

**Tour:**

## SINGAPORE'S LIVING LAB

**Itinerary:**

10-days / 9-nights total trip (dependent upon departure location)

**Specialization:**

Students must have an initial biology background (pre-requisite) to participate in the Master Classes at Singapore Science Center

**Dates:**

This trip is generally available year-round with the exception of the first week in October (Singapore F1 Grand Prix week)

SINGAPORE'S LIVING LAB					
Biology, Sustainability & Cultural Immersion					
Day		Morning	Afternoon		Evening
1	Fri	Overnight Flight to Singapore (one or two nights, dependent upon carrier & schedule)			
2	Sat	Arrive Singapore, Clear Customs	Hotel Check-in & Refresh	Singapore City Tour	Singapore Welcome Dinner
3	Sun	Mount Faber Cable Car	Universal Studios Singapore		Sentosa Island Dinner
4	Mon	Singapore City Planning, Development & Sustainability Review	Marina Barrage Guided Tour: Green Roof, Solar Panels & Sustainable Gallery	Gardens by the Bay: Climate Conservatories	Local Dinner Garden Rhapsody Light & Sound Show
5	Tues	Genetic Engineering - Biology Master Class at Singapore Science Center			Buffet Dinner at Ula Ula Night Zoo Safari & Expedition Tram
6	Wed	Citizen Farm at Edible Garden City: Urban Farming & Sustainable Living	One North Tour: The Silicon Valley of Singapore with Start-Up Company Visit		Little India Guided Tour Local Dinner in Little India
7	Thur	Phenylthiocarbamide - The Bitter Life of Super-Tasters, Biology Master Class at Singapore Science Center			Bumboat Cruise Local Dinner
8	Fri	Forensic Analysis & DNA Profiling - Biology Master Class at Singapore Science Center		Singapore Flyer Observation Wheel & Time Capsule Experience	Makansutra Glutens Bay & Local Street Eats
9	Sat	Singapore City Guided Bike Tour	Singapore Art & Science Museum	Skypark Observation Deck	Chinatown Night Markets Singapore Farewell Dinner
10	Sun	Transfer to Singapore International Airport; Return Flight to Home			



As with all sample itineraries, please be aware that this is an "example" of a schedule and that the activities and hotels shown may be variable dependent upon dates, weather, special requests and other factors. Itineraries will be confirmed prior to travel.



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### Day 1

#### *Dinner in flight*


Travel on an overnight flight to Singapore Changi Airport.

### Day 2

*Breakfast in flight, lunch on own, dinner included*

Travel to Singapore! Meet your local guide, transfer to your hotel, check-in and get settled. Later, we'll have our Welcome, Safety & Orientation Meeting and get some exploring in!

## Singapore...

 **Where Innovation Meets Immersion:** Singapore is more than a global hub—it's a living laboratory where biology, sustainability, and culture converge in dazzling harmony. This vibrant city-state offers students a rare opportunity to explore cutting-edge science in real-world contexts, from the lush biodiversity of the Singapore Zoo to the futuristic eco-designs of Gardens by the Bay. With its seamless blend of tradition and technology, Singapore provides the perfect backdrop for students to engage with pressing global issues while experiencing the rich tapestry of Southeast Asian culture.

 **A Program That Propels Students Forward:** This itinerary is designed to do more than educate, it empowers. Through hands-on experiences at leading institutions like the Science Centre and Art & Science Museum, students will grapple with topics like genetic engineering, biomedical innovation, and sustainable urban planning. Paired with cultural immersion in neighborhoods like Little India and Chinatown, and capped by interactive lectures and guided tours, this journey cultivates global awareness, scientific curiosity, and leadership skills. Students won't just return with memories—they'll return with a competitive edge and a deeper understanding of how science and sustainability shape our shared future.



Upon arrival, we'll have our **Welcome, Safety & Orientation Briefing** where our local team will explain details about your travel plans, give advice on how to adapt to the local culture and outline how you will stay safe during your travels. Please note that lunch is not included today to accommodate various arrival times. If you arrive early enough for lunch, we will happily get to the perfect spot to indulge, payable on own. We'll set off to explore Singapore on a City Tour before having our Welcome Dinner.



