



EN

# ONLINE DISCUSSION SHORT-COURSES

The focus of this course is to help YOU improve your English and feel more confident using English in a social setting! For more information about me, take a look at 'About us' on our website, [www.ajastudent.com](http://www.ajastudent.com). We look forward to seeing you on the course!

**Catherine Stepan**  
Qualified & Certified English Teacher  
Native English Speaker/Speak Czech  
Owner @ AJA Student

## Courses on offer:

- |   |   |
|---|---|
| 1. AJA Film Night for Ladies Only - 1 800 CZK         | 1. (10 x 75 min x weekly - Fridays 17.30 - 18.45)   |
| 2. AJA Film Night for Ladies and Gents - 1 800 CZK    | 2. (10 x 75 min x weekly - Thursdays 18.30 - 19.45)   |
| 3. Ladies Discussion Night - 1 600 CZK                | 3. (8 x 60 min x weekly - Fridays 19.00 - 20.00)  |
| 4. Girl Power for Young Ladies - 1 800 CZK            | 4. (8 x 60 min x weekly - Mondays 17.00 - 18.00)  |
| 5. Online Writing Course (A2, B1, B2, C1) - 1 800 CZK | 5. This course does not meet weekly – feedback is given for each task & at the end of the course) |

## Courses include:

- Online course on Zoom
- Weekly materials
- Journal self-reflection questions (optional)
- Online discussion forum on Edmodo
- Certificate of attendance
- 10% discount for next course or English retreat

## Payment options:

if paying into an account, please include your full name and which course you are registering for

Bank account # 220293220/0300

IBAN CZ 15 0300 0000 0002 2029 3220

invoice - email us your name and contact details to request an invoice

Paypal - [cabst@seznam.cz](mailto:cabst@seznam.cz) OR [paypal.me/ajastudent](https://paypal.me/ajastudent)



Any questions? Call or write us! :)

**Catherine Stepan @ 608 923 886**

**email: [info@ajastudent.com](mailto:info@ajastudent.com)**

# AJA FILM NIGHTS FOR WOMEN

10-WEEK 'DISCUSSION' COURSE

**Beginning Friday 29.1 until 9.4  
17.30 - 18.45 (75-minute sessions)**



Maximum - 10 ladies

## About the course:

This course is designed with films specially chosen with women in mind. These film nights will help you to improve your communication skills and your confidence in speaking English in a social setting. Each lesson focuses on a film with interesting discussion themes. We will talk about the film and the topics in our syllabus below. We will also send you weekly materials that includes vocabulary and phrases that will help you in our discussions. Each lesson you will also be given a reflection question that you can write your opinion on and your teacher will correct your English. The course is aimed at level B1 and up. We also understand that sometimes you may not watch the entire film. That is okay, we still want you to join.

## HOW DOES IT WORK?

**YOU WATCH THE FILM AT YOUR CONVENIENCE (WE WILL SEND YOU THE FILM) AND THEN WE DISCUSS IT:)**

**EVERY FILM NIGHT WE DISCUSS DIFFERENT THEMES - SEE BELOW**

### Film of the week

### Fridays 17.30 - 18.45 (75 min.)

**29.1**

**FILM 1 |  
9-5 (1980)**

- The world of work -fields and sectors
- Talking about what 'field' of work you are in
- What is the 'glass ceiling'?
- Parts of a film

**5.2**

**FILM 2 |  
THE BIG CHILL (1983)**

- Family & Relationships
- Comparing relationships
- What is an ideal relationship?

**12.2**

**FILM 3 |  
THE COLOR PURPLE (1985)**

- Discrimination
- Problems in relationships
- Issues dealing with racism

**19.2**

**FILM 4 |  
THE ACCUSED (1988)**

- Violence against women
- Male and female stereotypes
- What is the 'boys will be boys' culture?

**26.2**

**FILM 5 |  
THELMA & LOUISE (1991)**

- Road trips and travel
- Crazy and fun times
- Travel idioms
- What can go wrong on a trip?



Maximum - 10 ladies

**Every Friday 17.30 - 18.45 (75 min.)**

- **the course will not happen on Good Friday 2.4 and our last film night will be on 9.4**

**5.3**

**FILM 6 |  
FRIED GREEN TOMATOES (1991)**

- Owning and starting a business
- Food and eating
- Food idioms
- What are flashbacks in film?

