

# MOE-OBS CHALLENGE PROGRAMME 2023

## 5D4N

**3GR/AS/RP/RL:  
20-24 March 2023**

**3IN/SE/EX:  
27-31 March 2023**



Ministry of Education  
SINGAPORE





# 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			

**“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 is the MOE-OBS Challenge Programme?

## 3 Components



**Pre-Course Lessons and Preparation**







**OBS 5-Day Course**



**Post-Course Lessons and Reflections**





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



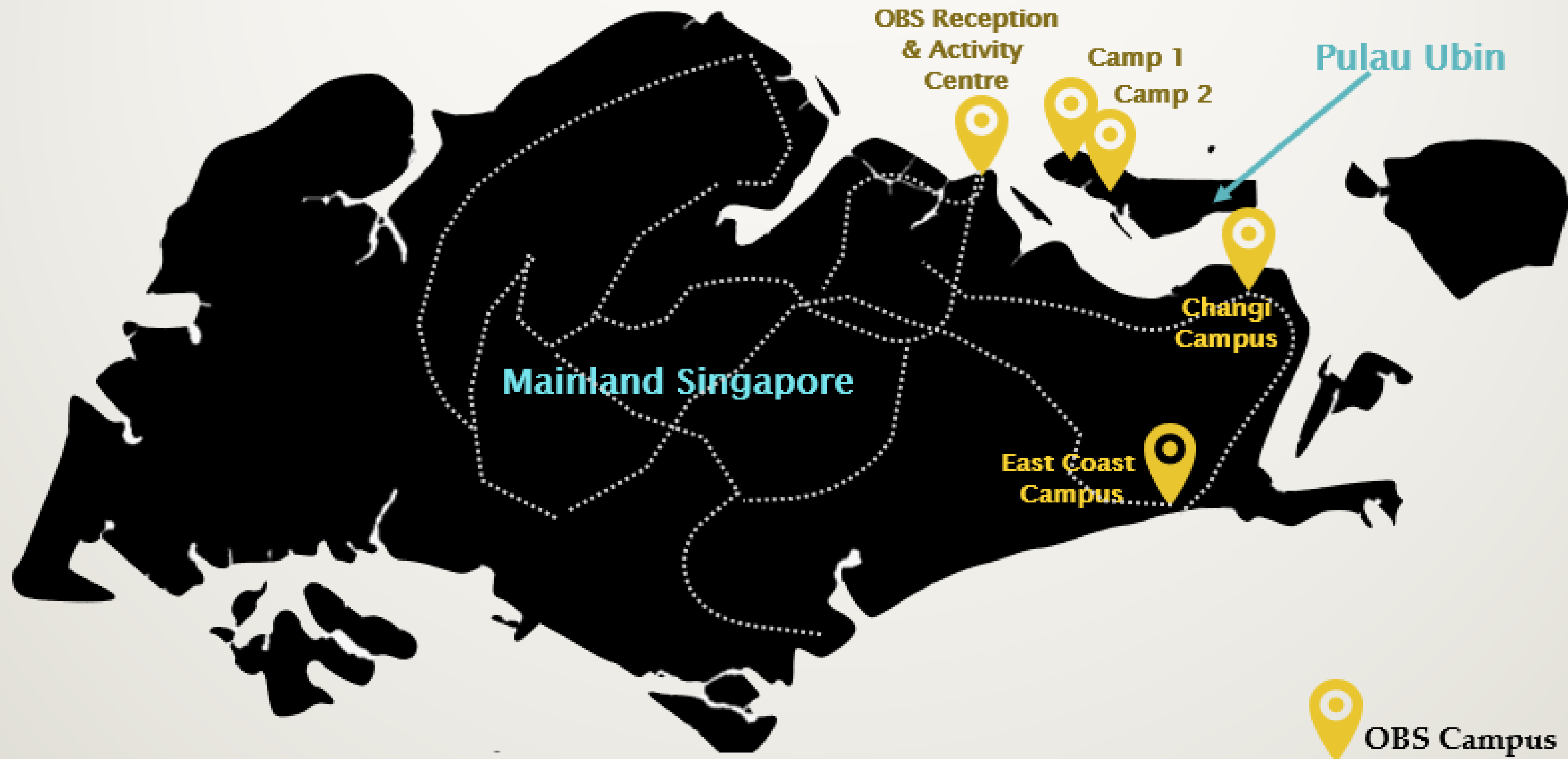
# Integrating the blue and green spaces on mainland Singapore