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**Singapore City Tour** - On our Singapore City Tour, students will get a dynamic snapshot of the city's rich cultural mosaic and architectural brilliance. The tour typically includes iconic stops like Marina Bay Sands and the Merlion Park, offering panoramic views of the skyline and waterfront. They'll explore historic districts such as Chinatown and Little India, where vibrant markets, temples, and street art reveal the city's multicultural roots. Along the way, students will gain insight into Singapore's transformation from colonial port to global innovation hub—making this tour not just scenic, but deeply educational.



### Day 3

*Breakfast, lunch and dinner included*

Today's activities will include:



**Mount Faber Cable Car** - Soaring above Singapore's skyline, the Mount Faber Cable Car offers a breathtaking aerial journey from lush hilltop greenery to the vibrant shores of Sentosa Island. Students will glide over Keppel Harbour in sleek gondolas, taking in panoramic views of the city, coastline, and iconic landmarks like the Merlion and Marina Bay. It's not just a scenic ride—it's a thrilling introduction to Singapore's seamless blend of nature, innovation, and urban design.



**Universal Studios Theme Park Singapore** - Step Into the action at Universal Studios! Located on Sentosa Island, Universal Studios Singapore is Southeast Asia's only Universal theme park and it's packed with blockbuster thrills. Students will explore six immersive zones inspired by Hollywood hits, from the adrenaline-pumping Battlestar Galactica™ roller coasters to the whimsical world of Minions and Jurassic Park. With interactive rides, live shows, and behind-the-scenes experiences, it's a high-energy adventure that blends entertainment with imagination, making it a standout highlight in Singapore.

Tonight, dinner will be on Sentosa island.

### Day 4

*Breakfast, lunch and dinner included*

Today's activities will include:



**Singapore City Planning, Development & Sustainability Review** – Here, students will dive into how this compact nation masterfully balances innovation with environmental stewardship. Through interactive sessions and site visits, they'll explore smart city strategies, urban greening, and climate resilience - learning how Singapore transforms limited land into thriving, sustainable spaces. From analyzing real-world case studies like Punggol to role-playing urban planners, students gain firsthand insight into the future of sustainable urban living.



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***Marina Barrage Guided Tour: Green Roof, Solar Panels & Sustainable Gallery*** - Students will explore Singapore's innovative approach to water management and sustainability through a guided tour of its iconic green roof and solar panel installations. They'll engage with interactive exhibits at the Sustainable Singapore Gallery, learning how climate action, water conservation, and urban planning intersect in this eco-engineered space. The experience offers a hands-on look at how a city can thrive while prioritizing environmental resilience and clean energy solutions.



***Garden by the Bay Climate Conservatories*** - At Gardens by the Bay's Climate Conservatories, students will explore two stunning biomes - the Flower Dome and the Cloud Forest - each showcasing unique global ecosystems. They'll witness sustainable architecture in action while learning about climate adaptation, biodiversity, and conservation. From towering indoor waterfalls to rare plant species, this immersive experience brings environmental science vividly to life.



***Garden Rhapsody Light & Sound Show*** - Here, students will experience a dazzling fusion of nature, technology, and music beneath the towering Supertrees of Gardens by the Bay. As hundreds of LED lights dance in sync with curated soundtracks - from classical scores to pop anthems - the show transforms the grove into a surreal, immersive spectacle. It's a moment of reflection and wonder, offering students a chance to unwind while appreciating how art and sustainability can harmonize in a world-class urban garden.

## **Day 5**

*Breakfast, lunch and dinner included*

Today's activities will include:



***Genetic Engineering Biology Master Class at Singapore Science Center*** - At the Science Center, students will dive into real-world biotech techniques like DNA restriction digest, ligation, and agarose gel electrophoresis. They'll conduct hands-on experiments, including transforming bacteria to produce human insulin using the heat shock method - mirroring processes used in cutting-edge labs worldwide. Through guided activities and expert-led instruction, students will gain a deeper understanding of genetic diseases, molecular biology, and the future of biomedical innovation.