**12.3**

**FILM 7 |  
LEGENDS OF THE FALL (1994)**

- Love triangles
- A country at war
- Struggling with loss
- What does it mean to 'live life to the fullest'?

**19.3**

**FILM 8 |  
ERIN BROCKOVICH (2000)**

- Talking about our environment
- What is a 'whistleblower'?
- What are some issues in our world

**26.3**

**FILM 9 |  
WILD (2014)**

- The road to self-discovery
- Doing what you need to for yourself
- Mindfulness
- How can mindfulness lead to self-discovery?

**9.4**

**FILM 10 |  
OCEAN'S 8**

- Taking charge of your life
- Doing things the unconventional way
- Soft-skills and life experience to succeed

**WE WILL DISCUSS THE FILM BUT IT IS OKAY IF YOU DID NOT HAVE TIME TO FINISH WATCHING THE FILM OF THE WEEK.**

**10 WEEKS,  
10 STUDENTS MAX  
10 REFLECTIVE QUESTIONS  
THAT CAN HELP YOU IMPROVE YOUR WRITING (OPTIONAL) AN  
ONLINE DISCUSSION FORUM JUST FOR OUR GROUP**



## About the course:

This course is for any woman who wants to practice speaking English in a comfortable zone. We will help you gain confidence speaking English in social situations. This may be the step you need to help you. It's simple - we speak about the topics below and we send you vocabulary and phrases in our materials each week. Why not give it a try?

## HOW DOES IT WORK?

**EACH WEEK WE FOCUS ON A TOPIC AND DISCUSS IT!**

**Fridays from 19.00 - 20.00 (60 min.) +CET time  
Online discussion forum on Edmodo just for us  
We will send you materials to you email**

**29.1**

### WEEK 1 | LIFE ONLINE & OFFLINE

- Getting to know each other
- Hobbies & Weekend activities
- What is your online presence?

**5.2**

### WEEK 2 | LET'S TALK ABOUT BUSINESS

- Let's talk about work
- Idioms connected with work
- What is your ideal job?

**12.2**

### WEEK 3 | MIND & BODY

- How do you keep your mind & body healthy?
- Idioms using mind
- What does mindfulness mean to you?

**19.2**

### WEEK 4 | ART & CREATIVITY

- Different genres
- Where do you visit for culture?
- Idioms for arts and culture

**26.2**

### WEEK 5 | DATING & RELATIONSHIPS

- Talk about family
- Talking about dating & marriage
- What is a good/bad relationship

**5.3**

### WEEK 6 | FOOD & CULTURE

- What food (cuisine) do we like/dislike?
- Ingredients, food and recipes
- What other culture do you enjoy?

**12.3**

### WEEK 7 | WHAT'S IN THE FUTURE?

- Talking about the future
- Future hopes and plans
- Where would you like to visit? Why?

**19.3**

### WEEK 8 | EMPOWER YOURSELF!

- What are your future goals?
- Idioms for dreams and goals
- What makes you strong?



## About the course:

This course is designed with films that both men and women will enjoy. These film nights will help you to improve your communication skills and your confidence in speaking English in a social setting. Each lesson focuses on a film with interesting discussion themes. We will talk about the film and the topics in our syllabus below. We will also send you weekly materials that includes vocabulary and phrases that will help you in our discussions. Each lesson you will also be given a reflection question that you can write your opinion on and your teacher will correct your English. The course is aimed at level B1 and up. We also understand that sometimes you may not watch the entire film. That is okay, we still want you to join. Why not give it a try?

## HOW DOES IT WORK?

**YOU WATCH THE FILM WHEN IT IS BEST FOR YOU. WE WILL SEND YOU A VERSION OF THE FILM. WE TALK ABOUT A FILM EACH WEEK AND THE TOPICS CONNECTED FOR THAT WEEK. EACH FILM NIGHT FOCUSES ON THE TOPICS BELOW:**

### 28.1 Film of the Week

### Thursdays 18.30 - 19.45 (75 min.)

#### FILM 1 | THE GODFATHER (1972)

- Family and traditions
- Weddings, Baptisms & Funerals
- Parts of a film

### 4.2

#### FILM 2 | THE BIG CHILL (1983)

- Relationships
- Comparing relationships
- What is an ideal relationship?

### 11.2

#### FILM 3 | THE COLOR OF MONEY (1986)

- Hobbies & pastimes
- Gambling and bad habits
- What is a hustle?