OBS Heads to Mainland  
Singapore - Lianhe Zaobao





# Where will I be?



\*Adhering to Safety Management Measures



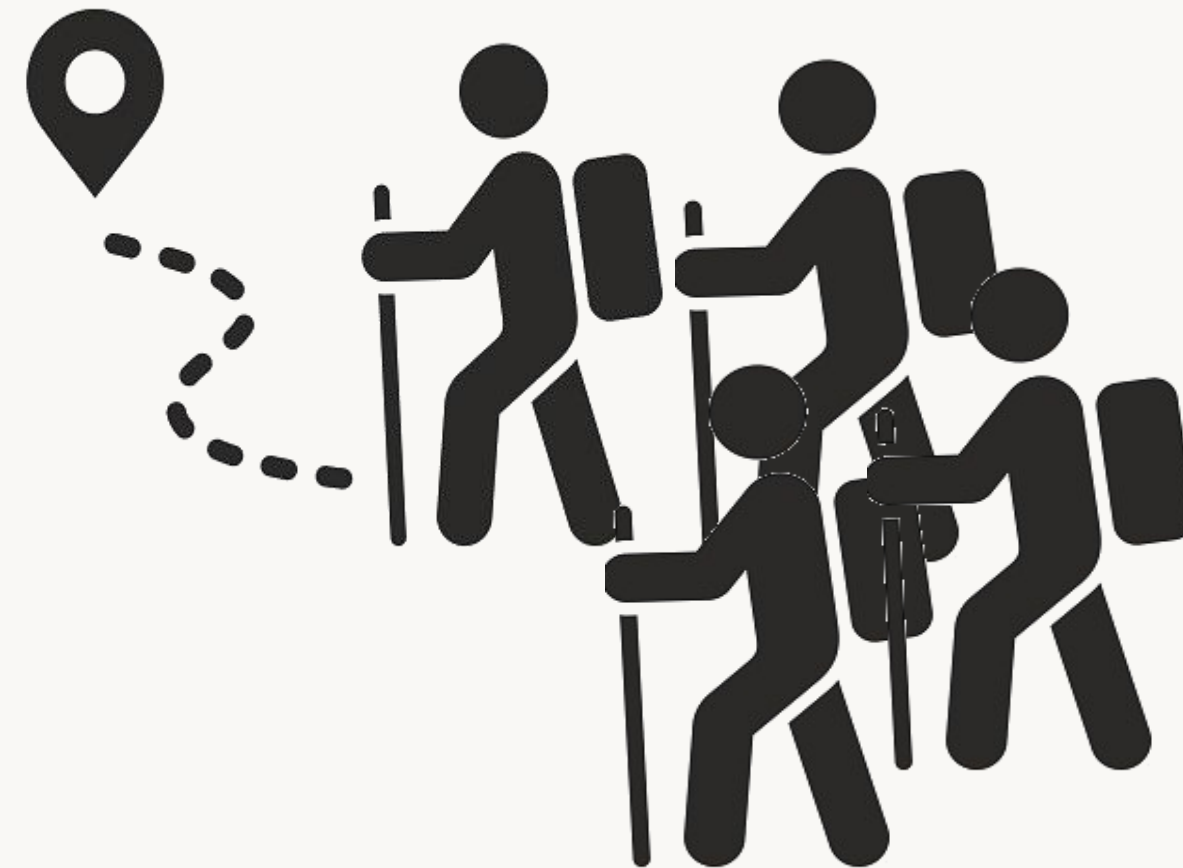
# Various activities that you may experience with your teammates



Rafting



Kayaking



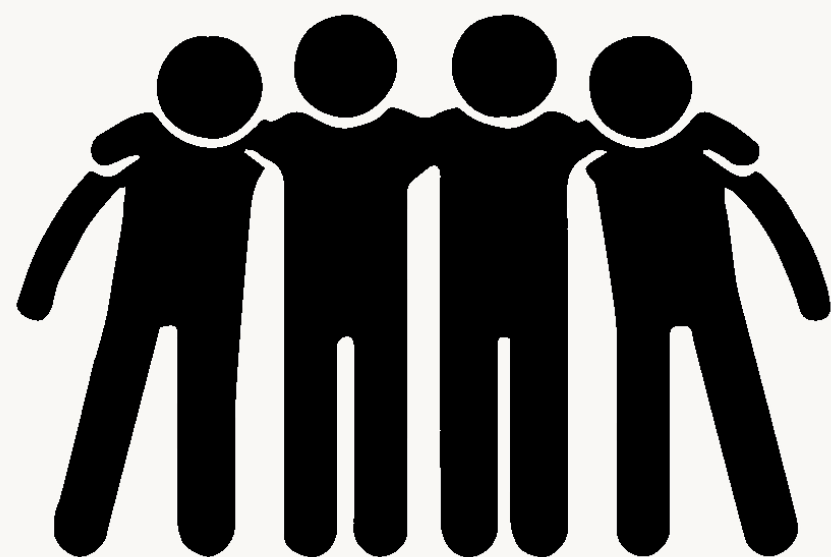
Trekking



Sailing



Rowing



Team Building / Problem solving activities



# Post-Course lessons and follow-up



Journaling



Post-course Lesson with Form Teacher



# What should I pack?

Borrow  
instead of  
buying!

