

SCOPE

3rd Quarter 2021
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WSH Performance (Excellence) Award 2021



Lilian Tang
HSE

29 July 2021 was a commemorative day for all of us as PCS had once again achieved another milestone. We were awarded the prestigious Workplace Safety and Health (WSH) Performance (Excellence) Award by the WSH Council and the Ministry of Manpower.

Close to 800 attendees turned up for this online virtual event. The virtual platform is still live. If you want to watch the recorded live programme, you may check out the auditorium at

<https://www.wshawards.sg/>.

The quotes, videos and write-ups of 23 profiled award recipients in various categories are also available in the Award Recipients tab. Also, you are welcome to post your congratulatory notes to PCS on the Message Board.



The WSH Awards is a yearly event jointly organised by WSH Council and the Ministry of Manpower, to showcase all award recipients for their strong WSH ownership and partnership, outstanding WSH practices and who have done well in risk management. Companies are only awarded the prestigious WSH Performance (Excellence) Award by demonstrating to the regulatory authorities that they are able to uphold and maintain the highest standards in Workplace Safety and Health practices by being awarded the WSH Performance (Gold) Award for three consecutive years.

Being awarded the WSH Performance (Excellence) Award is a recognition by the WSH Council and Ministry of Manpower that PCS is doing what is practicable to effectively protect the health and safety of its workforce in achieving zero injury.

To strengthen the WSH ownership between PCS and our partner contractors, we have three core programmes to encourage participation from senior management and all workers.

The three core programmes are Speak Out for Safety (SOS) which encourages everybody to talk Freely, Fearlessly and in a Friendly manner on WSH; Behaviour Based Safety (BBS) observation, which is a peer-to-peer programme to identify safe and at-risk behaviours for safer solutions without blame; and STOP And Report

(STAR) which empowers everyone, at any level, to intervene and stop any unsafe act or condition.

This year, amid the prolonged pandemic, PCS introduced the Employee Assistance Programme (EAP). This programme helps to better manage our employees' mental well-being by providing confidential consultation and professional support to those who require assistance to better manage their health. Regular Wellness Webinars are also conducted to share useful information and/or strategies to tackle challenges faced.

For contractors, PCS appreciates their contributions during this difficult period and provides them with "goodie bags" containing daily essentials and disposable masks on a regular basis.

Sustaining a workforce with good mental health brings many benefits to all. Staff will have a sense of purpose and direction to cope with work as well as social demands. It helps make people feel at ease to be able to bring their "whole selves" to work. This allows for full focus and concentration on tasks and hazards for both working at site (office) and working from home.

**Winning an award is not just a recognition,
but the self-realisation that the company is
doing what is practicable and effective to
secure the health and safety of its workforce
in achieving zero injury**

Mr Hisashi Shibayama
Managing Director
Petrochemical Corporation of Singapore
(Private) Limited



7th ASEAN-OSHNET Conference and 3rd ASEAN-OSHNET Awards Ceremony



Bernard Leong
HSE

The ASEAN Occupational Safety and Health Network (ASEAN-OSHNET) has a long history, extending back to the 1980s. It is a network of ASEAN countries' government OSH institutions, OSH departments of the ministries of labour (MOL), or respective bodies or institutions in the jurisdiction of the MOL. The member governments have formally recognised ASEAN-OSHNET as an important instrument for the development of ASEAN OSH policies and practices in the region.



The ASEAN-OSHNET Awards is a bi-annual event as part of the ASEAN-OSHNET, started in 2016, aimed at raising the profile of OSH in ASEAN and to better awareness and greater involvement of business leaders in the ASEAN Member States. The ASEAN-OSHNET Awards is targeted to showcase, recognise and reward companies who have excellent OSH achievements in ASEAN.

The Awards recognise 18 enterprises nominated by the labour ministries of ASEAN member states for their innovations and achievements in promoting health and safety at their workplaces.



