



ideasfestival

26 FEB - 27 MAR

Resilience & Mental Wellbeing
Research & Interdisciplinarity

Regional, Policy and Global Resilience
Careers, Education & Skills for the Future

Adapting to Change I: Urban, Social, Cultural
Adapting to Change II: AI & Emerging Technologies

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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08	09 Lab Visit for Studies in Experimental Psychology #NTU	10 Speculative Future Frames Workshop #SMU Exploring Estrangement through Design Process #UAS	11 Designing for Resilience: Ethics, Sustainability and the Future of Human-Centred Design #SUTD	12 Building Resilient Legal Systems in the AI Age #SMU	13 Urban Resilience in 3 Acts #SUTD	14 Resilient Singapore: Reimagining the Civic Core through Environmental History #SMU #UrbanistYong
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Resilience & Mental Wellbeing

2 MAR

Failing Forward: What the Humanities and Social Sciences Teach Us About Resilience

Time: 2.00pm – 5.00pm

Venue: NTU Innovation Port at Wee Cho Yaw Plaza

This panel discussion brings together diverse disciplinary perspectives to reframe failure as a learning opportunity. Discover how psychologists understand resilience-building, how historians trace innovation born from setbacks, and how sociologists examine cultural attitudes toward "failing forward."

[Click here to register](#)

3 MAR

What does it mean to be resilient? Voices from Patients, Caregivers, and Practitioners

Time: 5.00pm – 8.00pm

Venue: The POD @ National Library Board, 100 Victoria Street, Singapore 188064

This interactive event brings together patients, caregivers, medical practitioners, humanities scholars, and medical educators to reflect on how resilience is lived, narrated, and cared for. Through short talks, creative exhibits, and digital displays by students and clinicians, audiences will encounter diverse perspectives on healing from the power and limits of battle metaphors to the practice of mindful compassion in medical education.

[Click here to register](#)

4 MAR

Embedding Holistic Wellbeing into the Fabric of the University

Time: 10.00am – 11.30am

Venue: Seminar Room 3-09, SMU Yong Pung How School of Law, 55 Armenian Street Singapore 179943

The SMU Resilience Framework redefines the landscape of student wellbeing. By shifting upstream from intervention to cultivation, SMU equips students with life-skills that empower them to take ownership of their holistic and life-long wellbeing. Join us to discover how a culture of care is embedded into campus life, where we help students find their footing to succeed, engendering pathways to a life of flourishing. Don't miss this opportunity to be part of the movement toward holistic student wellbeing!

[Click here to register](#)

6 MAR

Pedagogical Signatures of Resilience: Fostering Multifaceted Dispositions in the Performing Arts for Future Creative Economies

Time: 4.00pm – 6.00pm

Venue: NAFA Studio Theatre, 151 Bencoolen St, Singapore 189656

This roundtable brings together veteran artist-educators from music, dance, and theatre to explore how resilience is cultivated as a multifaceted pedagogical disposition in the performing arts. Participants will share lived experiences, discuss contemporary teaching approaches, and examine learning challenges in navigating ambiguity, uncertainty, and vulnerability. It will also include performances and demonstrations by music, dance and theatre students from the Nanyang Academy of Fine Arts, University of the Arts Singapore.

[Click here to register](#)



Resilience & Mental Wellbeing

6 MAR

EMPOWER's Spotlight on Transformative Research in Early Development

Time: 2.00pm - 5.00pm

Venue: NTU LKC Novena Campus, Clinical Sciences Building (CSB), Level 4 Foyer, 11 Mandalay Road, 308232

Every child can learn, but no child has exactly the same learning needs. See how EMPOWER's science is uncovering the brain basis of how children learn differently. We will demonstrate how every child's brain has a unique personal rhythm for processing information. We will also explain how human brains are built to form social connections with other brains, and how this neural connection determines how and what we learn from social partners, including parents and teachers.

