



## ANNEX

### Programme for Parks Festival

To celebrate the end of the year, the National Parks Board (NParks) has lined up a series of activities from 19 to 20 November. The events are listed in the table below.

More details of the activities can be found at <https://www.nparks.gov.sg/parksfestival>.

Date	Time	Location	Activity
19 Nov	9.30am – 10.30am	Grand Lawn I	<b>Mass Workout by SportSG: Zumba</b> Join other participants in a specially choreographed Zumba routine in the park.
		Grand Lawn II	<b>Talk: Creating Sculptures in the Garden</b> Community in Bloom (CIB) ambassador Richard Ashworth will share tips on designing and fabricating sculptures for a garden.
	9.30am – 11.30am	Grand Lawn II	<b>Workshop: Arts &amp; Science of Miniature Terrariums</b> Wong Lyon from Gardens with Purpose will share tips on creating your own terrarium. Fees of \$28 per pax apply. To register, please contact Joanne Ng at 65465801 or 90021190, or email <a href="mailto:joannensh@gmail.com">joannensh@gmail.com</a> .
		Promenade	<b>Nature Survey – Mini-BioBlitz: Bees</b> Unleash your inner scientist and join us in these tours with experienced naturalists to study our wildlife in Bishan-Ang Mo Kio Park. Participants will survey the variety of bees that can be found in the park.
	<b>Nature Survey – Mini-BioBlitz: Butterflies</b> Unleash your inner scientist and join us in these tours with experienced naturalists to study our wildlife in Bishan-Ang Mo Kio Park. Participants will survey the variety of butterflies that can be found in the park.		
9.30am – 6.00pm	Grand Lawn I	<b>Fringe Activities</b> Visitors can look forward to family-friendly fringe activities including a giant bouncy castle, games, sand art and more.	



		Grand Lawn II	<p><b>Wood Carving by Sculpture Society (Singapore)</b> The Sculpture Society (Singapore) will demonstrate wood carving techniques. Visitors are welcome to try their hands at the craft.</p> <p><b>Geometric Balance: Creating a Wearable Object</b> Learn how to shape light pieces of wood into displays or fashion accessories.</p> <p><b>Art in the Park</b> Art in the Park is an art and photo exhibition that showcases nature and our natural environment through various art forms.</p>
		Playground	<p><b>Inclusive Playground Activities</b> There will be performances such as balloon sculpting and magic acts at the inclusive playground to encourage children of different abilities to play together outdoors.</p>
		Promenade	<p><b>Centre of Urban Greenery and Ecology's (CUGE) Workforce Skills Qualification (WSQ) courses</b> NParks' CUGE will share about exciting training and career opportunities within the landscape industry. Learn about CUGE's WSQ courses, certifications, and how you can make use of your SkillsFuture Credit to apply for these courses.</p> <p><b>Volunteer Programme</b> Find out more about NParks' initiatives to safeguard biodiversity and sign up to be an NParks' volunteer.</p> <p><b>National Steps Challenge™ Season 2 Roadshow and Thematic Challenge by Health Promotion Board (HPB)</b> The National Steps Challenge™ is back with Season 2! Join the roadshow at Parks Festival to collect your free HPB steps tracker. In addition, take part in the first Thematic Challenge, Parks Trail at Bishan-Ang Mo Kio Park, to get sure-win prizes worth \$10. Parks Trail at Bishan-Ang Mo Kio Park is open to participants who sign up for the National Steps Challenge™ Season 2 at the Parks Festival, as well as participants who have</p>



			<p>already signed up. Terms and conditions apply.</p> <p><b>Ecolife Exhibition</b> Find out more about biodiversity in Bishan-Ang Mo Kio Parks and Coney Island.</p> <p><b>Intertidal Watch Exhibition</b> Learn about the amazing animals that live on Singapore's shores with Intertidal Watch's volunteers and citizen scientists. Intertidal Watch is a citizen science programme with the objective of collecting long-term data and reaching out to generate public awareness on marine biodiversity and conservation.</p> <p><b>Mangrove Exhibition</b> Learn how mangroves adapt to their harsh and dynamic environment, and get up close and personal with some of the inhabitants.</p> <p><b>Community in Nature (CIN)</b> The CIN initiative is a national movement that brings together all of NParks' nature-related events, activities and programmes with the aim of connecting, engaging and inspiring diverse communities to help conserve our natural heritage. Join us to play a more active role in conserving our natural heritage.</p>
		Multi-purpose Court	<p><b>Park Connector Network (PCN) Exhibition</b> Learn about the history of park connectors and familiarise yourself with the various park connector routes in Singapore.</p> <p><b>Bicycle Obstacle Course</b> Test your bicycle handling skills by riding through a series of obstacles.</p> <p><b>Bicycle and Skates Rental</b> Visitors can rent bicycles and skates to explore Bishan-Ang Mo Kio Park and the park connectors in the vicinity.</p> <p><b>Treasure Trail</b> Participants will go on a treasure hunt, either on bicycle or foot, to search for safe cycling messages and park connector information boards around Bishan-Ang Mo Kio Park.</p>



