



WE ARE M&N

The M&N Language HUB

Spring Term Programme

We have put together a list of curated series of experiences designed to help you learn, practise and live languages through culture, conversation and connection.

From film and literature to social experiences and hands-on learning, each event is designed to support your progress while keeping the experience enjoyable, social and meaningful.

Here is a list what's coming up next:

The M&N Learning Lab

Activities that directly improve language learning.

Start reading in another Language

Friday 24/04 at 10am - Café in the Corner, St. Albans
SP, FR, PT, IT

BOOK

Join our Reading Lab and discover how to start reading in another language with confidence. In this hands-on session, you will learn practical strategies to approach texts without feeling overwhelmed, explore different types of books for your level, and experiment with real examples in Spanish, French, Italian and Portuguese.

We will also introduce our curated library, designed to help you progress step by step, from your first pages to more advanced reading.

The Hub library launches the day after St Jordi, a beautiful spring tradition of roses and books that Maria and Nuria hold very close to their hearts. Do you know about it?

The M&N Language Social

Selected activities to improve your communication skills whilst you socialise

Language Walk and Talk

26/04 at 10 am - Sandridge walk + pub (meet in front Heartwood Cafe & Tea rooms).
IT, SP, FR

BOOK

Join our Language Walk & Talk thought to be a relaxed way to practise languages while meeting new people.

We will take a casual walk, chat in different languages, and finish in a local pub for a drink and more conversation. No pressure, no level required, this is just a chance to use the language in real life and connect with others.

Wine and cheese tasting

**05/06 at 7pm - The Cheeseladder, Hatfield Road, St Albans
IT, SP, FR, PT**

Cost: TBC Places limited (come first basis).

BOOK

Join us for a Mediterranean Wine & Cheese Experience, where we will explore the flavours of Portugal, Spain, France and Italy in a relaxed and social setting.

Through guided tastings, simple language activities and cultural insights, you'll discover how to describe flavours, learn key expressions, and connect with others. No expertise required.

A perfect blend of taste, culture and conversation.

Garden Cooking Evening: Mediterranean Table at Maria's

**27/06 at 3pm - Maria's (93 Colney Heath Lane)
IT, SP, FR, PT**

Cost: TBC Places limited (come first basis).

BOOK

Join us for a Garden Cooking Evening at Maria's in this relaxed and social evening where food, language and culture come together.

In small groups, you will prepare simple Mediterranean dishes while learning useful vocabulary and expressions in Spanish, French, Italian and Portuguese.

We will then gather around a shared table to enjoy the meal, connect with others, and continue the conversation in a warm, informal setting. Bring your own drinks.

The M&N Cultural gatherings

A fun and enriching way of digging deeper into the languages we learn

The HUB FILM CLUBS:

French Film Club – L'etranger- François Orzon

Watch trailer: <https://youtu.be/Wz47ooKCOu8?si=O73r29m29IPzkGfQ>

Screening

05/05 at 7.30 pm Odyssey Cinema

Discussion guided by our French tutor, Céline

7/05- 7 pm- The White Hart Hotel

BOOK

Alger, 1938. Meursault, un jeune homme d'une trentaine d'années, modeste employé, enterre sa mère sans manifester la moindre émotion. Le lendemain, il entame une liaison avec Marie, une collègue de bureau. Puis il reprend sa vie de tous les jours. Mais son voisin, Raymond Sintès vient perturber son quotidien en l'entraînant dans des histoires louches jusqu'à un drame sur une plage, sous un soleil de plomb... Adaptation de L'Étranger d'Albert Camus.

Italian Film Club – La Grazia, Paolo Sorrentino

Watch trailer: https://youtu.be/zvOn44a_IHo

Screening

11/05 at 7.30pm Odyssey Cinema

13/05 at 12.30 pm Odyssey Cinema

Discussion guided by our Italian tutor, Cinzia

13/05- 3.30 pm Odyssey Cinema

BOOK

Italian president Mariano De Santis is a devout Catholic and an experienced legal scholar; when faced with a host of problematic decisions - including signing off on a bill legalising euthanasia in Italy, and pardoning a woman who killed her abusive husband - he is forced to confront his own moral virtues.

Premiering at Venice International Film Festival, Toni Servillo won the Volpi Cup for Best Actor for his performance as President Mariano De Santis in this enigmatic exploration of power and moral duty.

THE HUB BOOK CLUBS:

French Book Club - *No et Moi* (Delphine de Vigan)

02/06- 7 pm Specked Hen

Discussion guided by our French Tutor, Jo.

BOOK

A poignant French novel about Lou, a 13-year-old genius with an IQ of 160, who feels isolated at school and home. For a school project, she befriends No, an 18-year-old homeless girl. The story follows their intense friendship and Lou's attempt to help No

Spanish Book Club *También esto pasará* (Milena Busquets)

27/05 7 pm The Crown, St Albans

Discussion guided by Maria and Núria.

BOOK

"También esto pasará" is the story of the grief of a daughter who desperately loved her mother. When Elena dies, Blanca, surrounded by loved ones, travels to her childhood home, where she will confront what she has been running from her entire life.

Mediterranean Cultural Evening

8/05 7 pm- The Crown

IT, SP, FR, PT

BOOK

Join us for a Mediterranean Cultural Evening where language meets experience. Travel through Portuguese, Spanish, French and Italian cultures in one evening through interactive games, quizzes, and cultural challenges.

From food and music to cinema and everyday expressions, this event is designed to help you explore languages in a fun, social, and accessible way. Come ready to play, discover, and connect. No advanced level required.

And if you **want some more**, there is more coming:

- Italian Book Club
- Visit to Luigi Chirri Exhibition
- Frida Kahlo and Diego Rivera documentary + discussion
- Sirat film discussion

What's included in your M&N Language Hub membership?

As a member, you'll have free access to:

- Structured Conversation Meetups
 - Our growing library of books
 - Film Club (guided discussion)
- Book Club (read beforehand + group conversation)
- Priority booking and reduced rates for social events
- A rewards scheme: a chance to get discounted rates on weekly lessons or books when you are a regular at our events.

Extra activities (payable) may include:

- Cultural outings such as exhibitions, theatre, concerts, cooking workshops, language workshops, wine tasting and more.

"The M&N Hub" is a members-only space offering extra ways to enrich your learning through curated activities connected to art, cuisine, books, cinema and social events. All designed to reinforce the language in a natural, enjoyable way.