**Refer to  
packing  
list**

 **Important to  
note!**

## Reporting Attire

1. Long Sleeve T-shirt / T-Shirt with arm sleeve
2. Long Pants
3. Covered Shoes

## Important Personal Items



Mask



Hand  
Sanitizer



Sun Block



Fork & Spoon



4L of Water  
Bottle

Remember to bring along the MOE-OBS Challenge  
Programme Journal



# Label **all personal items** clearly

- Safekeep your valuables e.g. handphone, wallet and money in a small and clear re-sealeable bag e.g. ziplock bag
- To avoid your items getting mixed up with others, please label all your items clearly
- Indicate on the label: **name, class & school**

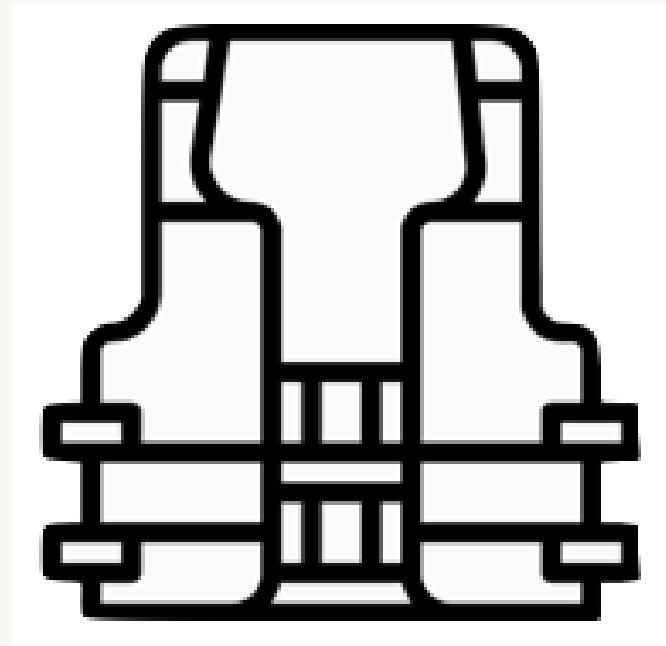




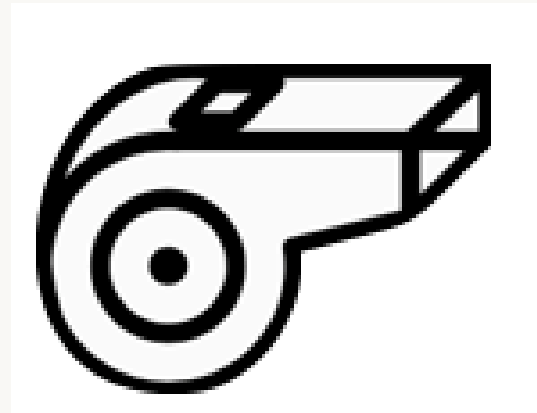
# Items provided by OBS



**Poncho**



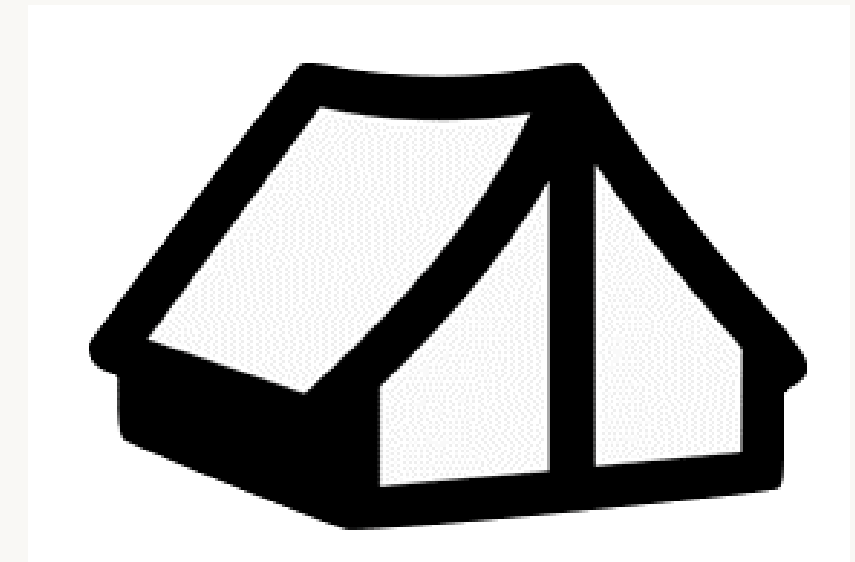
**Personal  
Floatation  
Device (PFD)**



