised as there are only 11 places available.

Writing about Wine
Daniel Farrell

There has been an exponential growth in "wine writing" since the mid-20th century with American and English writers dominating the market. We will explore the world of "wine writing" as we learn about the techniques, patterns and language used by recent bloggers and more long-established authors like Janis Robinson, Hugh Johnson, Michael Broadbent, Oz Clarke and others. Preparatory reading will make discussions more meaningful and all the works studied will be in English and extracts will be provided for each class. As well as reading we will watch and compare video clips of wine presentation programmes to see how our appreciation of wine tasting has changed since the 1950s. There will be a focus on writing that reflects on the techniques of wine-growing and wine-making around the world and this class should be of interest to anyone who wants to develop a further appreciation. We will put what we learn into practice by way of an in-class WordPress blog that we will create together throughout the semester. Along with our readings we will taste at least 24 wines during the semester including still, sparkling and fortified wines. A systematic approach to tasting will be part of each evening’s class. Glasses will be provided. Participants take it in turn to provide cheeses and biscuits for the classes. At the end of the eight weeks of teaching we will organise a dinner at the University where we will match wines with foods.

**Thursdays, 6.15-8.15 pm**  
**Venue:** Old Burgh School, Abbey Walk

**Semester 2:** 8 week course
- beginning on Thursday 2 February 2016

**Course fees for one semester:** £95, concessions £90

Early booking is advised as there are only 11 places available.

Wildlife on the Links
Tony Wilson

The area around St Andrews has a great variety of habitats, from sandy coasts and estuaries to woodlands and meadows. This course will explore a range of these habitats and seek out key species of plants, animals and fungi within them. Late summer/autumn is an excellent time for exploring the range of species to be found here, from migrating birds to early mushrooms.

**15 August 2016**  
Talk and presentation at the Open Association Conference Room, St Katharine’s West, 16 The Scores

**22 August**  
Craigtoun Park, Meet at Craigtoun Car Park

**29 August**  
Lade Braes, Meet at St Andrews Museum, Kinburn Park

**5 September**  
Balgove Bay. Meet at Balgove Course Car Park

**12 September**  
Magus Muir. Meet at Magus Muir Car Park

**Mondays, 5.30-7.30 pm**  
**Venue:** As above

**Course fees:** £55, Concessions £50

Wildlife Exploring
Patrick Bowden-Smith

Explore an area of the ‘Riggin of Fife’ recognised with national awards and protection (both conservation and historic landscape) for its unique environment and habitats.

Wildlife thrives alongside modern farming and forestry practices, and in many ways is enhanced by them.

Participants will have the opportunity to attract, observe and photograph wildlife, be it on fresh water, farm, heath or mixed woodland. You will learn to recognize animal tracks and runs, predict movement and see how science and technology can make the wait for wildlife to appear much more interesting – and hopefully shorter. The course also includes a Dawn and a Dusk session. During the visits, you will see the night time changeover as nocturnal wildlife retires to sleep and the daytime contingent awakens.

There will be 2 indoor sessions, the first on Acoustic Baits, Movement Baits and Fish slicks, the other on Tracks and Tracking together with species and habitat recognition and the best way of observing them in their habitat.

**NEW**

6 outdoor sessions outside include: Woodland, Farmland, Heathland, Aquatic (ponds and streams), one session at dawn and one at dusk (weather dependent) where we will determine when we are going and what we are going to see

**6 April 2017**  
Talk and presentation at Students Union, Rehearsal Room, 2nd Floor to set the scene, get to know each other and explain what we are going to do in more detail

**13 April 2017**  
Meet at Arncroach for wildlife walk/watch

**20 April 2017**  
Outdoor meeting at Students Union, Rehearsal Room, 2nd Floor. We will go over in more detail exact locations, the topography and best places to site hides for observation of different species.

**27 April 2017**  
Meet at the woodlands at Boarhills and Kipplo

**4 May 2017**  
Meet at Arncroach for wetlands and water watching

**11 May 2017**  
Meet at Arncrouch for Dawn watch

**18 May 2017**  
Meet at Arncrouch for Dusk watch

**25 May 2017**  
Meet at Arncrouch for wildlife walk and exploration over an early summer landscape.

Please note participants will need to be reasonably fit, have walking boots, and wear warm and waterproof clothing if needed.

**Thursdays, 10.00-12.00 noon**  
unless dawn/dusk watch

**Venue:** As above  
Patton will update participants each week with exact meeting locations.

**Semester 2:** 8 week course
- beginning on Thursday 6 April 2017

**Course fees for one semester:** £65, concessions £60

There may need to be a change to the schedule at short notice due to the weather.
Geology – St Andrews
Rosalind Garton

East Fife has long been renowned as the best place in the British Isles in which to study Geology, with its unrivalled variety of rock types and structures. Each year the Geology class goes on field trips around Scotland, to hunt for fossils and minerals, walk across extinct volcanoes, and consider the effect of the underlying geology on the Scottish landscape. This year’s theme will be economic geology and the impact on Scotland of our mineral wealth. We will study the formation of oil and gas, metal deposits including gold and silver, and limestone, learn about the impact of salt production on local coal mining, and look at the geology of pigments, including the lapis lazuli that coloured ancient works of art.

