

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	Employability Training (300 hours)	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	Employability Training (Additional 300 hours)	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. *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	Music Instruction Training Programme	The programme contains: - Learning and applying fundamentals to lead and conduct music teaching to other persons with disabilities music learners. - 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 enquiry@faithmusic.com.sg
4	Immersive in Social Media Marketing	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
5	Holistic Café Skills Training Programme	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
6	F&B Train and Place Programme	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 trainer01@projectdignity.sg
7	Food & Beverage Food Safety Course Level 1 Bridging Programme	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 trainer01@projectdignity.sg
8	Micro Job Training	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
9	Micro Job Training (Extended)	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. *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

Training Programme Information

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Independent Living and Work Skills Training

No.	Programme Title	Programme Details	Nett Fee (payable by Trainees)	Duration	Area of Training	Training Provider	Training Provider's Contact
1	Basic Communication Skills (Level 1)	- Trainees will learn how to use simple, clear words and sentences or nonverbal communication to express needs and emotions. - Trainees will develop basic conversational skills, like greeting others, making simple requests, and responding to questions. - Trainees will demonstrate paying attention when someone is speaking and taking turns while communicating with others.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	87578049 hello@akindplace.co
2	Emotional Regulation (Level 1)	- Trainees will recognise basic emotions like happy, sad, angry and scared through simple words, pictures, or gestures. - Trainees will identify simple, physical signs that they are becoming upset, like clenching fists or feeling hot. - Trainees will demonstrate simple calming techniques.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	87578049 hello@akindplace.co
3	Mindfulness for Emotional Regulation	- Trainees will practice basic mindfulness exercises like breathing techniques, body scans and sensory awareness activities. - Trainees will connect with nature through mindfulness practices on nature walks. - Trainees will practicing basic yoga poses to release tension and enhance mindfulness.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	87578049 hello@akindplace.co
4	Working with Others (Basic)	- Trainees will develop improved communication abilities, enabling them to effectively engage with others and express themselves in social situations. - Trainees will cultivate positive behaviours such as sharing and taking turns, promoting collaboration and cooperation in group settings. - Trainees will gain enhanced problem-solving skills through collaborative experiences, enabling them to tackle challenges more effectively in social and interactive contexts.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	87578049 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 jojomama.net@gmail.com
6	Adulting 101: Basic Money Management	Trainees will learn to: - Gain awareness and motivation to spend and save - Acquire basic money management skills to begin journey towards becoming more independent with own money - Practice the skills in daily life and receive feedback on one's progress	\$45.12	9 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
7	AI & Me - Using AI Responsibly & Ethically	Upon completion of the training workshop, participants should be able to: 1. Understanding AI: Definitions and Concepts 2. AI Training Processes: How AI Learns 3. Rationale for AI Utilization 4. Responsible and Ethical Use of AI in Everyday Situations	\$36.91	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
9	Captivating Social Media Posts with CapCut	Trainees will learn to: - Understand CapCut features and functions - Apply CapCut skills to plan and create engaging social media content - Incorporate storytelling techniques	\$36.94	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
10	Creative 3D Designs with TinkerCAD	Upon completion of the training workshop, participants should be able to: 1. Learn basic design principles of creative design and how they apply within the Tinkercad environment. 2. Develop ability in using Tinkercad's tools and features to create simple 3D models and prototypes. 3. Apply design thinking to solve problems and refine designs effectively and creativity in various aspects of independent living.	\$36.91	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg

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11	Critical Soft Skills for Employment: Managing Stress at Work	<p>Trainees will:</p> <ul style="list-style-type: none"> - Learn the basic soft skills needed for employment - Understand the importance of these basic soft skills in getting and keeping a job - Develop individualized strategies to support oneself in organization and time management - Practice using the individualized strategies taught in one's daily life 	\$37.61	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
12	Critical Soft Skills for Employment: Organisation & Time Management at Work	<p>Trainees will:</p> <ul style="list-style-type: none"> - Learn the basic soft skills needed for employment - Understand the importance of these basic soft skills in getting and keeping a job - Develop individualized strategies to support oneself in organization and time management - Practice using the individualized strategies taught in one's daily life 	\$37.61	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
13	Critical Soft Skills for Employment: Workplace Communication & Social Skills	<p>Trainees will:</p> <ul style="list-style-type: none"> - Learn the basic soft skills needed for employment - Understand the importance of these basic soft skills in getting and keeping a job - Develop individualized strategies to support oneself in organization and time management - Practice using the individualized strategies taught in one's daily life 	\$37.61	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
14	Empowering Routines with Google Workspace	<p>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.</p>	\$36.91	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
15	Friendship 101: Cracking the Code of Social Interactions	<p>Trainees will learn to:</p> <ul style="list-style-type: none"> - Gain skills for making informal conversation with others. - Gain skills for handling different social situations. - Increase ease and confidence of using these skills by practicing with peers. 	\$45.12	9 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
16	Home Fixes 101 for Adults on the Autism Spectrum	<p>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.</p> <p>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.</p>	\$31.50	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
17	IoT Projects: Creating Internet-Connected Devices	<p>Upon completion of the training workshop, participants should be able to:</p> <ol style="list-style-type: none"> 1. Fundamentals of IoT and Micro:bit and its application for enhancing independent living outcomes 2. Programming and building of IoT devices with Micro:bit 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
18	Kitchen Starters: Preparing a Western Brunch	<p>This workshop is a hands-on, introductory cooking course designed specifically for adults on the autism spectrum to build skills in independent living.</p> <p>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.</p>	\$39.90	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg

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19	Living Healthy and Well on the Autism Spectrum	Achieving a healthy lifestyle is about more than just diet and exercise –it's about finding balance in all areas of life. 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. 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
20	Navigating the Digital World: Digital Citizenship for Young Autistic Adults	Trainees will learn to: - Recall and summarise the key components of digital citizenship - Demonstrate the application of online etiquette and social media navigation skills - Analyse and evaluate the elements of positive digital footprints and cyber safety	\$36.94	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
21	No-Code Web Publishing with Canva	Trainees will learn to: - Master Canva basics - Understand design fundamentals - Display hands-on web-publishing skills	\$36.94	7 hours	Personal Development	Autism Resource Centre (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
22	Personal Leadership: Building Self-Awareness	Upon completion of the training workshop, participants should be able to: - Increase awareness of their strengths and challenges in relation to their autism diagnosis. - 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
23	RoboRovers: Code & Design Remote Controlled Robots	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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
24	Safe and Secure: Essential Home Safety Skills	This interactive workshop is designed specifically for adults on the autism spectrum to learn essential home safety skills to increase skills for independent living. 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
25	Scam Awareness for Adults on the Autism Spectrum	In today's world, scams come in many different forms, ranging from job scams to love scams. 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
26	Stepping into Independent Living as Adult	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. 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 (Singapore)	63233258 qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
27	Personal Mobility Aid Training Course	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 info@bizlink.org.sg

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28	Fit Me Training Programme	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). 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 fitme.sg@gmail.com
29	Design Your Path: Canva Skills for Career Exploration	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 hello@hatch.sg
30	Career Preparation & Development Programme	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 hello@inclus.sg
31	Tourism Soft Skills Training	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 train@luduslab.sg
32	Communicating Needs and Practicing Self-Advocacy	Trainees will learn to: 1) Develop the confidence to express their needs, preferences, and emotions effectively in various situations, leading to improved communication and interpersonal interactions. 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. 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	MIJ Training & Consultancy LLP	64436601 admin@mijhub.com
33	Building, Maintenance and Music Making Workshop (Ukulele & Guitar)	Trainees will learn to: 1. Gain awareness of the different parts of the ukulele and their functionalities by assembling a ukulele 2. Gain awareness of the different parts of the guitar and their functionalities through understanding its anatomy 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 contact@musicsolutions.com.sg
34	Performing and Recording Music (Level 1)	Trainees will learn to: 1. Develop their instrumental and ensemble skills so as to enable them to perform music in a live environment, 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 contact@musicsolutions.com.sg
35	AgriSocial for Good	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 damien.jam@nutriousfarms.com
36	Basic Baking I	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	Seeteey Pte. Ltd.	87491330 enquiry@flourpower.sg
37	Basic Cooking I	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	Seeteey Pte. Ltd.	87491330 enquiry@flourpower.sg