Our life-skill program aims to help our boarding students develop all the necessary skills needed to cope with the challenges of life. Throughout different stages of the life-skill program, students are trained in all the 10 AHHA-skills. Below you can see some of the main activities students go through throughout the 5 semesters of the boarding program.

**Science of Life Classes**

Through discussions, students can go deeper into the Science of Life concepts. After having a thorough understanding, they present their understanding and reflection outcomes in a class seminar.

**Discussions & Seminars**

Living in a community helps students learn how to work together (examples: cooking, cleaning, and working with their class), as well as doing many social activities together (examples: community prayers, eating meals, studying together).

**Community Life & Teamwork**

Students learn motivational topics and science of life concepts as part of their life-skill course. Classes are conducted by senior teachers who have developed a strong AHHA skill-set.