***Night Zoo Safari & Expedition Tram*** - At Singapore's Night Safari, students will embark on a guided tram expedition through seven distinct habitats, observing over 2,500 nocturnal animals like Malayan tigers, Asian elephants, and leopards in their natural nighttime environments. Along the way, they'll hear live commentary that deepens their understanding of animal behavior, conservation efforts, and regional biodiversity. After the tram ride, students can explore walking trails and enjoy captivating shows like Creatures of the Night, making this an unforgettable blend of adventure and education.

Tonight, dinner will be at Ula Ula Safari Restaurant, offering an Asian buffet dinner in a rustic "kampung" (traditional village) setting at the Night Safari.



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*Breakfast, lunch and dinner included*

***Citizen Farm at Edible Garden City: Urban Farming & Sustainable Living*** - Engage in hands-on urban farming activities by learning how to grow herbs, vegetables, and microgreens using sustainable techniques like vertical farming and composting. They'll explore how underutilized urban spaces - like rooftops and former prison grounds - can be transformed into productive ecosystems that support food resilience. Through guided workshops, students gain insight into Singapore's "Grow Your Own Food" movement and the role of community-centric agriculture in shaping a greener future.



***One North Tour: The Silicon Valley of Singapore with Start-Up Company Visit*** - On this specialized tour you will explore Singapore's vibrant innovation district, home to cutting-edge research hubs, tech giants, and over 250 start-ups at JTC LaunchPad. Visit a local start-up to see entrepreneurship in action, gaining insight into product development, business incubation, and the collaborative ecosystem that fuels Singapore's tech scene. With guided storytelling and interactive experiences, discover how the city nurtures bold ideas and prepares for a future driven by innovation and digital transformation.

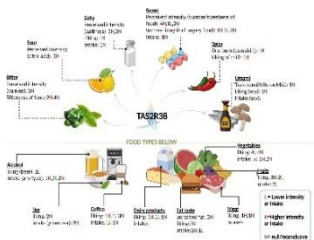


***Little India Guided Tour*** - On the tour, students will immerse themselves in one of Singapore's most vibrant cultural districts, exploring colorful markets, historic temples, and fragrant spice shops. They'll learn about Hindu traditions, admire intricate architecture like the Sri Veeramakaliamman Temple, and discover the stories behind street art and heritage shophouses. Along the way, students will sample authentic Indian snacks and gain insight into the community's rich history, festivals, and daily life.

Tonight, dinner will be in Little India.

*Breakfast, lunch and dinner included*

Today's activities will include:



**Phenylthiocarbamide - The Bitter Life of Super-Tasters, Biology Master Class at Singapore Science Center** - At the Super-Tasters Master Class, students will explore how genetics influence taste perception by testing their ability to detect bitterness in PTC - a harmless compound linked to the “supertaster” gene. Perform advanced lab techniques like DNA extraction, PCR amplification, and gel electrophoresis to analyze their own genetic makeup. Through hands-on experiments and bioinformatics tools, students will uncover how a single gene can shape dietary preferences, sensory sensitivity, and even evolutionary advantages.



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**Singapore Bumboat Cruise** - On the cruise, students will glide along the historic Singapore River aboard traditional wooden boats, once used for cargo transport and now retrofitted for eco-friendly sightseeing. As they pass iconic landmarks like Clarke Quay, Boat Quay, Marina Bay Sands, and the Merlion, they'll listen to engaging audio commentary that weaves together stories of Singapore's transformation from fishing village to global hub. It's a relaxing yet educational journey that blends heritage, architecture, and urban innovation into one scenic river adventure.

## Day 8

*Breakfast, lunch and dinner included*

Today's activities will include:



**Forensic Analysis & DNA Profiling - Biology Master Class at Singapore Science Center** – In this Master Class, students will step into the role of forensic scientists by extracting DNA from cheek cells and amplifying it using PCR techniques. They'll analyze genetic markers like VNTRs through agarose gel electrophoresis and learn how DNA evidence is used to solve crimes. The class also includes fingerprint dusting and crime scene simulations, giving students a hands-on understanding of forensic biology and investigative science.



