# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



Sam WELLNESS SERIES (FOR COPORATE TEAM BUILDING / EVENTS)							
Courses	Content	Duration	Training Schedule	Course Fee Per Pax			
Unlock your Ikigai: Transform Passion into Profession (Coming Soon!)  Who should attend the course: Anyone interested in discovering their true calling and integrating it into their profession.	<ul> <li>Discover their career aspirations and key limitations using interactive methods and Oh Cards.</li> <li>Identify their passions and talentFundamental Pastry Preparation</li> <li>s and learn how to integrate these into their professional growth using Neurographica methods</li> </ul>	9 Hours	Session: 1 Day: 9am to 6pm  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 313.92			
Effective Goal Setting using Holistic Approach (Coming Soon!)  Who should attend the course: Anyone looking to overcome barriers to achieving personal and professional goals	<ul> <li>Discover their current state of mind and its importance in setting and achieving goals.</li> <li>Learn techniques to calm and focus the mind for better goal setting.</li> <li>Identify their passions and incorporate them into realistic and achievable goals.</li> <li>Internalize these goals for greater success and personal empowerment.</li> </ul>	4 Hours	Session: 0.5 Day: 9am to 1pm or 2pm to 6pm  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 183.12			
Alternative Approach to achieve Effective Communication at Workplace (Coming Soon!)  Who should attend the course: Anyone looking to overcome barriers to achieving personal and professional goals	The importance of effective communication at work  Common communication barriers and how to overcome them  Strategies for resolving conflicts  Techniques for self-reflection and understanding personal communication styles  Methods to calm the mind for improved communication	4 Hours	Session: 0.5 Day: 9am to 1pm or 2pm to 6pm  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: \$\$ 183.12			
Confidence and Self-Esteem: A Transformative Approach using Neurographica method (Coming Soon!)  Who should attend the course: Anyone interested in personal growth and transformation using creative and reflective methods	<ul> <li>Discover their self-perceptions and identify limiting beliefs</li> <li>Undergo a transformative process to improve self-confidence and self-esteem</li> <li>Learn reflective techniques to understand their personality and self-ideal</li> <li>Identify and address gaps between their current and ideal self</li> <li>Dissolve self-conflicts and internalize positive self-affirmations</li> </ul>	4 Hours	Session: 0.5 Day: 9am to 1pm or 2pm to 6pm  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: \$\$ 183.12			

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	PASTRY & BAKERY – WSQ COURSES						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax			
Who should attend the course: New entrants to the industry and/or people who love to bake  Course Reference Number: TGS-2022015371  TSC Code: FSS-FBS-1017-1.1	<ul> <li>Introduction – History and Evolution of Pastry</li> <li>Introductions to Pastries</li> <li>Bakeshop Math</li> <li>Product Qualities</li> <li>Prepare the following:         <ul> <li>Mango Swiss Roll</li> <li>French Meringue</li> <li>Choux Paste, Sablée Crust, Chocolate Chantilly</li> <li>Lychee Martini Shortcake</li> <li>Chocolate Brownie</li> <li>Banana Crumble Cake</li> <li>Madeleine</li> <li>Financier</li> </ul> </li> </ul>	46 Hours	Session: 6 days   (Day 1 to 5: 9am – 6pm, Day 6: 9am – 4pm)     Intake	Full Course Fee incl. GST: S\$ 1,083.02  1b, 2, 5,7 Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 324.91  3, 7 Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 126.19  6, 7 Nett Course Fee Payable for SMEs, incl. GST: S\$ 126.19  6Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year			
Fundamental Pastry Preparation  Who should attend the course: New entrants to the industry and/or people who love to bake  Course Reference Number: TGS-2022015356  TSC Code: FSS-FBS-2017-1.1	<ul> <li>Introduction &amp; Overview</li> <li>Make Tarts &amp; Short-Crust Pastries</li> <li>Make Cookies</li> <li>Make Quick Breads</li> <li>Assembling &amp; Decorating Basic Cakes</li> <li>Prepare the following:         <ul> <li>Tarte Bourdaloue</li> <li>Tarte Tatin</li> <li>English Scones</li> <li>Double Chocolate Chips Cookies</li> <li>Chocolate Fudge Cake</li> <li>Baked Cheesecake</li> </ul> </li> </ul>	38 Hours	Session:   5 days   (Day 1 to 4: 9am – 6pm, Day 5: 9am – 4pm)     Intake	Full Course Fee incl. GST: S\$ 894.67  1b, 2, 5,7Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 268.40  3, 7Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 104.24  6, 7Nett Course Fee Payable for SMEs, incl. GST: S\$ 104.24  6Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year			

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	PASTRY & BAKERY – WSQ COURSES							
Courses	Content	Duration	Training Schedule	Course Fee Per Pax				
Who should attend the course: New entrants to the industry and/or people who love to bake  Course Reference Number: TGS-2022015361  TSC Code: FSS-FBS-1004-1.1	<ul> <li>Explain with an understanding of foundational knowledge skills on how they can acquire in making basic bread products.</li> <li>Outline the baking science such as baker percentages and formulas.</li> <li>Describe the various functions of ingredients in making basic breads.</li> <li>Emphasize technique required in attaining quality breads.</li> <li>Apply standards of professionalism to the baking industry.</li> <li>Prepare the following:         <ul> <li>Olive Tomato Focaccia</li> <li>3 Strand Raisin Bread</li> <li>Milk Bread Loaf</li> <li>French Baguette</li> </ul> </li> </ul>	26 Hours	Session:   4 days   (Day 1 to 3: 9am – 5pm, Day 4: 9am – 3pm)     Intake	Full Course Fee incl. GST: S\$ 612.14  1b, 2, 5, 7 Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 183.64  3, 7 Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 71.32  6, 7 Nett Course Fee Payable for SMEs, incl. GST: S\$ 71.32  6Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year				
Fundamental Bread Preparation  Who should attend the course: New entrants to the industry and/or people who love to bake  Course Reference Number: TGS-2022015355  TSC Code: FSS-FBS-2004-1.2	<ul> <li>Perform the baking of basic level of standards breads.</li> <li>Demonstrate a mastery of baking principles in bakery production.</li> <li>Incorporate standardized recipe adjustment into bakery track.</li> <li>Examine the quality and analyse the texture of breads.</li> <li>Suggest corrections to the baking faults to attain desired outcomes.</li> <li>Prepare the following:         <ul> <li>Chicken Floss Bread</li> <li>Pandan Kaya Bread</li> <li>Red Bean Paste Bun</li> <li>Hotdog Cheese Bread</li> </ul> </li> </ul>	22 Hours	Session:   3 days   (Day 1 to 2: 9am – 6pm, Day 3: 9am – 4pm)     Intake	Full Course Fee incl. GST: S\$ 517.97  1b, 2, 5, 7 Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 155.39  3, 7 Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 60.35  6, 7 Nett Course Fee Payable for SMEs, incl. GST: S\$ 60.35  6Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year				

