

“There is more to 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,
Co-Founder of Outward Bound*



CHIJ Secondary

Parents Briefing for

MOE-OBS Challenge Programme

COURSE DATES:

6 to 10 July 2026 (Term 3 Week 2)

TEACHER CO-ORDINATOR:

Mr Harry Goh

E-MAIL ADDRESS OF TEACHER CO-ORDINATOR:

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**Ministry of Education
SINGAPORE**



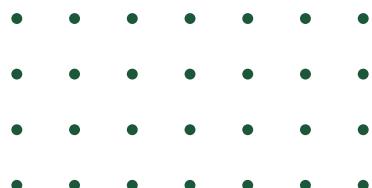
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1

WHAT IS THE MOE-OBS CHALLENGE (MOC) PROGRAMME?

A holistic education

- As part of the **National Outdoor Adventure Education Masterplan**, students will have opportunities outside the classroom to develop holistically; building up their **ruggedness** and **resilience**.
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**.



Outdoor adventure learning experience for all



Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Programme for Active Learning (Outdoor Education)	Outdoor Adventure Learning (OAL) Camp	Outdoor Adventure Learning (OAL) Camp	MOE-OBS Challenge Programme

Outdoor adventure learning

1. Outdoor Education is a component of curriculum in our schools.
The MOC Programme is an expedition-based course that will bring together students from various schools, allowing them to interact and work together to overcome various challenges.

2. The experience will provide opportunities for students to:
 - a) Build 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 to their surroundings.



What will my child learn from the MOC?

Confident Person & **Resilience**

Thriving in an unfamiliar environment with other students.

Social Cohesion

Working together with students from various schools to achieve a common objective.

Concerned Citizen

Different roles they can play as a resident to the community and environment.



Your child's journey

Pre-Course Lessons & Preparation

- Outdoor Education in PE lessons
- Character and Citizenship Education (CCE) lessons
- Pre-course lesson with Form Teacher
- School briefing to cohort



MOC Course

- Students share their experiences and learning from the course
- Reflect on commitment that they set for themselves during the course – on their actions and behaviour, interactions with others and the environment



Post-Course Lessons & Reflections

- Develop character and learn values and skills through doing and reflection
- Learning in outdoor classroom

