

**DIGITAL  
FOR LIFE**   
PLAY IT FORWARD

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# The most powerful connection is community.

Digital for Life. Digital for all.

[ Pick up essential digital skills ]



[ Stay safe online ]



[ Experience emerging tech ]



[ Parents learn to guide children online ]



[ Play a part ]



Join us at Digital for Life Festival 2023 for an immersive experience where digital enriches life for all.

 28 & 29 Oct	 Kampung Admiralty Community Plaza	 9:30 am – 6:30 pm
 4 & 5 Nov	 Heartbeat@Bedok	
 11 & 12 Nov	 Toa Payoh Hub	



Scan QR code to register for workshops and find out more

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An initiative by:



**Annex A - List of Workshops**

Title	Where and When	What is it about	Partners/Presenter(s)
Fun with Videography and Augmented Reality for Seniors	28 Oct 2023 Kampung Admiralty Community Plaza 10:00 – 11:30  04 Nov 2023 Heartbeat@Bedok 10:00 – 11:30  04 Nov 2023 Heartbeat@Bedok 13:30 – 15:00	Making and sending videos has become an indispensable tool in helping us connect with our loved ones over space and time. Participants will learn how to express themselves creatively and engage friends and family by creating a video with exciting, augmented reality (AR) filters and effects!	Mayflower Secondary School (Literary & Oratorical Club)  St Gabriel’s Primary School (Media Club)  Temasek Secondary School (Infocomm & Media Club)  Vendor: Make the Change
U Live Mobile Photography	4 Nov 2023 Heartbeat@Bedok 15:30 – 16:30 16:30 – 17:30 17:30 – 18:00	Ignite your passion for photography at DfL with an exciting Mobile Photography Workshop. Unlock the secrets of captivating photos as you explore essential techniques, including the art of composition and mastering the Rule of Thirds.  It's not just theory; our workshop includes a hands-on experience, so you can immediately put your newfound skills to the test.	NTUC Club
Defining the future of digital interaction with Spatial Computing, XR and the Metaverse	4 Nov 2023 Heartbeat@Bedok 14:00 – 15:00  5 Nov 2023 Heartbeat@Bedok 13:00 – 14:30	From XR to the metaverse and spatial computing, see what they are and how it's revolutionizing and changing the way we work, learn and play.  In this workshop, you will learn about the technology and see how they are already transforming the way we interact with the digital world and each other at work. You will also hear from educators on how they are reimagining learning spaces in Singapore as you experience the technology first-hand in various demo stations. The demos range from education to industry uses or collaborating in the metaverse. Bonus: get a	Serl.io

		behind-the-scenes peek of what it takes to develop solutions for these technologies!	
Find your Digital Confidence	<p>4 Nov 2023 Heartbeat@Bedok 17:00 – 18:00</p> <p>5 Nov 2023 Heartbeat@Bedok 17:00 – 18:00</p>	Come with friends and learn how to use your mobile phones confidently together! Let's have a chat about your experiences with mobile phones and learn step-by-step on how to use your mobile phones effectively through our D.Lit cards.	SpudnikLab Pte Ltd
Cyber Safety Workshop for Children and Families	<p>4 Nov 2023 Heartbeat@Bedok 15:30 – 16:30</p> <p>5 Nov 2023 Heartbeat@Bedok 15:00 – 16:00</p> <p>11 Nov 2023 Toa Payoh Hub 13:00 – 14:30</p>	Join us for a dynamic and engaging Cyber Safety Workshop for Children and Families hosted by UOB and Cyberlite to empower kids in the digital age. This interactive and highly engaging workshop for both children and adults comprises four hands-on games and activities centred around building internet independence and cyber resilience.	UOB x Cyberlite
RoboFun: A Family Experiential Workshop for Controlling and Programming Robots	<p>5 Nov 2023 Heartbeat@Bedok 10:00 – 12:00</p>	<p>RoboFun is a hands-on workshop where parents and school children will have the opportunity to learn the basics of graphical programming and use it to program a robot to perform simple tasks. Participants will be given access to a small robot, Dobot, which they will program to perform a specific task: charging an electric vehicle.</p> <p>At the end of the workshop, participants will have the opportunity to see their robots in action. They will also be able to take their newly acquired knowledge home with them, allowing them to continue exploring the exciting world of robotics.</p>	BYD & Republic Polytechnic

<p>Nurturing Healthy Media Habits Together as a Digitally Healthy Family</p>	<p>5 Nov 2023 Heartbeat@Bedok 13:00 – 14:30</p> <p>12 Nov 2023 Toa Payoh Hub 13:00 – 14:30</p>	<p>This is a facilitated session for the entire family across generations to review how media and technology have helped them individually and as a family, and how they can support one another to enhance their digital wellness in 2024. This include discussions on screen time management, boundaries to consider, healthy use of social media and gaming, and how digital wellness impact mental wellness.</p> <p>Carol Loi is a certified digital wellness educator and a Fellow of the Center for Media Literacy. She is an associate consultant to the Singapore University of Social Sciences and a certified mental wellness coach. She is also a Maxwell Leadership certified youth and family coach, as well as behavioural analysis consultant. Carol and her husband are raising two young adults.</p>	<p>Carol Loi</p>
<p>Parenting Challenge Workshop: Communicating &amp; Engaging Gaming Youths at Home Through Role Play</p>	<p>29 Oct 2023 Kampung Admiralty Community Plaza 15:00 – 17:00</p> <p>4 Nov 2023 Heartbeat@Bedok 10:00 – 12:00</p> <p>11 Nov 2023 Toa Payoh Hub 15:00 – 17:00</p>	<p>This 2-hour workshop is a follow-up to our Parents Webinar: Understanding Games, Gamers and Game Addiction. During the Webinar, communication strategies and theories on games and gamers were introduced. The application of the strategies and theories in a real-life family situation is not easy.</p> <p>Role play is a good tool to help contextualize the strategies and theories for home situations and deepen the adoption of strategies by reenacting them in a safe environment. For example, role play is used to rehearse the diffusion of difficult situations to prevent confrontations that can jeopardise parent-child relationships. COMEBACK psychologists will put out common scenarios in families and through role play to illustrate the application of the strategies and theories discussed.</p>	<p>COMEBACK Pte Ltd</p>