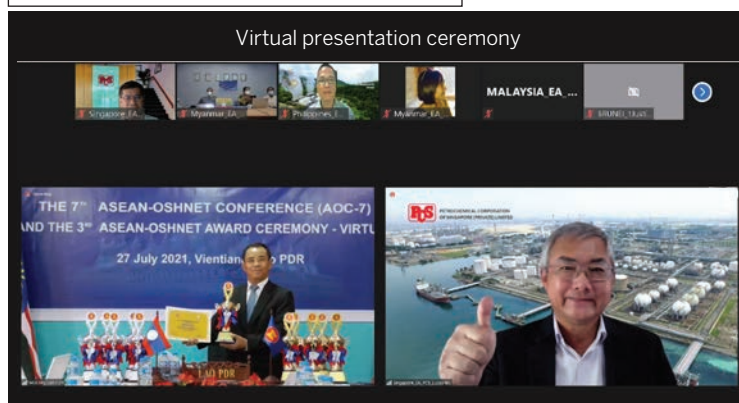
In his remarks, Deputy Secretary-General of ASEAN for Socio-Cultural Community, His Excellency Kung Phoak, congratulated the awardees for their achievements that contribute to a better, safer and healthier ASEAN Community.

Singapore (Ministry of Manpower) had nominated PCS with its outstanding OSH management systems and performances for the Excellence Award. The 3rd ASEAN-OSHNET Awards Ceremony was supposed to be held on 25 March 2020 in Vientiane, Lao PDR. PCS was nominated as we had consistently achieved the WSH Performance Awards, bizSAFE Mentor since 2011, and had achieved more than 45 million hours worked without Lost Time Incident in Jan 2020, a significant accomplishment in the context of a major hazard installation. These achievements would not have been possible without the partnership of our contractors.

The Awards ceremony in the midst of COVID-19 pandemic was held virtually on 27 July 2021, with the ASEAN-OSHNET Conference in the morning. Our General Manager (Plant), Er. Lucas Ng HK, received the Award on behalf of the company. He also shared PCS' approach and programme "Transformation to Total Workplace Safety and Health – for Vision Zero".

The ASEAN-OSHNET Excellence Award is a prestigious national and regional award and places PCS in the limelight against the backdrop of good ownership of health and safety. Management has reiterated, on various platforms, to continually focus on OSH and Process Safety hazards, to secure the health and safety of our workforce.

Let's work together, in partnership with our contractors, for an effective and sustainable health and safety culture, and influence others to take ownership of health and safety – for Vision Zero.



Singapore International Water Week 2021 - Online



Francis Tan
T&O



Against the backdrop of COVID-19 restrictions, the Singapore International Water Week (SIWW) 2021 – Online, organized by the Ministry of Sustainability and the Environment, and Public Utilities Board (PUB), Singapore's National Water Agency, was held virtually from 21 June 2021 to 2 July 2021.

Since 2008, SIWW is the global platform for global water thought leaders, subject matter experts and practitioners to share best practices and collaborate on innovative water solutions. In conjunction with SIWW, a prestigious international award named the Lee Kuan Yew Water Prize, is normally also given out to honour the best minds in water solutions. To date, eight Laureates have been awarded this prestigious Prize to recognize their contributions towards solving the world's water challenges by developing or applying innovative technologies, policies or programmes which benefit humanity^[1].

For this Scope Article, I would like to highlight two on-line sessions as follows:

LKY Water Prize Laureates Roundtable Forum

For the first time, the SIWW Organizing Committee was able to have a roundtable forum, bringing together six Laureates to share their insights on the global trends and advances in science and innovation, and the changes in approaches in technology development and implementation. These insights would be necessary to tackle emerging urban water challenges and to meet the United Nations (UN) Sustainable Development Goals (SDGs) [1]. One of the speakers was Mr Bernard Koh, Assistant Chief Executive (Future Systems & Technology), PUB. The moderator was Professor Shane Snyder, Executive Director, Nanyang Environment and Water Research Institute. I was encouraged to hear that they continue to have a high regard for Singapore's path to water sustainability.

