

nanyang polytechnic

LIFELONG LEARNING

#becausewecan

A pair of hands is shown from a top-down perspective, gently holding a small, vibrant green plant with yellow variegation. The plant is positioned in the center of the frame, resting on a bed of dark, rich soil. The hands are positioned on either side of the plant, with fingers slightly curled to support it. The background is a solid, deep red color, which contrasts sharply with the green of the plant and the dark brown of the soil. The overall composition is clean and focused, emphasizing the act of nurturing and growing a plant.

**Introduction to Therapeutic
Horticulture**

What will you learn?

Ever come across a therapeutic garden that uplifts your senses but wonder how it is designed? Or don't have the green fingers but keen to learn simple techniques to grow plants or edible herbs for that added touch to your cooking, grown directly from your own home? You may also want to equip yourself with basic horticulture skills to work with individuals /groups, elderly, or those with special needs, dementia to promote health and wellness. Various studies and research show that these low intensity exercises produce many health benefits.

The basic principles of caring for plants and gardens and how to manage a miniature garden inside a bottle (terrarium) will be explored and discussed.

Duration: **4 days (total 12 hours)** | Mode of Learning: **Workshop**

Who should attend?

Individuals who wish to learn basic horticulture skills as a hobby or those working with elderly /dementia/special needs to promote health and wellness

How much will it cost?

	Fees Payable (incl. GST)
Full course fee	\$321.00
NYP alumni member after 10% alumni discount	\$288.90
SC ≥ 50 years old after NSA Grant	\$171.00
SC ≥ 50 years old & NYP alumni member after NSA Grant & 10% alumni discount	\$154.95

SC: Singapore Citizen | NSA: National Silver Academy

Information to Note:

This is an NSA-approved short course. Singapore Citizens (SC) aged 50 and above will receive a subsidy of 50% off the course fee (capped at \$500 per course exclusive of GST). Please visit the NSA website (www.nsa.org.sg/allcourses.php) for details and application for subsidy. This course is eligible for SkillsFuture Credit (SFC) for self-sponsored course applicants. Refer to SkillsFuture Credit website (www.skillsfuture.sg/credit) for details. Terms & conditions apply.

Information is correct at time of print and subject to revision.

Find Out More



<https://www.nyp.edu.sg/schools/shss/lifelong-learning/introduction-to-therapeutic-horticulture.html>

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