**Whistle**



**Backpack**



**Tent**



# What should I not bring?



**Expensive /  
branded  
items**



**Electronic  
devices**  
(Kindle, iPad)



**Over-the-counter  
medication**  
(Panadol, charcoal pills,  
flu & cough medicine)



**Entertainment**  
(Magazine, books,  
playing cards, etc.)



**Food  
and snacks**

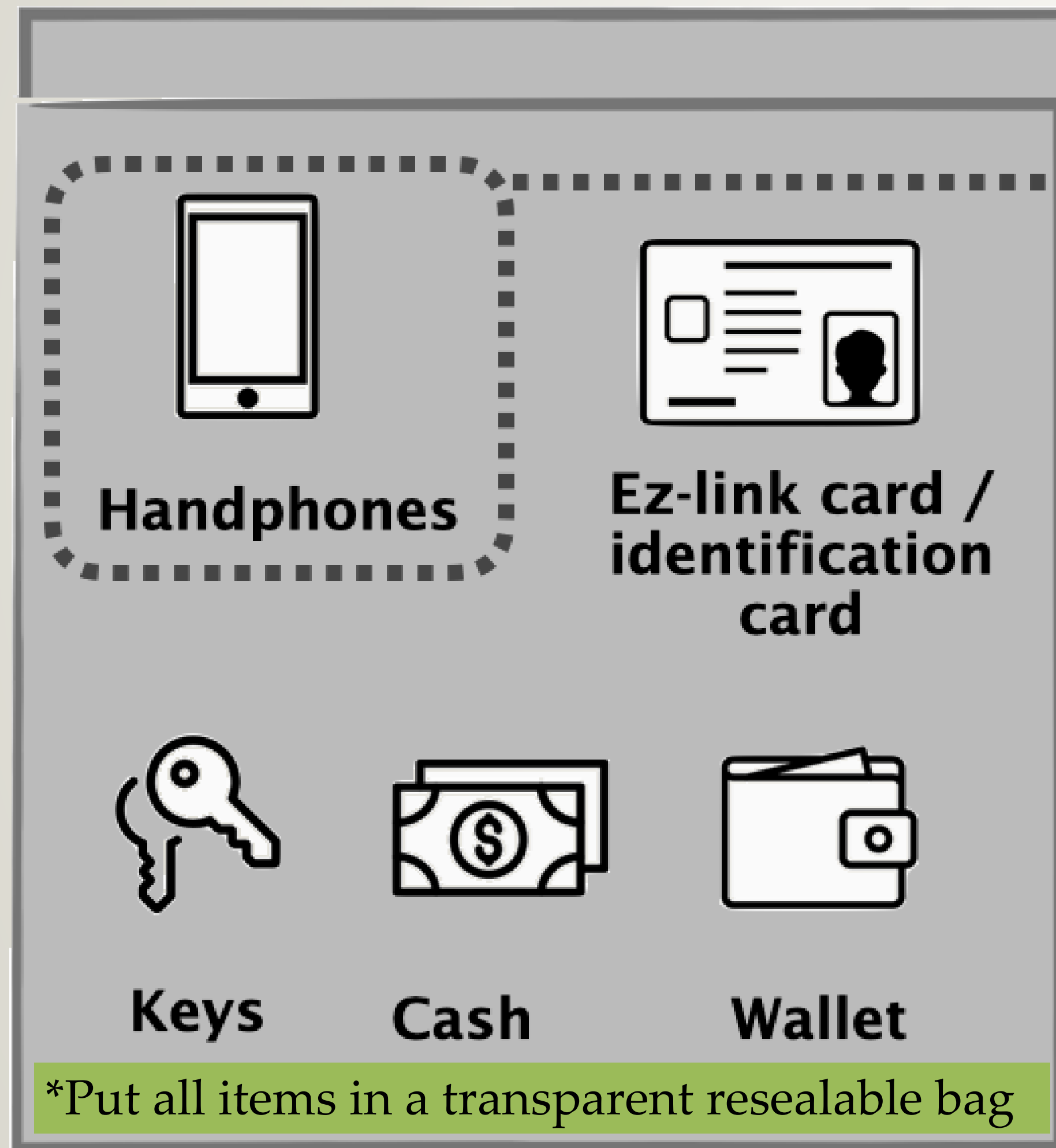


**Contraband items**  
(Cigarettes,  
e-Cigarettes)

**! Note:**  
Approach your  
Instructors if  
you are unwell  
anytime during  
OBS



# What will be safekept during OBS?



Handphones are safekept so that participants can:

- focus on the course without technological distractions,
- go back to basic and communicate face-to-face,
- protect from weather elements such as heavy rain and sea water

**! NOTE:**

Inform your parents that you **will not have access** to your handphones in OBS. Parents can contact your teacher for any emergency.

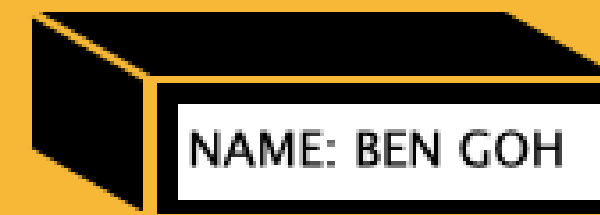


Your instructor will collect them **in the morning** and return just **before you return home**.



What if I have  
a **doctor's**  
**prescribed**  
**medication**  
that is **needed**  
**during OBS**  
**course?**

Show your Instructor on Day 1  
and ensure:



Doctor  
prescribed  
medication

in your name

Not in your parents  
or sibling's name



Non-expired



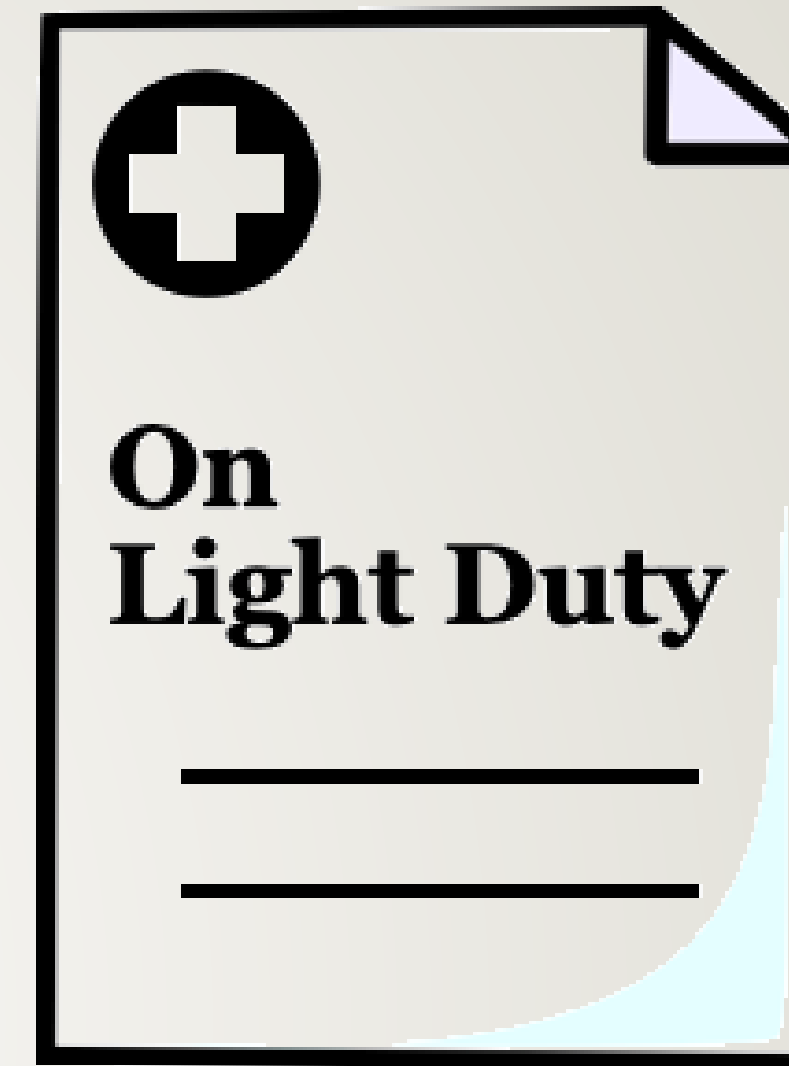
Enough quantity  
for full duration  
of course



⚠ If there's  
**new medical**  
**condition or injury,**  
update your teacher  
immediately



What if I'm  
**unwell** before  
OBS or on the  
**morning** of OBS?



- Update your teacher
- Consult a doctor
- Obtain an MC / light duty note
- Rest at home



# What if I'm **unwell** or **injured** during **OBS?**

- OBS Instructors and Nurses will manage your minor ailments and injuries
- For any doctor's consultation, you will be sent to an external medical facility and your parents will be informed



