

# MOE-OBS CHALLENGE PROGRAMME 2023 5D4N

(GUANGYANG SEC SCH)

Briefing for Parents/ Guardian



Ministry of Education  
SINGAPORE



*\*Some photos were taken before covid-19*

# [Guangyang Sec Sch]

## **OBS course dates:**

24 – 28 July 2023 (Batch 1)

31 July – 4 August 2023 (Batch 2)

## **Teacher Co-ordinator:**

Mr Alvis Chin / Mr Puah Chee Wee

## **Email of Teacher Co-ordinator:**

chin\_wei\_chiat@schools.gov.sg /  
puah\_chee\_wee@schools.gov.sg



# Content

- 1** What is the 2023 MOE-OBS Challenge Programme?
- 2** What is the OBS course about?
- 3** How does OBS ensure my child's safety?
- 4** How do I register for my child?
- 5** How can I help to prepare my child?



**1**

**What is the 2023  
MOE-OBS Challenge  
Programme?**

# A Holistic Education

- Develop **well-rounded** individuals
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom and helps our students to develop holistically, building up their **resilience and ruggedness**
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**



# Outdoor Adventure Learning Experiences for all

Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Curriculum			
Active and healthy lifestyle Social and emotional competencies			
Programme for Active Learning (Outdoor Education)	1 Outdoor Adventure Learning (OAL) camp	1 Outdoor Adventure Learning (OAL) camp	MOE-OBS Challenge Programme
Social and emotional competencies Resilience, ruggedness and social cohesion			

# Outdoor Adventure Learning

1. As part of the SG United message of 'Together, We Can Brave The New', Singaporeans are encouraged to stay strong together.

2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and “brave the new” together by:

- a) building camaraderie through working together in unfamiliar yet authentic situations;
- b) be resilient, have empathy and maintain a positive attitude when faced with adversity

3. Through overcoming challenging obstacles with their peers, participants learn that it is possible to be innovative and to adapt despite the constraints posed by the pandemic.





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**What is the OBS  
Course about?**

**“In time to come,  
OBS will be a rite of  
passage and a shared  
experience for all young  
Singaporeans, regardless  
of race, religion, or  
background.”**

———— PM Lee Hsien Loong ————



# What will my child learn from the Programme?

## Confident Person & Resilience

Be able to deal with challenges positively through self-directed learning and making right choices to influence their circumstances.

## Social Cohesion

Build friendships with students from different school backgrounds and actively help each other to achieve team goals in an inclusive manner.

## Concerned Citizen

Commit to play an active role in the improvement of community and environment.