Field trips form an important part of the course, to study the local rocks. We shall hunt for agates, see an igneous sill at Kirkcaldy, a fossiliferous limestone, and an oil shale, and visit the Letham Glen ochre works in Leven. There will be field excursions to one of the famous East Fife volcanic necks, the St. Monans salt pans, and a working quarry.

Each term there is a full day class to allow us to explore further afield. For both classes this year these will be to the Charlestown Limeworks and the South Queensferry oil shales. The Tuesday class will visit the Fife Ethylene Plant at Mossmorran, where North Sea petroleum is turned into the raw material for plastics. The Friday group will visit the Cononish Gold Mine near Tyndrum (on 7 October 2016) where there will be the option to go underground. A coach may be hired for the Tyndrum field trip, for which there will be an extra charge.

Field outings involve short walks of up to three miles, but the ground is often uneven. Participants will need to be reasonably fit, have walking boots, and wear warm and waterproof clothing.

With the exception of the Cononish and Mossmorran field trips, all classes will be identical between the Tuesday and Friday classes. Participants will be free to transfer between the groups within each term in order to make up missed classes. Choose from Tuesdays or Fridays.

Tuesdays, 10.00 am-12 noon (finishing times may be later on field trips)
- Session 1: 13 September to 29 November 2016
- Session 2: 17 January to 21 March 2017
- Session 3: 18 April to 23 May 2017

Fridays, 10.00 am-12 noon (finishing times may be later on field trips)
- Session 1: 16 September to 2 December 2016
- Session 2: 20 January to 24 March 2017
- Session 3: 21 April to 26 May 2017

Course fees:
- Session 1: £105, concessions £95
- Session 2: £85, concessions £75
- Session 3: £75, concessions £65

Siccar Point Boat Trip
Rosalind Garton

By popular request, this day’s geological field excursion is a trip by boat from Dunbar to see the famous Siccar Point locality from the sea.

In 1788 the “Father of Modern Geology”, James Hutton, found this classic example of an unconformity. The discovery added to the growing understanding of the Earth’s great age, and the site is visited by geologists from all over the world. Access from the land can be difficult, so we shall take a private charter with Marine Quest for a two hour trip, to see this extraordinary geological feature from the same vantage point as James Hutton and his colleagues on their first visit.

The group will travel by train to Dunbar, from where we shall embark on the Silver Sky, a 38’ Interceptor licenced for 12 passengers.

Departure from Leuchars railway station at approximately 9.45 am (train times may vary a little from the date of publication) for a direct journey to Dunbar. We shall return to Leuchars by 5.30 pm.

Wednesday 7 June 2017, with Wednesday 14 June 2017 as a second date if the weather is unsuitable on the first. The group will be informed one to two days before the sailing if the skippers assess that the weather will not be suitable.

Trip fee: £60
The train fare is not included in the class fee.
Love and Honour: The Comedy of Errors, The Merry Wives of Windsor, Troilus and Cressida
Rebecca Brown

This course explores a curious collection of plays that illustrates Shakespeare’s wide-ranging and eclectic interests, from the perfectly constructed comic plot of one of his earliest plays through a citizen comedy, supposedly written at Queen Elizabeth’s request, to the bitter betrayals of love and honour set in the most famous besieged city in Western literature.

We will study the language and style of each play, and, with the help of video extracts, see how they work in performance. Participants are asked to have read the plays in advance and to bring along copies. Apart from that nothing more is needed than an enthusiastic, inquiring mind and a readiness to share your ideas in discussion.

Thursdays. 10.00 am-12.00 noon
Venue: Music Centre, Conference Room, Younger Hall,

Course fees: £60, concessions £55

King John, Henry VIII (All is True) and Pericles
Rebecca Brown

This course offers the opportunity to study three of Shakespeare's lesser known plays, arguing that they deserve greater attention in their exploration of the trials of kingship. History and romance allow the dramatist to portray the struggles to keep or break faith in the face of the most challenging situations.

We will study the language and style of each play, and, with the help of video extracts, see how they work in performance. Participants are asked to have read the plays in advance and to bring along copies. Apart from that nothing more is needed than an enthusiastic, inquiring mind and a readiness to share your ideas in discussion.

Thursdays. 10.00-12.00 noon
Venue: Music Centre, Conference Room, Younger Hall

Course fees: £60, concessions £55

This Old House
Honora Bartlett

This course will be about the importance in fiction of houses, homes, castles (and other constructions) building them, finding them and running away from them. From the Gothic fiction of the 18th century, a short-lived fashion which somehow keeps coming back to haunt us, to novels in which the human passion for building takes on a life of its own, -- writers have often chosen to explore the way in which the buildings we make and use help to make us.

