

A Different Youth Day This Year

By embracing fitness and well-being

Get Active



- Organize friendly matches with your peers to build teamwork and sportsmanship.
- Step out of your comfort zone by trying out a sport you've never played before!

- Take a peaceful walk in scenic surroundings and immerse yourself in the beauty of nature.
- Head to a bustling cityscape to enjoy the vibrant street scenes while exploring local shops and cafes!

Walk with a View



Smart Eating

- Challenge your friends to a 'no junk food for a week' goal. Avoid consuming snacks, chips, fast food and processed treats.
- Make it a friendly competition by keeping track of your progress together, sharing healthy recipes and encouraging each other to stay committed!



- Step out of your normal routine and try out a new programme. Be it a upbeat zumba lesson or a calming strength pilates lesson, come explore different new options!
- Your curious attempt might just turn into a new favorite hobby.

Embrace New Changes