# What is the MOE-OBS Challenge Programme?

## 3 Components



Pre-course lessons and preparation



OBS 5-day course



Post-course lessons and reflections

# Pre-Course lessons and preparation



Outdoor Education in PE Lessons



CCE Lessons



Pre-course Lesson with Form Teacher







School Briefing to Students

**Pre-course  
preparation**

# **Sample 5-day course**

**Post-course  
follow-up**

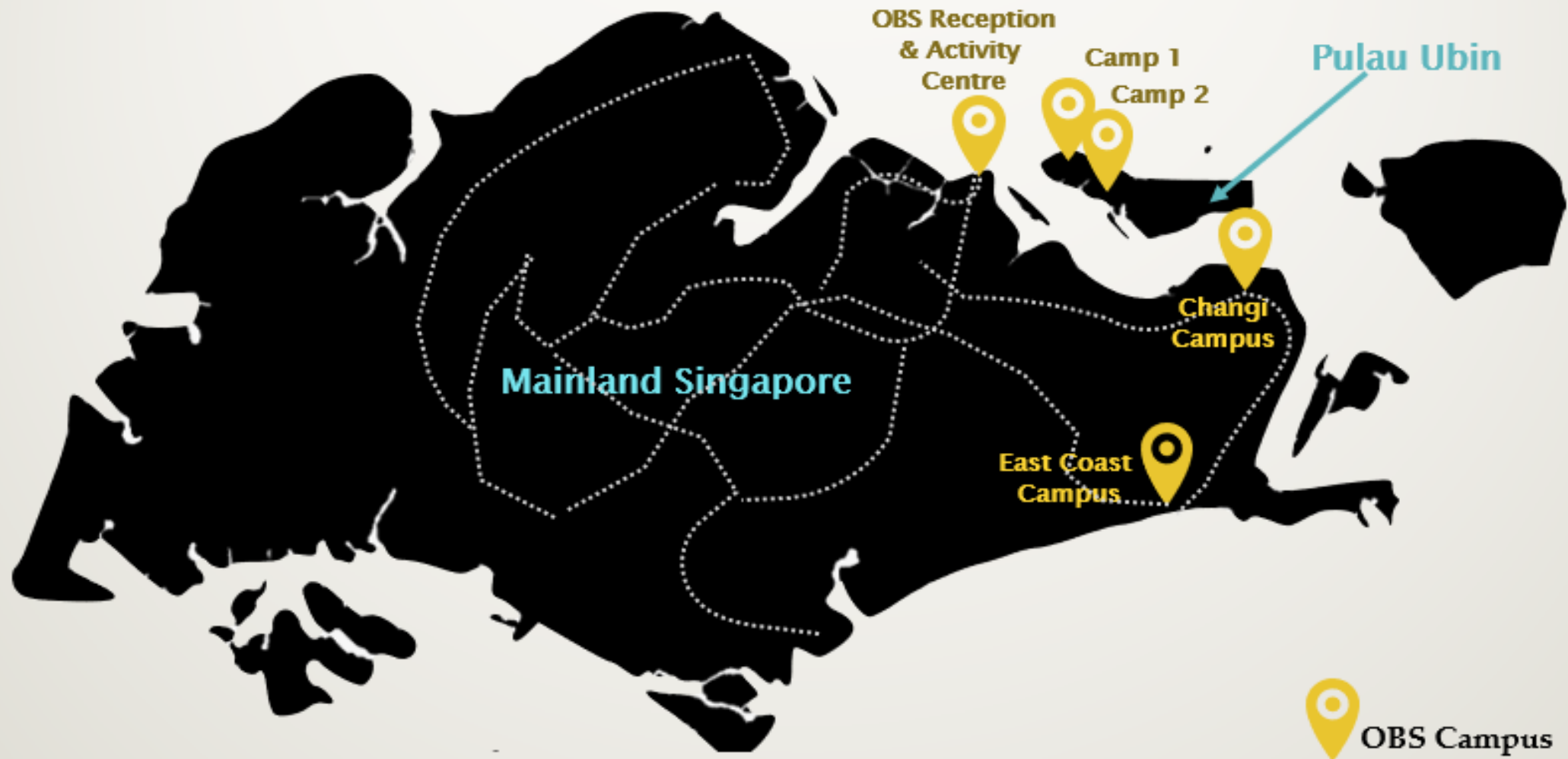
Day 1	Day 2	Day 3	Day 4	Day 5
Team/ Problem solving activities, expedition preparation	Adventure activities, single/multi-mode land/ water-based expeditions			Peer affirmation, commitment activity
	 			
Debriefing / Journaling / Sharing of reflection				
Getting to know you, team socialisation	Building competence & confidence, surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE			Sharing of feedback, transfer of learning

