

## Training Programme Information

Funded under SG Enable Training Grant

Vocational Skills Training

| No. | Programme Title  | Programme Details   | Nett Fee (payable by Trainees) | Duration            | Area of Training               | Training Provider                  | Training Provider's Contact             |
|-----|--|---|--------------------------------|---------------------|--------------------------------|------------------------------------|---|
| 1   | <b>Employability Training (300 hours)</b>                                | Trainees will be trained in identified areas in hard skills as well as soft skills, such as work habits and behaviours, communication skills, grooming etc. This may include work exposure at actual work sites.  | \$320.11                       | 300 hours           | Employability Training         | Autism Resource Centre (Singapore) | e2c@autism.org.sg                       |
| 2   | <b>Employability Training (Additional 300 hours)</b>                     | Trainees will be trained in identified areas in hard skills as well as soft skills, such as work habits and behaviours, communication skills, grooming etc. This may include work exposure at actual work sites.<br><br>*Applicable for Trainees that are assessed to be not yet job ready, after completion of initial 300 hours of training.                              | \$249.21                       | 300 hours           | Employability Training         | Autism Resource Centre (Singapore) | e2c@autism.org.sg                       |
| 3   | <b>Music Instruction Training Programme</b>                              | The programme contains:<br>- Learning and applying fundamentals to lead and conduct music teaching to other persons with disabilities music learners.<br>- Cross training of music skills on secondary music instruments for Trainees to undertake live music performances in various band set ups.   | \$149.05                       | 52 hours            | Education and Training         | Faith Music Centre Pte Ltd         | 63543406<br>enquiry@faithmusic.com.sg   |
| 4   | <b>Gardens by the Bay Community Tour Guide Training</b>                  | As a Visually Impaired (VI) Guide in the Flower Dome, trainees will learn to facilitate meaningful and engaging experiences for guests with visual impairments.   | \$93.50                        | 110 hours           | Tour and Travel Services       | Gardens by the Bay                 | hello@triggerdesignstudio.com           |
| 5   | <b>Immersive in Social Media Marketing</b>                               | Trainees will learn skills such as marketing research, graphic design, photography and content creation.  | \$396.00                       | 240 hours (40 days) | Advertising, Sales & Marketing | Hatch Technologies Pte Ltd         | hello@hatch.sg                          |
| 6   | <b>Holistic Café Skills Training Programme</b>                           | The Holistic Café Training programme is a 110 hrs programme which provides a well-rounded training to prepare learners to work in the F&B industry. The full programme covers seven modules across into four main domains: Workplace Fundamentals, Personal Development, Customer Experience, and F&B Training. This programme will be conducted in 18 days across 6 weeks. | \$700.00                       | 110 hours           | Food & Beverages               | Move Foreword Pte Ltd              | hello@forewordcoffee.com                |
| 7   | <b>F&amp;B Train and Place Programme</b>                                 | Trainees will be equipped with the essential kitchen and service skills to become proficient in a food and beverage setting.  | \$865.70                       | 114 hours           | Food & Beverages               | Project Dignity Pte Ltd            | 98539032<br>trainer01@projectdignity.sg |
| 8   | <b>Food &amp; Beverage Food Safety Course Level 1 Bridging Programme</b> | Trainees will be equipped with skills and knowledge to prepare them towards successful completion of Food Safety Course Level 1 Bridging Programme  | \$65.13                        | 12 hours            | Food & Beverages               | Project Dignity Pte Ltd            | 98539032<br>trainer01@projectdignity.sg |
| 9   | <b>Micro Job Training</b>  | Trainees will be equipped to gain micro job specific technical skills and basic core employability skills needed to sustain the micro job engagement and generalise these skills into the actual work setting.  | \$1,058.40                     | 180 hours           | Employability Training         | Rainbow Centre Singapore           | contactus@rainbowcentre.org.sg          |
| 10  | <b>Micro Job Training (Extended)</b>                                     | Trainees will be equipped to gain micro job specific technical skills and basic core employability skills needed to sustain the micro job engagement and generalise these skills into the actual work setting.<br><br>*Applicable for Trainees that are assessed to be not yet job ready, after completion of initial 180 hours of training.                                | \$352.80                       | 60 hours            | Employability Training         | Rainbow Centre Singapore           | contactus@rainbowcentre.org.sg          |

