

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 life.sp.edu.sg 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.

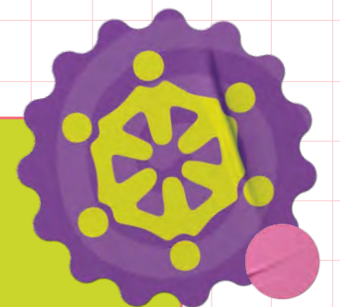


Help your overseas friends experience what is uniquely Singapore! Share your favourite hangouts with them!

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!

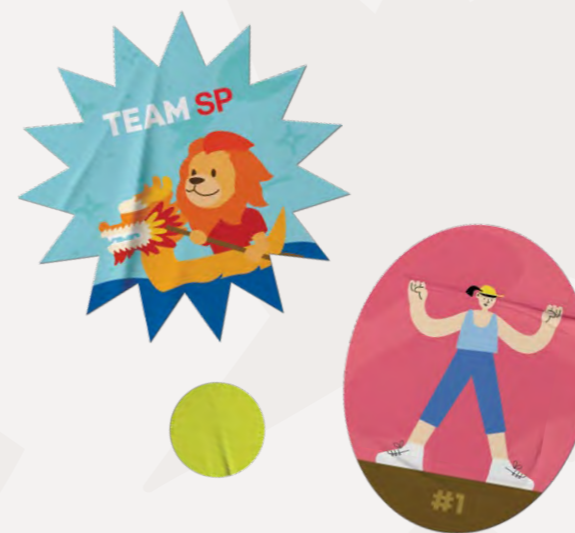
Join LEAP to unleash your hidden leadership potential.



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 Sports 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 & Debating 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 Campus Crusade for Christ
 SP Catholic Students' Society
 SP Christian Fellowship
 SP Civil Defence Lionhearters 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 BP Mentoring Club
 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 Sailing
 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 Water Polo
 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



SPORTS AND 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 \$2,000 per academic year!

**WE MAKE
YOUR DREAMS
A REALITY**



Mark Lim
SP Canoe Sprint



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





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

Department of Student Development

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Fax: (65) 6772 1960

Website: life.sp.edu.sg

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The polytechnic reserves the right to alter the information in this publication.
Information is correct as of December 2021.