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### LIFESTYLE PROGRAMME CALENDAR



CoursesContentDurationTraining SAsian Desserts• Use recipes and methods of preparing different Asian cold dishes and desserts.38 HoursSession: 5 full dayCourse Reference Number: TGS-2022015339• Identify principles of preparing Asian cold dishes and desserts • Apply techniques for preparing Asian cold dishes and(Day 1 - 4)	Full	ourse Fee Per Pax
Asian cold dishes and desserts.  Course Reference Number: TGS-2022015339  Asian cold dishes and desserts.  Identify principles of preparing Asian cold dishes and desserts		II Commission L CCT CC004 C7
TSC Code: FSS-FBS-2002-1.2  desserts. Identify types, complementary combinations and correct proportions of garnishes suited for Asian cold dishes and desserts.  Explain the impact of cold temperature on flavour of cold desserts.  Explain types and functions of gelatine and gelatine-substitute products.  Ensure consistency of preparing Asian cold dishes  1 2 3 4 Registrate comments  Venue: CLASS@S	10, 2, 3 (Sing Hold 10, 02, 08, 09, 15 Feb 2025 14, 15, 21, 22, 28 Jun 2025 06, 07, 13, 14, 20 Sep 2025 08, 09, 15, 16, 22 Nov 2025 100 closes 1 week before course cement.	Il Course Fee incl. GST: S\$894.67  1.5.7Nett Course Fee Payable after SSG Grant, incl. GST in apporeans/PRs/Long Term Visit Pass Plus iders ≥ 21 years old): S\$268.40  Nett Course Fee Payable after MES Grant, incl. GST in apporeans ≥ 40 years old): S\$104.24  Nett Course Fee Payable for SMEs, incl. GST: S\$104.24  Dissentee Payroll is at S\$4.50 per hour, capped at 100,000 per enterprise per calendar year

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	CULINARY – WSQ COURSES								
Courses	Content	Duration	Training Sc	hedule	Course Fee Per Pax				
Basic Western Dry-heat Dish Preparation and Cooking	<ul> <li>Describe the principles of dry heat cooking.</li> <li>Describe the 9 different techniques of dry</li> </ul>	46 Hours	Session: 6 days		Full Course Fee incl. GST: S\$ 1,083.02				
Who should attend the course: New entrants to the industry and/or people who love to cook  Course Reference Number: TGS-2022015342  TSC Code: FSS-FBS-1021-1.1	<ul> <li>bescribe the use of salt and pepper and gravy and sauces in dry heat dishes.</li> <li>Describe the use of smoking, brining and marination to introduce flavours into dry heat dishes.</li> <li>Describe the different condiments used to accompany dry-heat dishes such as: Mustard, Pickles and relishes, Dips and Chutney.</li> <li>Describe the use of Herbs and Spices.</li> <li>Describe the qualities and characteristics of listed ingredients: Poultry, Beef, Lamb, Fish and Seafood.</li> <li>Prepare the following: <ul> <li>All About Eggs (Scrambled, Sunny Side-Up, French Omelette)</li> <li>Healthy Grilled Chicken Breast with Caesar Salad</li> <li>Hamburger with Thick Cut Fries</li> <li>Battered Seafood Basket (Deep fried Fish and Prawns)</li> <li>Pan-Grilled Squid Stuffed with Quinoa</li> </ul> </li> </ul>		Intake  1 2 3 4 Registratio commence Venue: CLASS@SH	ATEC, Orchard Spring Ln, Level 5 Tourism Court,	1b, 2, 5,7 Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 324.91  3, 7 Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 126.19  6, 7 Nett Course Fee Payable for SMEs, incl. GST: S\$ 126.19  6 Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year				

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



CULINARY – WSQ COURSES							
Courses	Content	Duration	Training Schedule	e	Course Fee Per Pax		
<b>Fundamental Western Dry-Heat Dish</b>	<ul> <li>Identify quality characteristics of Western dry-</li> </ul>	22 Hours	Session:		Full Course Fee incl. GST: S\$ 517.97		
Preparation and Cooking	heat dishes.		3 days				
	<ul> <li>Use recipes and methods of preparing different</li> </ul>		(Day 1 & 2: 9am –	– 6pm, Day 3: 9am – 4pm)	<sup>1b, 2, 5,7</sup> Nett Course Fee Payable after SSG Grant, incl. GST		
Who should attend the course:	types of Western dry heat dishes.				(Singaporeans/PRs/Long Term Visit Pass Plus		
New entrants to the industry and/or people who	<ul> <li>Complementary, combinations of spread, filling,</li> </ul>		Intake	Date	Holders ≥ 21 years old): S\$ 155.39		
love to cook	and garnish ingredients best suited for different		1	19, 20, 21 Feb 2025			
	types of sandwiches and wraps.		2	23, 24, 25 Apr 2025	<sup>3, 7</sup> Nett Course Fee Payable after MES Grant, incl. GST		
Course Reference Number: TGS-2022015360	Caramelisation process and importance of even		3	25, 26, 27 Jun 2025	(Singaporeans ≥ 40 years old): S\$ 60.35		
	caramelisation.		4	20, 21, 22 Aug 2025	67		
TSC Code:	<ul> <li>Various use of compound butters.</li> </ul>		5	29, 30, 31 Oct 2025	6.7Nett Course Fee Payable for SMEs, incl. GST: S\$ 60.35		
FSS-FBS-2002-1.2	<ul> <li>Methods of presenting finished products.</li> </ul>		6	10, 11, 12 Dec 2025			
	<ul> <li>Artistic balance of complementary flavours,</li> </ul>		Registration close	es 1 week before course	<sup>6</sup> Absentee Payroll		
	colours, shapes and textures in garnishes, food		commencement.		Absentee Payroll rate at S\$ 4.50 per hour, capped at		
	product and plate.				S\$ 100,000 per enterprise per calendar year		
	<ul> <li>Methods of assessing suitable colour, height,</li> </ul>		<u>Venue:</u>				
	shape, and texture in finished products		CLASS@SHATEC,	Orchard			
	Prepare the following:			Ln, Level 5 Tourism Court,			
	- Handmade Crabcakes with Fresh Tartare		Singapore 247729	9			
	Sauce						
	- Roast Chicken with Gravy in Pita Bread						