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Independent Living and Work Skills Training

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|-----|--|--|--------------------------------------|----------|----------------------|---------------------------------------|--|
| 1   | Basic Communication Skills (Level 1)           | <ul style="list-style-type: none"> <li>- Trainees will learn how to use simple, clear words and sentences or nonverbal communication to express needs and emotions.</li> <li>- Trainees will develop basic conversational skills, like greeting others, making simple requests, and responding to questions.</li> <li>- Trainees will demonstrate paying attention when someone is speaking and taking turns while communicating with others.</li> </ul>   | \$25.00                              | 10 hours | Personal Development | A Kind Place Pte Ltd                  | 87578049<br>hello@akindplace.co                                  |
| 2   | Emotional Regulation (Level 1)                 | <ul style="list-style-type: none"> <li>- Trainees will recognise basic emotions like happy, sad, angry and scared through simple words, pictures, or gestures.</li> <li>- Trainees will identify simple, physical signs that they are becoming upset, like clenching fists or feeling hot.</li> <li>- Trainees will demonstrate simple calming techniques.</li> </ul>  | \$25.00                              | 10 hours | Personal Development | A Kind Place Pte Ltd                  | 87578049<br>hello@akindplace.co                                  |
| 3   | Mindfulness for Emotional Regulation           | <ul style="list-style-type: none"> <li>- Trainees will practice basic mindfulness exercises like breathing techniques, body scans and sensory awareness activities.</li> <li>- Trainees will connect with nature through mindfulness practices on nature walks.</li> <li>- Trainees will practicing basic yoga poses to release tension and enhance mindfulness.</li> </ul>  | \$25.00                              | 10 hours | Personal Development | A Kind Place Pte Ltd                  | 87578049<br>hello@akindplace.co                                  |
| 4   | Working with Others (Basic)                    | <ul style="list-style-type: none"> <li>- Trainees will develop improved communication abilities, enabling them to effectively engage with others and express themselves in social situations.</li> <li>- Trainees will cultivate positive behaviours such as sharing and taking turns, promoting collaboration and cooperation in group settings.</li> <li>- Trainees will gain enhanced problem-solving skills through collaborative experiences, enabling them to tackle challenges more effectively in social and interactive contexts.</li> </ul>        | \$25.00                              | 10 hours | Personal Development | A Kind Place Pte Ltd                  | 87578049<br>hello@akindplace.co                                  |
| 5   | Basic Resin Craft with Healthy Living          | Participants will learn the theory of resin craft and also experience the joy of making their own resin pieces. At the end of the 4 sessions, they will bring home 2 different types of items they have made during the course. They will also transit to physical exercise with commuting experience in their 3rd lesson, and we have added money skills to help them understand the concept of retailing or buying a product in the 4th lesson.  | \$29.65                              | 15 hours | Arts & Entertainment | Athome Décor Pte Ltd                  | 82539800<br>jojomama.net@gmail.com                               |
| 6   | Adulting 101: Basic Money Management           | Trainees will learn to: <ul style="list-style-type: none"> <li>- Gain awareness and motivation to spend and save</li> <li>- Acquire basic money management skills to begin journey towards becoming more independent with own money</li> <li>- Practice the skills in daily life and receive feedback on one's progress</li> </ul>   | \$45.12                              | 9 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 7   | AI & Me - Using AI Responsibly & Ethically     | Upon completion of the training workshop, participants should be able to: <ol style="list-style-type: none"> <li>1. Understanding AI: Definitions and Concepts</li> <li>2. AI Training Processes: How AI Learns</li> <li>3. Rationale for AI Utilization</li> <li>4. Responsible and Ethical Use of AI in Everyday Situations</li> </ol>   | \$36.91                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 8   | Building Daily Routines for Independent Living | This 3-day course is designed for adults on the autism spectrum seeking to increase their independence through an authentic and immersive experience focused on essential life skills. Throughout the course, participants will engage in hands-on learning, interactive workshops, and collaborative activities to develop foundational independent living skills. From mastering practical tasks to fostering social connections, each aspect of the program is carefully crafted to empower individuals to thrive in various aspects of community living. | \$143.31                             | 31 hours | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 9   | Captivating Social Media Posts with CapCut     | Trainees will learn to: <ul style="list-style-type: none"> <li>- Understand CapCut features and functions</li> <li>- Apply CapCut skills to plan and create engaging social media content</li> <li>- Incorporate storytelling techniques</li> </ul>  | \$36.94                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 10  | Creative 3D Designs with TinkerCAD             | Upon completion of the training workshop, participants should be able to: <ol style="list-style-type: none"> <li>1. Learn basic design principles of creative design and how they apply within the Tinkercad environment.</li> <li>2. Develop ability in using Tinkercad's tools and features to create simple 3D models and prototypes.</li> <li>3. Apply design thinking to solve problems and refine designs effectively and creativity in various aspects of independent living.</li> </ol>  | \$36.91                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |

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Independent Living and Work Skills Training

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|-----|---|--|--------------------------------------|----------|----------------------|---------------------------------------|--|
| 11  | <b>Critical Soft Skills for Employment: Managing Stress at Work</b>                     | Trainees will:<br>- Learn the basic soft skills needed for employment<br>- Understand the importance of these basic soft skills in getting and keeping a job<br>- Develop individualized strategies to support oneself in organization and time management<br>- Practice using the individualized strategies taught in one's daily life  | \$37.61                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 12  | <b>Critical Soft Skills for Employment: Organisation &amp; Time Management at Work</b>  | Trainees will:<br>- Learn the basic soft skills needed for employment<br>- Understand the importance of these basic soft skills in getting and keeping a job<br>- Develop individualized strategies to support oneself in organization and time management<br>- Practice using the individualized strategies taught in one's daily life  | \$37.61                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 13  | <b>Critical Soft Skills for Employment: Workplace Communication &amp; Social Skills</b> | Trainees will:<br>- Learn the basic soft skills needed for employment<br>- Understand the importance of these basic soft skills in getting and keeping a job<br>- Develop individualized strategies to support oneself in organization and time management<br>- Practice using the individualized strategies taught in one's daily life  | \$37.61                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 14  | <b>Empowering Routines with Google Workspace</b>  | This workshop is meticulously crafted to empower learners, equipping them with invaluable digital skills crucial for thriving independently in today's digital landscape. Through practical activities, participants will harness the power of Google Workspace apps to establish and enhance daily routines. From mastering Gmail and Calendar for efficient communication and scheduling to leveraging Google Drive for seamless organisation, participants will be able to emerge with newfound confidence and proficiency, ready to navigate the complexities of the digital age with ease and independence.   | \$36.91                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 15  | <b>Friendship 101: Cracking the Code of Social Interactions</b>                         | Trainees will learn to:<br>- Gain skills for making informal conversation with others.<br>- Gain skills for handling different social situations.<br>- Increase ease and confidence of using these skills by practicing with peers.  | \$45.12                              | 9 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 16  | <b>Home Fixes 101 for Adults on the Autism Spectrum</b>                                 | In this course, participants on the autism spectrum will gain the skills and confidence to perform common household repairs. Step-by-step guidance will be provided to support participants in learning strategies to resolve practical tasks such as minor plumbing issues, basic aircon maintenance and changing light bulbs safely. Clear demonstration and opportunities for hands-on practice will enable participants to feel more comfortable and confident with basic home fixes.<br><br>Whether you're living independently or just want to feel more competent around the house, this beginner-friendly course will teach you essential home repair skills that can make everyday life easier. | \$31.50                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 17  | <b>IoT Projects: Creating Internet-Connected Devices</b>                                | Upon completion of the training workshop, participants should be able to:<br>1.Fundamentals of IoT and Micro:bit and its application for enhancing independent living outcomes<br>2.Programming and building of IoT devices with Micro:bit<br>3.Sending data to the cloud for detailed data analysis, contributing to informed decision-making and furthering independent living goals   | \$36.91                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 18  | <b>Kitchen Starters: Preparing a Western Brunch</b>                                     | This workshop is a hands-on, introductory cooking course designed specifically for adults on the autism spectrum to build skills in independent living.<br><br>The course aims to build confidence in the kitchen by teaching foundational cooking skills through the preparation of simple western brunch items in a home environment. Participants will also gain essential knowledge about food safety and hygiene. Emphasis will be placed on understanding safe food handling practices, maintaining a clean cooking environment, and applying basic hygiene techniques to prevent foodborne illnesses.   | \$39.90                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |

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| 19  | <b>Living Healthy and Well on the Autism Spectrum</b>                              | Achieving a healthy lifestyle is about more than just diet and exercise –it's about finding balance in all areas of life.<br><br>Through engaging and practical lessons, participants will explore three key areas of wellness: physical wellness, emotion wellness, and cognitive wellness. In the physical wellness section, we will guide you through managing nutrition and identifying an exercise routine that works for you. For emotional wellness, we will focus on techniques to manage stress, reduce fatigue, and promote relaxation. Lastly, in the cognitive wellness module, you will discover strategies for lifelong learning and keeping your mind sharp through activities that fit your unique interests.<br>This course is designed specifically for adults on the autism spectrum who want to improve their overall well-being and take their first steps towards living a healthier, more fulfilling life. | \$30.10                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 20  | <b>Navigating the Digital World: Digital Citizenship for Young Autistic Adults</b> | Trainees will learn to:<br>- Recall and summarise the key components of digital citizenship<br>- Demonstrate the application of online etiquette and social media navigation skills<br>- Analyse and evaluate the elements of positive digital footprints and cyber safety  | \$36.94                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 21  | <b>No-Code Web Publishing with Canva</b>   | Trainees will learn to:<br>- Master Canva basics<br>- Understand design fundamentals<br>- Display hands-on web-publishing skills  | \$36.94                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 22  | <b>Personal Leadership: Building Self-Awareness</b>                                | Upon completion of the training workshop, participants should be able to:<br>- Increase awareness of their strengths and challenges in relation to their autism diagnosis.<br>- Be aware of some tools and strategies to support their own development in career and independent living.  | \$42.77                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 23  | <b>RoboRovers: Code &amp; Design Remote Controlled Robots</b>                      | RoboRovers is an exciting course where you'll assemble and program a robot and control its movement. Participants will learn how to code and add additional components to the robot using recycled materials. Personalise your robot to stand out and compete in battles against classmates. This is all about building, creativity, and having a blast. Join us for an awesome adventure in the world of RoboRovers!   | \$36.91                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 24  | <b>Safe and Secure: Essential Home Safety Skills</b>                               | This interactive workshop is designed specifically for adults on the autism spectrum to learn essential home safety skills to increase skills for independent living.<br><br>Participants will gain knowledge and skills in three vital areas of home safety: fire safety, basic first aid, and home security. Through hands-on activities, real-world examples and roleplays, participants will be supported to develop skills to stay safe at home.   | \$32.20                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 25  | <b>Scam Awareness for Adults on the Autism Spectrum</b>                            | In today's world, scams come in many different forms, ranging from job scams to love scams.<br><br>This course is designed specifically for adults on the autism spectrum to build the knowledge, skills, and confidence needed to identify and avoid scams. We will discuss real-world examples and engage in practical activities to learn more about common types of scams and their warning signs. Most importantly, you will discover simple strategies to protect yourself from such scams.   | \$33.60                              | 7 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 26  | <b>Stepping into Independent Living as Adult</b>                                   | This one-day course is designed for adults on the autism spectrum seeking to have an exposure to independent living and acquire some basic self-care and home living skills.<br><br>Through the course, participants will engage in hands-on learning and collaborative activities to develop some foundational independent living skills.  | \$44.80                              | 8 hours  | Personal Development | Autism Resource Centre<br>(Singapore) | 63233258<br>qiuquan.tan@autism.org.sg;<br>lina.kam@autism.org.sg |
| 27  | <b>Personal Mobility Aid Training Course</b>                                       | Trainees will learn to verbalize understanding of the LTA code of conduct, and to perform basic manoeuvring of their PMA in a controlled environment.   | \$70.00                              | 12 hours | Personal Development | Bizlink Centre Singapore Ltd          | 64495652<br>info@bizlink.org.sg                                  |

