



LIFELONG LEARNING CENTRE

TRAINING COURSES

1. SURVIVAL / ORIENTATION TRAINING – These training courses help MDWs adapt to Singapore work-life. The main aim of the “On-boarding and Integration Programme” (OIP) targeted at first-time MDW arrivals through a series of courses, is to effectively orientate them into Singapore’s culture, customs, lifestyle, and expectations of employers. The goal is to ensure that all MDWs are able to work and live well and complete their contract.

TRAINING PROVIDER	COURSE NAME	COURSE FEE BEFORE FAST SUBSIDIES	NUMBER OF MODULES	CONTACT DETAILS
FAST	FAST On-boarding and Integration Programme (OIP)	\$150.00	4	You may call +65 6509 1535 Or WhatsApp +65 8514 9344 Address: FAST Hub, 3 Chin Cheng Avenue, Singapore 429401

2. VOCATIONAL TRAINING – These training courses help to improve MDWs' skills and knowledge to do their job properly and include conversational English, entrepreneurship, health and pain management, basic infant care, and elder care.

TRAINING PROVIDER	COURSE NAME	COURSE FEE BEFORE FAST SUBSIDIES	NUMBER OF MODULES	CONTACT DETAILS
FAST	FAST I can speak English Training Programme	\$50.00	10	You may call +65 6509 1535 Or WhatsApp +65 8514 9344 Address: FAST Hub, 3 Chin Cheng Avenue, Singapore 429401
	FAST I can speak Mandarin Training Programme	\$50.00	10	
	FAST Financial Education Training Programme	NIL	8	

Aaxonn Pte Ltd	FAST Basic Elder Caregiving Training Programme (Part 1)	\$380.00	15	<p>You may contact them through: www.aaxonn.com/fdw-courses Or WhatsApp +65 9235 7213</p> <p>Address: 18 Sin Ming Lane, #07-04 Midview City, Singapore 573960</p> <p>and</p> <p>FAST Hub, 3 Chin Cheng Avenue, Singapore 429401</p>
	FAST Specialised Caregiver Training Programme (Part 2)	\$540.00	18	
	FAST CPR & AED Training Programme	\$80.00	1	
	Infant Care and Safety Skills	\$140.00	5	
Aria Training & Consultancy	FAST Basic Elder Caregiving Training Programme	\$180.00	4	<p>You may contact them through: https://www.facebook.com/ariatrainingandconsultancy Or call +65 9843 8224</p>

	FAST Infant Care Training Programme	\$200.00	6	Address: 170 Upper Bukit Timah Road, #08-02 Bukit Timah Shopping Centre, Singapore 588179
Care Academy	FAST Basic Elder Caregiving Training Programme	\$300.00	15	<p>You may contact them through: https://www.facebook.com/Singapore-CARE-Academy-112935983564791 Or call +65 9150 4488</p> <p>Address: FAST Hub, 3 Chin Cheng Avenue, Singapore 429401</p>
Media Transformation Ministry *All courses are conducted in Bahasa Indonesia	FAST Entrepreneurship Training Programme	\$180.00	13	<p>You may contact them through: https://www.facebook.com/developmentprogram</p> <p>Address: 400 Orchard Road, #07-04 Orchard Towers, Singapore 238875</p>

SOHA Institute	FAST Reflexology for Pain Management Training Programme	\$250.00	5	<p>You may contact them through: https://www.facebook.com/sohainstitute Or call +65 6293 3369</p> <p>Address: 465 Crawford Ln, #02-08, Singapore 190466</p>

3. FUTURE EMPLOYABILITY TRAINING – To plan for life after being a MDW, these training courses help MDWs prepare for future employment. They include comprehensive courses in elder caregiving, palliative care and dementia care.

TRAINING PROVIDER	COURSE NAME	COURSE FEE BEFORE FAST SUBSIDIES	NUMBER OF MODULES	CONTACT DETAILS
Aaxonn Pte Ltd	FAST Comprehensive Elder Caregiving Training Programme	\$700.00	36	<p>You may contact them through: www.aaxonn.com/fdw-courses Or WhatsApp +65 9235 7213</p>

	FAST Dementia Care Training Programme	\$160.00	10	Address: 18 Sin Ming Lane, #07-04 Midview City, Singapore 573960 and FAST Hub, 3 Chin Cheng Avenue, Singapore 429401
	FAST Palliative Care Training Programme	\$160.00	9	
Care Academy	FAST Comprehensive Elder Caregiving Training Programme	\$700.00	40	You may contact them through: https://www.facebook.com/Singapore-CARE-Academy-112935983564791 Or call +65 9150 4488
	FAST Dementia Care Training Programme	\$220.00	10	
	FAST Palliative Care Training Programme	\$180.00	8	Address: FAST Hub, 3 Chin Cheng Avenue, Singapore 429401

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