



Curiosity Keeps You Alive (the cat was just unlucky)

Remember when you were a child and everything fascinated you?



Curious Courses

You had an insatiable curiosity to find out more about the world around you. A couple of years ago, it dawned on me that I had been ploughing through life with blinkers on, just pedalling along without seeing the bigger and beautiful picture around me. I wanted to experience life rather than just watch the years tick by.

I decided to learn something new and different, but I wasn't sure what it was I wanted to do. I thought about attending some short courses on "fun subjects", just to try things out and see if they tickled my fancy or not. I wasn't able to find such short courses, but instead I realized I could set them up myself. That's when the idea for Curious Courses breathed its first breath of life.

The idea was to have short taster courses to spark your curiosity: an evening with a speaker who would give you an introduction into their topic of expertise. If you enjoyed finding out about the subject, then you could go into more depth yourself.

It started in a small way: an email out to friends with my first Curious Course back in January 2010. Since then, we have covered many different topics: some that focused on food such as Nutrition and Healthy Eating, Wine

(Sparkling and Red), Chocolate, British Cheese, Low Carbs, and Flavouring.

Other courses introduced lifestyle elements such as: Feng Shui, Traditional Chinese Medicine, Photography, Skincare, Colour & Style, Blogging, and Pilates. More unusual courses such as Hypnosis and Family Constellations have given participants the opportunity to try out something quite different as well.

We have also provided some Baby and Children orientated courses, helping parents encourage their babies to sleep and eat properly, or having kids out and about with professional cameras discovering photography.

As an example, the Chocolate Cravings course with Jack McNulty from Laughing Lemon provides a nice balance of education and interactivity. It starts with theory on the production of chocolate, and moves onto understanding how the important Swiss chocolate industry developed. Of course, a chocolate course would not be the same without the tasting of delicious chocolate throughout.

How a Curious Course works

The courses are held in English in different locations in central Zurich. The format can differ depending on

the course but in general, an evening course would typically start at 18:45 with registration and a welcome drink. The courses tend to be as interactive as possible, where the participants can ask questions throughout. At around 20:00 we take a short break with some light snacks, and then we continue until 21:00. Course notes are provided when appropriate. The course sizes vary but we have had between 6 and 25 people, typically around 15, a good size for interactivity.

It's always fun as you see the passion in the eyes of the speakers; it shines through. Participants have often commented that it was not only a nice evening, but also a great way to meet people in a relaxed and social environment.

The future?

People often ask me what's next for Curious Courses. What started out as something just for fun may lead to something bigger, helping people to reawaken their sense of curiosity.

The upcoming courses will bring you into the worlds of Chocolate Cravings, Photography, Makeup, Safari, NLP, and Cheese – to name just a few.

What are you Curious about?

Start with a Curious Course today and see where it will lead you. Will it help you to satisfy a curiosity whim, unleash that creativity of yours or help you to discover your passion? Who knows? Be Curious.

www.curiouscourses.ch



Selina Man Karlsson is British-born Chinese, married to a wonderful Swedish guy, and has been living in Zurich for the past 9 years. She loves chocolate, is a keen Toastmaster and has a curious soul.