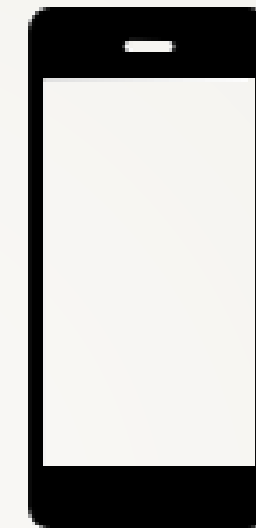


# Expected behaviour of participants in OBS



Cooperate with OBS staff  
at all times

MOE-OBS reserves the right to  
withdraw any student who is  
unable to do so



Pass all mobile phones  
and valuables to your  
Instructor for safekeeping



Inform your Instructor  
if you are unwell during the  
Course



Respect peers from your  
school



# How to have an **enriching and fulfilling OBS course?**



**Participate actively**

**Be open to make new friends with students from other schools**

**Immerse yourself in the experience and environment**

**Make responsible decisions**



**Be selfless, supportive and encourage your teammates**





# E-registration for OBS (20-30 Sept) **NOTE: EOY starts 27-Sept**

## 1. Have the following ready:

a. SingPass

d. Child's latest height and weight

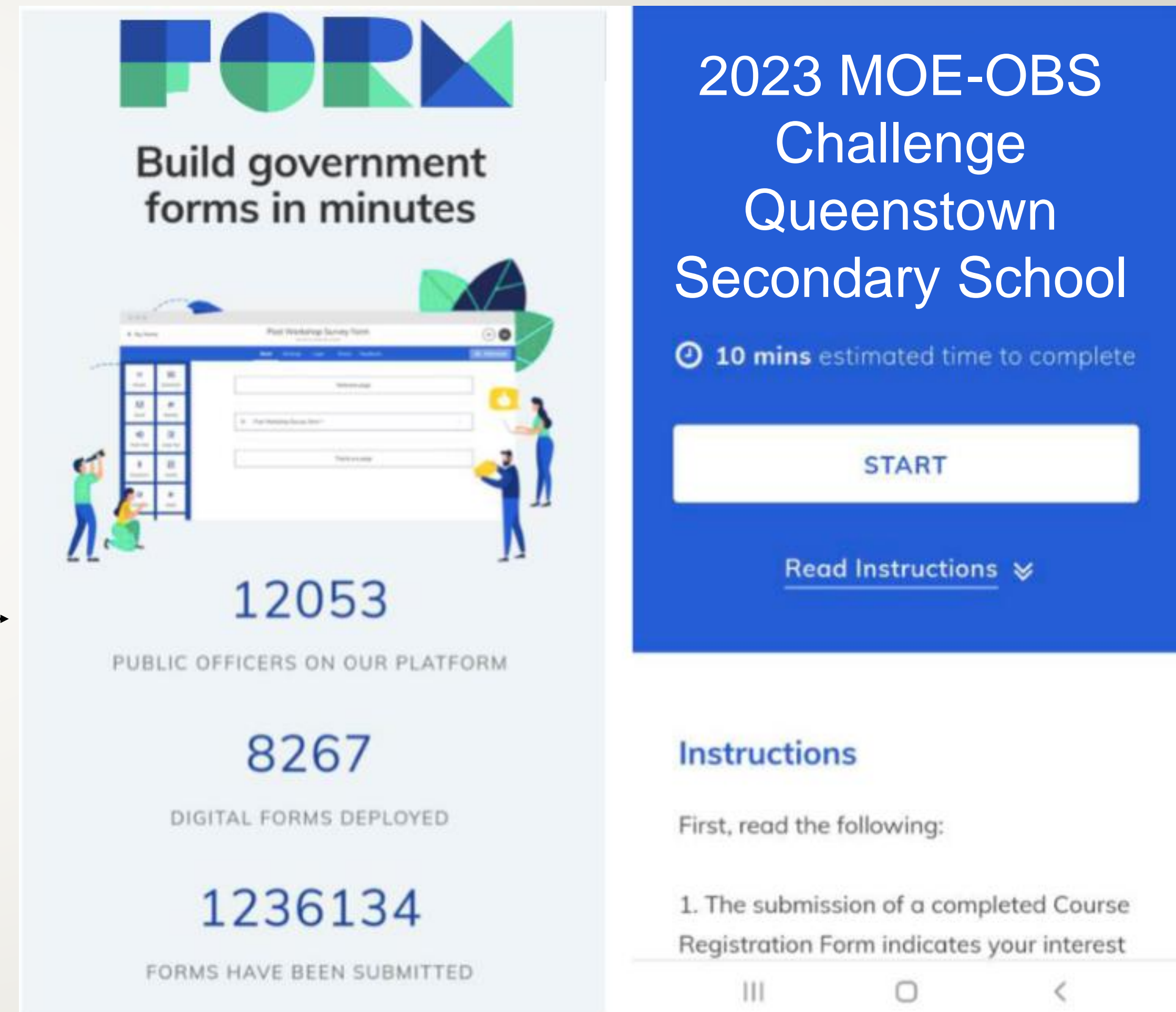


e. Child's tetanus vaccination date at [www.nir.hpb.gov.sg](http://www.nir.hpb.gov.sg)

