






















Shaw College
Student Development Programmes
2023/24 (1st Term)

Category	Programme Name	Programme Highlights	Date/Period And Time	Language	Details and Enrollment	Deadline
First Year Engagement Programme	Boot Camp	Self-exploration, making friends	6-8 Oct 2023 (Fri-Sun)	Cantonese		18 Sep 2023 (Mon)
Art for life	Classical Guitar and Compose Workshop for Beginners	Provide fundamental guitar-playing techniques and composing skills	26 Sep, 2, 10, 17, 24, 31 Oct & 7, 14 Nov (Tue) 7:30 – 9:00pm	Cantonese		15 Sep 2023 (Fri)
Community Service Programme	Caring Heart Community Service Project Scheme 2023/24	Provide subsidy to support student service projects	Nov 2023 – late Jul 2024	N/A		Late Oct 2023
Work Experience Programme	Shaw College Leadership Development Programme-The 7 habits of highly effective people	A better career preparation by learning 7 habits for enhancing personal efficacy	28 Oct and 4 Nov 2023 (Sat) 9:30am-5:30pm	Cantonese		13 Oct 2023 (Fri)
Language and Culture Enhancement Programme	Daily Cantonese Workshop For Non-Local Students	Equip non-local students with basic Cantonese communication skills	24, 31 Oct & 7, 14 Nov 2023 (Tue) 7:00pm-9:00pm	Cantonese / English		4 Oct 2023 (Wed)

	IELTS Preparation Workshop	Intensive preparation for IELTS (Academic) test	25 Oct & 1, 8, 15 Nov 2023 (Wed) 6:00pm-8:00pm	English		4 Oct 2023 (Wed)
	“The King & I” Musical Appreciation and Sharing	Musical appreciation and post-musical sharing workshop	7 Oct 2023 (Sat) 8:00pm-10:15pm & 13 Oct 2023 (Fri) 6:30pm-8:00pm	English		17 Sep 2023 (Mon)
	First steps in Hispanic Culture and Language	Master the basics of Spanish and understand Spanish culture	19, 26 Oct (Thu) 6:30pm-8:30pm	Spanish / English		4 Oct 2023 (Wed)
	Shaw College Toastmasters Club Open House Meeting	Improve speaking English and speech-writing, build confidence for public speaking	14 Sep 2023 (Thu) 7:00pm-9:00pm	English		13 Sep 2023 (Wed)
Mindfulness Programme	A thought of Wingchun Workshop	Promote self-awareness and resilience through Wingchun	14 Oct 2023 (Sat) 10:00am – 5:00pm	Cantonese	Enrollment to be open soon	28 Sep 2023 (Thu)
	A bite of Chocolate Workshop	Promote self-awareness and resilience through chocolate-making	28 Oct 2023 (Sat) 10:00am – 5:00pm	Cantonese	Enrollment to be open soon	12 Oct 2023 (Thu)
Make a Wish Scheme		Provide subsidy to realize students’ dreams which contribute to the community	2023/24	N/A		Mid Oct 2023

Mentorship Programme	Alumni Sharing	Alumni will share the roads to success	10 Oct 2023(Tue) 7:00 - 7:45pm 8:00 - 9:30pm	Cantonese		TBC
Sports and Recreation Courses	K-Pop Dance		3, 10, 17, 24, 31 Oct, 7 Nov 2023 (Tue) 6:30pm – 8:00pm	Cantonese		25 Sep 2023 (Mon)
	Pilates		11, 18, 25 Oct, 1, 8, 15 Nov 2023 (Wed) 7:00pm – 8:30pm	Cantonese		25 Sep 2023 (Mon)
	Thai Boxing (A)		5, 12, 19 Oct, 2, 9, 16, 23, 30 Nov 2023 (Thu) 6:30pm – 8:00pm	Cantonese		25 Sep 2023 (Mon)
	Thai Boxing (B)		6, 13, 20, 27 Oct, 3, 10, 17, 24 Nov 2023 (Fri) 6:30pm – 8:00pm	Cantonese		25 Sep 2023 (Mon)
	Kayak (1-Star Award)		21 Oct 2023 (Sat) 9:30am – 5:00pm	Cantonese		25 Sep 2023 (Mon)

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	Kayak (2-Star Award)		28 Oct 2023 (Sat) 9:30am – 5:00pm	Cantonese		25 Sep 2023 (Mon)
	Wing Chun		12 Oct 2023 (Thu) 7:00pm – 9:00pm	Cantonese		25 Sep 2023 (Mon)
	Karate		14 Nov 2023 (Tue) 7:00pm – 9:00pm	Cantonese		25 Sep 2023 (Mon)