Semester 1
Weeks 1-2: Ann Radcliffe, The Castles of Athlin and Dunbayne; paired with Jane Austen, Northanger Abbey
Weeks 3-4: Emily Bronte, Wuthering Heights
Weeks 5-6: Anthony Trollope, The Warden and Barchester Towers
Week 7: William Dean Howells, The Rise of Silas Lapham
Week 8: Bram Stoker – Dracula
Week 9: Arnold Bennett – Cliftonhanger (first novel in series)

Semester 2
Week 1: Dodie Smith, I Capture the Castle
Week 2: Gerald Durrell, My Family and Other Animals
Week 3: John Le Carre, A Murder of Quality
Week 4: Giorgio Bassani, The Garden of the Finzi-Continis
Week 5: William Golding, The Spire
Week 6: John Fowles, The Collector
Week 7: JG Farrell, A Spool of Blue Thread
Week 8: Tony Morrison, Beloved
Week 9: Anne Tyler, A Spool of Blue Thread

Course fees: £60, concessions £55

Worlds apart: some children’s fiction
Honora Bartlett

It is difficult to think about houses without thinking about families and children, and a frequent motif in writing for children is moving house – and this can be either a finding, or a loss, of home, leaving or finding, a family. Writing for children has also shown a fascination with homes in miniature, with the small world of the doll’s house. In this Saturday school we will read some of the most famous English-language novels for children, and see how they explore the way in which changing places can transform a life.

Saturdays: 10.00 am-1.00 pm
Venue: Conference Room, St Katharine’s West, 16 The Scores

Saturday 29 October 2016
Worlds apart I: Victorians and post-Victorians
E Nesbit, The Railway Children
Phillipa Pearce, Tom’s Midnight Garden

Saturday 4 March 2017
Worlds apart II: Miniatures
Rumer Godden, The Doll’s House
Russell Hoban, The Mouse and his Child

Course fees for each Day School
£25, concessions £20
Capturing Moments: Short Stories in English by Women
Honora Bartlett

Virginia Woolf famously said that women could write novels more easily than poetry because a novel was something that could be set aside when household tasks intervened, and picked up again later, whereas with the more intense demands of poetry, ‘the moment might be lost forever when the baby cried’. Perhaps the short story operates at a point between novel and poem, and it is certainly the case that in the same period, from the late 19th century to today, in which women have been able to enter other professions once closed to them, they have been among the most notable short story writers. This series of Saturday morning schools will aim to read and discuss short fiction by a number of women, from Britain and North America, written between the 1890s and today.

Saturdays: 10.00 am -1.00 pm
Saturday 15 October 2016
Interesting Women I Saturday Day School: Americans in troubled times.
Kate Chopin, The Awakening
Dorothy Parker, A Telephone Call
Kay Boyle, Black Boy
Eudora Welty, Where is this Voice Coming From?
Venue: Byre Theatre, Conference Room

Saturday 19 November 2016
Interesting Women II Saturday Day School: Britain at war and after.
Elizabeth Bowen, The Demon Lover, Careless Talk
Elizabeth Taylor, The Rose, the Mauve, the White, In a Different Light, In and Out the House
Venue: Byre Theatre, Conference Room

Course fees for each Day School
£25, concessions £20

Saturday 11 February 2017
Interesting Women III Saturday Day School: At the end of a century.
Ann Beattie, The Women of this World and Find and Replace
Alice Munro, Open Secrets (collection, 1994)
Venue: Conference Room, St Katharine’s West, 16 The Scores

Saturday 18 March 2017
Interesting Women IV Saturday Day School: What happens next?
Yyun Li, Kindness
AL Kennedy, A Little Like Light, A Bad Son
Venue: Byre Theatre, Conference Room

Course fees for each Day School
£25, concessions £20

Sonnets
Rebecca Brown

The sonnet is one of the oldest and most useful verse forms in English. Whether written in the Italian or English style, the sonnet has provided us with some of the finest poems in the language. Masters of the form such as Shakespeare, Milton, Donne, Wordsworth, Keats and Hopkins have found the perfect expression for their imagination. This Day School offers the chance to study closely a selection of the best and best-loved English sonnets, allowing us the time to understand and enjoy exactly how they work and appreciate the skill with which so much is held within so small a space.

If you have a favourite sonnet, please hand a copy into the office in advance of the day so that it can be photocopied. Copies of all the sonnets being studied will be provided on the day.

Saturday 29 October 2016, 10.00 am -4.00 pm
Venue: Byre Theatre, Conference Room

Course Fees: £30, concessions £25

Shakespeare in Performance
Rebecca Brown

This day explores the performance history of Shakespeare’s plays, drawing in particular on The Tempest, Romeo and Juliet, Twelfth Night and Richard III.

Elizabethan and Jacobean stage conditions will be illustrated with slides of contemporary images. We will then discuss, evaluate and enjoy some of the design and performance choices of subsequent centuries, concentrating in particular on slides of twentieth-century Royal Shakespeare Company productions and on extracts from a variety of film versions.

Saturday 4 February 2017. 10.00 am-4.00 pm
Venue: Byre Theatre, Conference Room

Course Fees: £30, concessions £25

Crime and Evil II: Serial crimes
Honora Bartlett

This set of Saturday schools will involve the discussion of ‘serial killing’ in two senses, looking at detective series, both in book and television form. From 10-1 we will discuss the novel and from 2-4 we will watch the television episode based on it.