### 18.2

#### FILM 4 | KING OF NEW YORK (1990)

- Crime and violence
- The Criminal Justice System
- What are some slang terms for crime?

### 25.2

#### FILM 5 | UNFORGIVEN (1992)

- Does morality win over crime?
- Let's talk about the wild west
- What makes a western film?



**Every Thursday @ 18.30 - 19.45 (75 min.)**

**4.3**

**FILM 6 |  
FORREST GUMP (1994)**

- War and peace time
- Where does Gump travel to?
- What are flashbacks in film?

**11.3**

**FILM 7 |  
KINGPIN (1996)**

- Good and bad luck
- Practicing conditionals
- What makes a dark comedy?

**18.3**

**FILM 8 |  
OCEAN'S 11 (2001)**

- Personality types and skills
- Museums and art
- What is the perfect crime?

**25.3**

**FILM 9 |  
THE SOCIAL NETWORK (2010)**

- Technology and apps
- Idioms connected with technology
- How the digital age has changed our lives?

**1.4**

**FILM 10 |  
GREEN BOOK (2018)**

- Racism and racial issues
- Changes in society
- Can you and your boss be real friends?

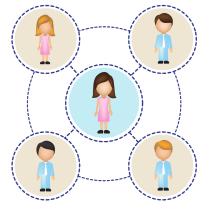
**WE WILL DISCUSS THE FILM BUT IT IS OKAY IF YOU DID NOT  
HAVE TIME TO FINISH WATCHING THE FILM OF THE WEEK.**

**10 WEEKS**

**10 STUDENTS MAX**

**10 REFLECTIVE QUESTIONS**

**THAT CAN HELP YOU IMPROVE YOUR WRITING (OPTIONAL)  
AN ONLINE DISCUSSION FORUM JUST FOR OUR GROUP**



Předem se omlouvám za chyby v češtině. Narodila jsem se a vyrůstala v New Yorku, takže čeština není můj první jazyk. Mluvím docela dobře, sice dělám chyby, ale myslím si, že chyby jsou fajn, pokud se člověk snaží.

Cílem tohoto kurzu je pomoci TOBĚ zlepšit tvoji angličtinu a udělám vše, abyste získaly sebedůvěru a sílu komunikovat v AJ! Podívejte se na 'O Nás' a zjistěte více o mně a mojí praxi.

Catherine Stepan  
Kvalifikovaná učitelka AJ &  
majitelka AJA Student



I apologise for my mistakes in Czech. I was born and raised in New York and Czech is not my first language. I speak it well enough, but I do make mistakes and mistakes are okay, as long as you try.

The focus of this course is to help YOU improve your English and I will do my best to do that! For more information about me, take a look at 'About us' on our website.

Catherine Stepan  
Certified English teacher &  
owner of AJA Student

Získejte více sebedůvěry ve své anglické dovednosti pomocí tohoto kurzu, zaměřeného na mladé dámy (ve věku 12 - 17 let).

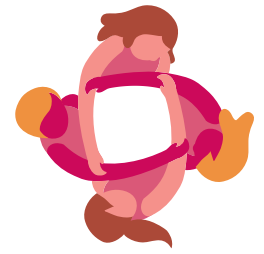
Budeme se učit a diskutovat o tématech, kterými se mladé dámy denně zabývají, a tématech, která podporují vnitřní sílu. Budeme procvičovat jazyk a gramatiku, hlavně mluvení, čtení a psaní.

Výsledky učení - Na konci kurzu získají mladé dámy sebevědomí nejen v mluvení a psaní v angličtině o tématech, které budeme pokrývat, ale také se budou cítit sebevědomější v tom, kým jsou.

Gain confidence in yourself and in your English skills with this course focused on young ladies (aged 12 - 17).

We will learn about and discuss themes that young ladies deal with daily and topics that promote inner strength. We will practise language and grammar mainly through Speaking, Reading and Writing.

Learning Outcome - By the end of the course, young ladies will gain confidence, not only with speaking and writing in English about the topics we will cover, but also feel more confident about who they are as young ladies.



A2

B1

**LESSON 1 |  
 WHAT IS GIRL POWER ABOUT?**

Learning outcome:  
 I know what the course is about and what I can expect in this course.  
 I understand the course contract and that I will do a mini-project in this course.  
 I can tell you why Girl Power is important.