[Click here to register](#)

7 MAR

Neuroscience of Stress and Resilience: Interactive Demos and Booths

Time: 12.30pm – 2.00pm

Venue: C.8.08 Seminar Room, SUSS Campus Block C Level 8 SUSS Carnival

The Neuroscience of Stress and Coping Strategies invites participants to explore how the brain responds under pressure, focusing on key regions like the prefrontal cortex and amygdala. Through interactive, hands-on activities and neuroimaging demonstrations, the session makes complex neuroscience accessible while highlighting practical strategies for building resilience.

[Click here to register](#)

18 MAR

Resonance and Resilience: Exploring the Nexus of Music and Mental Health

Time: 2.30pm – 4.00pm

Venue: SIT Punggol Campus, 1 Punggol Coast Road, Singapore 829979

How can the arts – particularly music – support resilience and mental well-being in a rapidly changing world? This panel discussion, hosted by Peter Tay, psychologist in the Health and Social Sciences Cluster at SIT, brings together insights from his collaborative research with The TENG Company on the therapeutic potential of music. Their study, conducted with undergraduate students, working adults, and seniors, highlights how sound and rhythm can ease anxiety and promote emotional well-being.

[Click here to register](#)



6 MAR

Reimagining Regional Resilience in an Age of Great Power Rivalry

Time: 9.00am – 12.30pm

Venue: Seminar Room 4-4, Level 4, Block B, Faculty of Law, NUS Bukit Timah Campus

How should Singapore and Southeast Asia navigate an increasingly complex and volatile strategic landscape? The region is not only contending with enduring hard security risks—such as military conflict, territorial disputes, and strategic rivalry—but is also being reshaped by transboundary challenges including economic disruptions, pandemics, cyber vulnerabilities, and uneven demographic transitions. The convergence of these strategic challenges requires a fundamental re-examination of ASEAN's regional resilience.

This half-day event consists of two inter-varsity and interdisciplinary panels: (1) emerging orders and institutions; and (2) technology and global value chain resilience.

[Click here to register](#)

17 MAR

Managing Tech and Trade Disruptions: Building Resilience in a Shifting International Landscape

Time: 3.40pm - 5.00pm

Venue: SMU Administration Building, Level 6, Function Room 6-1

We are entering a new era of global trade (dis)order, shaped by powerful waves of technological and economic disruption. From generative AI transforming production and services, to tariff escalations redrawing trade routes, these shifts are reconfiguring the foundations of international commerce. They bring real opportunities—efficiency gains from emerging technologies, new markets, and innovative business models—but also serious challenges, including fragmentation, heightened uncertainty, and systemic complexity. Together, these dynamics underscore the urgent need for resilience.

Bringing together diverse perspectives, this event will explore how businesses and other actors in the region can adapt to and navigate this fast-changing landscape.

[Click here to register](#)



Adapting to Change I: Urban, Social, Cultural

27 FEB

From Passion to Prosperity: Prototyping Satellite Creative Community Labs for Social Impact

Time: 5.00pm – 7.00pm

Venue: Serambi Kampong Gelam, 45 Sultan Gate, Singapore 198492

As Singapore faces a rapidly ageing population, it is imperative to find sustainable ways to support active, connected and inclusive communities for all ages. Arts- and design-led community initiatives serve as powerful platforms that promote active participation, self-expression and wellbeing. Through an interactive case study sharing of NAFA's GLab initiative by industry stakeholders, participants will explore the transformative power of arts- and design-led community programmes that foster inclusive learning and engagement.

[Click here to register](#)

6 MAR

From Exhibition to Economy: Exploring Cultural Economics in Action

Time: 2.00pm - 4.00pm

Venue: Objectifs Centre for Photography and Film, 155 Middle Rd, Singapore 188977

Join us for an interactive workshop that focuses on cultural valuation, where we will explore the vital intersections of culture and economics to explore the multifaceted importance of the arts beyond monetary measures. As we navigate today's interconnected challenges that are threatening both human and planetary wellbeing, there have been calls for a more sustainable future by rethinking ideas of growth and value. Through an exhibition visit and dialogical workshop, participants will uncover varying perspectives and definitions of what cultural assets like exhibitions mean to them and others.