**Singapore Flyer Observation Wheel & Time Capsule Experience** - Students will soar 165 meters above the city in one of the world's tallest observation wheels, enjoying panoramic views of Marina Bay, the skyline, and even parts of Malaysia and Indonesia on clear days. Before boarding, they'll journey through the Time Capsule experience - an immersive, multimedia exhibition that traces Singapore's transformation from fishing village to global metropolis. Through interactive storytelling and futuristic installations, students will gain a deeper appreciation of the nation's history, innovation, and vision for the future.



**Makansutra Gluttons Bay & Local Street Eats** - At Makansutra Gluttons Bay, students will dive into Singapore's vibrant hawker culture by sampling iconic street eats like satay, chili crab, Hainanese chicken rice, and roti prata. They'll learn about the multicultural roots of Singaporean cuisine and how food reflects the nation's blend of Malay, Chinese, Indian, and Peranakan influences. Through guided tastings and storytelling, students will gain a deeper appreciation for culinary heritage, sustainability in food sourcing, and the social role of hawker centers in everyday life.

## Day 9

*Breakfast, lunch and dinner included*

Today's activities will include:



**Singapore City Guided Bike Tour** - On a guided Bike Tour, students will cycle through key cultural and historical districts like Kampong Glam, Chinatown, and Marina Bay, gaining a street-level view of the city's vibrant diversity. Along the way, guides will share stories of Singapore's colonial past, urban development, and multicultural heritage, stopping at landmarks and hidden gems for photos and reflection. The tour blends physical activity with immersive learning, offering students a dynamic and engaging way to connect with the city's identity.



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**Singapore Art & Science Museum** – Here, students will explore the intersection of creativity, technology, and innovation through immersive exhibitions that blend art, science, and storytelling. They'll engage with interactive installations on topics like space exploration, climate change, and digital art, sparking curiosity and critical thinking. Through guided discovery and hands-on experiences, students will reflect on how science and art shape our understanding of the world and inspire future possibilities.



**Skypark Observation Deck** - At the observation deck atop Marina Bay Sands, students will take in breathtaking 360-degree views of Singapore's skyline, from Gardens by the Bay to the bustling harbor and beyond. They'll learn about the city's architectural evolution and urban planning through guided commentary and interactive displays. This elevated experience offers a moment of reflection and inspiration, connecting students to Singapore's vision of innovation, sustainability, and global connectivity.



**Chinatown Night Markets** - At the night markets, students will immerse themselves in Singapore's rich Chinese heritage through bustling lanes filled with lanterns, street food, and traditional crafts. They'll sample local delicacies like dim sum and bak kwa, interact with vendors, and observe cultural performances or festive decorations depending on the season. This lively evening experience offers a sensory journey into history, commerce, and community, highlighting the fusion of old-world charm and modern vibrancy.

This evening we'll have our Farewell Dinner and then a time for reflection.

**Farewell Reflection** - End your adventure on a high note with an unforgettable Farewell Reflection. This isn't just your typical goodbye. It's a chance for students, faculty, and our team to come together and truly process their experiences. Through guided discussions, listening exercises, and thought-provoking questions, we'll unpack the amazing things you've seen, heard, and felt throughout the trip.

## Day 10

*Breakfast included, lunch on own, dinner in flight*

Today it is time to say goodbye to Singapore as we pack up and head for home. As our team's mission is to expand minds through transformative travel experiences, we hope that as you settle into your seat for the journey home, that all you have experienced during your trip will leave you with a feeling of increased confidence, knowledge, understanding and yearning for your next adventure!

Depending upon flight times, we'll have breakfast at our hotel and then our onward journey to the airport for our return trip home.