E-Poster Session – PCS's continual contributions to Singapore's path to water sustainability

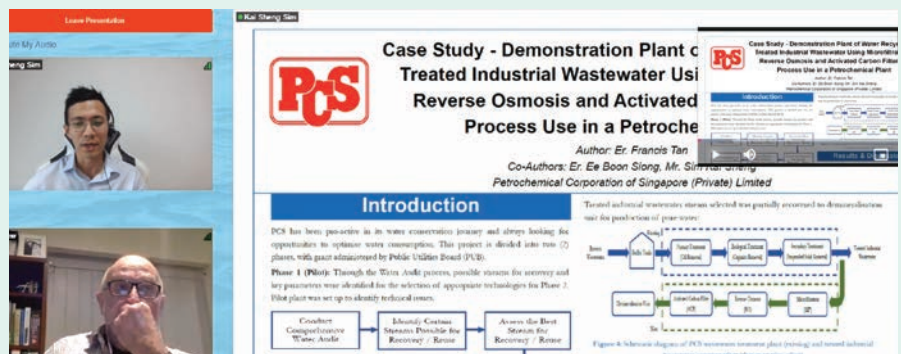
Another new feature of SIWW 2021 – Online is the E-Poster Session where presenters showcased their organisations' contributions in sustainable water solutions through pre-recorded videos of not more than 10 minutes. Soft copy of the e-poster was also made available to delegates in the SIWW 2021 portal. This new concept allowed delegates to view the recordings ahead of the actual live-presentation to the E-Poster Judge assigned to each presenter. E-Poster Judge and delegates also interacted with the presenter through the live Q&A or chat function.

PCS was honoured to have our two e-Posters accepted by the Organizing Committee as part of PCS's continual contribution to promote industrial water conservation in Singapore's Water Journey.

The first e-poster presenter from PCS was Senior Engineer Mr Sim Kai Sheng. The title of the poster presentation was "Case Study – Demonstration Plant of Water Recycling of Treated Industrial Wastewater Using Microfiltration/Reverse Osmosis and Activated Carbon Filter for process Use in a Petrochemical Plant".

The Demonstration plant, which has been in operation since 2019, will treat secondary effluent from PCS's existing conventional activated sludge process by using a treatment system that consists of MF-RO and ACF. The treated water is recovered for process use.

The water savings per year for this Demonstration Plant is equivalent to approximately 35 Olympic size swimming pools.



TW.2 Lee Kuan Yew Water Prize Laureates Roundtable: "Game-changing Technologies for a Sustainable Water Future"

**SINGAPORE
INTERNATIONAL
WATER WEEK 2021**

SIWW2021 ONLINE



341 Conserving Freshwater From Existing Cooling Tower Water System Via Indirect Supplemental Seawater Cooling (BOON SIONG EE, PETROCHEMICAL CORPORATION OF SINGAPORE, Singapore)
WOP-4 Poster Q&A Session
6:00pm - 6:40pm
IN PROGRESS
A presentation in progress. Please mute yourself when you are admitted into the session. [Join Queue](#)

Conserving Freshwater From Existing Cooling Tower Water System Via Indirect Supplemental Seawater Cooling

Author: Er. Lucas Ng Hong Kiang
Petrochemical Corporation of Singapore (Private) Limited (PCS), Singapore
(E-mail: lucas.ng@pcs-chem.com.sg)
Co-Authors: Mr. Eu Chee Kong, Er. Ee Boon Siong

Introduction

The refineries, petrochemicals and chemicals sector is one of the largest water-consuming industries in Singapore. A significant amount of freshwater is used for cooling via evaporative cooling tower water system. Seawater was not considered for the cooling tower water make-up in view of the resultant corrosive environment (salty moisture emission from the cooling tower), concentrate-waste disposal issue, including blow down wastewater treatment process before discharge, existing heat exchange equipment metallurgy and fouling consideration used have to be similar to that of once-through sea-water and the corresponding expected higher operating and maintenance costs.

Competing forces such as drought conditions, growing population and increasing water demand for various uses are diminishing the water availability in Singapore. Therefore it is crucial to explore alternative source of cooling medium to conserve precious freshwater.

Methodology

The main driver of the project to retrofit existing freshwater cooling tower water system is water conservation for long term sustainability.

