

LIFE@SP



Omer
SP Soccer

Arts
Go Global
Leaders
Service-Learning
Sports & Wellness
Clubs

**I WON MY
FIRST COMPETITION**



Chloe Wee
SP Mixed Martial Arts

“

Practising MMA, specifically Brazilian Jiu-Jitsu, has taught me many life lessons. It helped me cope with anxiety as well as learn how to be resilient and focused.

”



Scan to find out
more information
about LIFE@SP



THE JOURNEY OF A THOUSAND MILES BEGINS WITH A SINGLE STEP

- Lao-Tzu

As you embark on your exhilarating journey in Singapore Polytechnic, you will forge new friendships and garner new experiences that will last you a lifetime.

Here at the Department of Student Development (SD), we are dedicated to help you foster your passion, while developing leadership and life skills with a diverse range of activities and programmes.

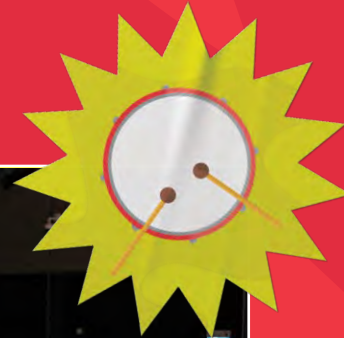
Journey out of your comfort zone and develop your potential. Get your diploma and have fun at the same time!

Check out our events and programmes at sp.edu.sg/ccas and follow us @lifeatsp on Instagram.



FEEL THE ARTS

FEEL THE VIBE. TIME TO SHINE!



**BASK IN THE
LIMELIGHT
AND LET YOUR
TALENTS SHOW!**

Are you a closet bathroom singer?
A b-boy wannabe on Dance Central?
Yearning to be a star on stage?

Come join our performing arts CCAs and get the chance to perform at our annual Arts Fiesta, where the best of SP's talents showcase their work in a month-long festival from contemporary jazz to classical Chinese orchestra, intense dramas and flamboyant dance shows.

GO GLOBAL

Meet students from overseas and establish friendships. Learn about their cultures and experience different ways of life.

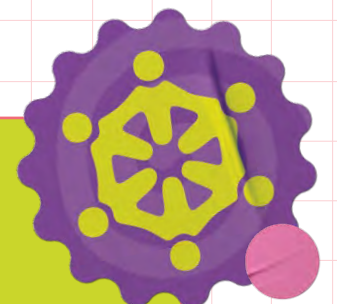


Help your overseas friends experience what is uniquely Singapore! Share your favourite hangouts with them!

Join the Go Global Exchange Programmes and broaden your global mindset.



EXPLORE NEW FRONTIERS. GO GLOBAL.



LEADERS

INSPIRE. SERVE. ACHIEVE.

Are leaders born or made? What makes a leader truly effective? Find the answers by embarking on your leadership journey with us.



In SP, we believe that everyone can be a leader. Our Leadership Programme (LEAP) is a 4-level progressive programme designed to groom our student leaders through a series of customised experiential learning programmes based on established leadership theories and frameworks. Through LEAP, you will learn to inspire others, be empowered with the skills to serve the community and achieve your goals!

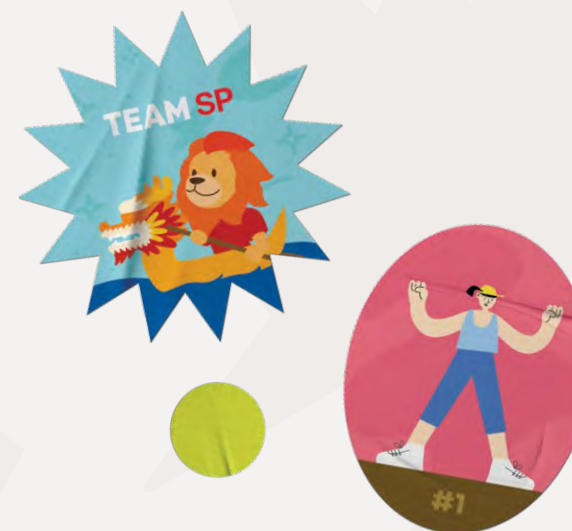
Join LEAP to unleash your hidden leadership potential.



TAKE A LEAP. DISCOVER THE LEADER IN YOU!

STRIVING FOR GOLD

NATIONAL YOUTH ACHIEVEMENT AWARD (NYAA)



Be a part of the NYAA journey and experience the many opportunities that it offers. Along the way, you will learn to appreciate the spirit of service, make healthy living an integral part of you and develop your leadership skills while serving the needs of the community.

The journey may be long, but you will grow from the many learning opportunities and satisfying experiences.

SERVICE-LEARNING

LEARN TO SERVE, SERVE TO LEARN



Make a difference while serving the community locally or overseas!

Discover the joy and meaning in a Service-Learning journey, from bringing cheer to the elderly, to lending a helping hand to the vulnerable, and engaging children and youths in the region to conduct educational programmes, there are so many ways you can contribute and grow!

