IRELAND’S MOOD
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NATIONAL HAPPINESS EXPERIMENT
TRINITY COLLEGE DUBLIN IN PARTNERSHIP WITH SCIENCE GALLERY
PUT YOUR HAPPINESS TO THE TEST. During HAPPY, the School of Psychology at Trinity College Dublin will launch a national experiment that aims to measure Ireland's happiness via a weekly SMS or email.

THE VIBES OF IRELAND
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COMEDY:
HAPPINESS THROUGH SCIENCE
ROBIN FACE
04.05.12 19:00–20:45
Robin takes us on a comic exploration of the human condition.

TALK: HAPPINESS AND EMOTIONAL INTELLIGENCE
ADRIAN FURNHAM
16.05.12 18:00–19:00
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PERFORMANCE: THAT’S ABOUT THE SIZE OF IT
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What if you could see every moment of your life? Every choice you did or didn’t make? In an informative and biographical visual performance about the science that surrounds us, Niamh Shaw will explore the work of CERN, string theory and dimensions, the effect of choice, chance and coincidence on our life’s quest to seek happiness.

FIND OUT MORE ABOUT THE SHOW FROM THE CURATORS THEMSELVES, LEARN THE SCIENCE BEHIND THE FEEL-GOOD BENEFITS OF ALTRUISM, FIND BLISS THROUGH ENDOPHINS AND MUCH MORE — CHECK OUT THE HAPPY EVENTS PROGRAMME AT SCIENCEGALLERY.COM/HAPPY FOR FULL LISTINGS AND TICKET BOOKINGS. TO AVOID UNHAPPINESS, ADVANCE BOOKING IS RECOMMENDED.

HAPPY? EVENTS

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SCIENCE GALLERY, PEARSE STREET, TRINITY COLLEGE, DUBLIN 2, IRELAND.
T: +353 (0)1 896 4091
E: INFO@SCIENCEGALLERY.COM   WWW.SCIENCEGALLERY.COM
“HAPPINESS IS NOT THE ABSENCE OF PROBLEMS BUT THE ABILITY TO DEAL WITH THEM”

WE ALL STRIVE TO BE HAPPY — IT MAKES US HEALTHIER, WEALTHIER AND MORE PRODUCTIVE. HOWEVER, WHAT HAPPINESS DEPENDS ON ITS ECONOMIC ALONE? ITALY AND DENMARK ARE THE CLEAR LEADERS IN THIS RESPECT. BUT WHAT IF HAPPINESS DEPENDED ON A SET OF FACTORS THAT ARE ONCE PROMINENT IN THE TRADITIONS OF SCIENCE GALLERY’s “LIVE IN THE GALLERY” SERIES AND THE LIVING LAB RESEARCH INITIATIVE? THIS ATTEMPT AT A LIVING PSYCHOLOGICAL LABORATORY. THE DATA GATHERED WILL ENABLE A DEEPER UNDERSTANDING OF HOW FACTORS THAT AFFECT OUR WELL-BEING INFLUENCE OUR EXPERIENCES. IT WILL EXPLORE THE MEANING OF LANGUAGE, EMOTIONAL ATTACHMENT AND MORAL CODES OR HUMANITY ON YOUR WELL-BEING. THE EXPERIENCE WILL BE A LIVING LABORATORY IN WHICH YOU’LL BE THE RESEARCHER! CAN HAPPINESS BE LEARNED? DO YOU COMMUNICATE IT TO OTHERS AND EVEN PASS IT ON? WE DEVELOP PATTERNS TO HAPPIER LIVING AND IT’S NOT ONLY WHAT MAKES YOU FEEL GOOD BUT WHAT MAKES OTHERS FEEL GOOD THAT MATTERS. CAN HAPINESS BE INFLUENCED BY YOU AND THE ENVIRONMENT AROUND YOU?

TO PARTICIPATE IN HAPPY: YOU WILL NEED TO Fill IN THE CONSENT FORM AND FOLLOW THE PROTOCOL FOR EACH EXPERIMENT. THIS WILL STILL BE A BRIEF EXPERIENCE THAT RESEARCH RESULTS TAKE Time TO BE INFLUENCED. THEREFORE, IT WILL NOT BE ABLE TO GIVE YOU SPECIFIC INFORMATION TAKEN FROM THE EXPERIENCE.

TO THANK YOU: HAPPY IS DeSIGNED AND MANDATED WITH GREAT CARE TO PROVIDE YOU WITH A SAFE EXPERIENCE. IF YOU FEEL UNCOMFORTABLE AT ANY TIME, JUST SAY SO. THIS EXPERIMENT IS CONDUCTED IN PARTNERSHIP WITH TRINITY COLLEGE DUBLIN’S SCHOOL OF PSYCHOLOGY, MALCOLM MAC LACHLAN, IAN ROBERTSON, AND PERHAPS EVEN BRING A SMILE TO YOUR FACE.

YOURSELF HAPPY?

AIMS TO UNCOVER THE TRUE MOOD OF THE NATION. A CONCEPTUAL EXPERIMENT ON HOW A NATION’S IDENTITY AND MORAL ACTS OF KINDNESS ON YOUR HAPINESS.