By evaluating the various options explored, a practical approach is to adopt a hybrid-system. The hot cooling tower returning water is partially cooled by a cascaded closed-loop cooling water system via an intermediate heat exchanger before ending at the pumping basin. Seawater is used as a cooling medium at the intermediate heat exchanger. It is a hybrid-system between the conventional freshwater cooling tower and a closed-loop cooling water system. Refer to Figure 1. The advantages of such hybrid-systems are no change in metallurgy for the existing heat exchange equipment, reduce large proportion freshwater loss up to 70%, reduce chemical cost as less low-fouling issue due to less air flow circulation through cooling tower packings, lower wastewater generation from cooling tower blowdown.

Figure 1: Concept of Indirect Supplemental Seawater Cooling System at PCS

The second e-poster presenter from PCS was Senior Engineer Er Ee Boon Siong who had the privilege to present it on behalf of GM(P), Er Lucas Ng Hong Kiang. The title of the poster presentation was "Conserving Freshwater From Existing Cooling Tower Water System Via Indirect Supplemental Seawater Cooling". PCS continued to take advantage of our seafloor to explore further freshwater recycling opportunities. The next project was Indirect Seawater (WS) Cooling System to reduce part of the existing cooling load from the existing cooling towers.

With the supplemental cooling by the indirect WS cooling system, this allowed the existing evaporative cooling towers to achieve water savings per year of approximately 95 Olympic size swimming pools which will otherwise be lost to evaporation.

This hybrid system was retrofitted mainly with the installation of additional WS heat exchangers and strainers, WS supply & return lines and pipe-works re-routing without changing the metallurgy of the existing heat exchangers. It has been in operation since 3Q 2019.

Conclusion

PCS has been proactive in our water conservation journey and always looking into opportunities to optimize its water consumption. Through two water conservation projects, PCS was able to contribute in a small way, to build more resilience to Singapore's push for water sustainability. As the saying goes, every drop counts!

[1] – SIWW 2021 Online – Programme sheet for TW2 Lee Kuan Yew Water Prize Laureates Roundtable: "Game-changing Technologies for a Sustainable Water Future"

Behaviour Based Safety Champion Award for 2020/2021



Shukri bin Ali
Alragi Bafadal
Fire & Security

First of all, I am honoured to receive this award. I have been with PCS Fire & Security for the past 13 years and have progressed from performing an observer role to a Behaviour Based Safety (BBS) Champion. Ever since I was introduced to the BBS programme, I had adopted the good safety culture of PCS throughout the years.

I learnt from my Officers and my colleagues, and through their guidance, I carried out site patrols and kept a lookout on how to improve the working conditions in PCS through QBBS submissions.

I always believe that 'Safety should be everyone's responsibility'. All of us wants to work in a safe environment and return home to our families after work.

I will continue to work hard and hope to further enhance the working conditions in PCS, and to ensure a safe and secure working environment for all. Thank you.



Holistic Approach to HSE Activities for Shut Down Maintenance 2021



Lim Kian Huat
Maintenance

Despite the challenging COVID-19 Safe Management Measures (SMM), with split team arrangement and partnership from employees and contractors, we once again achieved good Health, Safety and Environment (HSE) performance with zero recordable incidents in Shut Down Maintenance (SDM).



Manager Mechanical Mr. Timmy Lim taking over the plant from Ole-II Manager Mr. Leonard Chong.

Following the Complex HSE Campaign 2021 theme, "Think Safety, Work Safely for a Successful SDM", PCS rolled out a series of HSE activities before the commencement of SDM 2021 covering PCS-II plants & including No.2 Butadiene Plant (2BD) in PCS-I area.

Prior to SDM 2021, kick-off meetings, Complex Safety Induction Training (CSIT) for all SDM workers, small group briefings for trade-specific Scaffold erectors, Insulation workers, Crane operators, and Hydro jet workers were conducted. Safety, Security, logistic, and SDM work procedures briefings via Zoom were also conducted for supervisory staff from Contractors and PCS.

No.2 Ethylene Plant (2SE) had been operating continuously for 5 years without interruption. Oil-cut of 2SE on 15 Jul 2021 was followed by the first day of hot work on 20 Jul 2021 after plant operators carried



Did anyone of you spot this on 28 Jul 2021 around 2.30pm during SDM?