# Integrating the blue and green spaces on mainland Singapore



OBS Heads to Mainland  
Singapore - Lianhe Zaobao

# Where will my child be during the 5-day Course?

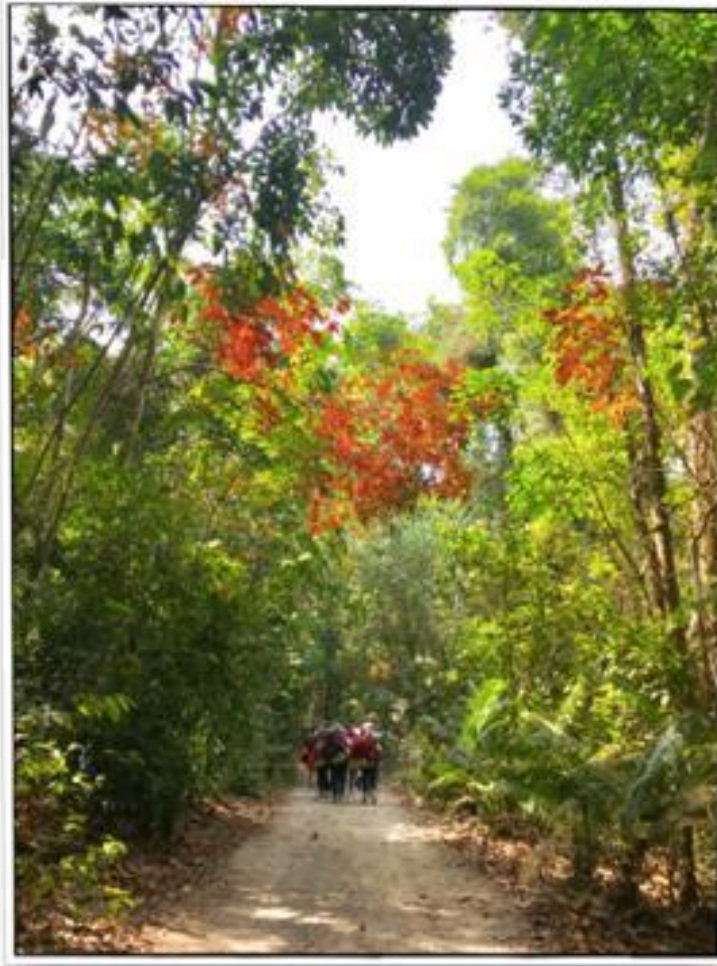


\*Adhering to Safety Management Measures

# Outdoor Classroom



Develop character and learn values and skills through doing and reflection



Classroom is the outdoors



Learning in the outdoors

# Post-Course lessons and reflections



Sample CCE Lesson Reflection Activity



Journaling



Post-course Lesson with Form Teacher

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# What are the safety measures?



# OBS safety and operations

## Track record



- Pioneer in Singapore's outdoor adventure education delivering quality outdoor adventure programmes
- Professional practices in risk management and safety

## Medical Post



- 24-hours Medical post manned by registered nurses
- Medical SOPs in consultation with OBS Medical Advisory Panel doctors

# OBS safety and operations

## People



## Qualified and Experienced Instructors

- Equipped with technical, pedagogical and safety skills
- Manage a small group size of 12 - 14 students per Instructor
- Conduct daily, pre-activity and post-activity checks to ensure your child's well-being

## Outdoor Nurse Practitioners

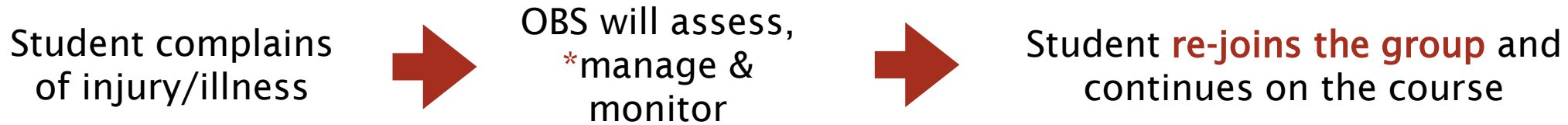
- Full-time Outdoor Nurse Practitioners who are registered nurses

# When will I be informed if my child requires medical attention?

You will be informed when your child requires further medical attention, e.g. sent out to clinic or hospital.



## Scenario 1: OBS maintains status quo, and will not inform School / Parent / Guardian



## Scenario 2: OBS informs Parent via School



\* OBS Instructors and Nurses may provide **over-the-counter medication** to treat the injury/illness

# Communication channel

Parents are to remain contactable during the 5-day course.

**Parent** → **Teacher Coordinator**  
(Tel: \_\_\_xx\_\_\_) / MOE  
HQ → **OBS** → **Participant**

**Participant** → **OBS** → **Teacher Coordinator**  
(Tel: \_\_\_xx\_\_\_) / MOE  
HQ → **Parent**



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**How do I register  
for my child?**

# How do you register for your child?

## 1. Have the following ready:

a. 

