

## **Experience Day 4: Esplanade – Theatres on the Bay, Singapore**

Join us on an enriching excursion to Esplanade – Theatres on the Bay, Singapore’s iconic national performing arts centre. Explore the intersection of arts, wellbeing, and health through this specially curated three-part experience, which includes:

### **Exclusive Sharing**

At Esplanade, the arts go beyond performance – they heal, connect, and uplift. Discover how the centre’s wellbeing programmes support diverse communities, where creative expression becomes a powerful form of care and connection.

### **Angklung Workshop**

Experience the joy of music in this hands-on angklung workshop, that is part of Esplanade’s wellbeing programme. This traditional bamboo instrument has brought healing and connection to over 3,000 participants – including cancer survivors, stroke survivors, and individuals living with Parkinson’s. (No musical experience needed)

### **Backstage Tour**

Step behind the scenes of one of Asia’s premier performing arts centres and discover the inner workings that bring a show to life on stage.

<b>Time</b>	<b>Programming</b>
08:30	Arrive at Suntec Singapore <i>Collect your badge from the badge printing kiosk near the Registration desk.</i>
08:40	Meet at Experience Day 4 Meeting Point <i>Collect your wristband and check-in with the chaperone</i>
09:00-09:10	The group leaves Suntec for Esplanade
09:00-09:30	Registration
09:30-10:30	Introduction and sharing
10:30-12:00	Angklung music making workshop
12:00-13:00	Lunch
13:00-13:30	Feedback from workshop
13.30-14:30	Backstage tour
14:30	End of visit <i>We will also be travelling as a group back to Suntec following the experience day. The estimated return time is 14:45</i>