CONTINUING STUDIES @UVIC

Upcoming Humanities Courses

HUMANITIES AND SOCIAL SCIENCES

Fall 2026

Elbows Up? The Politics Behind Why Canada is Not America

Delivery style: Online Synchronous
Date: Mondays, Nov. 9 to 23
Time: 6 to 8 pm
Fee: $88 plus GST
Code: ASHI863 2026F D01
Instructor: Dr. Ali Elyasi

President Trump has stated that the border drawn on a map between Canada and America is artificial. Tariffs on a traditional ally and the rhetoric of the 51st state are making widespread headlines. What makes Canada unique in its sovereignty, politics, institutions and values? With their geographic proximity, the two political regimes are both liberal democracies, but institutional arrangements are different. Canadian sovereignty is a result of those differences of values. This course examines the history, institutions and political cultures of Canada and America to understand why Canada cannot be subsumed into the United States.

Register https://continuingstudies.uvic.ca/humanities-social-sciences-and-law/courses

Savouring the Screen: Food Culture in Chinese Cinema

Delivery style: Face to Face
Date: Mondays, Nov. 9 to 30
Time: 2 to 4 pm
Fee: 113 plus GST
Code: ASHI901 2026F C01
Instructor: Han Li

Explore the rich landscape of Chinese culture through the sensory lens of cinema and cuisine. Investigate how filmmakers use cooking and dining to tell stories about family dynamics, social change and personal identity. Share your own cultural memories while learning about the historical and philosophical significance of different regional flavours across China. Discover how a simple bowl of noodles or an elaborate banquet can reflect deep emotions and power structures within a changing society.

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Fantastical Cartography: Geofiction and Mapmaking

Delivery style: Online Synchronous
Date: Tuesdays, Nov. 10 to 24
Time: 6 to 8 pm
Fee: $88 plus GST
Code: ASHI871 2026F D01
Instructor: Camryn Riccitelli

Geofiction is the study of fantasy or fictional landscapes using maps generated by either the author or fans. Learn about geographic and cartographic principles through the study of the maps found in fictional worlds such as The Hobbit or Game of Thrones. Through this cartographic study, you will develop an appreciation for geography by exploring unique fictional landscapes that adhere to geographic principles. This course is for curious minds, readers, writers, game players or creators, and geographers.

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Buddhist Advice for Wisdom-Based Love

Delivery style: Face to Face
Date: Saturdays, Nov. 14 to Dec. 5
Time: 10 am to noon
Fee: $113 plus GST
Code: ASHI893 2026F C01
Instructor: Gen Kelsang Zopa

We all wish to experience enduring love—the feelings of affection and warmth that continue to grow over time—between partners, family and close friends. But how do we maintain harmonious relationships without sliding into fault-finding, resentment or indifference? This course will introduce us to special Buddhist insights and meditations for developing a wisdom-based love that is a foundation for a truly joyful and meaningful approach to life.

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International Relations and Global Affairs for Citizens

Delivery style: Online Synchronous
Date: Wednesdays, Nov. 18 to Dec. 16
Time: 6 to 7 pm
Fee: $76 plus GST
Code: ASHI914 2026F D01
Instructor: Alex Josifov

International relations can seem complex, fast-moving, and distant from everyday life, yet global affairs shapes news, elections, migration, trade, security, climate policy, human rights, and Canada's role in the world. This course offers an accessible introduction to international relations for engaged citizens and community learners. You will explore core concepts including states, sovereignty, power, diplomacy, conflict, cooperation, international law, the United Nations, global governance and foreign policy. The emphasis is on personal enrichment, civic understanding, and informed discussion of world affairs.

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Creating Sustainable, Safe, and People-Centred Allyship

Delivery style: Online Synchronous
Date: Thursday, Nov. 19
Time: 10 am to 1 pm
Fee: $48 plus GST
Code: ASHI909 2026F D01
Instructor: Char Wong-Richardson and Andrea McCoy

This is a practical, people-centred workshop designed to help you move beyond surface-level allyship—from performative gestures toward grounded, relational and sustained action. Rooted in trauma-informed facilitation, real-world scenario practice, and Indigenous-informed learning principles, this course builds your confidence and skills to notice harm, interrupt bias, and repair trust without making it about yourself.

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The Political Spectrum

Delivery style: Face to Face
Date: Friday, Nov. 20
Time: 1 to 3 pm
Fee: $36 plus GST
Code: ASHI902 2026F C01
Instructor: Paul Clark

This course will help you gain a clear and concise understanding of the differences between the left wing, right wing, and centralist political orientations. The differences will be analyzed with consideration to political orientations and different values or goals, taxation policy (for businesses and individuals), involvement in the economy, and philosophical foundations.

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Unsettling BC History

Delivery style: Face to Face
Date: Thursday, Nov. 26
Time: 1 to 4 pm
Fee: $48 plus GST
Code: HI864 2026F C01
Instructor: Pia Russell

How do we know what we know about the history of BC? This course introduces you to the history of textbooks used in BC public schools during the first 50 years of the province's history. By critically re-reading commonly taught social and political assumptions, we may see the truth and omissions more clearly. These unique historical sources can serve as transformational objects for truth-telling towards reconciliation. With a clearer eye towards the past, we may begin to re-learn the important lessons needed for Indigenous and non-Indigenous communities to be in better relation with one another.

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Christmas in Old Victoria

Delivery style: Online Synchronous
Date: Wednesday, Dec. 2
Time: 1 to 3 pm
Fee: $ 36 plus GST
Code: ASHI436 2026F D01
Instructor: John Adams

Christmas was observed as a religious event during the early days of Fort Victoria, but by the time the Fraser River Gold Rush began in 1858 it had started to take on a more secular appearance. Find out how Christmas was observed in Victoria during the 19th century, from the annual decoration of the churches to the competition between butcher shops for the fanciest store window displays. In this illustrated talk, John Adams will draw upon the reminiscences of Emily Carr, Dr. John S. Helmcken and many other residents of the city who vividly describe their Christmas traditions and memories. If you think that the commercialization of Christmas is a recent phenomenon, you will be amazed to discover it was happening here back in the 1880s.

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Politics and Religion: A Sign of the Times

Delivery style: Face to Face
Date: Monday, Dec. 14
Time: 6 to 8 pm
Fee: $36 plus GST
Code: ASHI915 2026F C01
Instructor: Andrew Wender

The intersection between politics and religion is a striking characteristic throughout contemporary global affairs, especially for acculturated observers and the narrative that “church” and “state” can be held apart. Drawing on diverse examples, we will consider the latest critical perspectives on how and why religious experiences, doctrine and symbolism have a prominent, political presence and influence. We will discuss environments from cyberspace to political rallies, the asymmetric battlefield to the diplomacy table, and embodied traditions from Christian nationalism in the United States to imperial messianism from places like Russia.

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You can also register by phone: 250-472-4747

Humanities, Social Sciences and Law
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