c. Child's school and class information

f. Child's MOE Email address

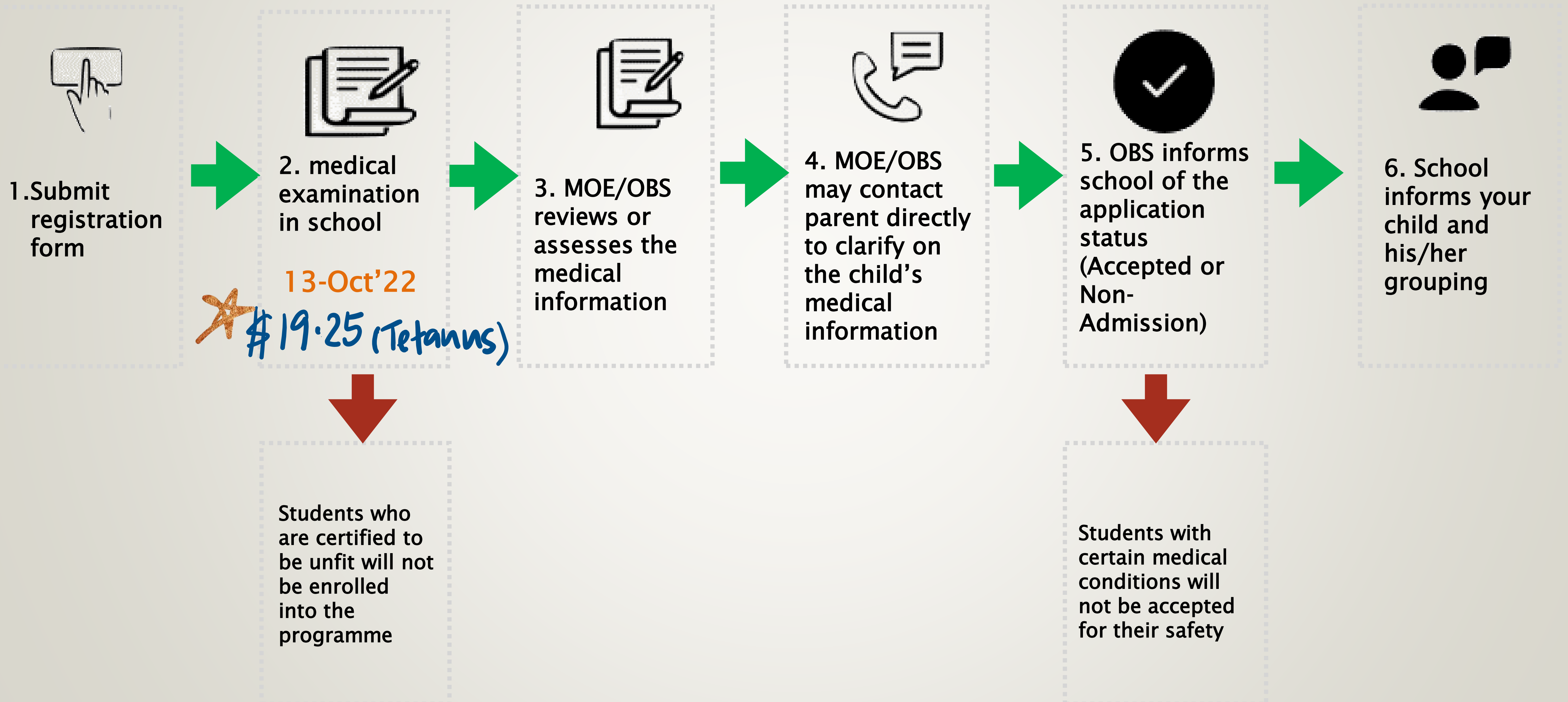
## 2. Submit e-registration



The screenshot displays the FORM app interface. The top section features the FORM logo and the text "Build government forms in minutes". Below this is a graphic showing a tablet with a form and two people interacting with it. The middle section displays three statistics: "12053 PUBLIC OFFICERS ON OUR PLATFORM", "8267 DIGITAL FORMS DEPLOYED", and "1236134 FORMS HAVE BEEN SUBMITTED". The right section is a blue card titled "2023 MOE-OBS Challenge Queenstown Secondary School" with a clock icon indicating "10 mins estimated time to complete". It contains a "START" button and a "Read Instructions" link. Below this is an "Instructions" section with the text "First, read the following:" and a list item "1. The submission of a completed Course Registration Form indicates your interest".



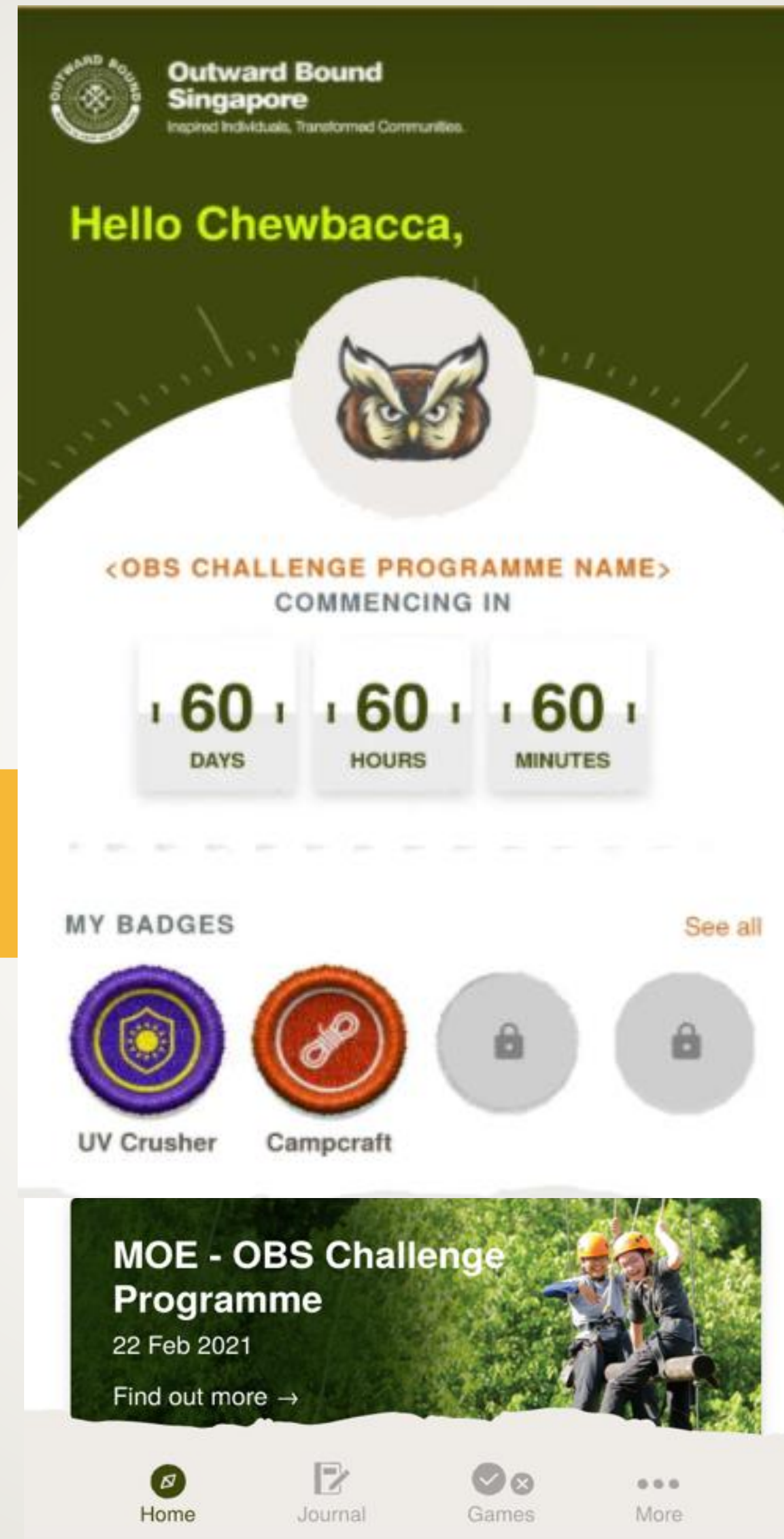
# What happens after registration?





