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Student Development Programmes (2024/25, 2nd Term)

Category	Programme Name	Programme Highlights	Date/Period And Time	Language	Details & Enrollment	Deadline	Diversified General Education Activity^
First Year Engagement Programme	“Strengths Profile” Self-discovery Workshop	Through conducting an assessment and an analysis from the trainer, the workshop helps students identify their strengths, thus gain more understanding on how to develop themselves in study and everyday life.	13 Jan 2025 (Mon) & 4 Feb 2025 (Tue), 18:30 – 21:30	Cantonese/English	Enrollment Closed		✓
Art for life	Classic Guitar and Composition Workshop for Beginners	Provide fundamental guitar-playing techniques and composing skills.	23 Jan 2025, 6, 13, 20, 27 Feb 2025, 13, 20, 27 Mar 2025 (Thu) 19:00 – 20:30	Cantonese	Enrollment Closed		
	Shaw Choir	Serve as a music exchange platform to encourage the Shaw members to explore the joy of music together	Weekly practice session (Every Wednesday 19:00-21:00)	Cantonese/English		21 Jan 2025 (Tue)	
Community Service Programme	Caring Heart Community Service Project Scheme 2024/25	Service projects are planned and implemented by the students and subsidized by the College.	Nov 2024 – late Jul 2025	N/A		20 Jan 2025 (Mon), 9am	



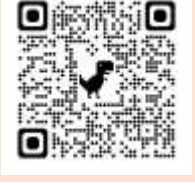

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	Hong Kong Sign Language Workshop	Learning basic Hong Kong sign language and understanding deaf culture	6, 13, 20 & 27 Feb 2025 (Thu) 18:45 – 20:45	Hong Kong Sign Language & Cantonese		20 Jan 2025 (Mon), 1pm	✓ (Must attend at least three sessions)
Cultural Integration Programme	Chinese New Year Party	Welcome exchange students	14 Jan 2025 (Tue) 19:00 – 21:00	English	Completed		
	Pictorial Seals Workshop	Learn about the history of seals, study utensils, and experience seal cutting to make seals of the twelve zodiac signs	22 Feb 2025 (Sat) 10:00 – 12:00	English		12 Feb 2025 (Wed)	✓
Language and Culture Enhancement Programme	"Wuthering Heights" Musical Appreciation	Musical appreciation and after-musical sharing session (optional)	26 Mar 2025 (Wed) 19:30 - 22:30	English	Enrollment Closed		✓
	Basic Korean & Korean Culture Workshop for Beginners	<ul style="list-style-type: none"> Introduces basic Korean language, with a focus on speaking and listening skills Examines traditional and contemporary Korean culture Paper-folding of Korean traditional costume 	17, 24 Feb 2025 10, 17 Mar 2025 (Mon) 18:30 - 20:30	Korean / English		26 Jan 2025 (Sun)	
	Basic Thai & Thai Culture Workshop	Master the basics of Thai and understand Thai culture	19, 26 Feb 2025 12, 19, 26 Mar 2025 (Wed) 18:30 - 20:00	Thai / English		26 Jan 2025 (Sun)	
Mindfulness Programme	Two Days of Comfort: Mind Retreat	An overnight retreat to restore your peace of mind	4 – 5 Jan 2025 (Sat – Sun)	Cantonese	Completed		✓

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			10:30 (4 Jan) – 16:00 (5 Jan)				
	Voices from HEART	Combining meditation with vocal training to enhance self-awareness, allowing you to discover your most comfortable and natural voice while using your voice flexibly.	15 Feb 2025 (Sat) 10:00 – 17:00	Cantonese		4 Feb 2025 (Tue)	✓
	· ME · ME · WE · Art Therapy Workshop	Through games and artistic techniques such as painting or handicrafts to express your creativity, meet new friends and enjoy me-time	19 Feb 2025 (Wed) 18:00 – 20:30	Cantonese		12 Feb 2025 (Wed)	
Make a Wish Scheme	Make a Wish Scheme 2024/25	Provide subsidy to realize students' dreams which contribute to the community	AY2024/25	N/A		10 Feb 2025 (Mon), 9am	
Work Experience Programme	One-On-One Career Guidance Session 『Myers-Briggs Type Indicator® (MBTI) × Career for Your Type』 2025	One-on-one career guidance: instructor and students will explore personality type preferences and analyze how they affect students' career choices. Students' difficulties about career development will also be answered.	Jan to Mar 2025 (The College would schedule appointments with successful applicants)	Cantonese		27 Jan 2025 (Mon)	
	“Dress to Impress” Workshop	<ul style="list-style-type: none"> • Outfit and Color Matching Advices • Personal Coloring Demonstration • Color Psychology Theories • Dress code and styling tips in different occasions (i.e. interview, workplace) 	24 Feb 2025 (Mon) 18:30 – 20:30	Cantonese /English		7 Feb 2025 (Fri), 9am	

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Environmental Sustainability Activities	Subsidy Scheme on Environmental Enhancement Projects	Launch your own green project	All year round	Cantonese /English	Enrollment Closed	
	Dragon's Back Eco Tour X Hiking with Freedom		25 Jan 2025 (Sat) 09:00 – 13:30	English		17 Jan 2025 (Fri)
Sports and Recreation Courses	Fitness Workshop		23 Jan 2025 (Thu) 18:30 – 20:00	Cantonese		21 Jan 2025 (Tue)
	Pilates		11, 18, 25 Feb, 11, 18, 25 Mar 2025 (Tue) 19:00 – 20:30	Cantonese		3 Feb 2025 (Mon)
	Sport Climbing		5, 12, 19 Feb, 12, 19 Mar 2025 (Wed) 18:30 – 20:30	Cantonese		23 Jan 2025 (Thu)

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	Tennis Class		4, 11, 18, 25 Feb, 11, 18 Mar 2025 (Tue) 18:30 – 20:00	Cantonese		23 Jan 2025 (Thu)	
	Thai Boxing		6, 13, 20, 27 Feb, 13, 20 27 Mar & 3 Apr 2025 (Thu) 18:30 – 20:00	Cantonese		23 Jan 2025 (Thu)	

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