Saturdays: 10.00 am-13.00 pm
Venue: Byre Theatre, Conference Room

Saturday 3 December 2016
Colin Dexter, Service of All the Dead. (novel and episode from Inspector Morse series)

Saturday 18 February 2017
Val McDermid, The Mermaids Singing (novel and episode 1, from Series 1 of Wire in the Blood)

Course fees for each Day School
£25, concessions £20

Course Fees for each Day School
£25, concessions £20

Sonnets
Rebecca Brown

The sonnet is one of the oldest and most useful verse forms in English. Whether written in the Italian or English style, the sonnet has provided us with some of the finest poems in the language. Masters of the form such as Shakespeare, Milton, Donne, Wordsworth, Keats and Hopkins have found the perfect expression for their imagination. This Day School offers the chance to study closely a selection of the best and best-loved English sonnets, allowing us the time to understand and enjoy exactly how they work and appreciate the skill with which so much is held within so small a space.

If you have a favourite sonnet, please hand a copy into the office in advance of the day so that it can be photocopied. Copies of all the sonnets being studied will be provided on the day.

Saturday 29 October 2016, 10.00 am -4.00 pm
Venue: Byre Theatre, Conference Room

Course Fees: £30, concessions £25
Communication, Memory & Behaviour

Psychology in Everyday Life
Paul Gardner

Misconceptions about the nature of modern Psychology abound, and its popular image is still often that of Freudian Psychoanalysis, and the treatment of pathology. In fact to deal with issues surrounding mental health it is necessary to understand how the ordinary person and the ordinary mind work, and the discoveries made by a scientific approach to these issues over the last few decades constitute a major part of the Psychology taught at St Andrews, as in most modern Psychology departments.

This introductory course includes the answers yielded by scientific methods applied to a variety of questions such as, “how do we remember things?”, “what are the roles of inheritance and experience in determining mental abilities?”, “how do nerves transmit information?”, “how do we perceive colour?”, and “why does conflict occur between social groups?”, as well as questions about pathology, like “how does brain damage affect memory?”

Tuesdays: 2.00-4.00 pm
Venue: TBC

Semester 1: 6 week course beginning on Tuesday 25 October 2016

Course fees: £55, concessions £50

Introduction to British Sign Language
Petra Claydon

This course will introduce you to the basics of understanding British Sign Language (BSL) and Deaf Awareness. The course will be taught by a deaf tutor. You will learn the basics of the language and how to communicate on a range of subjects and social situations. This will be taught through one-to-one practice and group exercises.

Tuesdays, 5.30-7.30 pm
Venue: Conference Room, St Katharine’s West, 16 The Scores

Semester 1: 11 week course beginning on Tuesday 4 October 2016
Semester 2: 11 week course beginning on Tuesday 14 February 2017

(Please note there will be a two week break for Spring holidays on 14 and 21 March 2017)

Course fees for one semester: £80, concessions £75

Please note that the courses in both semesters are identical and for complete beginners.

IBSL Level 1
Petra Claydon

This qualification aims to enable learners to develop suitable and sufficient skills to communicate with deaf people in BSL on everyday topics in accordance with the National Language Standards at Level 1.

This qualification is divided into three units:
- Receptive skills in BSL
- Descriptive skills in BSL
- Conversational skills in BSL

Each unit is assessed separately and success in all three units leads to the full Level 1 Award in BSL.

Topics covered – meeting people, work, school, college, numbers, weather, instructions, directions, opinions and ideas, signing structure, people and personal information, issues, events, the calendar, expressing opinions, meeting people, daily activities, food and drink.

At the end of the course, learners will be able to:
- understand narrations of simple information presented to them in BSL;
- describe events, issues or matters in BSL, particularly at work, school or college;
- engage in simple conversation with deaf people, both in social situations and in the workplace or at school/college.

Target learners
The Level 1 Award in BSL. Studies is suitable for those who:
- wish to acquire basic BSL skills as part of a programme of study or professional development;
- are studying for personal development with a view to future employment.

No previous experience of BSL is required.

Length of course (48 classroom hours plus 20 hours of personal study).

Students are also expected to commit to at least 20 hours of personal study, including use of online resources provided by Signworld.

Semester 1: 11 week course beginning on Thursday 6 October 2016
Semester 2: 13 week course

beginning on Thursday 16 February 2017
(Please note there will be a 2 week break for Spring holidays on 16 and 23 March 2017)

Course fees:
£185 (this includes £85 for assessments and certificate and £19.99 subscription for one-year registration to Signworld Level 1 package)

An Introduction to Language
Maria Nella Carminati

This course will introduce you to the fascinating subject of language (intended as the unique ability by human beings to acquire and use the human language) and of the languages of the world. We will cover topics such as the basic building blocks of language, the process of language learning by children and adults, the relations between languages, their similarities and differences, how languages change over time, what language disorders and breakdowns tell us about the human brain, attitudes towards language in society. The approach will be informal with many examples given to illustrate the concepts. No prior knowledge is required.