d. Child's latest height and weight

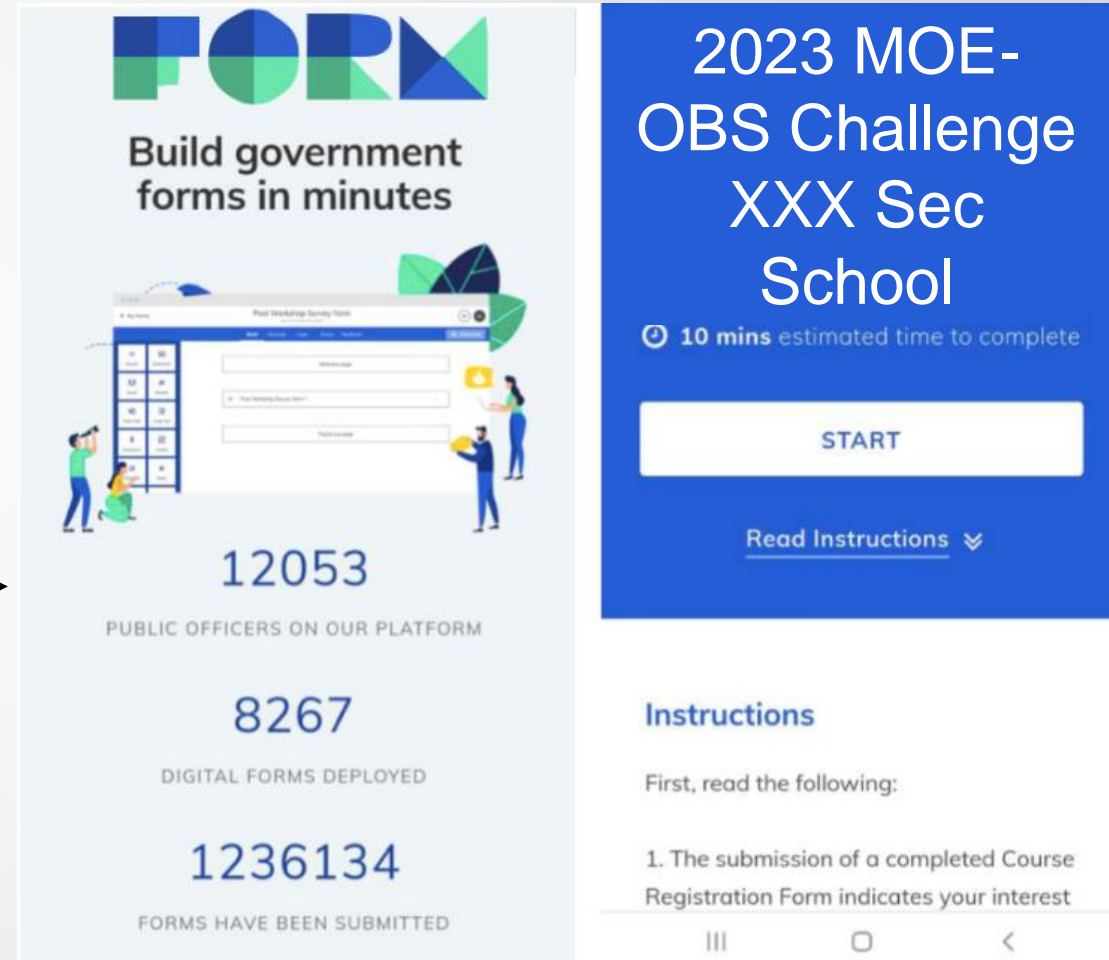


e. Child's tetanus vaccination date at [www.nir.hpb.gov.sg](http://www.nir.hpb.gov.sg)

c. Child's school and class information

f. Child's MOE Email address

## 2. Submit your child's e-registration



**FORM**  
Build government forms in minutes

12053  
PUBLIC OFFICERS ON OUR PLATFORM

8267  
DIGITAL FORMS DEPLOYED

1236134  
FORMS HAVE BEEN SUBMITTED

**2023 MOE-OBS Challenge  
XXX Sec School**

🕒 10 mins estimated time to complete

**START**

[Read Instructions](#) ⌵

**Instructions**

First, read the following:

1. The submission of a completed Course Registration Form indicates your interest

# Important Points to note:

1. <https://go.gov.sg/2023moeobs-guangyangss-batch1>
2. <https://go.gov.sg/2023moeobs-guangyangss-batch2>
3. Need Singpass to login
4. E-Registration will start from 06 Feb 2023 to 24 Feb 2023
5. Form has to be submitted within 30 minutes.  
Please do not refresh the page before submission.

