

Life Coaching Programme (Year-long)

Partner: Lasting Blessing Foundation Limited

- To Support Secondary 1 students in their adjustment to a new learning environment both linguistically and emotionally
- To assist Secondary 1 students in transitioning to learning school subjects using English, if applicable
- To raise students' interest in learning English and using it with relative ease

Date	Time	Task	Venue
Early to mid-October	TBC	Training for Coaches	WYS College
Early to mid Nov	Saturday afternoon	First meet-up between Coaches and Mentees	TBC
14 Jan	2:00 – 4:00	Kick-off ceremony	WYS College
28 Jan 4 Feb 11 Feb 18 Feb 25 Feb 4 Mar 11 Mar 18 Mar 25 Mar 1 Apr	To be discussed among participants	Life Coaching programme	Zoom
15 Apr	To be discussed among participants	Back up for Life Coaching Programme	Zoom
22 Apr	2:00 – 4:00	Closing ceremony	WYS College

Elderly Service

Partner: Chinese YMCA of Hong Kong Po Shek Wu Neighbourhood Elderly Centre

- To organize activities to enhance elderly persons' positive and contributing role to the society
- To provide community support services to elderly persons and their carer

Date	Time	Task	Venue
8 October	10:00 – 12:00	Pre-service Training	Housing Society Elderly Resources Centre
10 – 14 Oct (date TBC)	Evening	First meeting	WYS College
22 Oct 29 Oct 5 Nov 12 Nov	10:00 – 12:00	Elderly Service	YMCA Centre
24 Dec (TBC)	10:00 – 12:00	Elderly Service	YMCA Centre
Jan (TBC)	Half day	Finale & Celebration	YMCA Centre
Late Jan	TBC	Evaluation	WYS College

Life Story of the Elderly

Partner: Chinese YMCA of Hong Kong Po Shek Wu Neighbourhood Elderly Centre

- To review and narrate life events with the elderly persons to enhance their sense of self-identity
- To create a life story booklet to rebuild meaning of life

Date	Time	Task	Venue
8 October	10:00 – 12:00	Pre-service Training	Housing Society Elderly Resources Centre
10 – 14 Oct (date TBC)	Evening	First meeting	WYS College
22 Oct	10:00 – 12:00	Ice-breaking with the elderly	YMCA Centre
29 Oct	10:00 – 12:00	Interacting with the elderly to collect memorable life moments	YMCA Centre
5 Nov	Half day (TBC)	Outing with the elderly	N/A
12 Nov	10:00 – 12:00	Indoor shooting	YMCA Centre
24 Dec (TBC)	10:00 – 12:00	Review and production of life story booklet	YMCA Centre
Jan (TBC)	Half day	Finale & Celebration	YMCA Centre
Late Jan	TBC	Evaluation	WYS College

Design Thinking with Secondary Students

Partner: Dream Compassioneer

- To design and implement service activities with secondary students using a design thinking approach

Date	Time	Task	Venue
22 October	2:30 – 4:00	First meeting with secondary school students	WYS College
5 Nov	2:30 – 4:00	Second meeting with secondary school students	WYS College
19 Nov	2:30 – 5:30	Design Thinking Workshop	WYS College
Nov – mid-Dec	/	Contact suitable NGOs Needs assessment Work out proposal	Zoom
Late Dec	TBC	Third meeting to present service proposal	WYS College
Late Dec – Late Jan	TBC	Implementation of service	/
Late Jan	TBC	Evaluation	WYS College

Service for Intergenerational Digital Inclusion

Partner: Institute of Active Ageing of The Hong Kong Polytechnic University

- To assist in teaching elderly persons to learn the basic operation of smartphones
- To increase confidence and competence of both students and elderly persons in intergenerational interaction

Date	Time	Task	Venue
28-30 Sept (TBC)	15:00-17:00	Pre-service training	Zoom
8 Oct	14:30 – 16:30	Ice-breaking with the elderly	Tsim Sha Tsui District Kaifong Association Neighbourhood Elderly Activities Centre
15 Oct		Get familiar with own device	
22 Oct		Teaching focus: Email, QR code scanner and Gboard etc.	
29 Oct		Entertainment - Media Teaching focus: YouTube and Radio etc.	
5 Nov		Entertainment - Cognitive Training Games	
12 Nov		Teaching focus: Brainastic and NeuroGym etc.	
19 Nov		Entertainment - Leisure and Culture Services	
26 Nov		Teaching focus: HyRead, Leisure Link System and eHealth etc.	

* You are required to assist elderly for making digital learning videos after class (16:30 – 17:30), e.g. Vlog (Students are free to choose **any two days** to assist elderly for making videos after class while the last four lessons are preferred.)

Service for Ethnic Minorities

Partner: Christian Action

- To organize recreational activities for Ethnic Minorities children to integrate into the community

- To raise the interest of Ethnic Minorities children in learning Chinese

Date	Time	Task	Venue
27 Sept - 7 Oct (TBC)	16:00-17:00	Pre-service training	Zoom
8-14 Oct (TBC)	Evening	First meeting – set and present programme plan for service activities	WYS College
15 Oct	14:00-19:00	Implementation of service activities - Ice-breaking and build up relationships with EM children - Observe the competence of the EM children - Discuss and review the plan under the guidance of Christian Action	Christian Action (Tai Kok Tsui)
16-21 Oct (TBC)	Evening	Second meeting - modify the programme plan and service activities	WYS College
22 Oct	14:00-18:00	Implementation of service activities	Christian Action (Tai Kok Tsui)
23 Oct - 11 Nov (TBC)	Evening	Third meeting - modify the programme plan for experience/service activities	WYS College
12 Nov	14:00-18:00	Implementation of experience activities at CUHK (TBC)	CUHK
		Implementation of service activities	Christian Action (Tai Kok Tsui)
	18:00-19:00	Debriefing and evaluation	WYS College / Christian Action