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



		CULINARY- WSC	COURSES		
Courses	Content	Duration Training Schedule			Course Fee Per Pax
Basic Western Cold Dish Preparation  Who should attend the course: New entrants to the industry and/or people who love to cook  Course Reference Number: TGS-2022015340  TSC Code: FSS-FBS-1020-1.1	<ul> <li>Types and uses of kitchen tools and equipment.</li> <li>Types, characteristics, functions, and quality indicators of ingredients.</li> <li>Methods to measure ingredients.</li> <li>Methods and techniques of handling knives for Western cold dishes.</li> <li>Importance of controlling time and temperature at various stages of preparation.</li> <li>Impact of heat and vinegar on ingredients.</li> <li>Impact of different types of oils and acidic ingredients on characteristics of emulsion sauces.</li> <li>Common faults in Western cold dishes preparation and how to prevent them.</li> <li>Methods of storing ingredients and finished products.</li> </ul>	Duration 26 Hours	Session: 3 days (Day 1 to 3:  Intake 1 2 3 4 Registration commencem  Venue: CLASS@SHA 1 Orchard Sp	9am – 5pm, Day 4: 9am – 3pm)  Date  08, 15, 22, 29 Mar 2025  07, 14, 21, 28 Jun 2025  06, 13, 20, 27 Sep 2025  06, 13, 20, 27 Dec 2025  closes 1 week before coursement.  TEC, Orchard pring Ln, Level 5 Tourism Court,	Full Course Fee incl. GST: S\$ 612.14  1b, 2, 4, 5, 7 Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 183.64  3, 4, 7 Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 71.32  6, 7 Nett Course Fee Payable for SMES, incl. GST: S\$ 71.32  6Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year
Eundamontal Scofood Storage and	<ul> <li>Types of sauces, garnishes, condiments, herbs, and spices used in Western cold dishes.</li> <li>Prepare the following:         <ul> <li>Nicoise Salad</li> <li>Mayonnaise</li> <li>Green Goddess Sauce</li> <li>Italian Vinaigrette Sauce</li> <li>Tatare Sauce</li> <li>Spiced Carrot Sauce</li> <li>Radish and Carrot Pickle</li> <li>Prawn Sandwich</li> </ul> </li> </ul>	22 Hours	Singapore 24	47729	Full Course Fee incl. CST: SS F17.07
Fundamental Seafood Storage and Fabrication  Who should attend the source.	<ul> <li>Identify fish parts and their respective usage and purposes.</li> <li>Recognise the nutritional value of different types of</li> </ul>	22 Hours	<u>Session:</u> 3 days (Day 1 & 2:	9am – 6pm, Day 3: 9am – 4pm)	Full Course Fee incl. GST: S\$ 517.97  1b, 2, 4, 5, 7 Nett Course Fee Payable after SSG Grant, incl.
Who should attend the course:  New entrants to the industry and/or people who love to cook	seafood.  • Prepare the following:  - Crabcakes  - Pasta with Mussels		Intake 1 2	<b>Date</b> 18, 19, 20 Feb 2025 17, 18, 19 Jun 2025	GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 155.39  3, 4, 7Nett Course Fee Payable after MES Grant, incl. GST
Course Reference Number: TGS-2022015357	<ul> <li>Fish Stock</li> <li>Clam Chowder</li> <li>Pan Fry Fish in Compound Butter</li> </ul>		3 4 Registration	16, 17, 18 Sep 2025 02, 03, 04 Dec 2025 closes 1 week before course	(Singaporeans ≥ 40 years old): S\$ 60.35  6. 7Nett Course Fee Payable for SMES, incl. GST: S\$ 60.35
TSC Code: FSS-FBS-2018-1.1	- Simmered Octopus Leg		_	TEC, Orchard oring Ln, Level 5 Tourism Court,	<sup>6</sup> Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



CULINARY – WSQ COURSES						
Courses	Content	Duration	Training Sch	edule	Course Fee Per Pax	
<b>Fundamental Specialty Cuisine Preparation &amp;</b>	• Identify quality characteristics of specialty	38 Hours	Session:		Full Course Fee incl. GST: S\$ 894.67	
Cooking	cuisine dishes.		5 days			
	Use recipes and methods of preparing		(Day 1 to 4	: 9am – 6pm, Day 5: 9am – 4pm)	1b, 2, 5,7 Nett Course Fee Payable after SSG Grant, incl. GST	
Who should attend this course:	different types of specialty cuisine dishes.				(Singaporeans/PRs/Long Term Visit Pass Plus	
Hobbyists and fresh entrants to the industry with	Apply methods of presenting finished		Intake	Date	Holders ≥ 21 years old): S\$ 268.40	
a budding interest in culinary	products.		1	04, 11, 18, 24, 25 Jan 2025		
	Maintain artistic balance of complementary		2	01, 02, 08, 09, 15 Mar 2025	3, 7Nett Course Fee Payable after MES Grant, incl. GST	
Course Reference Number: TGS-2022015372	flavours, colours, shapes and textures in		3	01, 08, 15, 22, 29 Mar 2025	(Singaporeans ≥ 40 years old): S\$ 104.24	
	garnishes, food product and plate.		4	03, 10, 17, 24, 31 May 2025	674 4 6 5 5 5 4 6 6 6 6 6 6 6 6 6 6 6 6 6	
TSC Code:	Apply methods of assessing suitable colour,		5	05, 12, 19, 26, 27 Jul 2025	<sup>6, 7</sup> Nett Course Fee Payable for SMEs, incl. GST: S\$ 104.24	
FSS-FBS-2019-1.1	height, shape, and texture in finished		6	06, 07, 13, 14, 20 Sep 2025	6Abaartaa Darmall	
	products.		7	06, 13, 20, 27, 28 Sep 2025	6Absentee Payroll	
	Prepare the following:		8	01, 08, 15, 22, 29 Nov 2025	Absentee Payroll rate at \$\$ 4.50 per hour, capped at	
	<u>French</u>		Registration	n closes 1 week before course	S\$ 100,000 per enterprise per calendar year	
	- Boeuf Bourguignon		commencer	nent.		
	- Pomme Anna					
	<u>Italian</u>		<u>Venue:</u>			
	- Fresh Ravioli		_	ATEC, Orchard		
	- Fresh Pasta Carbonara		1	pring Ln, Level 5 Tourism Court,		
	<u>Spanish</u>		Singapore 2	47729		
	- Salmorejo					
	- Suquet de Peix					
	- Paella (Chicken)					
	Middle Eastern					
	- Chicken Kebab					
	- Baba Ghanoush					
	- Shakshuka					
	Mexico					
	- Corn Meal Taco					
	- Quesadilla					
	- Chicken Tinga					
	- Salsa Verde					
	- Salsa verue					