[Click here to register](#)

7 MAR

Service Learning Exhibition

Time: 10.00am – 4.00pm

Venue: C.8.07 Seminar Room, SUSS Campus Block C Level 8 SUSS Carnival

How can young people and communities co-create solutions for a more resilient future? This exhibition features some of the best projects from NIE301: Learning with Communities at SUSS, where students work alongside government agencies, NGOs, and corporations to address issues such as food security, social inclusion, ageing, sustainability, and environmental conservation. Through posters and student sharings, visitors can see how classroom learning translates into real-world impact, and how service-learning nurtures not only knowledge and skills, but also care, creativity, and responsibility in building stronger communities.

[Click here to register](#)

10 MAR

Exploring Estrangement through Design Process

Time: 3.00pm – 5.00pm

Venue: NAFA Tower Block Level 12-01 BADP Studio

What if the everyday world around you feels unfamiliar? Join us as we explore estrangement through design, turning ordinary urban life up-side-down to reveal new ways of seeing, sensing and thinking. Imagine the city anew through playful disruption and creative experimentation, and discover alternative meanings hidden within the spaces and objects we often overlook. Expect to be surprised, challenged, and re-energised as you transform the familiar into fresh possibilities for design and community!

[Click here to register](#)

11 MAR

Designing for Resilience: Ethics, Sustainability and the Future of Human Centred Design

Time: 2.00pm – 5.00pm

Venue: SUTD Lecture Theatre 4

The world is going through a period of upheaval and facing many serious challenges, whether from climate change, war, or new diseases. Societies across the world are having to grapple with the difficulty of living in the face of such adversities. In this cross-disciplinary symposium, we raise the question of how design can contribute to fostering more resilient forms of life. Rather than treating design as a tool for erasing difficulty, we will consider how it can cultivate the capacities, whether social, material, and imaginative, that enable communities to endure, adapt, and even flourish under pressure.

[Click here to register](#)

13 MAR

Urban Resilience in 3 Acts

Time: 2.00pm – 6.00pm

Venue: SUTD Hokkien Foundation Lecture Theatre 4

How can a city stay resilient in a world of constant change — where AI reshapes jobs, communities evolve, and climate risks intensify? This SUTD-LKYCIC seminar explores Singapore's urban resilience from three perspectives: economic resilience, social cohesion and climate change adaptation. Discover how workers can thrive amid AI transformation, how neighbourly ties shape inclusive communities in mixed-income estates, and why rethinking "resilience" and "adaptation" matters for tackling rising urban heat. Drawing on a decade of LKYCIC research, the session invites all — students, residents, policymakers — to rethink what resilience means today. Join this cross-sectoral conversation on how we can prepare, adapt, and thrive together in changing times.

[Click here to register](#)

14 MAR

Resilient Singapore: Reimagining the Civic Core through Environmental History

Time: 9.00am – 11.00am

Venue: SMU Yong Pung How School of Law, 55 Armenian Street, Singapore 179943

Starting from Armenian Street at the front of SMU's Yong Pung How School of Law, this tour delves into the landscape under our feet, imagining a Singapore as it was at different points in its chronology, from the agricultural development of the nineteenth century, to the technological innovations of the early twentieth century, to the Japanese occupation, and beyond.

This will be a predominantly social and environmental history, as opposed to a classic national history, one which will tell lesser-known stories from Singapore's past and highlight parts of our history and landscape that might be commonly overlooked. All these stories point toward one thing however: resilience. Collectively they demonstrate that change can be viewed in a positive light, even if it might not have seemed that way once.