<p>The Good Citizen VR</p>	<p>28 Oct 2023 Kampung Admiralty Community Plaza 17:00 – 18:30</p> <p>29 Oct 2023 Kampung Admiralty Community Plaza 12:00 – 14:30</p> <p>4 Nov 2023 Heartbeat@Bedok 12:00 – 13:00</p> <p>5 Nov 2023 Heartbeat@Bedok 13:00 – 14:30</p>	<p>The Good Citizen VR app uses Virtual Reality to address knowledge gaps in emergency response and the bystander effect, which are barriers to responding to emergency medical situations. It features a life-threatening emergency situation where the public learns to administer CPR and use an AED which could increase survival rates by 2-3 times.</p> <p>The AUGment uses augmented reality as an interactive teaching pedagogy for the public to better understand mental health symptoms such as hallucinations (auditory, visual and tactile) while learning mental health nursing. It aims to improve the public’s empathetic response towards people who are experiencing hallucinations.</p>	<p>NUS Information Technology</p>
<p>OCBC Digital Silvers Workshop</p>	<p>5 Nov 2023 Heartbeat@Bedok 13:00 – 14:30</p> <p>12 Nov 2023 Toa Payoh Hub 10:00 – 12:00</p>	<p>OCBC Digital Silvers is a one-on-one training programme for elderly customers. Its curriculum was designed to help the silver segment learn how to bank and pay digitally, and to stay safe from scams while doing so. Learn how to view your account balance, transfer funds, make QR payments, QR cash withdrawals and how to prevent frauds and scams.</p>	<p>OCBC</p>
<p>TeleMatch: Pokemon UNITE</p>	<p>29 Oct 2023 Kampung Admiralty Community Plaza 10:00 – 12:00</p> <p>5 Nov 2023 Heartbeat@Bedok 14:00 – 16:00</p> <p>12 Nov 2023 Toa Payoh Hub 15:00 – 17:00</p>	<p>TeleMatch is a community gaming tournament that aims to bring parents, children, youths and families together through video games in a positive environment. Through parent-child teams, this spaces puts into practice healthy gaming habits.</p>	<p>COMEBACK Pte Ltd</p>

Artificial Intelligence 101 for seniors	28 Oct 2023 Kampung Admiralty Community Plaza 13:00 – 14:30 15:00 – 16:30	<p>AI is not limited to specific industries like automation or manufacturing. Rather, it has become an integral part of communities in the service industry. This sudden intrusion of AI may have caused distress for many as they may not be fully aware of what AI is, or how they can harness it.</p> <p>Through this program, participants will gain a foundational understanding of AI and its impact on daily tasks. This program will be supported by fun and experiential activities where an AI robot could be programmed to perform simple functions like talking and moving.</p>	Serangoon Secondary School (Infocomm Club) Vendor: Sustainable Living Lab
Swift Playgrounds: Intro to mobile app development	11 Nov 2023 Toa Payoh Hub 10:30 – 12:00 13:00 – 14:30	Coding is an essential part of our modern life, powering the mobile apps that we use on a daily basis, and yet many people still have the misconception that coding is difficult. At the workshop, participants will find out more about mobile app development and how easy the fundamentals of coding are to grasp, even for children.	Nan Chiau High School (Infocomm Club) Vendor: TinkerTanker
Gaming Guardians: Empowering Kids Online Safety by Kids PlaySafer	11 Nov 2023 Toa Payoh Hub 15:00 – 17:00	<p>Calling all parents with gamers ages 10 and below!</p> <p>Level up your child's gaming safety by joining our techforgood Kids Teach Kids as part of NLB "Let's be S.U.R.E. together" online safety program led by students tailor-made for young ones.</p>	Kids Playsafer
Parenting in the Digital Age	11 Nov 2023 Toa Payoh Hub 15:00 – 17:00	<p>This workshop aims to encourage parents and to give them some tips and handles as they journey with their children through the digital world.</p> <p>This workshop will cover:</p> <ol style="list-style-type: none"> <li>1. A short overview of the digital landscape</li> <li>2. Screentime and setting healthy boundaries</li> <li>3. Navigating the online world with our children</li> <li>4. Thinking critically about Media</li> </ol>	Centre for Fathering Ltd

<p>Alternatives and Strategies for children's screen time</p>	<p>12 Nov 2023          Toa Payoh Hub          13:00 – 14:30</p>	<p>How to manage young children's screen time, as well as alternatives to screen time to engage them.</p>	<p>WanYun (@popsicles_play)</p>
<p>Stop Potential Dangers and Risks of Deepfakes and chatGPT</p>	<p>5 Nov 2023          Heartbeat@Bedok          15:00 – 16:00</p>	<p>As part of the enthusiastic tech focused cyber security community, we will be discussing the threats of various AI advancements such as deepfakes and potential risks of using chatgpt. They will be demos to showcase audiences how to distinguish deepfakes and chatgpt poisoning and guardrails.</p>	<p>Div Zero</p>