You do not have to know a foreign language to be able to understand and enjoy this course.

Tuesdays, 5.30-7.30 pm
Venue: Room G6, Admissions, St Katharine’s West, 16 The Scores

Semester 1: 8 week course beginning on Tuesday 11 October 2016

Course fees for one semester: £55, concessions £50
Classical Mythology in Early Modern Art
Dr Lenia Kouneni

Classical mythology has a long relationship with the visual arts. The gods and heroes of the ancient world have remained an important part of the cultural language of the West, a vocabulary shared by artists and audiences for many centuries. This course examines the enduring appeal of classical mythology in early modern art from the Renaissance to the nineteenth century. Venus, Bacchus, Apollo and the loves of Zeus will be some of the topics of discussion. We will consider these visual references to the figures and forms of ancient gods and goddesses, with altered meanings to appeal to changing tastes in the reception of art and ideas from antiquity.

Over six weeks this course will explore the afterlife of ancient myths by focusing on a selection of highlights from the collection of the Scottish National Gallery, which includes works by Titian, Lucas Cranach, Veronese, Nicolas Poussin, Claude Lorrain, Antonio Canova and Robert Burns. This course will provide the opportunity to explore in detail a selection of key art works and will enable attendees to develop an awareness of the rediscovery of the visual culture of ancient Greece and Rome and the lasting power of mythology.

The course will be complemented by a visit to the Scottish National Gallery.

Wednesdays, 10.00 am-12.00 noon
Venue: Byre Theatre, Conference Room

Semester 2: 7 week course beginning on Wednesday 26 October 2016, and including a visit to the Scottish National Gallery on 22 March 2017

Course fees:
£85, concessions £80

Please note a minimum of 10 people will be required.

Neoclassical Art in Britain and the Grand Tour
Dr Lenia Kouneni

Starting from the sixteenth century aristocratic gentlemen began to travel to Europe in order to complete their education and refine their tastes. This course examines the cultural history of travel in Italy and Greece from the seventeenth century to the early nineteenth and considers its impact on British art and taste. We will study the relationship between travel and material culture, the taste for the antique and the art market connected to grand tourism, the presence of British artists and dealers in Italy and the first expeditions to Greece.

Over six weeks this course will explore a variety of artworks and artists, such as Sir Joshua Reynolds, Gavin Hamilton, Lusieri, Benjamin West, Pompeo Batoni and Angelica Kauffmann.

The course will be complemented by a visit to a selection of key art works and will enable attendees to develop an awareness of the rediscovery of the visual culture of ancient Greece and Rome and the lasting power of mythology.

The course will be complemented by a visit to the Scottish National Gallery.

Wednesdays, 10.00 am-12.00 noon
Venue: Byre Theatre, Conference Room

Semester 2: 7 week course beginning on Wednesday 8 February 2017, and including a visit to the Scottish National Gallery on 22 March 2017

Course fees:
£85, concessions £80

Please note a minimum of 10 people will be required.

For further information and to sign up as a Byre Open Association member, please visit the box office with your course confirmation booking.

For further information on all Byre Theatre events please call the box office on 01334 475000 or visit www.byretheatre.com

facebook.com/byretheatre twitter.com/byretheatre instagram.com/byretheatre
Marriage in the Twelfth Century:
British Royals and the Church
Elizabeth Thomas

In recent times we have seen exciting and rigorous debate over the modern definition of what makes a marriage. Twelfth and early-thirteenth-century Europe experienced a similar redefinition, as kings and nobles used the auspices of marriage to strengthen their positions in a complicated political field. No-one was more talented at this skill than King Henry II of England, a man who made one of the most spectacular marriages of the middle ages, and who actively used the marriages of his numerous children for his own political benefit. This class will look in detail at the twelfth-century definition of marriage, how kings and nobles – particularly Henry II and his sons – used it to their benefit, and how the church recognized the power of marriage by deciding to absorb marriage law into canon law.

In preparation for this class, I ask attendees to read the short course booklet that will be provided upon registration.

Wednesday 5.30-7.30 pm
Venue: Byre Theatre, Conference room
Semester 1 7 December 2016
Course fees for one semester: £15, concessions £12

The Black Death
Elizabeth Thomas

The first wave of the epidemic disease known as the Black Death struck Western Europe between 1347 and 1350, and in that time it carried away at least 40% of the population, making no allowances for age, sex, or position in society. Using a combination of first-hand accounts and modern medical analysis, this class will examine both the disease itself and the effects of the plague on art, politics, religion, and the everyday life of those who survived. We will look in brief at earlier references to plague, and consider why this epidemic, and the waves that followed, are remembered in such infamy. And finally, in a brief look at newer sources, we will explore whether the Black Death was indeed bubonic plague.

In preparation for this class, I ask attendees to read the short course booklet that will be provided upon registration.