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



CULINARY – WSQ COURSES							
Courses	Content	Duration	Training Sched	dule	Course Fee Per Pax		
Fundamental Western Moist-Heat Dish Preparation and Cooking  Who should attend the course:	<ul> <li>Identify quality characteristics of Western moist heat dishes.</li> <li>Use recipes and methods of preparing different types of Western moist heat dishes.</li> <li>Apply complementary combinations of</li> </ul>	22 Hours	Session: 3 days (Day 1 & 2: 9a	am – 6pm, Day 3: 9am – 4pm)	Full Course Fee incl. GST: S\$ 517.97  1b, 2, 4, 5, 7 Nett Course Fee Payable after SSG Grant, incl. GST (Singaporeans/PRs/Long Term Visit Pass Plus Holders ≥ 21 years old): S\$ 155.39		
New entrants to the industry and/or people who love to cook  Course Reference Number: TGS-2022015362  TSC Code:	<ul> <li>spread, filing and garnish ingredients best suited for different types of pasta and sandwiches.</li> <li>Understand the importance of seasoning, herbs, and spices.</li> <li>Apply methods of presenting finished products</li> </ul>		1 2 3 4 5 6 Registration of	22, 23, 24 Jan 2025 26, 27, 28 Mar 2025 21, 22, 23 May 2025 23, 24, 25 Jul 2025 24, 25, 26 Sep 2025 19, 20, 21 Nov 2025 loses 1 week before course	3, 4, <sup>7</sup> Nett Course Fee Payable after MES Grant, incl. GST (Singaporeans ≥ 40 years old): S\$ 60.35  6, <sup>7</sup> Nett Course Fee Payable for SMES, incl. GST: S\$ 60.35  6Absentee Payroll		
FSS-FBS-2022-1.1	<ul> <li>Apply methods to prepare flavourful cooking liquids.</li> <li>Understand the importance of matching aromatics and cooking liquids to main food ingredients.</li> <li>Maintain artistic balance of complementary flavours, colours, shapes and textures in garnishes, food product and plate.</li> <li>Apply methods of assessing suitable colour, height, shape, and texture in finished products.</li> <li>Prepare the following:         <ul> <li>Soups and Stocks (White Chicken Stock, Cream of Mushroom)</li> <li>Seafood Pasta: Mussels in Marinara Sauce</li> </ul> </li> </ul>		commenceme  Venue: CLASS@SHATE	nt.  EC, Orchard  ing Ln, Level 5 Tourism Court,	6Absentee Payroll Absentee Payroll rate at S\$ 4.50 per hour, capped at S\$ 100,000 per enterprise per calendar year		

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### LIFESTYLE PROGRAMME CALENDAR



MASTERCLASSES MASTERCLASSES							
Courses	Content	Duration	Training Schedule	Course Fee Per Pax			
Peranankan Masterclass: A Heritage Feast by Nonyanita Peranakan (NEW!)  Who should attend the course: Culinary enthusiasts, aspiring chefs, foodies,	<ul> <li>Prepare the following</li> <li>Ayam Buah Keluak</li> <li>Nonya Chap Chye</li> <li>Banana Santan</li> </ul>	3 Hours	Session: Half-Day (9am – 12pm)  Intake Date 1 TBA	Full Course Fee incl. GST: S\$174.40  Early Bird Special Course Fee incl. GST: S\$139.52  (Until 31 October 2024, 23:59 hrs)			
home cooks, beginners, and intermediate cooks.			Registration closes 2 weeks before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729				
Flavors of Excellence: A Gourmet Journey with Chef Benny  Who should attend the course: Culinary enthusiasts, aspiring chefs, foodies, home cooks, beginners, and intermediate cooks.	Prepare the following     Chicken Dum Biryani     Lamb Curry	3 Hours	Session: Half-Day (9am – 12pm)  Intake Date 1 TBA  Registration closes 5 weeks before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$174.40  Early Bird Special Course Fee incl. GST: S\$139.52 (Until 31 October 2024, 23:59 hrs)			

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### LIFESTYLE PROGRAMME CALENDAR



Courses	Content	Duration	Training Schedule	Course Fee Per Pax
Flavours of Indonesia  Who should attend this course: Foodies, home cooks, beginners, and intermediate cooks	<ul> <li>Introduction to Indonesian Cuisine</li> <li>Preparation of regional dishes from different parts of Indonesia</li> <li>Introduction to techniques for making traditional Indonesian cuisine</li> <li>Prepare the following:         <ul> <li>Menu 1: Regional Specialties</li> <li>Nasi Liwet Bandung</li> <li>Mutton Rendang (Minangkabau)</li> <li>Klepon</li> <li>Menu 2 Sambal Sensations: Exploring Chilli Pastes</li> <li>Sambal Terasi</li> <li>Sambal Uleg</li> <li>Sambal Nenas</li> <li>Sambal Tempoyak</li> <li>Menu 3 Streetside Bites: Indonesian Street Eats</li> <li>Rujak Uleg</li> <li>Karedok</li> <li>Asinan Bogor</li> <li>Menu 4 Indulgent Sweets: Delightful Desserts</li> <li>Martabak Manis</li> <li>Serabi Bogor</li> <li>Menu 5 Sweet Temptations: Indonesian Dessert</li> <li>Delights</li> <li>Bubur Sago Durian</li> <li>Es Teler</li> </ul> </li> </ul>	3 Hours	Session: Half-Day (9am – 1pm)     Intake	Full Course Fee incl. GST: S\$ 139.52 per session