# Important Points to note:

6. You need the following information before you attempt the e-registration

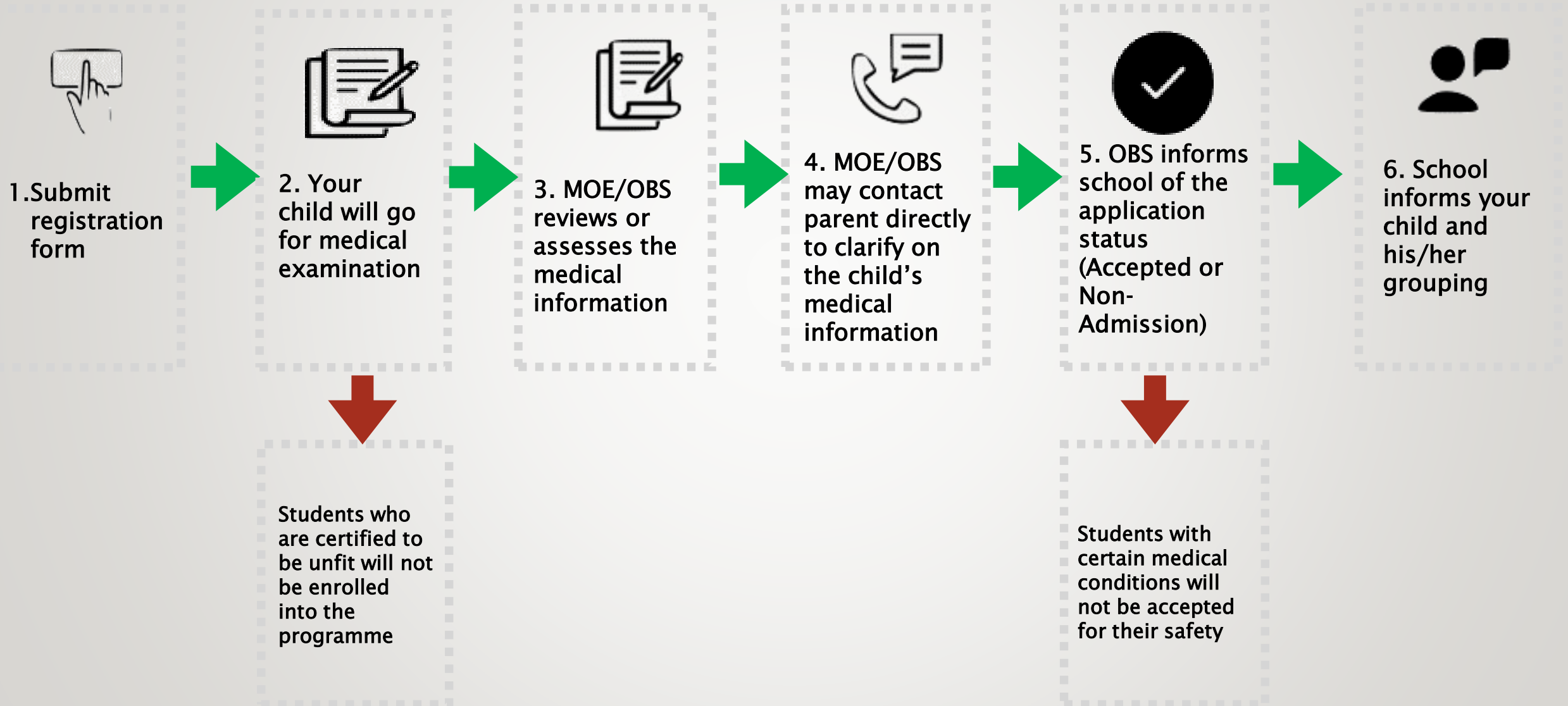
- i. Height (in metres)
- ii. Weight (in kilograms)
- iii. Body Mass Index (BMI)
- iv. Latest Tetanus Immunisation Date

<https://www.nir.hpb.gov.sg>

# **Important Points to note:**

7. Health Screening will take place on 10 March 2023  
(FOC)
  - i. OneCare Medical Pte Ltd  
(279 Bishan Street 24, #01-44 Singapore 570079)
  - i. Bring along Health Booklet
  - ii. Tetanus Jab can be administered if necessary

# What happens after registration?





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**How can I help to  
prepare my child?**

# A new MOE-OBS Challenge Programme Website page

- A customized website page specifically for MOE-OBS Challenge Programme
- For parents/guardians to keep updated on key information about the programme
- Parents/guardians can better prepare themselves and help their child/ward for the programme



**Outward Bound  
Singapore**

Inspired Individuals, Transformed Communities

Introduction

MOC  
Programme ▾

Safety

Guidelines For  
Parents ▾

FAQs

NOAE Master  
Plan

My OBS Journey



# A Rite of Passage, A Shared Experience

The MOE-OBS Challenge (MOC) programme offers a unique opportunity for the Secondary Three Students. As part of the National Outdoor Adventure Education Masterplan, the MOC programme seeks to develop ruggedness, resilience and build cohesion amongst youths. During the OBS course, students undergo a shared Outdoor Adventure Learning (OAL) experience and are provided opportunities to learn to work together in new, challenging, and authentic situations with their peers to overcome various challenges.

