Shaw College
Student Development Programmes
2023/24 (2nd Term)

Category	Programme Name	Programme Highlights	Date/Period And Time	Language	Details and Enrollment	Deadline
Mindfulness Programme	'MakeZen' Series x 'Zen Art Daily': Movie watching Kungfu Stuntman + Post-screening Sharing	Experience mindfulness through film sharing and conversation with guests	24 Feb 2024 (Sat) 3:00pm -6:00pm	Cantonese	Completed	
	Mindfulness Nagomi Pastel Art Workshop	Live in the present, calm your mind and body, and express your emotions with or without any experience in painting.	22 Mar 2024 (Fri) 7:00pm-8:30pm	Cantonese	Enrollment Closed	
	'MakeZen' Series x 'Zen Art Daily': A handmade rattan coaster		23 Mar 2024 (Sat) 10:00am-5:00pm	Cantonese	Enrollment Closed	
Arts for life Programme	Photographing My Vision	Develop students' skilled photography abilities and learn to express themselves via the camera	21, 28 Feb, 2, 9, 16, 20 Mar 2024 (Wed, Sat)	Cantonese	Enrollment Closed	
	Chinese Calligraphy Class	The learning process not only cultivates one's sentiment and	6, 13, 20, 27 Mar, 10 Apr 2024 (Wed) 7:00pm-9:00pm	Cantonese	Enrollment Closed	

		enhances artistic accomplishment but also promotes intellectual growth and longevity, serving as a means to relieve stress.			
Community Service Programme	Caring Heart Community Service Project Scheme 2023/24	Provide subsidy to support student service projects	All year around	N/A	Enrollment Closed
	Volunteer Management Training Game Design Workshop	To prepare students' readiness as volunteers to serve the community by equipping them with knowledge and skills of volunteering, game designing, and promoting their leadership.	26 Jan 2024 (Fri) 7:00pm-10:00pm	Cantonese	Completed
	Hong Kong Sign Language Workshop	Learning Basic Hong Kong Sign Language and understanding Deaf Culture	22, 29 Feb, 7, 14 Mar (Thu)	Cantonese	Completed
Cultural Integration Programme	Chinese New Year Party	Welcome exchange students	24 Jan 2024 (Wed)	English	Completed
	Cultural Integration Ambassador Scheme	Cultivate students with global perspective to promote cultural integration	Training activity: 31 Jan 2024 (Wed)	Cantonese/ English	Enrollment Closed
	Cape D'Aguila Eco Tour	Explore the history, culture and nature of Hong Kong	25 Feb 2024 (Sun)	English	Completed

	Dr. Sun Yat-sen Historical Trail: Walking through Urban Hong Kong in the Past	Know about urban Hong Kong in the past along the trail	3 Mar 2024 (Sun)	English	Activity Cancelled	
Language and Culture Enhancement Programme	Basic Japanese & Japanese Culture Workshop	Master the basics of Japanese and understand Japan culture	5, 19, 26 Feb (Mon) 6:30pm-8:00pm	Japanese / English	Completed	
	Shaw College Toastmasters Club Open House Meeting	Improve one's English speaking and writing skills, build confidence on public speaking	11 Jan 2024 (Thu) 7:00pm-9:00pm	English	Completed	
Work Experience Programme	One-On-One Career Guidance Session: 『Myers-Briggs Type Indicator® (MBTI) ✕ Career for Your Type』	Understand how your personality type preferences influence your career options	Apr 2024	Cantonese		26 Mar 2024 (Tue)
	Visit of Customs Headquarters Building	Understand the history of CED Understand the duties and characteristics of CED	22 Mar 2024 (Fri) 2:00pm-4:00pm	Cantonese	Enrollment Closed	