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| 28  | <b>Fit Me Training Programme</b>  | The programme aims to empower persons with disabilities with the relevant training focusing on physical, emotional and mental wellness (independent living) and communication skills (with an emphasis on relating to others and teamwork).<br>The trainees will benefit from improved physical and cognitive skills; improved functional movements that will help them in their daily activities through a good mix of play focusing on balance, co-ordination, power and strength; and useful skills that are taught with an emphasis on communication and teamwork that may help them be better employment-ready and more independent.  | \$11.23                              | 9.75 hours | Personal Development     | FITME.SG                      | 90278174<br>fitme.sg@gmail.com            |
| 29  | <b>Design Your Path: Canva Skills for Career Exploration</b>                  | This programme introduces Persons with Disabilities (PWDs) to digital marketing and social media fundamentals, providing an accessible entry point for those not yet ready for full-scale training. It aims to spark interest in digital skills, foster career aspirations, and build confidence through hands-on experience with tools like Canva. The program also emphasises self-reflection, helping learners align their goals with potential career paths. Uniquely tailored for PWDs, the programme prepares participants for advanced training and future opportunities in the digital economy.  | \$12.00                              | 8 hours    | Design                   | Hatch Technologies Pte Ltd    | 80404697<br>hello@hatch.sg                |
| 30  | <b>Career Preparation &amp; Development Programme</b>                         | The training seeks to enhance executive function skills, interview skills, and important long-term self-development in our trainees. Individuals with disabilities can often face challenges with self-development and executive function skills, which may have significant implications on their abilities to manage interviews and social interactions. Hence working on these before the commencement of the employment would have a wide ranging and enduring impact on them.   | \$38.75                              | 21 hours   | Personal Development     | Inclus Pte Ltd                | 80516838<br>hello@inclus.sg               |
| 31  | <b>Tourism Soft Skills Training</b>   | Trainees will learn the necessary soft skills in communication, interpersonal and problem solving to excel in front-line tourism roles such as tour guide, customer service representative, and event hospitality staff.   | \$50.00                              | 21 hours   | Tour and Travel Services | Ludus Lab Private Limited     | 81280129<br>train@luduslab.sg             |
| 32  | <b>Communicating Needs and Practicing Self-Advocacy</b>                       | Trainees will learn to:<br>1) Develop the confidence to express their needs, preferences, and emotions effectively in various situations, leading to improved communication and interpersonal interactions.<br>2) Acquire practical strategies and techniques to advocate for themselves, including asserting their rights, articulating their needs, and seeking support when necessary, fostering greater autonomy and self-determination.<br>3) Gain a deeper understanding of their rights as individuals with special needs, including the right to be heard, respected, and included in decision-making processes, empowering them to advocate for themselves more effectively and navigate social and institutional environments with greater awareness and agency. | \$34.80                              | 19 hours   | Personal Development     | MJ Training & Consultancy LLP | 64436601<br>admin@mijhub.com              |
| 33  | <b>Building, Maintenance and Music Making Workshop (Ukulele &amp; Guitar)</b> | Trainees will learn to:<br>1. Gain awareness of the different parts of the ukulele and their functionalities by assembling a ukulele<br>2. Gain awareness of the different parts of the guitar and their functionalities through understanding its anatomy<br>3. Acquire basic Ukulele chords and applying to play tunes in a sing-along session in a group setting  | \$29.23                              | 21 hours   | Arts & Entertainment     | Music Solutions               | 80204855<br>contact@musicsolutions.com.sg |
| 34  | <b>Performing and Recording Music (Level 1)</b>                               | Trainees will learn to:<br>1. Develop their instrumental and ensemble skills so as to enable them to perform music in a live environment,<br>2. Develop their skills to plan, set up and record a piece of music in a home studio setting.   | \$46.70                              | 33 hours   | Arts & Entertainment     | Music Solutions               | 80204855<br>contact@musicsolutions.com.sg |
| 35  | <b>AgriSocial for Good</b>  | Trainees will acquire basic skills required for employment in an urban farm to effectively contribute as an AgriPrentice.  | \$44.99                              | 48 hours   | Agriculture and Fishing  | Nutrious Farms Pte. Ltd.      | 89166933<br>damien.jam@nutriousfarms.com  |
| 36  | <b>Basic Baking I</b>   | The programme aims to provide Trainees with a more in-depth learning on the various baking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in baking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination.  | \$37.62                              | 16 hours   | Food and Beverages       | Seetee Pte. Ltd.              | 87491330<br>enquiry@flourpower.sg         |
| 37  | <b>Basic Cooking I</b>  | The programme aims to provide Trainees with more in-depth learning on the various cooking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in cooking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination.  | \$42.64                              | 16 hours   | Food and Beverages       | Seetee Pte. Ltd.              | 87491330<br>enquiry@flourpower.sg         |