

# CAI Yinzhou

蔡引舟

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**Member of Parliament, Bishan-Toa Payoh GRC**  
**Director, Citizen Adventures**  
**Executive Director, Chinatown Heritage Centre**



## Summary

Yinzhou wants a Singapore where every child, including his children, can grow up in a society that is inclusive, compassionate and full of opportunities. For over a decade, Yinzhou has been involved in ground-up efforts to support those in need. These experiences have shaped his belief that meaningful change starts not just with policies, but with people – on the ground, doing the work together.

As a Scout in his younger days, Yinzhou learnt about service and resilience. These values continue to guide him today. He was involved in starting backalleybarbers, a volunteer initiative providing free haircuts to elderly and rental flat residents. These inspired him to work in the eldercare sector subsequently.

As Executive Director of the Chinatown Heritage Centre currently, Yinzhou has the privilege of preserving and sharing the stories of our early migrants – stories of sacrifice, hard work, and hope. These are the values that built our nation. As a young father, he believes it is our responsibility to pass these on to the next generation.

Yinzhou looks forward to actively listening and learning from the strong community networks here, and to draw on his grassroots experiences since 2018, to serve the residents of Bishan-Toa Payoh.

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## Work Experience

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### 1) Chinatown Heritage Centre / Executive Director

Apr 2025 - PRESENT

### 2) Citizen Adventures / Director

Mar 2014 - PRESENT

### 3) St Luke's Eldercare / Centre Manager

Aug 2021 - Mar 2025

### 4) Temasek Polytechnic / Adjunct Lecturer (Diploma in Gerontology)

Apr 2023 - Aug 2024

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## Education

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### 1) Singapore Management University / Masters in Tri-Sector Collaboration

Ngee Ann Kongsi Post-Graduate Scholarships in Social Sciences  
Academic Year 2017 - 2019

### 2) (Kaplan) Murdoch University/ Degree in Events, Tourism & Management

Academic Year 2012 - 2014, Singapore

### 3) Temasek Polytechnic / Diploma in Hospitality and Tourism Management

Academic Year 2007 - 2010, Singapore

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## Social Initiatives

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### 1) #backalleybarbers / Founder

OCT 2014 - PRESENT, CITIZEN ADVENTURES

### 2) Covid-19 Migrant Support Coalition / Co-Founding Member

APR 2020 - SEPT 2020, CITIZEN ADVENTURES

### 3) BetweenTwoHomes.sg / Co-Founder

AUG 2016 - 2020, CITIZEN ADVENTURES

### 4) Cassia Resettlement Team / Co-Founder

FEB 2017 - AUG 2018, CITIZEN ADVENTURES

### 5) Majulah Belanja / Chairman

2015 - 2016, CITIZEN ADVENTURES

### 6) Dakota Crescent Conservation Report / Contributor

JUNE 2016 - OCT 2016, CITIZEN ADVENTURES

### 7) #pluggingthegaps Haze Initiative / Founder

OCT 2015 - DEC 2015 - CITIZEN ADVENTURES

### 8) Singapore Nepal Relief Community / Co-Founder

APR 2015 - MAR 2016 - CITIZEN ADVENTURES

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## Volunteer Experience & Programmes

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### 1) Means Test Panel for Civil Legal Aid and Criminal Defence Aid / Member

Dec 2023 - Current, MIN LAW

### 2) Punggol Coast CCC / Member

Oct 2022 - Apr 2025, PUNGGOL COAST CCC

### 3) School Advisory Committee / Member

Jan 2019 - Mar 2025, EVERGREEN PRIMARY SCHOOL

### 4) International Visitor Leadership Program (IVLP)- Volunteerism and Civic Action / Participant

Jan - Feb 2025, U.S. DEPARTMENT OF STATE

### 5) NCSS 40-Under-40 / Participant

Oct 2024, NATIONAL COUNCIL OF SOCIAL SERVICE (NCSS)

### 6) Worlds Cities Summit Mayors Forum 2023 (Seoul) / Head Of Delegation

Sept 2023 - Sept 2023, NATIONAL YOUTH COUNCIL

### 7) MP Louis Ng / Legislative Assistant & MPS Writer

AUG 2018 - APR 2023, NEE SOON EAST

### 8) G20 Youth Summit (Argentina) / Singapore Representative

11 - 19 AUG 2018, NATIONAL YOUTH COUNCIL

**9) Singapore Summit Young Societal Leaders Programme / Participant**

11 - 19 AUG 2018, NATIONAL YOUTH COUNCIL

**10) Youthcorps Singapore Leadership Programme / Mentor**

OCT 2016- 2017, NATIONAL YOUTH COUNCIL

**11) Waterways Watch Society / Kayak Leader**

JUNE 2013 - JUNE 2018

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**Awards**

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**1) Outstanding Tour Experience, Singapore Tourism Award / Finalist**

2024, SINGAPORE TOURISM BOARD

**2) Straits Times Singaporean of the Year Award / Finalist**

2020, THE STRAITS TIMES

**3) President's Volunteerism & Philanthropy Awards / Leaders of Good**

2020, NATIONAL VOLUNTEER AND PHILANTHROPY CENTRE

**4) National Day Parade / Featured Artiste**

2018, NATIONAL DAY PARADE ORGANIZING COMMITTEE

**5) Singapore Youth Award / Winner**

2017, NATIONAL YOUTH COUNCIL