Wednesday 5.30-7.30 pm
Venue: Byre Theatre, Conference room
Semester 1 22 March 2017
Course fees for one semester: £15, concessions £12

Medieval Kings: the Good and the Bad
Elizabeth Thomas

One of the most iconic symbols of the Middle Ages is the king: rulers, warriors, exemplars of chivalry and might for right, they tower over history and our own impressions of the time. To this day, the reputations of men who lived hundreds of years ago are remembered as legends: William the Conqueror, Robert the Bruce, Richard the Lionheart, Edward I, Henry V. Others live in infamy: John Lackland, Macbeth, Richard III. Recently, however, historians have begun to question whether the epithets attached to these men are indeed fair, and a pattern of historical reinterpretation has emerged. In this class we will examine the medieval king from a modern and historical perspective, deciding what makes a king ‘good’ or ‘bad’, how these classifications might change with time, and which kings might be worthy of a reconsideration.

In preparation for this class, I ask attendees to read the short course booklet that will be provided upon registration.

Wednesday 5.30-7.30 pm
Venue: Conference Room, St Katharine’s West, 16 The Scores
Semester 2 22 March 2017
Course fees for one semester: £15, concessions £12

Fife Graveyards – Fiction and Reality
Daniel Farrell

This class brings the study of graveyards into the classroom as we learn about local folklore and traditions in Fife as well as social aspects surrounding the burial of the dead. St Andrews graveyards will provide us with strong local first-hand evidence of how to read symbols and inscriptions, and highlight social trends in epitaph writing. We will learn about the art of tomb-carving and we will discover how traditions in Fife as well as social aspects surrounding history.

Venue: Byre Theatre, Conference room
Wednesday, 6.15-8.15 pm
Mondays, 6.15-8.15 pm
Venue: Old Burgh School, Abbey Walk
Semester 1 8 week course
beginning Monday 10 October 2016
Course fees for one semester: £60, Concessions £55

Marriage in the Twelfth Century:
British Royals and the Church
Elizabeth Thomas

In recent times we have seen exciting and rigorous debate over the modern definition of what makes a marriage. Twelfth and early-thirteenth-century Europe experienced a similar redefinition, as kings and nobles used the auspices of marriage to strengthen their positions in a complicated political field. No-one was more talented at this skill than King Henry II of England, a man who made one of the most spectacular marriages of the middle ages, and who actively used the marriages of his numerous children for his own political benefit. This class will look in detail at the twelfth-century definition of marriage, how kings and nobles – particularly Henry II and his sons – used it to their benefit, and how the church recognized the power of marriage by deciding to absorb marriage law into canon law.

In preparation for this class, I ask attendees to read the short course booklet that will be provided upon registration.

Wednesday 5.30-7.30 pm
Venue: Byre Theatre, Conference room
Semester 1 7 December 2016
Course fees for one semester: £15, concessions £12

The Black Death
Elizabeth Thomas

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In preparation for this class, I ask attendees to read the short course booklet that will be provided upon registration.

Wednesday 5.30-7.30 pm
Venue: Conference Room, St Katharine’s West, 16 The Scores
Semester 2 22 March 2017
Course fees for one semester: £15, concessions £12
We will explore landscape and architecture from the Neolithic to the very recent past, taking in ancient hut bases, Viking fortifications, standing stones, a 16th century castle, a Second World War training ground and much more.

The walks will unravel the impact of our human occupation and use of a particular piece of land by exploring the traces of hunting, occupation, warfare, family life, farming and rural industry left behind by our ancestors.

Experience the timeline of a parcel of land through the clues left for us to explore and interpret!*

The first outdoor session will be at the at Swinkie Muir, looking at the fortifications of the castle of Draffen, the trench warfare system and the edge of Crail Airfield, in following sessions we will go on to explore ancient ring hut bases, Medieval Farmsteads, a Standing Stone with Ogden script and a libation mark, Ridge and Furrow field systems, a hidden burial ground, a Tumulus, and finally a Castle that was last remodelled in 1682 together with its associated ancient roadway and track system. Along the way we will see the remains of older rural industrial infrastructure and a snapshot into the past workings of this piece of unique landscape.

22 September 2016
Meet indoors at the Students Union, Rehearsal Room, 2nd Floor, getting to know everyone and and ‘set the scene’ for the programme of walks.

29 September 2016
Meet at Swinike Muir near Kingsbarns to look at WW2 training grounds and ancient Danish fortifications.

6 October 2016
Meet at Arncroach to look at the 17th Century castle and standing stone.

13 October 2016
Meet at Arncroach to look at the hidden track ways, and forgotten rural links.

20 October 2016
Meet at Arncroach to look at lost rural industrial sites.

27 October 2016
Meet Arncroach to look at the interpretation of an historic landscape and how it works with today’s modern farming practices.

3 November 2016
Meet indoors at the Students Union, Rehearsal Room, 2nd Floor

10 November 2016
Meet near Craigloun to look at a Knights Templar site and its associated workings.

Please note participants will need to be reasonably fit, have walking boots, and wear warm and waterproof clothing if needed.

Thursdays, 10.00-12.00 noon, unless dawn / dusk watch

Venue: As above. Patrick will update participants each week with exact meeting locations.