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### LIFESTYLE PROGRAMME CALENDAR



	MASTERCLASSES MASTERCLASSES						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax			
Who should attend the course: Culinary enthusiasts, aspiring chefs, and anyone interested in mastering the art of Chinese dumplings and delicacies.	<ul> <li>Prepare the following:         <ul> <li>Pan-Fried Chicken Buns (生煎包)</li> <li>Steamed Buns (小笼包)</li> <li>Chinese Dumplings / Potstickers (锅贴)</li> <li>Salted Egg Yolk Custard Buns (流沙包)</li> <li>Colorful Weaved Bean Paste Buns (彩織豆沙包)</li> <li>Shrimp Chinese Pancakes (虾仁煎锅饼)</li> <li>Tianjin Pulled Fresh Bean Cake (天津拉丝鲜豆糕)</li> <li>Osmanthus Red Bean Cake (桂花红豆松饼)</li> </ul> </li> </ul>	12 Hours	Session: 2 days (Day 1 & 2: 9am – 4pm)  Intake Date 1 10 & 11 Apr 2025  Registration closes 5 weeks before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 1,087.82			
The Art of Wagashi: Crafting Exquisite Japanese Confections  Who should attend this course: Hobbyists with an interest in Japanese confections and traditional dessert making, and professional chefs.	<ul> <li>Learn how to cook Shiro-an white bean paste and koshi-an / adzuki red bean in class</li> <li>Learn how to cook nerikiri ingredients with zero wastage calculation with simple formulas</li> <li>Learn how to utilize tools and cutters to create design in the class and after the class</li> <li>Learn how to create color gradients with simple and easy to follow techniques</li> <li>Employ the traditional and contemporary methods to curate beautiful Japanese sweets</li> </ul>	18 Hours	Session: 3 days (9am – 4pm)  Intake Date 1 7 – 9 Mar 2025  Registration closes 1 month before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5, Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 838.00 SHA Members' Fee incl. GST: S\$ 670.40  Early Bird Fee incl. GST: S\$ 588.00 (Registration till 31 Dec 2024, 2359hrs)			

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



WELLNESS						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Basic Kombucha Brewing Workshop (New!)  Who should attend the course: This course is designed for hobbyists, leisure learners & wellness enthusiasts who wish to learn about the basics of kombucha brewing.  In collaboration with:	<ul> <li>History of Kombucha</li> <li>Health benefits of Kombucha</li> <li>brewing process of Kombucha</li> <li>SCOBY Care</li> <li>Flavouring &amp; Bottling of Kombucha</li> <li>Q&amp;A</li> </ul>	2.5 Hours	Session: 10am - 12:30pm   Date	Full Course Fee incl. GST: S\$ 76.30		
Who should attend the course: This course is designed for hobbyists, leisure learners & wellness enthusiasts who wish to learn about kombucha pairing.  In collaboration with:	<ul> <li>Understand various flavour profiles of Kombucha</li> <li>Understand the pairing principles of Kombucha</li> <li>Tasting Session</li> <li>Q&amp;A</li> </ul>	2 Hours	Session: 1pm – 3pm  Intake Date  1 16 Mar 2025 2 08 Jun 2025 3 14 Sep 2025 4 07 Dec 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 87.20		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



		WELLNESS			
Courses	Content	Duration	Training Sched	dule	Course Fee Per Pax
Crafting Macarons with Essential Oils  Who should attend the course:	- Understand the basics of essential oils and their safe use in cooking	4 Hours	Session: Half day (9am	n – 1pm)	Full Course Fee incl. GST: S\$ 65.40  Bring a child (12 years old and below) for free!
This course is designed for parents seeking to	- Learn the essential techniques for making		Intake	Date	
enhance their quality time with their children and	perfect macarons		1	08 Feb 2025	
nurture a stronger parent-child bond.	Discover now to image macarons with		2	15 Mar 2025	
<b>6 6 6 6</b>	essential oils for unique flavours		3	07 Jun 2025	
	- Bring home 10 – 12 macarons		4	14 Jun 2025	
			5	15 Jul 2025	
In collaboration with:			6	26 Jul 2025	
			7	13 Sep 2025	
A Living Eccontially			8	20 Sep 2025	
( ) Living Essentially			9	04 Nov 2025	
Essential Oils for Everything In Life			10	15 Nov 2025	
			11	06 Dec 2025	
			12	13 Dec 2025	
			Registration closes 1 week before course		
			commenceme	ent.	
			Venue: CLASS@SHAT 1 Orchard Spi Singapore 24	ring Ln, Level 5 Tourism Court,	

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



HAVE FUN WITH YOUR CHILD!						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Daifuku Making  Who should attend the course: This course is designed for parents seeking to enhance their quality time with their children and nurture a stronger parent-child bond.	In this hands-on experience, you will learn to craft Daifuku skin from scratch, wrap bean paste and fruit with the skin, and shape it into adorable seal characters.	3 Hours	Session: Half day (2pm – 5pm)  Intake Date 1 16 Mar 2025 2 08 Jun 2025 3 06 Sep 2025 4 13 Dec 2025 Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court,	Full Course Fee incl. GST: S\$ 117.72 (incl. GST)  Bring a child (12 years old and below) for free!		
Melonpan Making  Who should attend the course: This course is designed for parents seeking to enhance their quality time with their children and nurture a stronger parent-child bond.	During this hands-on experience, you will have the opportunity to create various characters of Melon Pan while gaining basic knowledge of the baking process.	3 Hours	Singapore 247729  Session: Half day (9am – 12pm)  Intake Date 1 22 Mar 2025 2 14 Jun 2025 3 21 Jun 2025 4 07 Sep 2025 5 14 Sep 2025 Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 117.72  Bring a child (12 years old and below) for free!		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



