

Life Skills

Subject #3 of the 2,5 Year Boarding Program

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.



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.



Science of Life Classes



Discussions & Seminars

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.



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