



**LaSalle College**  
Vancouver

**SWEAT**  
2023

**LIMITED  
CLASS SIZES**

# **STRUCTURED WORK EXPERIENCE & TRAINING**

**MARCH  
20-23  
2023**

**Receive 30 hours of collaborative hands-on workshop work experience in:**

3D Modeling & Animation | Digital Film & Video | Game Art & Design | Professional Recording Arts  
| Visual Game Programming | VFX | Culinary Arts | Baking & Pastry | Hospitality Management |  
Fashion Design | Jewellery Design | Graphic Design | Interior Design

**DEADLINE: MARCH 13, 2023**

Apply online at [lasallecollegevancouver.com/events](https://lasallecollegevancouver.com/events)

Questions? Please contact **Jessica Sweetnam** | [jesweetnam@lasallecollegevancouver.com](mailto:jesweetnam@lasallecollegevancouver.com)



# SWEAT 2023

# SCHEDULE



## DAY 01

March 20, 2023

- **8:45am – 9:00am**  
Check-in
- **9:00am – 9:30am**  
Orientation and Welcome Session
- **9:30am – 12:00pm**  
Morning Session
- **12:00pm – 1:00pm**  
Lunch Break
- **1:00pm – 5:00pm**  
Afternoon Session

## DAY 02

March 21, 2023

- **9:00am – 12:00pm**  
Morning Session
- **12:00pm – 1:00pm**  
Lunch Break
- **1:00pm – 5:00pm**  
Afternoon Session

## DAY 03

March 22, 2023

- **9:00am – 12:00pm**  
Morning Session
- **12:00pm – 1:00pm**  
Lunch Break
- Grade 12 Meet-Up @ Vitamin D Lounge
- **1:00pm – 5:00pm**  
Afternoon Session

## DAY 04

March 23, 2023

- **9:00 am – 12:00pm**  
Morning Session
- **12:00pm – 1:00pm**  
Pizza Lunch @ Cafeteria
- **1:00pm – 3:00pm**  
Finalizing projects
- **3:00pm – 4:00pm**  
Supporters Info Session