Decentralised TBM was conducted on 9 August 2021 at SDM Village.

de-inventory and hydrocarbon freeing of plants with planned activities.

Throughout the 21 days of hot work (20 Jul to 9 Aug), many pieces of equipment are dismantled, inspected, cleaned, renewed, re-assembled, tested, and commissioned to the required specifications. Ensuring these are done safely and on schedule, morning and evening SDM meetings amongst PCS and Contractors' site managers were held in SDM Centre with 2 separate clear partitions & well-ventilated halls with seats spaced 1 meter apart to meet SMM requirements.

Daily Tool Box Meeting (TBM), weekly de-centralised mass TBM, High Intensity Behaviour Trust Observation (HIBTO), Daily HSE patrols and meetings, weekly Management HSE walk, strange eyes patrol, BBS role models award and Spot the Safe workers were also conducted. These comprehensive HSE programs ensure positive safety culture & behaviours expected from the daily average of 1,300 SDM workers.



Compressor overhaul work in progress at Compressor house



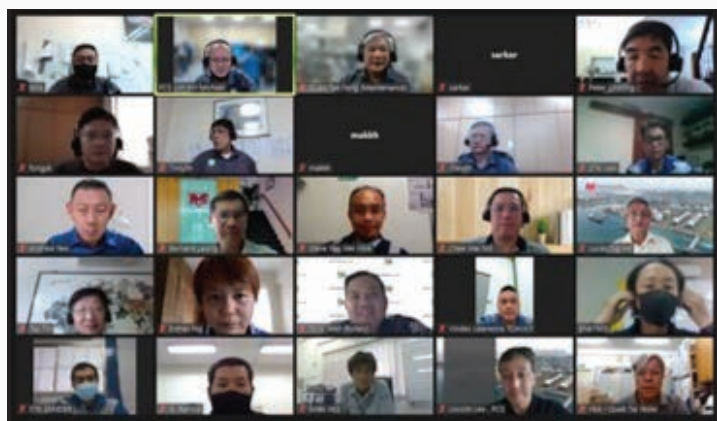
Maintenance Manager Mr. Chew Thiam Huat handed 2BD plant back to Ole-I Manager Mr. Tan Henry.

With the mechanical completion of the SDM, the plant was handed back from Maintenance to Operation staff during the last evening meeting on 9 Aug 2021, Singapore's National Day.

An appreciation dinner was organized to thank all the SDM Contractors, Suppliers, Vendors, and Staff on 13 Aug 2021. A total of 172 Staff and Contractors attended the virtual event over the Zoom platform due to COVID-19 restriction on physical gathering. After logging out from the online meeting, all participants enjoyed their meals in the comfort of their respective homes & offices in place of having meals in clubhouse or restaurants.



GMP Er Lucas Ng inspecting Ole-II plant with PCS Staff and SDM Contractors Site Managers.



Some of the 172 participants attending the Appreciation Dinner on 13 Aug 2021.



50

million hours worked
without Lost Time Incident

2021
9
SEP



**Achievement of 50 million hours
worked without Lost Time Incident**

PCS
50

PCS and its contractors have jointly achieved a combined 50 million hours worked without a Lost Time Incident on 9 September 2021.

This achievement would not come about without the commitment and partnership of our Contractors and the leadership of the Petrochemical Complex Contractors Association (PCCA).

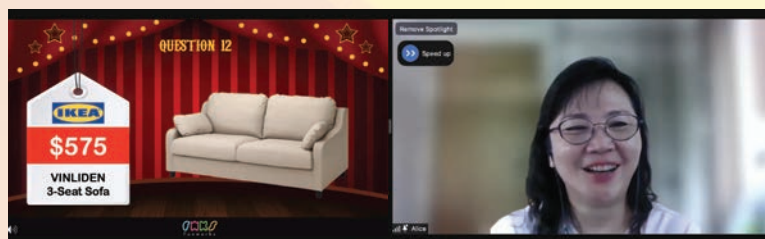
Let us not be complacent, never compromise on health and safety, and continue our efforts on energy efficiency drive for the environment, in governing every aspect of our operations and business. **"One Team, One PCS"**

PCS PLAYS!