	Job Interview Training Workshop	To know more about: Interview Dos and Don'ts Common Interview Questions Employer Expectation Interview Simulation The prospects of financial and insurance industry	12 Apr 2024 (Fri) 3:30-5:30pm	Cantonese		26 Mar 2024 (Tue)
Mentorship Programme	Alumni Sharing - Journey from CUHK to an Ambidextrous CEO	Aaron Lee (IBBA/2000), the Group Chief Executive of Jardine Restaurant Group (JRG), would share his experience in leading the overall business strategy of JRG, as well as the Pizza Hut and KFC operations.	26 Mar 2024 (Tue) 7:00pm-9:30pm	Cantonese		20 Mar 2024 (Wed)
Make a Wish Scheme	Make a Wish Scheme 2023/24	Provide subsidy to realize students' dreams which contribute to the community	All year round	N/A	Enrollment Closed	
Environmental Sustainability Activities	Subsidy Scheme on Environment Enhancement Projects	Launch your own green project	All year round	Cantonese/English	Enrollment Closed	
	CUHK Shaw College x Aromafunapy Workshop	Explore the world of aromatherapy and experience the making of hydrosol	23 Mar 2024 (Sat) 12:45 pm – 4:30 pm	Cantonese	Enrollment Closed	

	2030 SDGS Game	We will lead everyone into a time tunnel, challenging the conventional modes of thinking and action, shaping the vision of the world in 2030	11 Mar 2024 (Mon) 6:30 pm – 9:15 pm	Cantonese	Completed
Sports and Recreation Courses	K-Pop Dance		20, 27 Feb, 5, 12, 19, 26 Mar 2024 (Tue) 6:30pm – 8:00pm	Cantonese	Enrollment Closed
	Pilates		16, 23 Feb, 1, 8, 15, 22 Mar, 5, 12 Apr 2024 (Fri) 6:15pm – 7:15pm	Cantonese	Enrollment Closed
	Yoga		16, 23 Feb, 1, 8, 15, 22 Mar, 5, 12 Apr 2024 (Fri) 7:30pm – 8:30pm	Cantonese	Enrollment Closed
	Thai Boxing		1, 8, 22, 29 Feb, 7, 14, 21, 28 Mar 2024 (Thu) 6:30pm – 8:00pm	Cantonese	Enrollment Closed
	Tennis		7, 21, 28 Feb, 6, 13, 20, 27 Mar, 3 Apr 2024 (Wed) 6:00pm – 7:00pm	Cantonese	Enrollment Closed
	Golf Elementary Class		19, 23, 26 Feb, 1, 4 Mar (Mon & Fri) 5:30pm – 7:30pm 8 Mar 2024 (Fri) 3:00pm – 5:00pm	Cantonese	Completed
	Kayak (1-Star Award)		15 May 2024 (Wed) 9:30am – 5:00pm	Cantonese	Enrollment Closed

	Introduction to Sailing Training Course (Level 1)		11-12 May 2024 (Sat & Sun) 9:30am – 5:00pm	Cantonese	Enrollment Closed
IT Sharing Sessions	Adobe Premiere Pro Workshop (Elementary)	Introduce basic Adobe Premiere Pro Skills	23 Feb 2024 (Fri) 7:00pm – 9:00pm	Cantonese	Completed
	Adobe Premiere Pro Workshop (Advanced)	Introduce advanced Adobe Premiere Pro skills	1 Mar 2024 (Fri) 7:00pm – 9:00pm	Cantonese	Completed
	Adobe Premiere Pro Workshop (Advanced)	Introduce advanced Adobe Premiere Pro skills	15 Mar 2024 (Fri) 7:00pm – 9:00pm	Cantonese	Completed
	Microsoft Excel Workshop (Elementary)	Introduce basic Microsoft Excel skills	26 Feb 2024 (Mon) 7:00pm – 9:00pm	Cantonese	Completed
	Canva Workshop (Elementary)	Introduce basic Canva skills	12 Mar 2024 (Tue) 7:00pm – 9:00pm	Cantonese	Completed
	Canva Workshop (Elementary)	Introduce basic Canva skills	19 Mar 2024 (Tue) 7:00pm – 9:00pm	Cantonese	Completed
Summer Programmes		The programmes provide a diverse array of learning activities with the aim of empowering students to acquire knowledge, expand their horizons, and foster personal growth.	May – Aug 2024		Enrollment Closed