[Click here to register](#)

27 FEB

Choose your own Ethical Adventure: Exploring the use of AI agents

Time: 10.30am – 12.00pm

Venue: SIT Punggol Campus

All professionals face ethical conundrums in their field, however in healthcare, ethical considerations are integral to every aspect of healthcare practice, where clinicians act not only as providers of care but also as moral agents. While educators use established frameworks to guide ethical reasoning, practice often reveals persistent ambiguity and complexity. This workshop examines how emerging AI agents can support students and practitioners in navigating these “grey zones.” Each clinical encounter presents potential dilemmas with significant consequences for patients, families, and society.

[Click here to register](#)

4 MAR

Launch of the Centre for Computational Social Science and Humanities

Time: 2.00pm - 4.00pm

Venue: Shaw Foundation Alumni House Auditorium

How can computational tools revolutionise the way we understand society, culture, and human behaviour? Join us for the official launch of the NUS Centre for Computational Social Science and Humanities (CSSH), a new interdisciplinary initiative that brings together the methods of computing with the questions and insights of the social sciences and humanities. Serving as a vibrant nexus for innovation and collaboration, CSSH aims to advance research that bridges data, technology, and human experience.

[Click here to register](#)

7 MAR

Service Robots: The Future of Work

Time: 10.00am – 11.30am

Venue: C.8.11 Seminar Room, SUSS Campus Block C Level 8 SUSS Carnival

The adoption of AI in workplace in Singapore is in its nascent phase. However, there are some industries and domains in Singapore where AI tools, in the form of robotics, have been increasingly deployed and used. This activity provides participants an opportunity to peek into the ways service robots are being used in a variety of sectors such as customer service and healthcare. It also allows participants to have some hands-on experience controlling and engaged with these service robots' telepresence and remote monitoring capabilities. Finally, there will be a discussion and Q&A for participants to consider the various challenges and approaches to effectively organize AI and robots as part of human work teams.

[Click here to register](#)

7 MAR

Enhancing Critical Thinking with Lessons from Evidence Law

Time: 2.00pm – 3.30pm

Venue: C.8.10 Seminar Room, SUSS Campus Block C Level 8 SUSS Carnival

Rapid advances in generative AI have intensified concerns about the harms of “deep fakes” and other fabricated content. Beyond scams and election manipulation, the flood of AI-generated material risks eroding shared knowledge and social trust. This informal talk explores how the legal system addresses bad information through Evidence Law — for example, by shielding juries from prejudicial evidence — and how these principles can be applied in everyday contexts. By drawing on legal safeguards, the session demonstrates how key concepts can strengthen critical thinking and build resilience against information-based threats such as scams and manipulation.

[Click here to register](#)

9 MAR

Lab Visit for Studies in Experimental Psychology

Time: 2.30pm – 4.00pm

Venue: 50 Nanyang Avenue S3.2-B3-05

One of the intriguing questions in Psychology is: How to decipher the black box of human brain? For example, how do we process information? We sense information through our sensory and perceptual systems, process it further in cognitive system, influenced by our memory and learning as well as past experiences, make judgment and decision, and take action or inaction. In a series of experiments, we infer this process by studying sensory and perceptual inputs, cognitive process, and behavioural outputs in Psychology labs through carefully controlled experiments and recording equipment such as eye tracking and EEG.

[Click here to register](#)

10 MAR

Speculative Future Frames Workshop

Time: 9.00am – 11.30am

Venue: Seminar Room 3-12, SMU Yong Pung How School of Law, Level 3, 55 Armenian Street Singapore 179943

AI is a mirror and amplifier of our assumptions. If we do not stop to question the ideas we bring into how we design and use AI, we risk carrying forward the same problems from old education systems into the future. Be part of this 2-hour workshop that brings together cross-disciplinary groups of participants to examine and deconstruct current assumptions about higher education (such as grading, credentials, institutional structures, and linear curriculum) and to prototype future frames through speculative design.