Virtual Live Game Show



Benjamin Tan
Olefin II



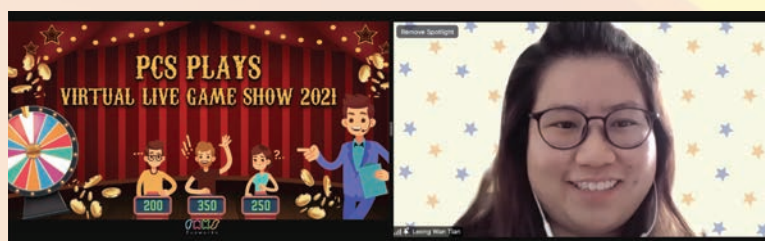
The agony was clearly evident. The intense internal struggle was written all over her face. Her brows were deeply knit, and her eyes flitted nervously as she looked around and sought help from where there was none.

"Who do you want to steal from?" the question boomed out again over the speakers of the computer, mercilessly seeking a response, without a thought nor a care for the pain that the question was causing.

Others looked on as the contestant was thrust into the spotlight – some with a smirk, thankful that they were not in that position of discomfort; and others desperately trying to conceal their inner nervousness – *Not me, please, not me...*

"... I choose... Florence..."

And with that, the winds of fortune shifted, as the hard earned points changed hands, and with it, the lead in the game...



It was a beautiful Saturday, and it was meant to be a morning of fun and games. Instead, it turned out to be a morning where relationships were tested, where lunch kakis turned against one another, and intrigue and drama played out. As an observer looking in, it felt like I was watching another episode of the political drama series Game of Thrones.

Of course, no real relationships were damaged (I hope), as all was done in the name of fun. In another year of limited social interactions due to Covid-19, the SSRCC set out to explore alternative activities that can be organised for our staff to take a well-deserved break, and to have some fun while strengthening the bonds and relationships between each other. Therefore, the first virtual live game show event PCS Plays! was organised and held on the morning of 25th September.

Being the first time that such an event was organised by SSRCC, the organisers engaged an experienced events organiser Funworks SG

to lend their expertise. Based on the recommendations and experience of Funworks, the organising committee selected several light-hearted and fun games that would cater to a broad spectrum of interests and abilities. The event was hosted by Funworks over Zoom, and the participants joined in virtually from the comforts of their homes. While the event was organised for PCS staff, family members of the participants were encouraged to join in the fun by helping the participants to come up with the right answers to the game questions.

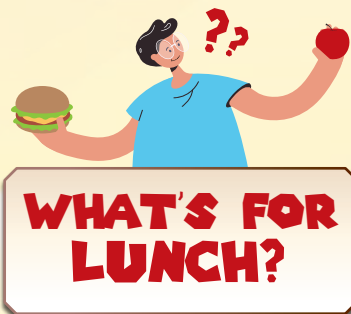
Ten brave and sporting contestants signed up for the event and while not all walked away with the handsome prizes offered, hopefully all have come away with good memories. The mood during the event was lively and energetic, as the capable emcee livened up the atmosphere with humour. While there were certainly intense periods of concentration, as the contestants wrecked their brains searching for inspiration, these were punctuated with equal periods of raucous

laughter, especially when spinning the "Wheel of Fortune". To up the excitement level and to introduce an element of unpredictability, contestants who answered the game questions successfully get to spin the "Wheel of Fortune". Just like the much-loved classic American game show, the "Wheel of Fortune" provided an opportunity to gain the in-game currency (used as points to determine the overall winners), but also the possibility of encountering the dreaded "Bankrupt" and "Take my Money" sections of the wheel.

The event was kicked off with a short welcome speech by SSRCC representative Wan Tian. Over the course of the one-and-a-half-hour event, a total of 3 different games were played. The first game was '4 Pics 1 Word'. In this game, 4 pictures will be shown and contestants will have to guess the 1 word that is associated with the 4 pictures shown. The contestants will then have to type the answers into the chat box. It was a real challenge to type quickly and accurately, and there were several instances where contestants missed



Sending our love from the organisers and the happy participants.



out just because of one or two letters that were typed wrongly.