Semester 1: 8 week course
beginning on Thursday 22nd September 2016

*There may need a need to change the schedule at short notice due to the weather

Scottish Certificate, Advanced Diploma and Graduate Diploma in Jazz

In 1994 the University of St Andrews established the Scottish Certificate in Jazz and followed this in 1995 with the Advanced Diploma. In response to numerous enquiries from former students, the Graduate Diploma in Jazz was launched in 2009. The certificate and diplomas are aimed at professional, semi-professional and aspiring musicians. The courses run throughout the academic year and consist of study days, contact days and a final study weekend in St Andrews, combined with distance learning.

The courses are held in the Music Centre based at Younger Hall, North Street, St Andrews. This large building houses a concert hall seating up to 1,000 people and is the main concert venue in St Andrews. It hosts performances by professional and amateur musicians, including regular visits by the University’s Orchestra in Residence the Scottish Chamber Orchestra, a series of chamber music concerts by internationally renowned artists, weekly Wednesday lunchtime concerts, jazz nights and much more.

Scottish Certificate in Jazz
The aim of the Scottish Certificate in Jazz is to provide a grounding in jazz performance skills for jazz musicians who wish to expand their academic understanding, and also for musicians with no jazz experience who are eager to develop their work in this style, either for performance or teaching.

Advanced Diploma in Jazz
The aim of the Advanced Diploma in Jazz is to increase the knowledge and extend the skills of jazz musicians.

Graduate Diploma in Jazz
The aim is to provide a professional training in jazz performance skills with supporting theoretical studies.

For further details, please use the link below: www.st-andrews.ac.uk/study/non-degree/open-association/jazz
St Andrews Botanic Garden Trust

Please note: booking for these classes is through the Botanic Garden (not the Open Association). E: info@standrewsbotanic.org or T: 01334 476452 (10am-4pm, Monday to Friday)

10 September

Study Day
Building Arcadia: From Pulham Rock to Pergolas

Fees: Visitors: £50, Friends of the Botanic Garden: £45, Royal Horticultural Society members: £40. Lunch and refreshments are included.

Join us for this fascinating study day on the history of garden constructions and other artefacts. Five knowledgeable speakers on a wide range of topics from Pulham rock to pergolas, eyecatchers, fountains, sundials and statuary.

For further details and booking contact: E: info@standrewsbotanic.org

27 October

Wetlands Encore
Professor Chris Spray (University of Dundee)

Professor Chris Spray, Chair of Water Science and Policy, will continue his popular topic of last year, how swans utilise our wetland landscapes, in particular looking at recent changes in their use of wetlands and farmland. Then after the break, we will explore the whole issue of ‘What have water and wetlands ever done for us?’

3 November

Chilean forests plants from the driest desert and wettest forests on earth
Martin Gardner (RBGE)

A journey down the length of the Chilean Andes to discover the extraordinary plant life of this land of great extremes. Many parts of the Atacama Desert have never received any rain, yet plants abound. To the south the rainforests sustain an extraordinary array of species, many of which are familiar garden plants. We will also look at the recently published book ‘Plants from the Woods and Forests of Chile’ and discover how it was produced.

10 October

Painting the Bees of Scotland
Alison MacLeod

Ali MacLeod is a botanical and wildlife artist who teaches both practical and botanical history related courses at RBGE and at various art clubs and museums around Scotland, including St Andrews Art Club. She has spent the past decade creating a garden to encourage bees, butterflies, moths and birds to breed. As part of this year’s pollination theme at the St Andrews Botanic Garden, she is going to describe her recent project, painting miniatures of several bees of Scotland and the indigenous plants on which they feed and breed. After the break Ali will give a short art demonstration.

17 October

Poisoned by Plants
Professor Michael Stewart

Working in South Africa, clinical biochemist Professor Stewart discovered there was a downside to some traditional plant remedies used by local South African people. He and a small team set about relating clinical features of poisoning to the presence of lethal toxins in some of these plants. He will describe how his department developed methods for analysis and began to provide evidence for use in fatal cases of poisoning by plants.

24 October

Streptocarpus and other Glorious Gesneriads
Sadie Barber and Nate Kelso (RBGE)

A look at the diversity of Streptocarpus and other members of the Gesneriaceae family, such as Aeschynanthus, Petrocosmea, Primulina, Columnea, Nemaclanthus and Saintpaulia. These form one of the most actively studied groups in RBGE’s research collection, with investigations into growth forms, pollination syndromes and evolution. The session will be practically based, with tips on how to care for these beautiful plants at home and some useful propagation techniques.

6 October

Potatoes Round the World
John Marshall

An illustrated talk and display on potatoes through time and across continents, from Auchtermuchty to Mars via Xanadu and Chelsea; some interesting potato-linked historical artefacts to see, plus growing tips, recipes and a display of varieties.

13 October

Oriental Odyssey: Plant Hunting in Japan
Tom Christian (Royal Botanic Garden Edinburgh)

A journey through the forests of central Japan. This talk will follow the progress of a seed-collecting expedition from RBGE in 2013 that focused its collecting on a range of rare and threatened conifer species and their associated flora. The second half will discuss how our collections have fared since we got back, and some of the difficulties and challenges we have had getting them established in the nursery, ahead of distribution programmes.

