

FOR IMMEDIATE RELEASE

Understand the Science Behind Ageing at Science Centre Singapore's Latest Exhibition *First fully-guided experience led by senior guides*

SINGAPORE, 10 November 2017 – Science Centre Singapore (SCS) and the Ministry of Health today launched *Dialogue with Time – Embrace Ageing*, a new permanent exhibition at SCS, with support from the Ministry of Education. This is an interactive exhibition that seeks to inform visitors and engender greater understanding, empathy and preparedness for the ageing process. The exhibition was officially launched by Minister for Health, Mr Gan Kim Yong, on 10 November 2017.

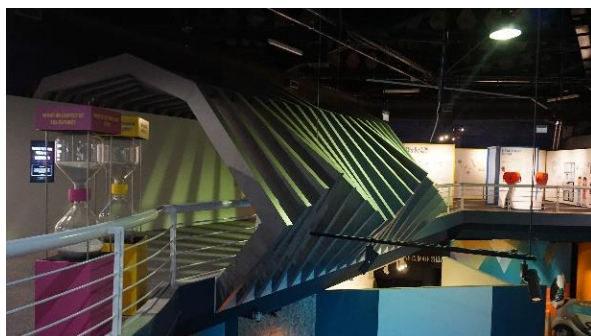
Through this exhibition, visitors of all ages will be able to better understand and overcome stereotypes associated with old age, explore the science of ageing, as well as learn more about the initiatives and technology that can improve the quality of life of seniors.

Health Minister Mr Gan Kim Yong said, “Dialogue with Time is an extension of MOH’s efforts under the Action Plan for Successful Ageing. Through the exhibition, we hope that visitors will come to appreciate the opportunities in longevity, and to be encouraged to live healthy and meaningful lives even in old age. Through the interactive dialogues with senior guides, experiential play and exhibits, we hope that visitors will better understand the ageing process, and appreciate that seniors can also remain active and engaged.”

“The ageing population is a key demographic change that will have an increasingly significant impact on Singapore. By 2030, a quarter of Singaporeans will be aged 65 and above – about double the number today. Our society should be a positive arena where seniors can enjoy healthy, happy and meaningful years as they progress in life. This is possible if we better understand our seniors and the changes that come with age. We are therefore pleased to offer this exhibition as it helps address a very important aspect of life and also highlight the significant role that science can play to address some of the age-related challenges. More importantly we want to inspire and embrace active ageing, tapping on the experience and wisdom of our seniors!” said Associate Professor Lim Tit Meng, Chief Executive of Science Centre Singapore.

The exhibition comprises three zones:

Zone 1: Science of Ageing



Here, visitors will walk through the Tunnel of Questions which showcases some of the key milestones about ageing, including how cell repair becomes less effective with age to how ageing affects the bones, joints, muscles and blood pressure. The Ageing Booth is an interactive photo booth where guests can explore visible signs of ageing and see how they will look in the years to come. The Reaction Time Game, coupled with infographics, helps visitors understand how ageing affects the brain and nervous system.

Zone 2: Dialogue with Time (Fully Guided)



This zone comprises four rooms – the Yellow Room, Pink Room and two Dialogue Rooms.

Visitors will get to engage in a dialogue with the senior guides in the **Dialogue Rooms**. The senior guides leading that group will share his/her personal experience and their journey, lead the happy ageing game, and towards the end of the tour, the senior guide will engage in a discussion with visitors about the future of ageing through an interactive polling game on population statistics and an interactive discussion.

In the **Yellow Room**, visitors will get to experience different aspects of ageing, such as weakened hearing, sight and mobility.

Inspiring stories of five active senior citizens are featured as short videos in the **Pink Room**. They share their experiences from the later years and topics range from reemployment to finding love online.

Zone 3: Science & Technology



This zone showcases assistive technology and telehealth devices designed to empower and improve the lives of the elderly. These include the GPS Smart Watch - a monitoring device that can alert the caregiver if the wearer gets disoriented; and the innovative Stair Climbing Wheelchair which enhances mobility. Also featured via exhibition panels are the government initiatives taken to improve quality of life of the seniors, as well as bulletin boards and infographics highlighting precision medicine and research advancements that can promote longevity.

Fully-guided exhibition by senior guides

This is the first fully-guided exhibition by the Centre where tours will be facilitated by 32 senior guides aged between 65 and 85 years old. Chosen from about 380 applicants, these senior guides will share their wealth of knowledge and experiences as they lead and facilitate discussions to inspire visitors and help change their perceptions related to ageing.

The public can visit the exhibition from 11 November 2017 onwards. Admission to the exhibition is free, but standard admission charges to SCS apply. Walk-in registration for guided sessions at Dialogue with Time Zone can be done on site at the Welcome Area. Admission is free for Singaporeans and Permanent Residents during non-peak periods such as weekdays¹, excluding school and public holidays.

Dialogue With Time – Embrace Ageing is one of a series of four exhibitions that Science Centre Singapore is launching as part of its #unFOURgettable40 celebrations this year. The other three exhibitions are *Circus! Science Under the Big Top* (28 October), *Phobia*² (31 October), and *Above and Beyond* (25 November). Together, the four exhibitions invite visitors to explore and understand the science behind intriguing phenomena in our lives that can be dissected and explained by scientific theories. More details about the exhibitions can be found at SCS' website at www.science.edu.sg or its Facebook page at <https://www.facebook.com/ScienceCentreSG/>

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About Science Centre Singapore

Science Centre Singapore, a non-formal educational institution and leading regional Science Centre, along with its group of attractions, brings out the wonders of science, technology, engineering and mathematics through its unique blend of exhibitions, educational programmes and events. A custodian of creativity and innovation, Science Centre Singapore has captured the evolution of scientific developments for nearly four decades.

The Centre and its partners have played a pivotal role in transforming the way students and the public interact with and learn about science, technology, engineering and mathematics. Since 1997, the Centre has welcomed over 30 million visitors and inspired them with more than 1,000 exhibits spread across 14 exhibition galleries and outdoor exhibition spaces.

The Centre's group of attractions include Omni-Theatre, Snow City and KidsSTOP™. The Omni-Theatre is an immersive dual-technology edutainment destination fitted with Southeast Asia's largest seamless dome screen and featuring the latest and brightest 8k digital fulldome system in the world. Snow City is Singapore's only permanent indoor snow centre offering an Arctic inspired experience at Singapore's first ice gallery and snow chamber. KidsSTOP™ - Where every child gets to Imagine, Experience, Discover and Dream - is Singapore's first children's science centre offering an enriching experience through purposeful play for children aged 18 months to 8 years old. For more information, please visit www.science.edu.sg.

¹ SCS will be closed every Monday (except during school holidays) from next year onwards.