The first game tested the abilities of the contestants to think broadly and out-of-the-box, the second game tested their abilities to pick out small details and clues. In the second game, 'What's for Lunch?', contestants were shown a zoomed in picture of a local food item and they would have to guess the correct food item and again type it into the chat. While this game sounds simple, it turned out to be quite challenging, as the food items that we are so familiar with may look very different when zoomed in.

The last game was 'Price is Right'. Like the TV game show of the same name, contestants were shown some items and they had to guess the price of the items. The contestant with the closest guess without exceeding the actual price was the winner of the round. Contestants were allowed multiple entries and the chat box scrolled furiously, and my eyes could not keep up as the contestants spammed their guesses. Thankfully the alert team from Funworks were there to help in picking out the winning guesses that were submitted within the time allotted for each question. To ensure that the game was not dominated by the frequent supermarket-shoppers, the questions covered not just groceries, but also sporting goods and even furniture!

All in all, we had a great time together and our heartiest congratulations to the prize winners. The organising committee would like to thank the participants for supporting this event, and for being such a fun and sporting bunch!

For those of you who missed the event, here are some of the questions from the 1st two games for you to test your wits! (Answers at the bottom of the page 11)

4 PICS 1 WORD



Durian Fest 2021



Cerine Lim
HR & Admin



COVID-19 continues to bring about various challenges in organising events for our fellow colleagues due to strict prohibitions in social workplace gatherings. Not to be outdone by the virus, our “COVID-19 Modified Edition Durian Fest” rose to the challenge. Many will agree that this is one PCS event that cannot be missed!

In order to comply with existing Safe Management Measures and guidelines to keep everyone safe and healthy, the SSRCC arranged for durians to be vacuum-packed for our employees for a second consecutive year. This was a much-needed treat to boost morale and lift spirits in these COVID-19 days and timely, just before the intensive SDM works.

The Durian Fest was spread over 4 sessions on 30 June, 2 July, 5 July and 7 July to ensure that different shift teams would receive durians when they were at their freshest. We had engaged “Durian Lobang King” this year, who did not disappoint us again with their well-selected Mao Shan Wang durians. The Pahang Old Tree Mao Shan Wang durians are known for their rich taste and creamy texture, which suits the general recipient’s palette. We are delighted to have received many positive feedbacks from many colleagues.

Most importantly, the SSRCC has achieved our goal of ensuring that this pack of their favourite fruit brightened their day!

EMPLOYEE NEWS

Heartiest Congratulations

births

NAME	FUNCTION	NEW BORN
Kew Jia Ming	Marketing & Sales	Girl
Naoto Sawano	T&O	Boy



LONG SERVICE

Award Recipients for
Jul-Sep 2021



5-Year

Ong Yan Hui Gary	Fire & Security
Muhammad Qairawani bin Ismail	Fire & Security
Cynthia Lee	Legal
Nah Chong Poh	Maintenance
Hew Fen Tian	Maintenance
Mohamed Yusri bin Yusoff	Olefin-I
Khalid bin Kahar	Olefin-I

20-Year

Lee Hock Chye	Technology & Optimization
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25-Year

Ong Kok Siong	Olefin-II
Venuanathan Machap	Quality Control

PCS PLAYS!

Virtual Live Game Show

ANSWERS:

What's for Lunch?

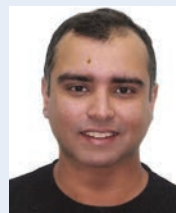
1. CURRY PUFF
2. KAYA TOAST
3. ROTI PRATA

ANSWERS:

4 Pics 1 Word

- Q1. SHARP
- Q2. DATE
- Q4. ASSEMBLE
- Q6. SUIT

NEW EMPLOYEE



Mr Jagbir Singh Dhaliwal s/o Lakhbir Singh

Technician, Olefin I

Joined - 1 Jul 2021

Hobbies : Football & Rugby



Mr Suresh Kumarasamy

Technician, Olefin II

Joined - 1 Jul 2021

Hobbies : Reading & Jogging



Mr Shaik Mohammed Aziz Bin Shaik Mohammed Ali

Technician, Olefin II

Joined - 1 Jul 2021

Hobbies : Travelling and Basketball



Mr Muhammad Amirul Asfrat Bin Kamsan

Technician, Olefin II

Joined - 1 Jul 2021

Hobbies : Football and Running



Mr Soo Jun Hao

Engineer, Maintenance

Joined - 23 Aug 2021

Hobbies : Judo

Outdoor Fun in a Pandemic



Joyce Lee
Mktg & Sales

As far back as I could remember, the last page of SCOPE newsletter has always been "Travel News" contributed by employees. With the merciless onslaught of Covid-19 worldwide, closed borders and the travel restrictions imposed by the government, leisure travel is rare. Thus, the dearth of articles for this page and the repeated urging by my dear colleagues (you know who you are) to "write something".

Joyce Lee
Singapore



123 likes

At the Changi Jurassic Mile.

Singapore



456 likes

Fort Canning Tree Tunnel.



Joyce Lee
Singapore



789 likes

Trusty work horses

I always draw comfort in still being able to jog, hike, cycle or take long walks in the early mornings, sometimes followed by a leisure brunch in an IG-worthy café. Whilst there wasn't any jetting off from Changi Airport, it still evoked some wondrous sense of "holiday mood". Below are some ways to enjoy Mother Nature within Singapore's closed borders.

The Rail Corridor is a relatively easy route with flat terrain. The most risky part would be trying to avoid mountain cyclists along the shared path, especially on a weekend. The stretch of Bukit Timah Railway Corridor, along with the rest of the Rail Corridor, is now a long, lush walk accompanied by scenic views along different parts of Singapore, from Woodlands in the North to Tanjong Pagar in the South. With the cheery birds chirping from the shady trees to the colourful flora and fauna, this place is definitely a paradise for nature lovers who wish to escape from our concrete jungle.

Fort Canning Park is an iconic hilltop landmark boasting nine historical gardens. Despite it not being as famous as Botanic Gardens or as huge as Macritchie Reservoir, its prime location in the city centre plus the ancient artefacts scattered around makes it a significant landmark. There are chill walking trails and historical sites that make for IG-worthy backdrops. Whether you are drawn by the park's ancient artefacts and rich heritage or simply its tranquillity, this hilltop park offers something for everyone. On a typical morning, there are yogis practising sun-salutations, HIIT enthusiasts running up

and down the stairs and elderly practising Qi-Gong. Chill ☹️ Tiong Bahru Bakery at the Foothills.

Cycling is something I wished I could do more often as I live near the East Coast Park, but since I try to avoid the sun and my night-vision is poor, I would only mount my hybrid bike when the weather is balmy/breezy/NOT hot. Still, the whole stretch of PCN (Park Connector Network) from Changi Village to Gardens by the Bay is seamless and a joy to spend time paddling away your troubles. The not-so-new Changi Jurassic Mile is also a fun pit-stop if you do not want to take the brutal Tanah Merah Coastal Road (zero shelter for 12 km) to Changi Village for the famed Nasi lemak. Chill ☹️ Spoke & Hub near Terminal 2.

Hiking up **Bukit Timah Hill** (163.63 m) is barely a climb and a leisurely pace up will bring you to the summit in less than an hour. Choose the Red Walking Trail as there is a paved road under shady, tall trees and if you are lucky, you might spot some wildlife too. The second part to the summit consists of small and large steps juxtaposed side by side so you can choose to take it easy or challenge yourself on the larger ones. The Summit itself is pretty unremarkable so a good suggestion is to extend the hike to the nearby **Singapore Quarry**. A popular spot for birdwatchers and nature photographers. The disused quarry is now a huge lake where you can spot rare birds, fishes, turtles and even monitor lizards. There is also a spacious viewing deck at the side of the lake where you can observe dragonflies flitting over the water, and admire the cliff walls from a distance. Chill ☹️ Springleaf Prata Place at The Rail Mail.



Bukit Timah Road Truss Bridge along the Rail Corridor.



All Safe Management Measures were adhered to during this hike.



Singapore Quarry.