Be the catalyst for change as you play a part for the underprivileged by participating in the Service-Learning projects available.



SPORTS & WELLNESS

Plan a workout at our gym, get into the groove with Hip-Hop dance or learn about mental health at our Sports & Wellness programme!

Be it learning a new sport from our certified coaches at Wellness for Life programme or immersing in health talks, workouts and events, journey with us to make our campus — A Healthy SP!



Choose from a wide variety of sports CCAs or participate in the many sports events held throughout the year like the annual Poly50 Campus Relay and a complete host of national and international competitions! You may even get a chance to go on an overseas sports exchange!



PUSHING BOUNDARIES. REDEFINING CHAMPIONS.

SP STUDENT CLUBS

Constituent Clubs

Architecture & the Built Environment Club
Chemical & Life Sciences Club
Community Service & Cultural Club
Current Affairs Club
Electrical & Electronic Engineering Club
Mechanical & Aeronautical Engineering Club
Media, Arts & Design School Club
School of Business Club
School of Computing Club
Singapore Maritime Academy Club
Singapore Polytechnic Students' Union
SP Students Sports Club



Arts & Culture

SP Chinese Music & Cultural Club
SP Chinese Orchestra
SP Comperes
SP Dance Sport
SP DeeJays
SP Garage Band
SP Guitarists
SP Harmonica Ensemble
SP Indian Cultural Society
SP Japanese Cultural Club
SP Jazz Band
SP Life Arts
SP Lion Dance
SP Makeup Artiste Club
SP Malay Language Society
SP Piano Ensemble
SP Stage Management Club
SP Strictly Dance Zone
SP String Ensemble
SP Symphonic Band
SP Theatre Compass
SP Vocal Talents



Special Interests

SP Ambassadors
SP Astronomers
SP Aviation Club
SP Buddhist Society
SP CRU
SP Catholic Students' Society
SP Christian Fellowship
SP Debate Club
SP Entrepreneurs Club
SP Infocomm Club
SP International Students Club
SP Makers
SP Memory Sports Club
SP Navigators
SP NYAA Ambassadors
SP Peer Support Club
SP Photography Club
SP Red Cross
SP Robotics Innovation & Technology Enterprise
SP Student Exchange Club
SP Videography Club



Service-Learning

SP Mentoring
SP Environment Club
SP Leo Club
SP Primers
SP Rotaract Club
SP Sign Language Club
SP Welfare Services Club



Sports & Adventure

SP Adventurers
SP Aikido
SP Archery
SP Badminton
SP Basketball
SP Bowling
SP Canoe Polo
SP Canoe Sprint
SP Cyclists
SP Darts
SP Dragon Boat
SP Fencing
SP Floorball
SP Handball
SP Hockey
SP Judo
SP Karate
SP Kenjutsu
SP Krav Maga
SP Lifesavers
SP Mind Sports
SP Mixed Martial Arts
SP Muay Thai
SP Netball
SP Pool
SP Rock Climbers
SP Rugby
SP Sanda
SP Shooting
SP Silat
SP Skates
SP Soccer
SP Softball
SP Squash
SP Strength Athletics
SP Swimming
SP Table Tennis
SP Taekwondo
SP Tchoukball
SP Tennis
SP Touch Football
SP Track & Field
SP Ultimate (Frisbee)
SP Volleyball
SP Wing Chun
SP Wushu



FACILITIES

SHINE WITH TEAM SP

Nurture and bring out the sportsman/sportswoman in you by making use of the wide range of multi-purpose facilities in the campus:

- Olympic-sized pool
- Soccer fields
- Basketball courts
- Tennis courts
- Badminton courts
- Squash courts
- Dance studios
- Multi-purpose field
- Table tennis tables
- Indoor multi-purpose courts
- 30-metre rock climbing wall
- Stadium with 400m standard track
- Boulder gym



SP SPORTS & ARTS SCHOLARSHIP AWARDS

The Sports & Arts Scholarships recognise students who have excelled in or contributed to the sports and arts scene at the national level or higher. Represent Singapore in sports or arts to qualify for grants up to \$4,000 per academic year!

SP SERVICE-LEARNING AWARD

The Service-Learning Award recognises student's commitment and contributions to the vulnerable and underprivileged community through active engagement in Service-Learning, be it participating in or leading Service-Learning programmes as an SP student or in the student's personal capacity outside of SP. Selected candidate will be awarded a one-time award of \$1,000!

**WE MAKE
YOUR DREAMS
A REALITY**



“

CANOE SPRINTING ALLOWED ME TO ACQUIRE KNOWLEDGE AND SKILLS OUTSIDE OF THE NORMAL CURRICULUM AND BUILD STRONG FRIENDSHIPS AND TEAM SPIRIT.

”

Mark Lim
SP Canoe Sprint





Singapore Polytechnic
500 Dover Road Singapore 139651

For more information regarding student clubs, activities and programmes,
please contact:

Department of Student Development

Tel: (65) 6870 8254

Website: sp.edu.sg/ccas

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The polytechnic reserves the right to alter the information in this publication.
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