	9.30am – 9.30pm	Grand Lawn I	<p><b>F&amp;B Sales</b> Visitors will be able to feast on a range of local delights at Parks Festival.</p>
		Grand Lawn II	<p><b>Arts and Gardening Bazaar</b> The bazaar offers a wide variety of art and craft products, as well as ornamental plants and gardening accessories.</p>
	10.00am – 12.00pm	Promenade	<p><b>Guided Tour: Ecolife</b> This tour introduces Bishan-Ang Mo Kio Park, Coney Island Park and their biodiversity through the use of interactive exploration themes and activities. Participants will have fun working together on worksheets, conduct surveys and photo hunts, among other activities.</p>
	10.30am – 11.30pm	Grand Lawn I	<p><b>Mass Workout by SportSG: Piloxing</b> Join other participants in a specially choreographed Piloxing routine in the park.</p>
		Grand Lawn II	<p><b>Talk: Bonsai <i>Libidibia ferrea</i></b> Visitors will learn how and why <i>Libidibia ferrea</i> is suitable as a Bonsai plant from Mr Lim Keow Wah, Vice President of Singapore Penjing &amp; Stone Appreciation Society.</p>
	11.30am – 12.30pm	Grand Lawn I	<p><b>GetActive! Singapore Workout by SportSG</b> Choreographed to this year's National Day theme song "Tomorrow's Here Today", this workout incorporates signature moves from popular sports like swimming and basketball.</p>
		Grand Lawn II	<p><b>Talk: The Insects of Singapore – Diversity in an Urban Metropolis!</b> Get buzzing with our exciting panel of speakers from NParks and the Entomological Network of Singapore (ENSING) as they share surprising facts, personal anecdotes and stunning visuals on the diversity of insects that thrive in Singapore.</p> <p><b>Storytime with Sara – Learning About Singapore Botanic Garden's Heritage</b> Sara, the Botanicosaurus, discovers a treasure chest of precious photos and items left behind by her grandmother, Nana. Each of these artefacts tells a story about the wonderful plants and people</p>



			that have contributed to the Singapore Botanic Gardens. Join her as she uncovers its rich heritage!
2.00pm – 3.00pm	Grand Lawn II		<p><b>Talk: Wild Otters in Singapore – Origins, Status, and Conservation in Singapore</b> N. Sivasothi from the National University of Singapore will share on the status and conservation of otters in Singapore, as well as their biology and ecological role.</p> <p><b>Workshop: Playtime with Kaya the Otter</b> Learn about the wildlife in our parks and water bodies by following the journey of Kaya the Otter through a short animation video and activity book. Suitable for children aged 5 and above.</p>
2.00pm – 4.00pm	Grand Lawn I		<p><b>Kite-Flying Demo</b> Visitors will be able to decorate their kites and learn how to fly them at the park. Experienced kite-flyers will also demonstrate their skills with large and colourful kites.</p>
	Promenade		<p><b>Guided Tour: Ecolife</b> This tour introduces Bishan-Ang Mo Kio Park, Coney Island Park and their biodiversity through the use of interactive exploration themes and activities. Participants will have fun working together on worksheets, conduct surveys and photo hunts, among other activities.</p>
3.00pm – 4.00pm	Grand Lawn II		<p><b>Talk: The Fabrication and Placement of Art Sculptures in Landscaping</b> CIB volunteer Tan Han Xiang will share on the use of flow, forms and materials to create sculptures for impactful visuals in the garden.</p> <p><b>Workshop: Live Cooking Demo</b> A chef from Lewin Terrace, a Japanese-French fusion fine-dining restaurant, will conduct a cooking demonstration for members of the public.</p>
4.00pm – 5.00pm	Grand Lawn II		<p><b>Talk: Growing and Designing with Succulents</b> Succulents are becoming more popular in indoor gardening with its wide range of colours, patterns and varieties. Darren Teo from Agropolis Pte Ltd will share more on how visitors can display them at home.</p>