*Screenshot of My OBS Journey*

A fun new digital web-app for you to prepare for the course. You'll get customized resources, reminders and tips!



# My OBS Journey Web-App

Games

Emoji-journals

Create your own personal avatars

Countdown timer

Programme resources



# Remember to Activate My OBS Journey web application!

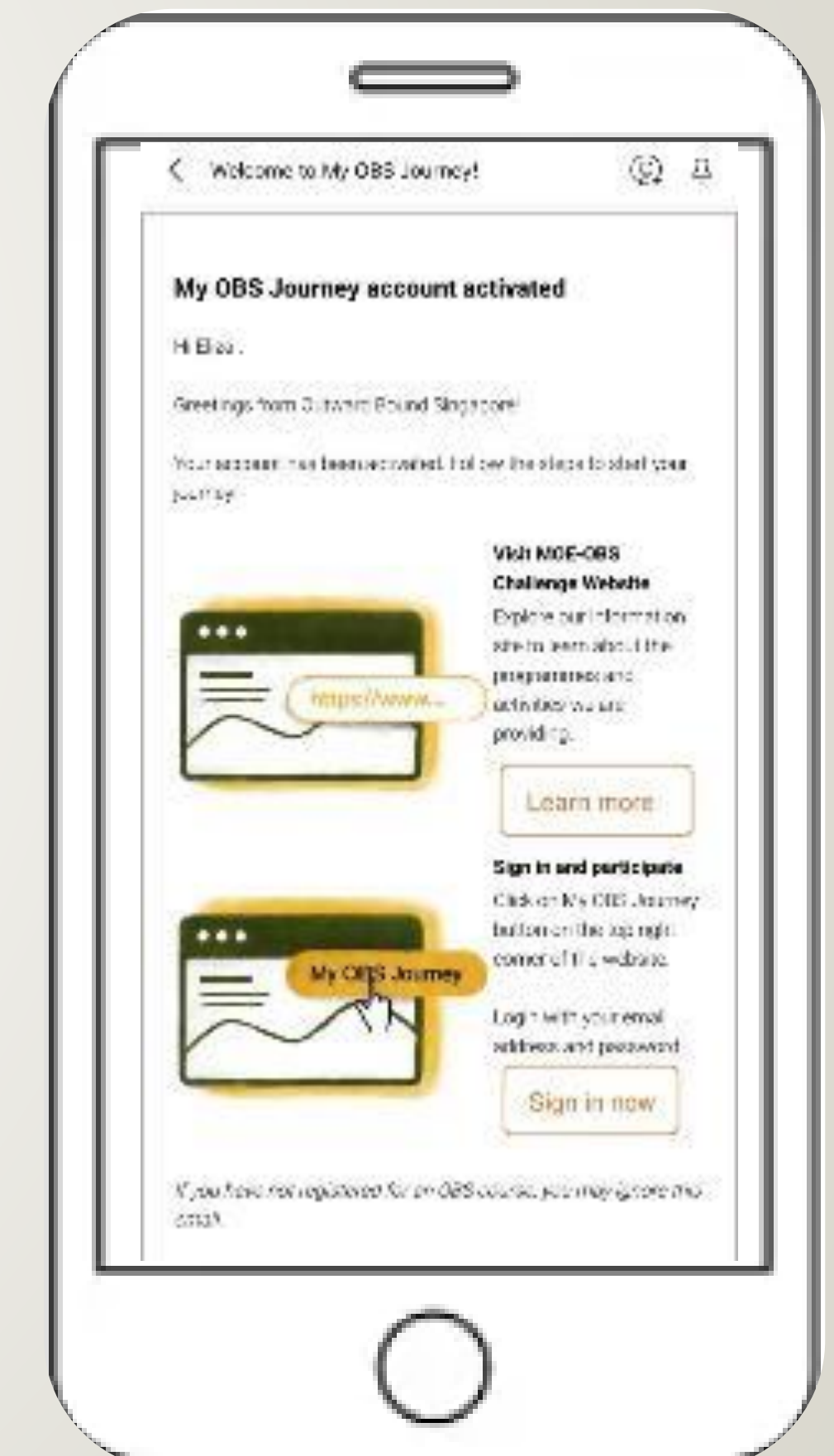
The account activation email will be  
send to the student's email address  
which parents fill up in the e-  
registration form

*\* 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







**See you in  
OBS!**

**Remember to bring  
your MOE-OBS  
Journal ☺**