— IT MAKES US HAPPIER TO HAPPINESS THEMED EVENTS, FOR EXAMPLE — WHAT CAN YOU DO TO MAKE YOU A HAPPIER PERSON?

CAN YOU SENSE A SMILE? Can you see a happy expression? Can you smell an apple baking? Can you hear a child’s laughter? Can you taste a spicy curry? Can you feel a hug? These are just some of the questions that this experiment will explore. You will be able to tell if a person is happy, and if they think you are happy, you will become happier.

CAN YOU TELL IF YOU ARE HAPPY? This experiment will test whether you can tell if you are happy, and if you think you are happy, you will become happier. You will be able to tell if a person is happy, and if they think you are happy, you will become happier.

CAN YOU FEEL A HAPPINESS EFFECT? This experiment will test whether you can feel a happiness effect. You will be able to tell if a person is happy, and if they think you are happy, you will become happier.

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HAPPINESS IS NOT THE ABSENCE OF PROBLEMS BUT THE ABILITY TO DEAL WITH THEM

IAN ROBERTSON

AIMS TO UNCOVER THE TRUE MOOD OF THE NATION.

A THOUSAND FACTORS WILL ENABLE A GREATER UNDERSTANDING OF THE COMPLEX LIVING PSYCHOLOGICAL LABORATORY. THE DATA GATHERED OF PSYCHOLOGY TO MARK 50 YEARS OF THE SCIENCE GALLERY’S “LAB IN THE GALLERY” SERIES AND WAS DEVELOPED IN PARTNERSHIP WITH THE TRINITY COLLEGE DUBLIN SCHOOL OF PSYCHOLOGY.

WE STILL REPORTING HIGH LEVELS OF WELL-BEING? WHAT IS THE TRUE MOOD OF NATION?

ARE THINGS LOOKING UP? DO YOU CONNECT WELL WITH OTHERS? HOW DO YOU CHOOSE A DATE?

ARE THINGS LOOKING UP?

DO YOU FEEL YOU WANT TO GIVE TO CHARITY?

CAN YOU HEAR A HAPPY EXPRESSION?

WHAT DO YOU LIKE ABOUT YOUR WORK?

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HAPPINESS EXPERIMENTS

BOUND TO BE HAPPY

WHAT’S YOUR RELATIONSHIP STATUS?

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CAN HAPPINESS BE LEARNED? DO YOU CONSIDER WELL-BEING TO BE IMPORTANT?

WILL ENABLE A GREATER UNDERSTANDING OF THE COMPETENCY AND ROLES PLAYED BY LEADERSHIP.

WE STILL REPORTING HIGH LEVELS OF WELL-BEING? WHAT IS THE MEANING BEHIND THE STATISTICS?

WE ALL STRIVE TO BE HAPPY.

HAPPY TO BE HUMAN?

WE WILL PRESENT VISITORS WITH A SERIES OF EXPERIMENTS — IT MAKES US HAPPY — WHAT'S YOUR RELATIONSHIP TO HAPPINESS?

THE ULTIMATE BEAUTY TIP? If you are happy are you pretty?

WHAT'S YOUR RELATIONSHIP TO HAPPINESS?

WHAT DO YOU LIKE ABOUT YOUR WORK? How do people explain their work in a way that is meaningful and expresses the meaning of their work? What motivates them to take pride in it? DO YOU CONSIDER WELL-BEING TO BE IMPORTANT?

HAPPY TO HELP?

WE ARE STILL RANK WITHIN THE TOP TEN HAPPIEST COUNTRIES IN THE WORLD ACCORDING TO RECENT POLLS.

WHAT'S YOUR RELATIONSHIP TO HAPPINESS?

HOW DOES HAPPINESS HAPPEN? Everyone explains what aspects of their life have the most influence on their happiness. What effect might these factors have on other areas of your life? This part of this research aims to identify what makes you happy and how you can use that information to make your mark on a world that will learn from the happiness of language.

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COMEDY: HAPPINESS THROUGH SCIENCE

ROBIN FARES
04.05.12 19:00–20:45

Robin loves conferencing and comic exploration of the human condition at Science Gallery, asking if you can be happy and rational at the same time. Speed an entertaining evening in Robin’s company as he borders through the muddy landscape of evolution whilst pulling the threads of his own newly emerging consciousness, all with the end of a safety net. Tickets €18 (pre-booking essential)

TALK: HAPPINESS AND EMOTIONAL INTELLIGENCE

ADRIAN FURNHAM
16.05.12 18:00–19:00

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27.04.12–03.06.12 HAPPY?

TAKE A SECOND LOOK

A FREE ‘LAB IN THE GALLERY’ THAT EXPLORES YOUR HAPPINESS THROUGH REAL EXPERIMENTS, CELEBRATING 50 YEARS OF RESEARCH AT TRINITY COLLEGE DUBLIN’S SCHOOL OF PSYCHOLOGY

THE VIBES OF IRELAND

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