Find out more

## MOE-OBS Challenge Programme website page

<https://go.gov.sg/moc>

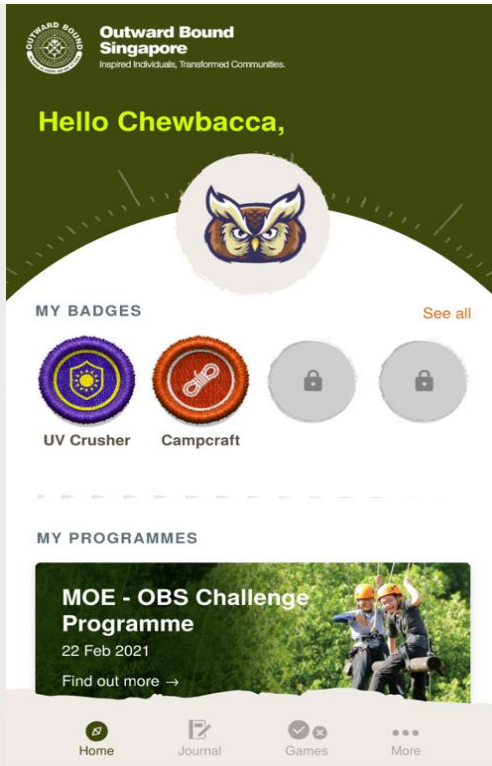


<https://go.gov.sg/moc>

\*Photo was taken

# Introducing My OBS Journey Web Application

*Screenshot of My OBS Journey*



- A new web application for enrolled students
- To help students to mentally prepare for the OBS course

# My OBS Journey EDM

**Remind your child to  
Activate My OBS Journey  
web application!**

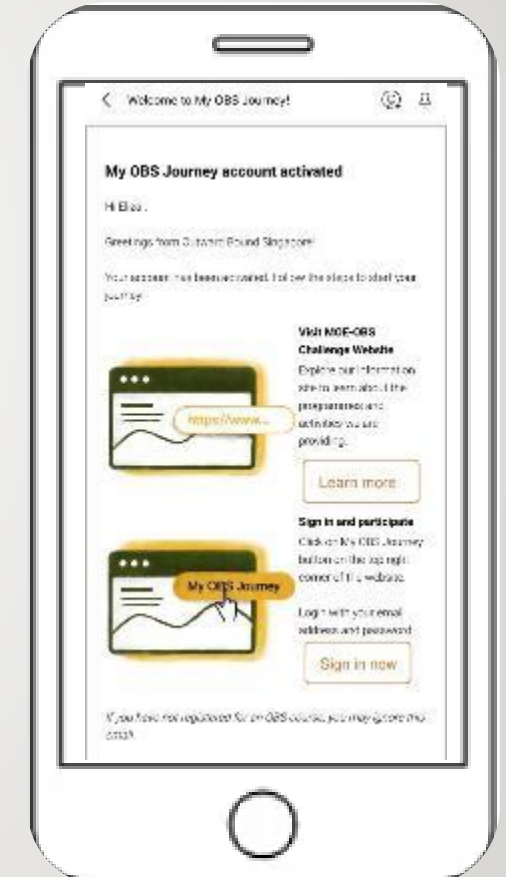
The account activation email will be send to the student's email address which parents fill up in the e-registration form

*\* If parents input their email address instead, it will be send to that email address.*

## 1<sup>ST</sup> EMAIL



## 2<sup>ND</sup> EMAIL



# My OBS Journey Web App Features

## What's new? (Resources)

Get yourself ready! Read this list of Resources before playing the games.



[Find out more →](#)

## What do I pack?

Start your OBS adventure and pack right.



[Find out more →](#)

## How do I feel today?

Choose an emoji and express yourself.



