



















Shaw College  
Student Development Programmes  
2022/23 (1<sup>st</sup> Term)




Category	Programme Name	Programme Highlights	Date/Period And Time	Language	Details and Enrollment	Deadline
First Year Engagement Programme	Art Healing Workshop	Alcohol ink painting	11 Oct 2022 (Tue) 7-8:30pm	Cantonese / English		27 Sep 2022 (Tue)
	Boot Camp	Self-exploration, making friends	8-9 Oct 2022 (Sat-Sun)	Cantonese / English		22 Sep 2022 (Thur)
	Hiking with Dr. Allan Au	Hiking, sharing of travel · writing and meaningful University life by Dr. Allan Au	5 Nov 2022 (Sat) 9:30am-6pm	Cantonese		30 Sep 2022 (Fri)
Art for life	Classical Guitar and Music Composition Workshop for Beginners	Learning basic guitar playing skills; music composition	27 Sep & 11, 18, 25 Oct & 1, 8 Nov 2022 (Tue) 7pm-9pm	Cantonese		14 Sep 2022 (Wed)
	HK Dance Company - Anthology of Korean Folk Dance 'Myth of Dancing Durumi' with	Korean Folk Dance	9 September 2022 (Fri)	Cantonese, Putonghua or Korean		4 Sep 2022 (Sun)

	Meet-the-Artists Session					
<b>Community Service Programme</b>	Caring Heart Community Service Project Scheme 2022/23	Provide subsidy to support student service projects	Winter break and 2 <sup>nd</sup> term 2022/23	N/A		Winter projects 14 Oct 2022 (Fri)  2 <sup>nd</sup> term projects 11 Nov 2022 (Fri)
<b>Language and Culture Enhancement Programme</b>	Putonghua Proficiency Test Preparation Workshop	Putonghua Proficiency Test Preparation	28 Sep 5,12,19 Oct 2022 (Wed) 7pm-9pm	Putonghua		25 Sep 2022 (Sun)
	Survival Cantonese Workshop For Non-Chinese Speaking Students	Equip non-local students with basic Cantonese communication skills	29 Sep & 6, 13, 20 Oct 2022 (Thur) 7:30pm-9:30pm	Cantonese / English		18 Sep 2022 (Sun)
	Basic Korean & Korean Culture Workshop for Beginners	Introduces basic Korean language and culture	28 Sep & 5, 12, 19, 26 Oct (Wed) 7pm-9pm	Korean / Putonghua		18 Sep 2022 (Sun)
	IELTS Preparation Workshop	Intensive preparation for IELTS (Academic) test	19,26 Sep & 3,10,17 Oct 2022 (Mon) 7pm-8:30pm	English		12 Sep 2022 (Mon)
	<b>Mindfulness Programme</b>	Relax with Freedom	Stretching/ breathing exercises led by Freedom	21, 28 Sep 5, 12, 19,26 Oct 2022 (Wednesday)	Cantonese / English	

	Mindful Tour	Mindfulness practices and zen art exhibition	8 Oct 2022 (Sat) 9:30am-1pm	Cantonese		29 Sep 2022 (Thur)
	Photography x Meditation Workshop	Mindfulness and photography practices	09 October 2022 (Sun) 2pm-5pm <b>OR</b> 17 October 2022 (Mon) 2pm-5pm	Cantonese /English		2 Oct 2022 (Sun)
<b>Exchange Programme</b>		Overseas exchange for 1 term or 1 year	2023/24	N/A	Call for applications soon	To be confirmed
<b>Make a Wish Scheme</b>		Provide subsidy to realize students' dreams which contribute to the community	2022/23			24 Oct 2022 (Mon)
<b>Mentorship Programme</b>		Broaden students' horizons by building up a supportive network with mentors	Jan – Dec 2023	N/A	Call for applications since November 2022	To be confirmed
<b>Cultural Integration Programme</b>	Outing at Tai Po Kau Nature Reserve	Hiking and plant sketch	1 Oct 2022 (Sat) 2-5pm	Cantonese / English		22 Sep 2022 (Thur)
<b>Environmental Sustainability Activities</b>	Subsidy Scheme on Environmental Enhancement Projects	Launch your own green project	All year round	Cantonese /English		14 Oct 2022 (Fri)

	<ul style="list-style-type: none"> <li>Eco-Photography Workshop</li> <li>Eco-Photography Competition and Exhibition</li> </ul>	Eco photography	Nov 2022	Cantonese	Enrollment to be open soon	To be confirmed
IT Sharing Sessions	Adobe Photoshop Workshop (Elementary)	Introduce basic Adobe Photoshop skills	Oct, Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
	Adobe Photoshop Workshop (Advanced)	Introduce advanced Adobe Photoshop skills	Oct, Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
	Adobe Illustrator Workshop (Elementary)	Introduce basic Adobe Illustrator skills	Oct, Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
	Adobe Illustrator Workshop (Advanced)	Introduce advanced Adobe Illustrator skills	Oct, Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
	Adobe Premiere Pro Workshop (Elementary)	Introduce basic Adobe Premiere Pro Skills	Oct, Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
	Adobe Premiere Pro Workshop (Advanced)	Introduce advanced Adobe Premiere Pro skills	Oct, Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
	Camtasia Workshop (Elementary)	Introduce basic Camtasia skills	Oct or Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed

	Microsoft Excel Workshop (Elementary)	Introduce basic Microsoft Excel skills	Oct or Nov 2022 (Date to be confirmed)	Cantonese	Enrollment to be open soon	To be confirmed
<b>Sports and Recreation Courses</b>	K-pop Dance		11, 18, 25 Oct, 1, 8, 15 Nov 2022 (Tue) 6:30pm – 8pm	Cantonese		3 Oct 2022 (Mon)
	Thai Boxing		6, 13, 20, 27 Oct, 3, 10, 17, 24 Nov 2022 (Thu) 6:30pm – 8pm	Cantonese		29 Sep 2022 (Thu)
	Pilates		Oct, Nov 2022 (Date to be confirmed)	Cantonese		30 Sep 2022 (Fri)
	Lacrosse		6, 13, 20 Oct, 3, 10, 17 Nov 2022 (Thu) 6:30pm – 8pm	Cantonese		29 Sep 2022 (Thu)
	Tennis		11, 18, 25 Oct, 1, 8, 15 Nov 2022 (Tue) 6pm – 8pm	Cantonese		5 Oct 2022 (Wed)

	Fitness Workshop		10 Oct 2022 (Tue) 6pm – 8pm	Cantonese		11 Oct 2022 (Tue)
	Kayak (1-star Award)		22 Oct 2022 (Sat) 9:30am – 5pm	Cantonese		30 Sep 2022 (Fri)
	Basic Windsurfing Training Course		29-30 Oct 2022 (Sat, Sun) 9:30am – 5pm	Cantonese		7 Oct 2022 (Fri)