MAMA'S MAGIC MEALS: WHOLESOME WONDERS FOR THE FAMILY!					
Courses	Content	Duration	Training Schedule	Course Fee Per Pax	
Chill & Grill: Kid-Friendly Comforts (Coming Soon!)  In collaboration with	Prepare the following:  1. Mint and Peppermint Tea Popsicles 2. Chicken Cacciatore with Garlic Bread	3 Hours	Session: Half day (9am – 12pm)  Intake Date 1 TBA  Registration closes 2 weeks before course commencement.  Venue:	Full Course Fee incl. GST: S\$ 95.92 (incl. GST) Special rate for SW CDC Baby Bliss Card Holders (25% discount): \$ 71.94 (incl. GST)  Each learner gets to bring home a beautiful SHATEC Apron.	
Stir & Sizzle: Asian Twists for Little Tummies (Coming Soon!)	Prepare the following:  1. Osmanthus Wolfberry and Longan Tea Popsicles	3 Hours	CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729  Session: Half day	Full Course Fee incl. GST: S\$ 95.92 (incl. GST) Special rate for SW CDC Baby Bliss Card Holders	
In collaboration with	2. Stir Fried Chicken with Udon Noodles		(2pm – 5pm)  Intake Date  1 TBA  Registration closes 2 weeks before course commencement.	(25% discount): \$ 71.94 (incl. GST)  Each learner gets to bring home a beautiful SHATEC Apron.	
Parent Parent			Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	MAMA'S MAGIC MEALS: WHOLESOME WONDERS FOR THE FAMILY!					
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Picky Eater Pleasers: Fresh & Flavorful (Coming Soon!)  In collaboration with  the Good  Parent	Prepare the following:  1. Pomegranate Oolong Mocktail 2. Oven-Baked Summer Veggies & Halloumi Delight	3 Hours	Session: Half day (9am – 12pm)  Intake Date 1 TBA  Registration closes 2 weeks before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 95.92 (incl. GST) Special rate for SW CDC Baby Bliss Card Holders (25% discount): \$ 71.94 (incl. GST)  Each learner gets to bring home a beautiful SHATEC Apron.		
Tiny Gourmet: A Taste of Green & Goodness (Coming Soon!)  In collaboration with  the Good	Prepare the following:  1. Green Tea Lychee, Lime and Rose Syrup Popsicles  2. Pearl Cous Cous with Pan Fried Salmon, Fruits and Nuts Salad	3 Hours	Session: Half day (2pm – 5pm)  Intake Date 1 TBA  Registration closes 2 weeks before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 95.92 (incl. GST) Special rate for SW CDC Baby Bliss Card Holders (25% discount): \$ 71.94 (incl. GST)  Each learner gets to bring home a beautiful SHATEC Apron.		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	MAMA'S MAGIC MEALS: WHOLESOME WONDERS FOR THE FAMILY!						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax			
Vietnamese Faves: Rollin' in Fun Flavors (Coming Soon!)	Prepare the following:  1. Lemongrass Melon Oolong Tea  2. Vietnamese Rice Paper Roll with Prawns and Spicy Mint Sauce	3 Hours	Session: Half day (9am – 12pm)  Intake Date	Full Course Fee incl. GST: \$\$ 95.92 (incl. GST) Special rate for SW CDC Baby Bliss Card Holders (25% discount): \$ 71.94 (incl. GST)			
In collaboration with the Good Parent			1 TBA  Registration closes 2 weeks before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Each learner gets to bring home a beautiful SHATEC Apron.			

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	FESTIVE WORKSHOPS					
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Celestial Treats: Snowskin Mooncake & Tea Pairing Workshop (NEW!)  Who should attend this course: This course targets home cooks, beginners, culinary enthusiasts, young professionals, and expatriates.  Additionally, local businesses seeking unique team-building activities will find this course appealing. The convenience and prestige of the location make it attractive to those valuing quality and cultural enrichment.  In collaboration with:	<ul> <li>Introduction and Ingredients Overview</li> <li>Dough Preparation and Coloring Techniques</li> <li>Filling and Shaping Mooncakes</li> <li>Tea Appreciation Session by Gifel Tea to understand different tea pairings with various mooncake flavors</li> <li>Finishing Touches and Packaging</li> <li>Light Clean-Up</li> <li>Each participant will get to bring home</li> <li>6 pieces of 50-gram snow skin mooncakes made during the class.</li> </ul>	4 Hours	Session: Half-Day (9am – 1pm or 2pm – 6pm)  Intake Date 1 TBA  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5, Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 163.50		
Prepare Festive Meat (NEW!)  Who should attend the course: This course is designed for people who want to discover the art of cooking meat and selecting the perfect wine to complement their dish.  Entry Requirement: Participant(s) must be at least 18 years old and above, i.e. legal drinking age in Singapore	<ul> <li>The trainer will demonstrate the techniques of making caramelized duck salad and provide essential insights on choosing the ideal wine to enhance the flavors of the dish. After the demonstration, you will get to enjoy them with your dear ones during the wine pairing session</li> <li>Prepare the following:         <ul> <li>Caramelized Duck Salad</li> </ul> </li> <li>Wine Pairing</li> </ul>	3 Hours	Session: Half day (9am-12pm)  Intake Date 1 TBA  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5, Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 163.50		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