			<p><b>Workshop: Weight Loss and Maintenance through Ayurveda</b> Learn how Ayurvedic weight loss is different from the conventional way of weight loss. Learn some tips on how to maintain your weight healthily after losing it!</p>
		Multi-Purpose Court	<p><b>Mass Cycling</b> Members of the public can ride along scenic park connectors from Tai Seng MRT Station or Punggol Waterway Point to Bishan-Ang Mo Kio Park for NParks' Parks Festival.</p>
	5.00pm – 6.00pm	Grand Lawn I	<p><b>Screening of “The Provision Shop” – A Royston Tan Telemovie</b> Award-winning director Royston Tan uncovers latent tensions and strong bonds within a diverse community in his latest telemovie 《杂货店》 (The Provision Shop). Filmed in collaboration with the Ministry of Communications and Information and Tribal Worldwide Singapore, the telemovie shows the social interactions and relationships between locals and foreigners in multicultural Singapore. It encourages greater openness, mutual understanding and respect in building a better home for all, through four amusing and poignant stories of love and camaraderie. Starring Sora Ma, Marcus Chin, Li Yinzhu, Siti Khalijah, Brandon Wong, Cui Yang, Aden Tan, Sarah Daniel and Sherraine Law.</p>
		Multi-Purpose Court	<p><b>Safe Cycling Talk &amp; Bike Maintenance Workshop</b> Pick up tips on safe cycling and bicycle maintenance from experienced cyclists.</p>
	6.00pm – 9.30pm	Grand Lawn I	<p><b>NParks Concert Series in the Park: Rockestra™</b> Visitors can look forward to an evening of mainstream hits and classical favourites performed by Olivia Ong, Jive Talkin', Shirlyn &amp; The UnXpected, The JumpStart, Ciao Turtle and SuperSonic. The concert will be hosted by Mediacorp artiste Pornsak.</p>
20 Nov	9.30am – 10.30am	Grand Lawn II	<p><b>Talk: Growing Vegetables in Your Garden</b> Growing vegetables in your garden can be fun and</p>



			rewarding, but challenging at times due to pests and diseases. Learn how to identify these issues and prevent them from CIB ambassador Judy Soo.
		Grand Lawn I	<b>Yoga</b> Kick-start your day with a yoga workout organised by Aramsa – The Garden Spa.
9.30am – 11.30am		Grand Lawn II	<b>Workshop: Indoor Mini Hydroponics</b> Urban farming is gaining popularity in Singapore with many households trying to grow their own crops. Join Darren Teo from Agropolis Pte Ltd for a hands-on workshop in creating a hydroponic system at home. Fees of \$25 per pax apply. To register, please contact Adelene Kessler at 62812777 or 81210113, or email <a href="mailto:info@agropolis.com.sg">info@agropolis.com.sg</a> .
9.30am – 11.30am		Promenade	<b>Nature Survey – Mini-BioBlitz: Dragonflies</b> Unleash your inner scientist and join us in a tour with experienced naturalists to study our wildlife in Bishan-Ang Mo Kio Park. Participants will survey the variety of dragonflies that can be found in the park.
			<b>Nature Survey – Mini-BioBlitz: Garden Birds</b> Unleash your inner scientist and join us in a tour with experienced naturalists to study our wildlife in Bishan-Ang Mo Kio Park. Participants will survey the variety of garden birds that can be found in the park.
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		Grand Lawn II	<b>Arts and Gardening Bazaar</b> The bazaar offers a wide variety of art and craft products, as well as ornamental plants and gardening accessories.  <b>Wood Carving by Sculpture Society</b>



		<p><b>(Singapore)</b> The Sculpture Society (Singapore) will demonstrate wood carving techniques. Visitors are welcome to try their hands at the craft.</p> <p><b>Geometric Balance: Creating a Wearable Object</b> Learn how to shape light pieces of wood into displays or fashion accessories.</p> <p><b>Art in the Park</b> Art in the Park is an art and photo exhibition that showcases nature and our natural environment through various art forms.</p>
	Playground	<p><b>Inclusive Playground Activities</b> There will be performances such as balloon sculpting and magic acts at the inclusive playground to encourage children of different abilities to play together outdoors.</p>
	Promenade	<p><b>CUGE's WSQ Courses</b> NParks' CUGE will share about exciting training and career opportunities within the landscape industry. Learn about CUGE's WSQ courses, certifications, and how you can make use of your SkillsFuture Credit to apply for these courses.</p> <p><b>Volunteer Programme</b> Find out more about NParks' initiatives to safeguard biodiversity and sign up to be an NParks' volunteer.</p> <p><b>National Steps Challenge™ Season 2 Roadshow and Thematic Challenge by HPB</b> The National Steps Challenge™ is back with Season 2! Join the roadshow at Parks Festival to collect your free HPB steps tracker. In addition, take part in the first Thematic Challenge, Parks Trail at Bishan-Ang Mo Kio Park, to win sure-win prizes worth \$10. Parks Trail at Bishan-Ang Mo Kio Park is open to participants who sign up for the National Steps Challenge™ Season 2 at the Parks Festival, as well as participants who have already signed up. Terms and conditions apply.</p> <p><b>Ecolife Exhibition</b> Find out more about biodiversity in Bishan-Ang Mo</p>



