

Speech Therapy Unit Voice Training Series

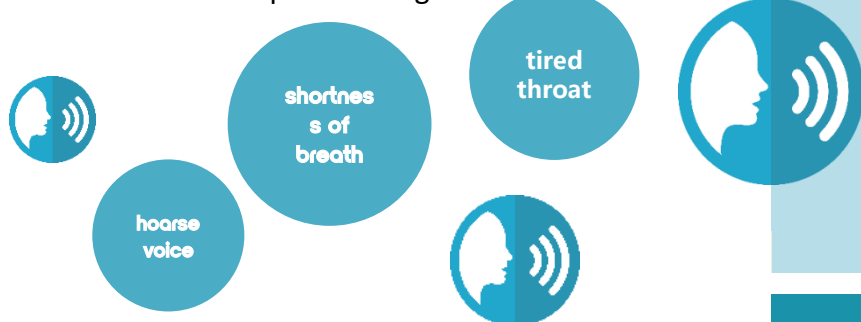
(Course code: VOICE-202610)

# Voice Protection and Use Techniques Course

FREE  
for PolyU  
staff/student/  
dependant

People from many professions rely on their voices to perform day-to-day duties, such as performers, teachers, retail employees and other workers from the service industry. Even for students, they also rely on their voices to engage in learning activities. Frequent voice use could increase the prevalence of dysphonia symptoms, such as hoarse voice and vocal fatigue. This course aims at preventing, evaluating, and remediating voice problems:

- Individual vocal hygiene consultation
- Breathing-phonation coordination exercises
- Voice use techniques training



**Course structure:** 1 session of voice assessment & 4 sessions of voice therapy (50 min/session, one-on-one)

**Target participants:** adults or children with diagnosed or suspected voice problems (e.g., rough voice, pitch too high/low) who wish to optimise their vocal health

**Instructors:** the training will be planned and conducted by student clinicians from the PolyU Speech Therapy programme and supervised by qualified Speech Therapist with extensive clinical experience

**Medium of instruction:** Cantonese, English or Mandarin

**To register:** please call or WhatsApp the Speech Therapy Unit. We will confirm your registration by phone.

**Note:**

1. All sessions are to be audio- and video- recorded for internal teaching and follow-up purposes.
2. If we are unable to conduct face-to-face sessions, we will contact you for feasible arrangements (including but not limited to online teletherapy).

## Dates & Time

**Assessment Date**  
**31/10/2026**

**Training Dates**  
**14/11 , 21/11 , 5/12 , 12/12/2026**  
**(Sat: 1000-1050 or 1100-1150)**

**Location**  
**The Hong Kong Polytechnic University**  
**Speech Therapy Unit**

**Fees**  
**HK\$1,750 (5 sessions)**

Speech Therapy Unit  
Room EF701, PolyU, Hung Hom, Kowloon.

Enquiry  
**Tel/ WhatsApp: 3400 3636**  
Email: [speech@polyu.edu.hk](mailto:speech@polyu.edu.hk)

Monday - Saturday  
0900-1300 1400-1800

Closed on Sundays and public holidays