HOME CHEF – NON-WSQ COURSES						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Lost with Time, Hawker Food Revival  Who should attend the course: Adult learners and hobbyists with a budding interest and/or passion for Peranakan cuisine	<ul> <li>Prepare the ingredients and apply the correct cooking methods and techniques to bring out the luxurious and indulgent flavors of dishes.</li> <li>Understanding the use of local ingredients like fresh herbs and spices.</li> <li>Prepare the following:         <ul> <li>Chicken Curry</li> <li>Naan, Gajar Halwa</li> </ul> </li> <li>Prepare the following:         <ul> <li>Otak Otak</li> <li>Kueh Pulot Serikaya</li> </ul> </li> </ul>	3 Hours	Session: Half-day (9pm – 12pm)  Intake Date  1 13 Feb 2025 2 15 May 2025 3 28 Aug 2025 4 18 Dec 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729  Session: Half-day (9pm – 12pm)  Intake Date 1 14 Feb 2025 2 16 May 2025 3 29 Aug 2025 4 19 Dec 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court,	Full Course Fee incl. GST: \$\$ 163.50		
Mediterranean Turkish Cuisine  Who should attend this course: Foodies as well as professional home cooks who are keen to learn more about Mediterranean cuisine.	<ul> <li>Prepare mouthwatering Mediterranean - Turkish specialty items from a Turkish Master Chef.</li> <li>Using traditional ingredients and methods based on recipes that have been passed down through the generations.</li> <li>Prepare the following:         <ul> <li>Pita Bread</li> <li>Hummus</li> <li>Ala Nazik</li> </ul> </li> </ul>		Singapore 247729  Session: Half-day (9am-12.30pm)  Intake  1	Full Course Fee incl. GST: S\$ 163.50		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	HOME CHEF – NON-WSQ COURSES						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax			
Peranakan Kitchen Secrets: Cooking Tok-Panjang's Finest  Who should attend this course: Foodies as well as professional and home cooks would like to learn how to prepare Peranakan dishes.	<ul> <li>Prepare the ingredients and apply the correct cooking methods and techniques to bring out the luxurious and indulgent flavors of dishes</li> <li>Understand the difference in cuisine</li> <li>Prepare the following:         <ul> <li>Ayam Buah Keluak</li> <li>Bakwan Kepiting</li> <li>Nasi Ulam</li> </ul> </li> </ul>	3 Hours	Session: Half-day (9am-12pm)  Intake Date  1 21 Jan 2025 2 26 Apr 2025 3 19 Jul 2025 4 20 Nov 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: \$\$ 163.50			
Plant-Based Yummylicious Goodness  Who should attend this course: Foodies as well as professional and home cooks who are keen to learn more about Plant-Based cuisine.	<ul> <li>Learn how to create nutritious and flavourful dishes that are sure to impress.</li> <li>Gain the skills and knowledge healthy, delicious, and sustainable plant-based meals that nourish your body and taste buds.</li> <li>Prepare the following:         <ul> <li>Barbeque Tempeh Burger</li> <li>Lontong Goreng</li> </ul> </li> <li>Tofu Agenomo</li> </ul>	3 Hours	Session: Half-day (9am-12pm)  Intake Date  1 16 Feb 2025 2 14 Apr 2025 3 12 Jun 2025 4 17 Aug 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 163.50			

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	HOME CHEF – NON-WSQ COURSES					
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Savouring Tradition: Unveiling the Secrets of Teochew Kuehs  Who should attend this course: Foodies as well as professional and home cooks would like to learn how to prepare Teochew Kuehs	<ul> <li>Prepare the ingredients and apply the correct cooking methods and techniques to bring out the luxurious and indulgent flavors of dishes</li> <li>Prepare the following:         <ul> <li>Soon Kueh</li> <li>Png Kueh</li> <li>Ku Chye Kueh</li> </ul> </li> </ul>	4 Hours	Session: Half-day (9am-1pm)  Intake Date  1 13 Jan 2025 2 16 May 2025 3 27 Aug 2025 4 21 Nov 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 163.50		
Prepare Heritage Kueh  Who should attend the course: Adult learners and hobbyists with a budding interest and/or passion for heritage kuehs	<ul> <li>Prepare the following:</li> <li>Ang Ku Kueh</li> <li>Kueh Dadar</li> <li>Pulut inti</li> </ul>	3 Hours	Session: Half-day (9am – 12pm)  Intake Date 1 11 Jan 2025 2 08 Mar 2025 3 12 Jul 2025 Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 163.50		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



HOME BAKER – NON-WSQ COURSES						
Courses	Content	Duration	Training Schedule	Course Fee Per Pax		
Artisan Bread Making  Who should attend the course: Adult learners and hobbyists interested in baking basic sourdough bread at home and acquiring a comprehensive understanding of the baking process	<ul> <li>Learn the fundamentals of sourdough baking through hands-on experience and develop your own sourdough starter using simple ingredients.</li> <li>Prepare the following:         <ul> <li>Basic Sourdough Crusty Loaf</li> <li>Seeded Crusty Loaf</li> <li>Wholemeal Loaf</li> <li>Variety of Focaccia Loaves</li> </ul> </li> </ul>	12 Hours	Session:           2 Days (9am – 12pm)           Intake         Date           1         11, 12 Jan 2025           2         08, 09 Mar 2025           3         05, 06 Apr 2025           4         03, 04 May 2025           5         01, 02 Nov 2025           6         06, 07 Dec 2025           Registration closes 1 week before course commencement.	Full Course Fee incl. GST: S\$ 305.20		
Bake Whole Cake  Who should attend the course: Adult learners and hobbyists with a budding interest and/or passion for baking cakes	Prepare the following: Berry Tiramisu (non-alcohol and coffee)	3 Hours	Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729  Session: Half-day  Intake Date 1 10 Jan 2025 2 11 Apr 2025 3 11 Jul 2025 4 13 Nov 2025 5 29 Nov 2025  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 163.50		

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



	HOME BAKER – NON-WSQ COURSES					
Courses	Content	Duration	Training Sch	edule	Course Fee Per Pax	
Bake Café Style Bread	Prepare the following:	3 Hours	Session:		Full Course Fee incl. GST: S\$ 163.50	
	- Matcha Twist Bread		Half-day			
Who should attend the course:						
Adult learners and hobbyists with a budding			Intake	Date		
interest and/or passion for baking café style			1	15 Mar 2025		
breads at home to enjoy and share with loved			2	25 Mar 2025		
ones			3	14 Jun 2025		
			4	13 Sep 2025		
			5	13 Dec 2025		
			6	24 Dec 2025		
			Registration (	closes 1 week before course		
			commenceme	ent.		
			Venue:			
			CLASS@SHAT	TEC. Orchard		
				ring Ln, Level 5		
			1	t, Singapore 247729		
				-, - O- F		

HOME BAKER – NON-WSQ COURSES								
Courses	Content	Duration	Training Schedule		Course Fee Per Pax			
Bake Tarts	Prepare the following:	3 Hours	Session:		Full Course Fee incl. GST: S\$ 163.50			
	<ul> <li>Hong Kong Egg Tart</li> </ul>		Half-day					
Who should attend the course:			Intake	Date				
Adult learners and hobbyists with a budding			1	04 Apr 2025				
interest and/or passion for baking tarts			2	25 Apr 2025				
			3	04 Jul 2025				
			4	25 Jul 2025				
			Registration closes 1 week before course commencement.					
			Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729					