			<p>Kio Parks and Coney Island.</p> <p><b>Intertidal Watch Exhibition</b> Learn about the amazing animals that live on Singapore's shores with Intertidal Watch's volunteers and citizen scientists. Intertidal Watch is a citizen science programme with the objective of collecting long-term data and reaching out to generate public awareness on marine biodiversity and conservation.</p> <p><b>Mangrove Exhibition</b> Learn how mangroves adapt to their harsh and dynamic environment, and get up close and personal with some of the inhabitants.</p> <p><b>Community in Nature (CIN)</b> The CIN initiative is a national movement that brings together all of NParks' nature-related events, activities and programmes with the aim of connecting, engaging and inspiring diverse communities to help conserve our natural heritage. Join us to play a more active role in conserving our natural heritage.</p>
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10.30am - 11.30am	Grand Lawn II		<b>Talk: Growing Orchids for Beginners</b> Pick up tips on growing orchids from Mr Ling Kam Kong from Orchid Society of South East Asia.
11.30am – 12.30pm	Grand Lawn II		<b>Talk: The Insects of Singapore – Diversity in an Urban Metropolis!</b> Get buzzing with our exciting panel of speakers from NParks and the Entomological Network of Singapore (ENSING) as they share surprising facts, personal anecdotes and stunning visuals on the diversity of insects that thrive in Singapore.  <b>Storytime with Sara – Learning About Singapore Botanic Garden’s Heritage</b> Sara, the Botanicosaurus, discovers a treasure chest of precious photos and items left behind by her grandmother, Nana. Each of these artefacts tells a story of the wonderful plants and people that have contributed to the Singapore Botanic Gardens. Join her as she uncovers its rich heritage!
12.30pm – 2.30pm	Promenade		<b>Sketches of Nature</b> Bring out the artist in you while you explore beautiful Bishan-Ang Mo Kio Park. Take home sketches of the interesting biodiversity found in the park. Bring your sketchbook, pen, pencil or colour pencil, and join us in this relaxing activity.
2.00pm – 4.00pm	Promenade		<b>Guided Tour: Ecolife</b> This tour introduces Bishan-Ang Mo Kio Park, Coney Island Park and their biodiversity through the use of interactive exploration themes and activities. Participants will have fun working together on worksheets, conduct surveys and photo hunts, among other activities.
2.00pm – 3.00pm	Grand Lawn II		<b>Talk: Planting for Butterflies</b> Learn about the importance of butterflies, get up close with live displays of caterpillars and pick up tips on ways to raise them.
3.00pm –	Grand Lawn II		<b>Talk: Edible Vertical Garden Workshop</b>



	4.00pm		<p>Learn how to grow edibles in a vertical garden from Steven Ng from The Nature Company.</p> <p><b>Workshop: Ulam Bagus! &amp; Going Bananas!</b>          Ulam Bagus! aims to promote spices and raise awareness on the uses and benefits of plants, particularly in traditional healing. It introduces participants to Malay herbs found in the garden and how they are used in ulam, a traditional Malay salad, for healing and health purposes. Going Bananas! aims to raise awareness of bananas being just more than food – they're also part of Singapore's history, culture and heritage.</p>
	3.00pm – 5.00pm	Grand Lawn I	<p><b>Music in the Park: NParks Live Out Loud</b>          Check out our young and budding musical talents who will perform for 15-mins on this open-mic stage.</p>
	4.00pm – 5.00pm	Grand Lawn II	<p><b>Talk: Inspiration through Floral Art</b>          International renowned floral artist, Anson Low from Nobleman School of Floral Design will share tips on how to transform the beauty of flowers into a complex creation beyond imagination.</p> <p><b>Workshop: Healthy Living with Navayugam</b>          Navayugam, a non-profitable organisation, shares ways to lead a healthier lifestyle through yogic exercises, meditation, healthy food habits, preventive and remedy solutions for diseases, and stress management to enlighten beings.</p>