**Expected time commitment:**

The asynchronous content will be made available from Thursday 12 October 2023 and there will be new asynchronous content available each week. There will be 2 synchronous sessions each week at 2 separate times to suit your local timezone. Please attend the one that is most convenient:

|  |
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| **Week 1** |
| Wednesday 11 Oct: Group A | 10:00 – 11:00 Singapore Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+A+-+Week+1&iso=20231011T10&p1=236&ah=1)) |
| Wednesday 11 Oct: Group B | 16.00 - 17.00 British Summer Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+B+-+Week+1&iso=20231011T16&p1=136&ah=1)) |
| **Asynchronous content available on Thursday 12 October** |
| **Asynchronous content available on Thursday 19 October** |
| **Week 2** |
| Wednesday 25 Oct: Group A | 10:00 – 11:00 Singapore Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+A+-+Week+2&iso=20231025T10&p1=236&ah=1)) |
| Wednesday 25 Oct: Group B | 16.00 - 17.00 British Summer Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+B+-+Week+2&iso=20231025T16&p1=136&ah=1)) |
| **Asynchronous content available from Thursday 26 October** |
| **Week 3** |
| Wednesday 1 Nov: Group A | 10:00 – 11:00 Singapore Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+A+-+Week+3&iso=20231101T10&p1=236&ah=1)) |
| Wednesday 1 Nov: Group B | 16.00 - 17.00 Greenwich Mean Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+B+-+Week+3&iso=20231101T16&p1=%3A&ah=1)) |
| **Asynchronous content available from Thursday 2 November** |
| **Week 4** |
| Wednesday 8 Nov: Group A | 10:00 – 11:00 Singapore Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+A+-+Week+4&iso=20231108T10&p1=236&ah=1)) |
| Wednesday 8 Nov: Group B | 16.00 - 17.00 Greenwich Mean Time (Check this time/date in your timezone [here](https://www.timeanddate.com/worldclock/personal.html?msg=Group+B+-+Week+4&iso=20231108T16&p1=136&ah=1)) |

 **Please note the dates listed are based on Singapore Time/British Summer Time/Greenwich Mean Time hours. Make sure to click the respective links to check the correct date and time in your local timezone.** Total time commitment is one hour asynchronous and one hour synchronous each week for four weeks.