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



SIP & SAVOUR – COFFEE & TEA								
Courses	Content	Delivery / Duration	8Training Schedule	Course Fee Per Pax				
Introduction to Latte Art: Infuse Creativity into Your Coffee	<ul> <li>Introduction to Latte Art</li> <li>Different types of Milk (Fresh vs Low Fat vs Oat vs Soy)</li> </ul>	<u>Delivery</u> In-Person Training	Session: Half-day (9am – 1pm)	Full Course Fee incl. GST: S\$ 130.80				
Who should attend the course: Adult learners and hobbyists who wish to attend a short and introductory lesson to Exploring Latte Art.	Essence of Milk Frothing Techniques     Let's get Creative!	<u>Duration</u> 4 hours	Run         Date           1         01 Jan 2025           2         02 Jan 2025           3         08 Feb 2025           4         06 Mar 2025           5         12 Apr 2025           6         17 Dec 2025 (10am - 1pm)           7         20 Dec 2025 (9am-12pm)           Registration closes 1 week before course commencement.           Venue:           CLASS@SHATEC, Orchard           1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729					
The Essence of Water  Who should attend the course: Adult learners and hobbyists who wish to learn more about the nuances in everyday necessity, water!	<ul> <li>Categories of water - Natural Mineral Water, Carbonated Water, Distilled/Purified Water, Tap Water</li> <li>Singapore Water - 4 main sources</li> <li>History of Sembawang Hot Spring</li> <li>Mineral content for health and nutrition</li> <li>HORECA - Glassware, service, presentation &amp; temperature, packaging, storage &amp; expiry, reading labels, Nordaq / Soda Stream</li> <li>Tasting of 8 types of Still and Sparkling Waters</li> <li>Water and cheese; Water and wine pairing</li> </ul>	In-Person Training <u>Duration</u> 4 Hours	Session: 1/2 day (9am – 1pm)  Run Date 1 TBA  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 196.20				

# (College for Lifelong Aspirations and Skills)

### LIFESTYLE PROGRAMME CALENDAR



SIP & SAVOUR – COFFEE & TEA								
Courses	Content	Delivery / Duration	<sup>8</sup> Training Schedule	Course Fee Per Pax				
Whisky 101 with Food Pairing  Who should attend the course: Adult learners and hobbyists who wish to have an introductory yet eye opening session to learn more about the intricacies of food and whisky pairing!	<ul> <li>What is whisky and the origin of this beloved liquid?</li> <li>Understanding the history and provenance of whisky.</li> <li>Whisky Production Processes.</li> <li>Understanding different Whisky flavor profiles.</li> <li>Differentiating official and independent whisky labels and understanding whisky food pairing.</li> </ul>	Delivery In-Person Training  Duration 2.5 Hours	Session:  1/2 day (7pm – 9:30pm)  Run Date  1 TBA  Registration closes 1 week before course commencement.  Venue: CLASS@SHATEC, Orchard 1 Orchard Spring Ln, Level 5 Tourism Court, Singapore 247729	Full Course Fee incl. GST: S\$ 139.52				

(College for Lifelong Aspirations and Skills)

#### LIFESTYLE PROGRAMME CALENDAR

(Information is updated as of 25 October 2024 and is subjected to changes)



#### **Customised classes and Corporate Team Bonding Activities may be specially arranged too!**

Please contact our friendly course consultants for more information.

CONTACT US

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**LOCATE US** 

**SHATEC Orchard** 

1 Orchard Spring Ln, Level 5, Tourism Court, Singapore 247729

Office Hours: 9.00am to 5.30pm

Monday to Friday (excluding Public Holidays)

<sup>&</sup>lt;sup>1a</sup>Singaporeans and Singapore PRs, aged 21 and above, will be eligible for up to 50% SSG funding. Funding is subjected to SSG's prevailing corporate policies and final approval.

<sup>1</sup>bSingaporeans and Singapore PRs, aged 21 and above, will be eligible for up to 70% SSG funding. Funding is subjected to SSG's prevailing corporate policies and final approval.

<sup>&</sup>lt;sup>2</sup>Singaporeans may also utilize available funds within their Post-Secondary Education Account (PSEA) or SkillsFuture Credits (where applicable) to offset total net course fee payable. All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website <a href="https://www.skillsfuture.sg/credit">www.skillsfuture.sg/credit</a> to choose from the courses available on the SkillsFuture Credit course directory.

<sup>&</sup>lt;sup>3</sup>The SkillsFuture MES is for Singaporeans aged 40 years old and above.

<sup>&</sup>lt;sup>4</sup>NTUC members enjoy 50% unfunded course fee support for up to \$250 each year (or up to \$500 for NTUC members aged 40 years old and above) when you sign up for courses supported under UTAP (Union Training Assistance Programme). Please visit e2i's at <a href="https://e2i.com.sg/individuals/employability/union-training-assistance-programme-utap/">https://e2i.com.sg/individuals/employability/union-training-assistance-programme-utap/</a> to find out more.

<sup>&</sup>lt;sup>5</sup>Training support will be extended to Long Term Visit Pass Plus (LTVP+) Holders with effect from 1 October 2021. The LTVP+ scheme applies to lawful foreign spouses of Singapore Citizens (SCs) with (i) at least one SC child or are expecting one from the marriage, or at least three years of marriage, and (ii) where the SC sponsor is able to support the family. LTVP+ holders will be identified with their green visit pass cards, with the word 'PLUS' on the back of the card.

<sup>6</sup>SME companies are required to log-in to Enterprise Portal for Jobs and Skills to update their SME status if they have not done so. All companies will be notified to log in to the portal to declare monthly salary and hours worked per week in order to receive Absentee Payroll.

<sup>&</sup>lt;sup>7</sup>Companies and individuals are liable for the full course fee in the event that the SSG funding and subsidy are not approved.

<sup>&</sup>lt;sup>8</sup>Class commencement is subjected to minimum class size met. Public holidays are excluded, where applicable

<sup>&</sup>lt;sup>9</sup> Eligible companies can offset the additional out-of-pocket expenses with the SkillsFuture Enterprise Credit (SFEC). Please refer to https://www.enterprisejobskills.gov.sg/content/upgrade-skills/sfec.html for more information.