[Click here to register](#)

12 MAR

Building Resilient Legal Systems in the AI Age

Time: 4.00pm – 5.30pm

Venue: Function Lounge 4-2, SMU Yong Pung How School of Law, Level 4, 55 Armenian Street Singapore 179943

Artificial intelligence is reshaping the global environment in which legal systems operate—not only by transforming how individuals, firms, and governments act, but also by reconfiguring the broader political economy that sustains them. Engage with this panel that convenes experts across academia, government, and industry to explore how law can remain a stabilising force in the age of AI and to identify practical strategies for embedding resilience “by design” into legal institutions.

[Click here to register](#)

17 MAR

Fact or Fiction? Staying Informed in a World of Digital Deception

Time: 2.00pm – 4.00pm

Venue: Lee Foundation Lecture Theatre, Wee Kim Wee School of Communication and Information

In a world where anyone can publish anything easily online, how do we know what and whom to trust? From viral rumors to fake news to AI-generated deepfakes, today's information ecosystem is increasingly shaped by speed, hype, and unknown agendas. This seminar covers misinformation and disinformation, showing how false content spreads, why we fall for it, and emerging research about combating digital deception.

[Click here to register](#)



Adapting to Change II: AI & Emerging Technologies

27 MAR

Is AI Art the End of Human Creativity?

Time: 2.00pm – 5.00pm

Venue: SUTD Lecture Theatre 4

There is an increasing overlap between A.I. and the creative arts, whether in music, literature or the visual arts. But what line should we draw (if any) between machine and human creativity? Is it even possible for machines to create art as we recognise it?

Does the development of A.I. mean we must rethink what art is? SUTD will host a great debate between A.I. experts, philosophers, technologists and practicing artists to answer these very questions and to debate the role that A.I. can and should play in the artistic process. A customized A.I. model, BOTicelli, developed and trained by SUTD students, will also participate in the debate alongside real human faculty from SUTD and other universities.

[Click here to register](#)



Careers, Education & Skills for the Future

19 MAR

Navigating the world of Social Science Careers

Time: 10.00am – 12.00pm

Venue: Function Room 6-1, SMU Administration Building Level 6, 81 Victoria Street Singapore 188065

“Navigating the World of Social Science Careers” is an interactive session which will include a brief overview of SMU’s Social sciences programmes followed by a panel discussion with industry representatives who will share their personal experiences and insights designed to help students explore the wide spectrum of opportunities available in this field. They will offer their views on the top skills and competencies expected of graduates training in social sciences to ensure they can meaningfully contribute to both public and private sectors. Come and find out how your personal interests and values combined with a robust academic training in Social Sciences can make for an impactful career!

[Click here to register](#)

24 MAR

Still Worth Doing? A Public Conversation on the Future of Work

Time: 4.00pm – 5.30pm

Venue: Function Lounge 4-2, SMU Yong Pung How School of Law, 55 Armenian Street, Singapore 179943

Perhaps the only thing clear about the future of work is its own uncertainty. Yet, amid economic disruption and the rise of AI, public discussion has mostly been limited to predicting available jobs and “employable” degrees. This panel shifts our attention back to the question of work and its role in social life. What will change in the everyday tasks we fulfil as workers, and what meaning should we give to such efforts? What sort of career is still worthy of human skill and emotion? How do we review a performance when labor is partly outsourced to technology?

This panel will discuss the changes and challenges in three major aspects of work: care, creativity, and communications. In looking ahead, this panel explores not only what jobs will likely persist, but how work must and should evolve. Join us to reimagine the future of work!

[Click here to register](#)



Research & Interdisciplinarity

4 & 9 MAR

Building Financial Resilience: Pensions & Financial Literacy

Time: 2.00pm – 5:00pm

Venue: Lee Kuan Yew School of Public Policy

How can policymakers and pension administrators make old-age pension systems more financially resilient in developing and developed countries? What is the role of financial literacy in retirement and economic decision-making?