October 2

Aspen Antics
Peter Livingstone (Eadha)

Eadha Enterprises is a small environmental charity based in Renfrewshire. The organisation specialises in the conservation, research, propagation and planting of rare native aspen trees, and the talk will take a broad look at aspen, its natural history and why it became rare, through to the recent upsurge in interest in it from an ecological and economic perspective. After coffee there will be a short review of the use of aspen on contaminated industrial sites (phytoremediation) and in other land reclamation projects.

8 week series
Botanic Bonanza Series 2016
Fees: 8 weeks course: £60 includes coffee. You may also book up to TWO individual classes at £8.50 each.
Enrolment, Fees & Funding

Enrolment
To enrol for an Open Association course please use our online shop facilities or complete the booking forms enclosed with this brochure and return it with the appropriate payment to the Open Association Office:

Open Association
St Katharine’s West
16 The Scores
St Andrews
KY16 9AX

Fees
Fees for all the courses are specified in the brochure.

Payments
The University’s preferred method of payment is online by debit or credit card. You can make online payments at: http://onlineshop.st-andrews.ac.uk select Product Catalogue, Short Courses, Summer Schools and Workshops, then Open Association.

Concession fees
Concession fees are available for:
• Senior citizens
• Registered unemployed
• Registered disabled
• Students
• Staff of the University of St Andrews

Proof may be required at enrolment.

Minimum class size
Some of our classes require minimum numbers in order to run. If a course is cancelled due to insufficient numbers, you will be notified before the course date and a full refund of the amount paid will be made. Please note that the refund has to be via the same payment method.

Refunds
Course fees will be refunded if you cancel your booking more than two weeks prior to the start of the course. In the event of a course being withdrawn due to insufficient enrolments, you will be advised of this before the due start date and you will of course receive a full refund.

Please let us know about any illness, medical condition or other additional requirement that could affect your participation in the Open Association programme. We can then ensure that appropriate arrangements are put in place to enable you to make the most of the opportunities we offer.

StAnza

StAnza 2017 Book Group

Wednesdays 5.30–7.30 pm
G6, St Katharine’s West
16 The Scores, 25 January, 8 February, 22 February, 2017
Free to attend.

Every March, StAnza’s spring festival brings a wide range of poetry to St Andrews, presenting poets past and present from around the world. In 2017 a Book Group will meet before the festival to read and discuss some of the poets who will feature at the festival. Members of the School of English at the University will lead three sessions, each considering the poetry of several poets.

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StAnza

StAnza 2017: 1 to 5 March 2017
StAnza celebrates poetry and related art works in Scottish and other cultures for the enjoyment, entertainment and education of those attending and taking part. For StAnza 2017, the 20th annual festival in St Andrews, more than 80 events will be programmed in exciting and atmospheric venues ranging from a medieval undercroft to the friendly buzzing scene in the festival hub. Audiences will be able to encounter poetry in all its forms in every variety of reading and performance, plus panel events and talks, from the annual StAnza Lecture to informal Poetry Breakfasts over coffee and pastries. More than 100 performers – world-class poets, other writers, musicians, film-makers and visual artists – will take part in this lively, stimulating, enjoyable and inclusive arts festival for all ages and interests which attracts a local and an international audience.

StAnza
Scotland’s International Poetry Festival
Nikos Kapralos Bandach in Airid

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## Contacts

**Open Association**  
St Katharine’s West, 16 The Scores  
St Andrews, Fife, KY16 9AX, Scotland (UK)

**Debbie Wilbraham**  
Course Administrator  
Hours of work:  
Monday 9.00 am - 4.00 pm, Tuesdays and Thursdays 9.00 am - 2.00 pm  
(These hours are subject to change)

**T:** +44 (0)1334 463232  
www.st-andrews.ac.uk/study/non-degree/open-association

**E:** open.association@st-andrews.ac.uk  
@StAUniOpenAssoc  
www.facebook.com/OpenAssociation

Do you use Facebook?  
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## Booking Form

### Your Details

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### Course Choices 2016-2017

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Customer Survey

We are always looking to improve our services and would be extremely grateful if you could take the time to complete the following questionnaire.

1. How did you hear about the Open Association:
   - Attended previous course
   - Library
   - Received brochure in the post
   - Poster
   - Website
   - Word of mouth
   - Other: 

2. How long have you attended classes with the Open Association: 
   number of years

3. Please indicate your highest previous qualification:
   - No previous qualification
   - Standard / O level, SCE Higher / A level, HNC Certificate of Higher Education
   - HND / Diploma of Higher Education
   - Ordinary / Honours degree (UK)
   - Graduate (other overseas)
   - Higher degree (UK)
   - Access
   - Graduate (EU)
   - Other, please specify: 

4. Do you have any course suggestions for the future:

Booking Form

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   - [ ] Other, please specify: __________________________

   (e.g. SVQs): __________________________

4. Do you have any course suggestions for the future: __________________________