[Find out more →](#)

## Who are my Watch Mates?

Find out who's joining you for your OBS adventure!



[Find out more →](#)

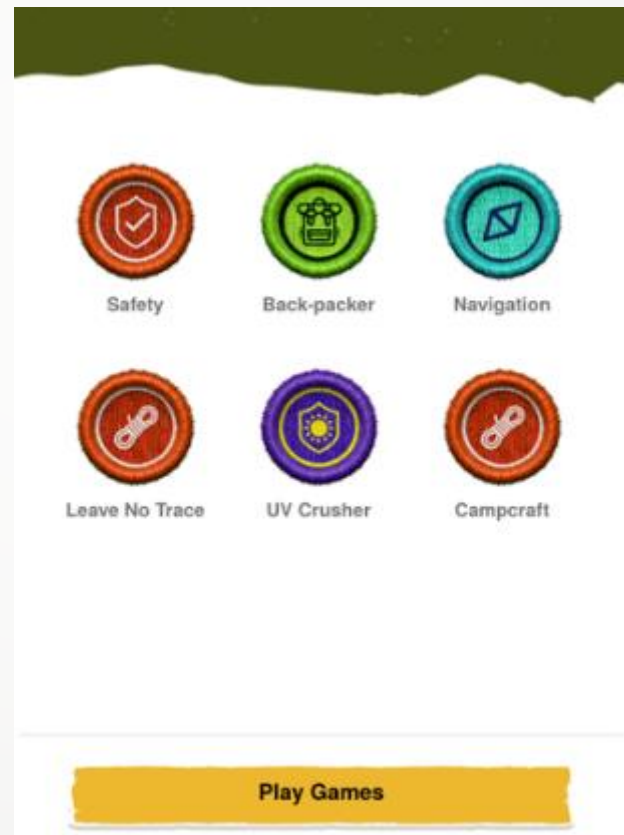
## Reporting Instructions

Get important information for your first day here!



## RESOURCES

It provides reminders for your child e.g. what to pack, countdown to their OBS course and reporting instructions for Day 1.



## GAMES

Games and quizzes for your child to learn about the outdoor knowledge in a fun and engaging way!

# Packing List

Note: Land and water activity items and equipment such as poncho, whistles, Personal Floatation Device (PFD) etc will be provided by OBS.

Students are encouraged to borrow from family/ friends/schoolmates instead of buying.

Refer to:  
<https://go.gov.sg/5dmocpackinglist>

*\*Packing list can also be found on My OBS Journey web application or from the school briefing*

**OBS 5-DAY EXPEDITIONARY COURSE PACKING LIST**

This is a guide to help you pack. You are encouraged to borrow from friends and family if you do not have the items. Expedition items such as backpack, poncho, whistle will be provided. Do label your personal items. The recommended quantity depends on your preferred needs. Please keep your expensive items at home. You are encouraged to re-use or re-purpose the items that are used during the camp to work towards minimal or zero waste.

**REPORTING ATTIRE ON DAY 1, WEAR:**

- ☐ 1 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- ☐ 1 pair Long Pants
- ☐ 1 pc Covered Shoes and Socks

**PACKING LIST**

- ☐ 1 pc Broad Brimmed Hat or Cap
- ☐ 2-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves  
- Mandatory for sea expedition
- ☐ 3 pairs Long Pants  
- Mandatory for climbing activities/expeditions (three-quarter pants and jeans are not allowed)
- ☐ 2 pc Short-Sleeved T-shirt  
- For physical activities e.g. PG attire
- ☐ 2-3 pairs Shorts  
- For physical activities e.g. PG attire
- ☐ Sufficient Undergarments  
- Avoid disposables to minimise trash
- ☐ 3 pc Towels  
- 1 for showering (wet 60cm x 130cm)  
- 1 small towel for expeditions (wet 20cm x 80cm)
- ☐ 1 pair Additional Covered Shoes for Water Activities  
- For protection from underwater rocks, to minimise drying area/ water activities
- ☐ 1 pair Sandals/ Slippers  
- For use during non-activity period e.g. showering
- ☐ Sufficient Socks

**Additional Notes:**

- Long pants & long-sleeved shirt protect against insect bites, scratches and sunburn. *Willing to accommodate injured or ill students.*
- Footwear covered shoes need to be worn throughout the day for all activities, ensure that the soles are intact. *Overlook that if well, are comfortable and provide support to prevent blisters or injuries.*
- Socks wear socks that cover the ankle to prevent blisters and protect against insect and sandy bites.