*See you lah!*



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# Weather in Singapore

## February to April – Ideal Travel Window

- Weather: Relatively dry with fewer rainy days and slightly lower humidity
- Highlights: Pleasant for outdoor activities and cultural festivals like Chinese New Year and Holi
- Why it's great: Best mix of sunshine and events

## May to August – Hot and Hazy

- Weather: Hot and humid; occasional haze from regional fires (especially June–September)
- Highlights: Fewer tourists, good for indoor attractions like museums and science centers
- Watch out for: Haze can affect visibility and air quality

## September to January – Wet Season

- Weather: Frequent rain, especially November to January; heavy downpours can last hours
- Highlights: Festive atmosphere with Deepavali, Christmas, and Chinese New Year prep
- Travel tip: Pack umbrellas and rain gear during peak rain months

## Year-Round Notes

- Temperature: Consistently warm (23–32°C / 73–90°F)
- Humidity: High throughout the year
- Packing tip: Lightweight clothing, rain gear, and hydration essentials are always useful

# Cultural Tips

## Cleanliness & Public Behavior

- No littering or spitting — Singapore enforces strict cleanliness laws with fines.
- No chewing gum in public spaces unless medically prescribed.
- Queue politely and avoid loud behavior in public transport and shared spaces.

## Respect for Culture & Religion

- Dress modestly when visiting religious sites (e.g., temples, mosques).
- Remove shoes before entering someone's home or sacred spaces.
- Avoid touching someone's head, especially children — it's considered disrespectful in some cultures.

## Communication & Courtesy

- Use polite language and avoid confrontation; Singaporeans value harmony.
- Respect personal space and avoid overly expressive gestures.
- Always say “thank you” and “please” - courtesy goes a long way.

## Smoking & Vaping

- Please do not smoke. If adults smoke in non-designated areas, violations can result in hefty fines.
- Vaping is banned. Passengers should not bring or use e-cigarettes.

## Shopping & Dining

- Return trays and clean up after meals in hawker centers.
- Ask before taking photos of people or inside shops and temples.



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# Taste of Singapore – The Top 10 to Try

Singapore's culinary experience is a vibrant reflection of its multicultural heritage, where Chinese, Malay, Indian, and Peranakan influences converge into a dazzling array of flavors. From bustling hawker centers to sleek rooftop restaurants, food in Singapore is more than sustenance, it's a cultural narrative. Dishes like Hainanese chicken rice, chili crab, laksa, and satay are not just iconic; they're deeply rooted in the city's history and identity. Whether sampling street eats at Chinatown Night Market or savoring modern fusion cuisine at Marina Bay, every bite tells a story of migration, adaptation, and community.



What makes Singapore truly unique is its reverence for both tradition and innovation. Hawker stalls passed down through generations sit beside Michelin-starred establishments, each offering a different lens into the city's culinary soul. Students will not only taste bold spices and comforting broths, but they'll also witness how food bridges cultures, sparks conversation, and celebrates diversity. It's an immersive, sensory journey that connects heritage with modernity, and leaves a lasting impression far beyond the plate.

1. **Hainanese Chicken Rice:** Tender poached chicken served with fragrant rice and spicy chili sauce. Considered Singapore's national dish.
2. **Chili Crab:** Sweet, spicy, and messy in the best way! Fresh crab in a rich tomato-chili sauce, best with fried mantou buns.
3. **Laksa:** A creamy, spicy noodle soup with coconut milk, shrimp, and fish cake — a comforting Peranakan classic.
4. **Hokkien Mee:** Stir-fried egg and rice noodles in seafood broth with prawns and squid, topped with sambal and lime.
5. **Satay:** Grilled skewers of chicken, beef, or mutton served with peanut sauce, rice cakes, and cucumber.
6. **Char Kway Teow:** Flat rice noodles stir-fried with eggs, Chinese sausage, and cockles in dark soy sauce — smoky and rich.
7. **Nasi Lemak:** Coconut rice served with fried chicken, sambal, peanuts, and egg - a fragrant Malay staple.
8. **Prawn Mee:** Yellow noodles in a rich prawn broth, topped with pork lard and fried shallots — bold and savory.
9. **Dim Sum:** Steamed dumplings, buns, and small bites — perfect for sharing and sampling a variety of flavors.
10. **Cendol:** A refreshing dessert of coconut milk, palm sugar syrup, pandan jelly, and red beans — perfect for hot days.



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# Entry Requirements

Passengers may generally enter Singapore visa-free for tourism or business visits up to 90 days, but they must have a passport valid for at least six months beyond their stay and submit the mandatory SG Arrival Card within three days of arrival. Upon arrival, immigration officers may also request proof of sufficient funds, a confirmed onward or return ticket, and potentially a Yellow Fever vaccination certificate depending on your travel history.