This poster exhibition presents a selection of student-led, Asia-focused research projects carried out as part of the graduate coursework for the "Pensions & Retirement Policies" module, alongside new findings from national surveys on financial literacy and financial capability in Singapore. The 2-week exhibition (from 3-13 March 2026) serves as an open platform for sharing applied research and for fostering critical reflection on addressing financial resilience in retirement systems.

Guests will have the opportunity to engage "live" with the students and researchers from 2-5pm on 4 & 9 March.

[Click here to register](#)

5 MAR

From Ecosystem Services to Cultural Wellbeing: Ground Up Pathways for Resilience

Time: 5.00pm - 6.30pm

Venue: Plant Therapy Studio (City Sprouts) 102 Henderson Rd, Singapore 159562

How can the ways we value and experience nature strengthen wellbeing and resilience in our urban lives? This session introduces the concept of Cultural Ecosystem Services (CES) — the non-material benefits people gain from nature, such as identity, belonging, and connection. It explores how these often-overlooked cultural and emotional dimensions of nature can guide us toward building more resilient communities. Participants will take part in hapa zome (leaf pounding), a therapeutic horticulture activity that exemplifies how CES — including aesthetic appreciation, cultural expression, and social connection — can be activated through creative interaction with plants to promote holistic health and wellbeing.

[Click here to register](#)

6 MAR

Doing Creative Practice Research: Methods for Building Unusual Archives

Time: 10.00am – 12.00pm

Venue: F405 Smart Room, Ngee Ann Kongsi Library, LASALLE

Creative practice research enables the discovery of knowledge that is emotive, embodied, and sensory. More importantly, it provides exciting points of entry for the public to engage in dialogue with the research beyond traditional academic texts.

This workshop demonstrates creative practice research methodologies by working with materials that have potential for the telling of invisible stories. The workshop will provide an opportunity to write and discuss the banal, the everyday, and the vernacular through paying attention to voices, objects, and artefacts that are not normally thought of as traditionally archival or having formal archival potential. The workshop facilitators will provide examples from their own creative practice research.

[Click here to register](#)



18 MAR

ThriveLab

Time: 10.00am – 3.00pm

Venue: Chinese Heritage Centre, Level 2, 46 Nanyang Ave, Singapore 639817

From climate disruptions to social fragmentation, today's challenges demand more than good policies—they require understanding how people actually make decisions. Resilient societies aren't built on perfect plans; they're built on small, smart nudges that help individuals make better choices for themselves and their communities.

ThriveLab is a high-energy, half-day "nudgathon" where you'll apply behavioural economics and psychology to design real-world interventions. Working in teams, you'll tackle pressing issues—from encouraging sustainable habits to improving mental health support—creating evidence-based solutions that strengthen our collective capacity to thrive. Whether you're exploring career paths in policy, social innovation, or simply want to make a difference, you'll leave with practical skills and a prototype ready for the real world.

[Click here to register](#)

Ideas Festival Closing Event

25 MAR

Future Horizons: Envisioning the Humanities and Social Sciences

Time: 2.00pm – 5.30pm

Venue: Shaw Foundation Alumni House Auditorium

Can the Humanities and Social Sciences (HSS) still shape the future in an age increasingly dominated by artificial intelligence, climate crises, and social fragmentation? Future Horizons: Envisioning the Humanities and Social Sciences invites participants to reflect on this timely question through two engaging panel discussions that explore the challenges and emerging opportunities facing HSS today.

Bringing together scholars, practitioners, and thought leaders, the event serves as a platform to exchange innovative ideas, foster collaborative strategies, and reimagine the role of HSS in navigating the complexities of the 21st century. Whether you are an academic, policymaker, student, or engaged citizen, this is a call to action to reaffirm the vital importance of HSS in informing ethical leadership, strengthening communities, and humanising technological and societal transformation.

[Click here to register](#)