This lesson will cover:  
 Orientation, rules & regulations  
 Learning Contracts  
 Using and navigating the LMS  
 Getting-to-know you activities (teacher, students, course & system)  
 Lexis connected with gender stereotypes and strength  
 Intro to journal

**LESSON 2 |  
 I AM UNIQUE**

Learning outcome:  
 I can tell you about my likes, dislikes and why I am unique.  
 I can define the terms identity and unique.  
 I can use different verbs to discuss my hobbies.  
 I can use different verb tenses in the past to tell you about a person in history who has the same birthday as me.

This lesson will cover:  
 Vocabulary and idioms connected with being unique & individuality  
 Different verbs to express likes and dislikes + verb patterns  
 Introduce mini-project

**LESSON 3 |  
 THERE'S NO 'I' IN TEAM  
 WHY TEAMWORK IS SO IMPORTANT**

Learning outcome:  
 I can tell you what makes a team work.  
 I can use modals should and have to to talk about rules.  
 I can use modals to talk about ability.

This lesson will cover:  
 Idioms connected with team  
 Vocabulary connected with team  
 Online team-building activities  
 Modals can/can't for ability  
 Modals of speculation, possibility/ obligation & necessity  
 Rubric for mini-project

**LESSON 4 |  
 HEALTHY MIND HEALTHY BODY**

Learning outcome:  
 I can talk about what equipment is needed to do different sports.  
 I can talk about what leisure activities I enjoy doing and how often I do them.  
 I can tell offer you different possibilities to reduce stress.

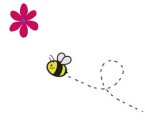
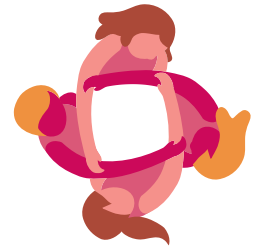
This lesson will cover:  
 Vocabulary & idioms connected with health & fitness  
 Adverbs of frequency  
 Adverbs of manner and time  
 Sports and equipment  
 Leisure activities to reduce stress  
 Mini-project talk

**Our Mission Statement**

**We aim to provide our students a relaxed educational environment where they can feel comfortable to develop their communication (listening, speaking, writing & cultural) skills in English and offer them the creative inspiration to become life-long learners of English.**

**Note: This course includes a mini-presentation either independently or in teams.**





THE TEACHER WILL MATERIALS  
BASED ON THE NEEDS & LEVEL OF  
THE GROUP

# GIRL POWER ENGLISH

## COURSE OUTLINE

### LESSON 5 | BODY CONFIDENCE

Learning outcome:  
I can talk about different pressures girls have about their bodies.  
I can evaluate issues girls face about their bodies.

This lesson will cover:  
Vocabulary & idioms connected with our body, body confidence & self-esteem  
Different disorders and symptoms  
Describing feelings, emotions & attitudes  
Mini-projects check-list

### LESSON 6 | ONLINE & OFFLINE

Learning outcome:  
I can describe my online activity  
I can compare my online life with my every day real life  
I can offer suggestions on how to stay safe online.

This lesson will cover:  
Vocabulary & idioms connected with technology  
Computer and online tech vocabulary  
Online dangers and how to be safe online  
Comparatives review  
Adjectives -ed/-ing

### LESSON 7 | ART & CREATIVITY

Learning outcome:  
I can share my opinion about what art I like best.  
I can ask my classmates what type of art/artist they prefer and why.  
I can compare different art works, describe them and tell you my opinion.  
I can tell you some information about an artist that I admire.

This lesson will cover:  
Vocabulary & idioms connected with the Arts & literature  
Agreeing/disagreeing  
Giving opinions  
Polite requests  
Asking for opinions  
Artist bio  
Last-minute Q&A on mini-presentations

### LESSON 8 | DRESS FOR SUCCESS

Learning outcome:  
I can tell you what I prefer wearing and using future expressions about what will be in fashion in the next season.  
I can describe different fashion outfits and what accessories match.

This lesson will cover:  
Vocabulary & idioms connected with clothing and fashion  
Future time (will & going to for predictions)  
Expressions related to future (next week, the day after tomorrow, in a year's time...)  
Mini-projects DUE!

**Your teacher will give you one-to-one feedback which covers an overview of your strengths and weaknesses, give you your end-of-course info and give you information on how to give feedback on this course.**