

Welcome to SYNC. Village

@Tzu Chi Humanistic Youth Centre

Festival Map



“7 Types of Rest” Experiential Huts

1a Sensory Rest *The Soft Seeker*

Perfumed Sanitiser Making

🕒 9:00 - 13:00
👤 Walk-in

1b Sensory Rest *The Soft Seeker*

Sound Healing Experience

🕒 9:00 - 9:30
9:40 - 10:10
10:20 - 10:50
11:10 - 11:40
11:50 - 12:20
12:30 - 13:00

👤 Registration needed

2 Emotional Rest *The Heart Listener*

Unwind & Reset Reflective Workshop

🕒 9:00 - 9:45
10:00 - 10:45
11:00 - 11:45
12:00 - 12:45

👤 Registration needed

3 Mental Rest *The Mind Whisperer*

Self-Exploration with the Well-Being Journal

🕒 9:00 - 13:00

👤 Walk-in

4 Creative Rest *The Dream Doodler*

Shadow Puppetry Workshop

🕒 9:00 - 9:45
10:30 - 11:15
12:00 - 12:45

👤 Registration needed
For parents with children between 7 - 12 years old

5 Physical Rest *The Grounder*

Pilates Workout

🕒 9:00 - 9:45
10:00 - 10:45
11:00 - 11:45
12:15 - 13:00

👤 Registration needed
For ages 12 and up

6 Social Rest *The Quiet Connector*

Group Conversation About Relationships

🕒 9:00 - 9:45
10:00 - 10:45
11:00 - 11:45
12:00 - 12:45

👤 Registration needed
For ages 16 and up

7a Spiritual *The Soul Gazer*

Race to Net Zero

🕒 9:00 - 13:00

👤 Walk-in

7b Spiritual Rest *The Soul Gazer*

Carbon Amazing Race

🕒 9:00 - 9:45
10:00 - 10:45
11:00 - 11:45
12:00 - 12:45

👤 Registration needed



Find out what rest villager you are!
bit.ly/SNYCvillager



Register to join the sessions for free and begin your reset now!

Other Activities & Spots

- Zero Market
- Main Stage
- Fringe Activities
- Lego Spot
- Rest Area
- Food Tasting and Activities

Legend

- Restaurant / Cafe
- Toilet
- Emergency Exit

Recharge through the 7 TYPES OF REST

Paste your
SYNC Villager
sticker here

⚠ Signs ♥ What you can do

Sensory Rest

The Soft Seeker

- ⚠ Eye strain or headaches from screen time
- ⚠ Feeling overwhelmed by noise or bright lights
- ⚠ Easily irritated by small environmental stimuli
- ♥ Reduce screen time and take “tech breaks”
- ♥ Spend time in nature without distractions
- ♥ Sit in silence or a dimly lit room for a few minutes



Creative Rest

The Dream Doodler

- ⚠ Feeling stuck or uninspired
- ⚠ Burnout from constant problem-solving
- ⚠ Lack of appreciation for beauty or art
- ♥ Visit a gallery, listen to music, or enjoy nature
- ♥ Give yourself permission to daydream or doodle
- ♥ Do something just for fun—no pressure to be “productive”



Social Rest

The Quiet Connector

- ⚠ Feeling drained after social interactions, even with loved ones
- ⚠ Feeling pressured to be “on” all the time
- ⚠ Lack of meaningful connections
- ♥ Limit energy-draining social interactions
- ♥ Connect authentically—quality over quantity
- ♥ Spend time alone or with people who recharge you



Mental Rest

The Mind Whisperer

- ⚠ Difficulty concentrating or experiencing brain fog
- ⚠ Forgetfulness or making careless mistakes
- ⚠ Overthinking even in quiet moments
- ♥ Step away from work/tasks hourly
- ♥ Jot down thoughts before bed
- ♥ Take short breathing exercises



Physical Rest

The Grounder

- ⚠ Constant fatigue or exhaustion
- ⚠ Body aches or tension
- ⚠ Trouble sleeping even when tired
- ♥ Take short naps or lie down during the day
- ♥ Practice gentle stretches or restorative yoga
- ♥ Prioritise quality sleep (consistent bedtime, screen-free wind-down)



Emotional Rest

The Heart Listener

- ⚠ Feeling the need to “put on a face” for others
- ⚠ Feeling emotionally drained
- ⚠ Overwhelmed by others’ expectations
- ♥ Honour and host big feelings
- ♥ Set emotional boundaries and say “no” when needed
- ♥ Explore what our emotions are saying or teaching us



Spiritual Rest

The Soul Gazer

- ⚠ Questioning your beliefs or values
- ⚠ Feeling disconnected or without purpose
- ⚠ Feeling a sense of emptiness despite being “busy”
- ♥ Engage in prayer, meditation, or reflection
- ♥ Spend time in silence or connect with nature
- ♥ Volunteer or do something meaningful for others



Put this on your
wall, mirror, or
desk to remind yourself:
rest is essential.