- Your passport must be valid for at least six months from the date of your arrival in Singapore
- **SG Arrival Card (SGAC)** - You must submit the electronic SG Arrival Card (SGAC) and [e-health declaration](#) online, no more than three days (including the day of arrival) before you enter Singapore. This is a free and mandatory form submitted through [ICA](#) or the [MyICA Mobile app](#).
- Onward or Return Ticket: You may need to show proof of a confirmed onward or return flight ticket.
- Entry Documents to Next Destination: You may need to show proof of entry to your next country of travel.
- Yellow Fever Vaccination Certificate: If you have traveled from or transited through a country known to be at risk for yellow fever, you may be required to present a valid vaccination certificate.
- Generally, no Visa is required for passengers from USA, Canada or UK.
- e-Pass: After submitting the SGAC, you will digitally receive a Singapore Electronic Pass (e-Pass) by email, which details your allowed period of stay.



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# SINGAPORE'S LIVING LAB

## **Minimum Booking Numbers:**

20 students

## **What's Included:**

Roundtrip international flights to/from Singapore

8-nights' accommodation in Singapore + overnight air travel

Airport transfers & group transportation to all included activities

Breakfasts, lunches & dinners daily starting with dinner on arrival and ending with breakfast on departure; lunches are pre-loaded vouchers/cards which can be used at local dining facilities as needed

All inclusions as shown in the above itinerary:

- ✓ Singapore City Tour
- ✓ Mount Faber Cable Car Ride
- ✓ Universal Studios Singapore Theme Park
- ✓ Sentosa Island exploration
- ✓ Singapore City Planning, Development & Sustainability Review
- ✓ Marina Barrage Guide Tour: Green Roof, Solar Panels & Sustainable Gallery
- ✓ Gardens by the Bay: Climate Conservancies
- ✓ Garden Rhapsody Light & Sound Show
- ✓ Genetic Engineering Biology Master Class at Singapore Science Center
- ✓ Phenylthiocarbamide - The Bitter Life of Super-Tasters, Biology Master Class at Singapore Science Center
- ✓ Forensic Analysis & DNA Profiling - Biology Master Class at Singapore Science Center
- ✓ Night Zoo Safari & Expedition Tram
- ✓ Citizen Farm at Edible Garden City: Urban Farming & Sustainable Living
- ✓ One North Tour: The Silicon Valley of Singapore
- ✓ Visit to a Star-Up Company
- ✓ Guided Tour of Little India
- ✓ Bumboat Cruise
- ✓ Singapore Flyer Observation Wheel & Time Capsule Experience
- ✓ Makansutra Glutens Bay & Local Street Eats
- ✓ Singapore City Guided Bike Tour
- ✓ Singapore Art & Science Museum
- ✓ Skypark Observation Deck
- ✓ Chinatown Night markets

Personal SST Tour Director

Gratuities for your meal and transportation providers

24-hour emergency cover

## **What's Not Included:**

- ⊗ Fully comprehensive insurance (**mandatory**)
- ⊗ Beverages, apart from table water at meals (pay on own for other beverage options)
- ⊗ Transfers to/from home airport
- ⊗ Baggage costs, pay directly to airline if not included in ticket pricing
- ⊗ Baggage handling (each student should be able to carry/load their own suitcase)
- ⊗ Cost of visas and passports
- ⊗ Cost of inoculations or medication required for travel
- ⊗ Sightseeing / Entertainment options not shown in Itinerary
- ⊗ Hotel incidental deposits & bills – meals, mini-bar items, purchases billed to room, etc.
- ⊗ **Gratuities for your SST Tour Director and Local Guide Team** (suggested budget is \$60 - \$100 per passenger)
- ⊗ Additional taxes, fuel surcharges or service charges levied by the governments or our suppliers
- ⊗ Credit card fees if individuals wish to pay via credit card instead of ACH (online check).

As always, our staff are always available to you to answer any questions you may have regarding programming.

If we may serve you in any way, please do not hesitate to contact us.



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