**IMPORTANT PERSONAL ITEMS**

- ☐ Min. 10 pcs Re-sealable Bags  
- To separate items during activities and to pack worn clothes and shoes
- ☐ 1 bottle Hand Sanitizer
- ☐ Sufficient Insect Repellent
- ☐ Sufficient Sun Protection  
- Sunblock (SPF 30 or higher), lip balm, and after-sun lotion
- ☐ 1-2 bottles Water bottle(s) to hold at least 1 litre of water  
- E.g. 2x 0.5L water bottle  
- Sharing of personal water bottle is not allowed for hygiene purposes
- ☐ 1 set Fork & Spoon  
- Metal utensils recommended
- ☐ Sufficient Essential Toiletries  
- For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)  
- For camping e.g. toilet roll, body powder or baby wipe powder
- ☐ Sufficient Prescribed Medication in Open Blister  
- e.g. inhaler, oral medication (all prescribed medication must be declared)  
- \*OTC (over-the-counter) medications are not required
- ☐ Sufficient Torchlight & Spare Batteries  
- For night/early movement around the campsite
- ☐ 1 set MOS-OBS Course Journal & Pen
- ☐ Sufficient Plastic Bags/Re-sealable Bags
- ☐ Sufficient Spare Spectacles or Contact Lenses  
- Secure with spectacle bands  
- Retainers and hooks are not encouraged
- ☐ 1 pc EZ Link card ID

**OPTIONAL ITEMS**

- ☐ Sufficient Tropical Lightweight Sleeping Bag or Mat  
- Ensure that it is waterproof
- ☐ 1 pair Gloves
- ☐ 1 pc Rain Jacket
- ☐ 1 pair Sunglasses
- ☐ 1 pc Wrist Watch

**Additional Notes:**

- Put your re-sealable bags in a bag, label with your personal details e.g. name, class, school
- Insert expedition sun protection & water bottle. Multi-Purpose to protect against insect bites, sunburn and dehydration.
- For use protection

# How can I help to prepare my child before the course?

1. Share **purpose** of the programme & motivate him/her

2. Emphasise the importance of **working together** to achieve team goals

"It's not about winning but working together"



3. Help your child to **set goals**



- What does he/she **want to achieve** from programme?
- What are his/her **strengths** that can be tapped on?



4. Encourage your child to maintain a **positive outlook**

- Be **receptive** to advice and feedback
- Be brave in facing the unknown and stepping out of his/her comfort zone to take on new challenges



5. Role model what it means to lead a healthy lifestyle

6. Bring your child outdoors and **exercise** with him/her



7. **Have fun** and enjoy the whole experience

# Journey with my child

## DOs

- **Do listen** to your child's concerns
- **Do set goals** with your child
- **Do affirm** your child's effort to make positive changes

## DON'Ts

- **Do not pack** your child's bag for him/her
- **Do not create anxiety** with assumptions
- **Do not frighten** your child with "horror" stories

# What advice can I give my child to help him/her have an **enriching OBS course**?



Participate  
actively

Immerse  
himself/herself in the  
experience and  
environment

Be selfless, supportive  
and encourage his/her  
teammates

Make responsible decisions



# How can I help my child to learn from his/her experiences **after the course?**

1. **Reflect** with your child on his/her **progress**
2. **Encourage** your child to **share** his/her experiences
3. **Acknowledge** your child's **feelings/accomplishments**
4. **Celebrate** his/her **success**
5. **Talk** about areas that **didn't go well**
6. **Encourage** your child to **share his/her feelings** on achieving or not achieving a goal

7. **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course
8. **Help** your child to **apply what they have learnt** in daily life

9. **Affirm** your child's effort to make **positive change**
10. **Help** your child to **set new goals** and work towards achieving them

11. **Encourage volunteerism** and provide opportunities for your child to **contribute to society**

**“There is more in  
us than we know.  
If we can be made  
to see it,  
perhaps for the rest  
of our lives we will  
be unwilling to  
settle for less.”**

————— Kurt Hahn —————  
Founder of Outward Bound





**We hope  
to see your  
child in OBS!**