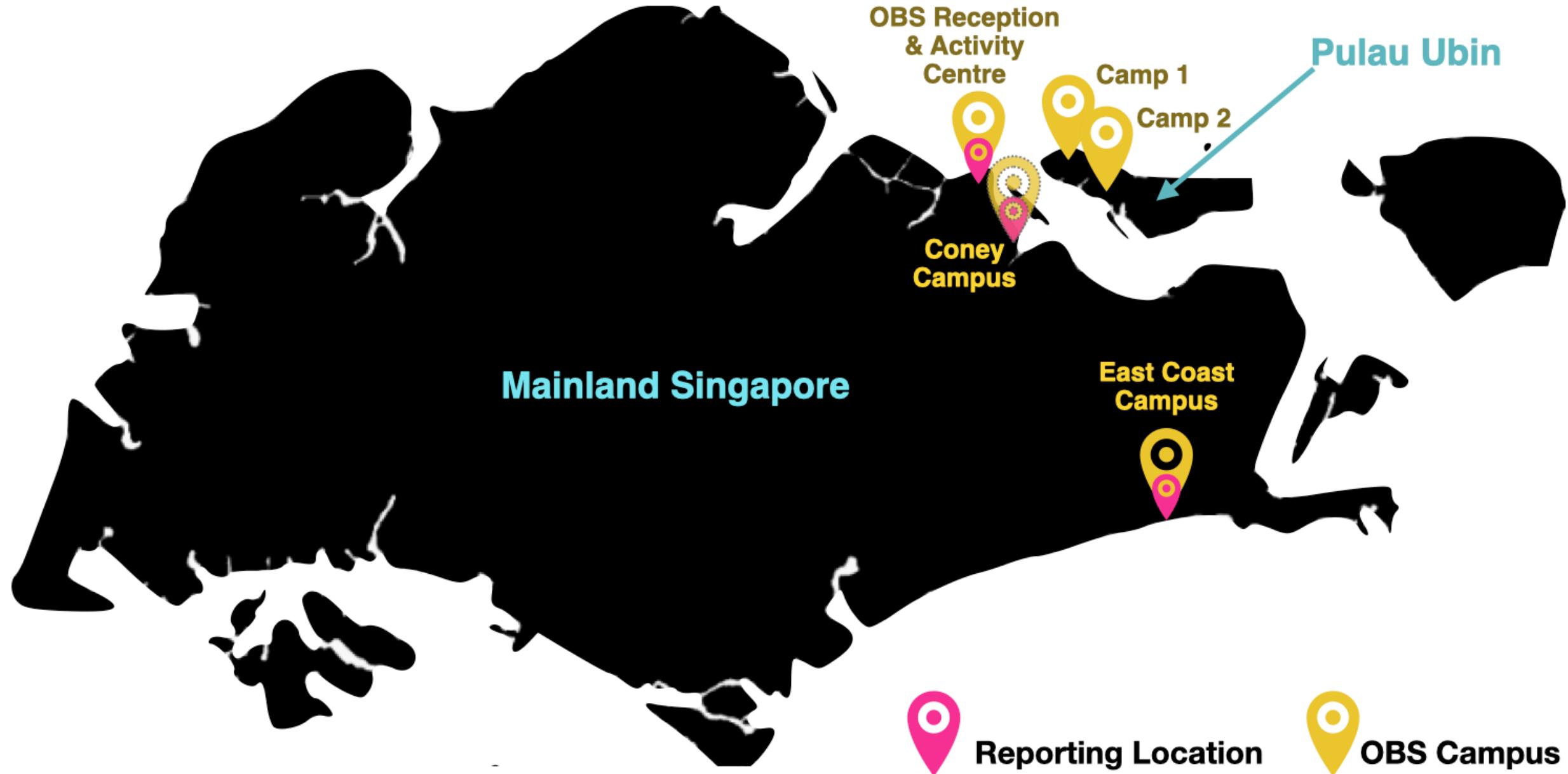


Sample of an MOC course

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• . . .
• . . .
• . . .

First Day	↔	Last Day
Objective: Team Socialisation	Objective: Building competence & confidence by overcoming challenges as a team	Sharing of Feedback, Transfer of Learning
In-process administration Ice breaker Expectation setting First aid briefing Team problem solving activities Expedition preparation	Expedition preparation, journaling, morning circle Land and water-based expeditions Wash up, tent pitching, outdoor cooking	Peer affirmation Commitment activity Sharing of feedback Transfer of learning Final debrief Certificate presentation
Debriefing / Journaling / Sharing of reflection / Lights out		

• . . .
• . . .
• . . .
• . . .



A close-up photograph of two young children outdoors. One child in the foreground is wearing a green baseball cap and a yellow and green patterned shirt, looking down at something in their hands. Another child in the background is also wearing a green cap and a light-colored shirt, looking towards the camera. A thin blue string extends from the top right corner towards the bottom left, suggesting a kite or string game.

2

**YOUR CHILD'S SAFETY
IS OUR TOP PRIORITY**

Your child's safety is our top priority

As the pioneer in Singapore's outdoor adventure education, OBS upholds and delivers quality outdoor adventure programmes



Programme designed with safety in mind



Qualified and certified instructors in First Aid



Registered nurses manning the Medical Centre



In an unlikely event your child requires medical attention

Student does not require further medical attention



OBS will assess,
treat & monitor

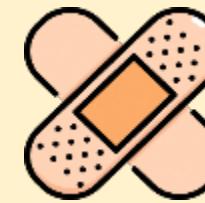


Student recovers
and is well to
re-join the
group, and
continue with
the course



School/Parent
not informed,
OBS will
manage the
non-emergency
situation

Student requires further medical attention



OBS will assess,
treat & monitor



Student's
symptoms are
not improving,
to be conveyed
for further
medical
attention at
clinic/hospital

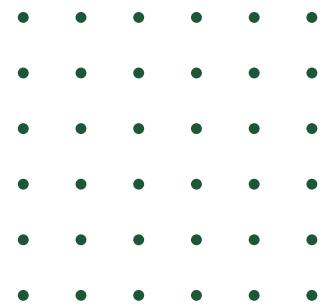


Parent/Guardian
informed
School informed

A group of young people are gathered outdoors, looking at a large map spread out on the ground. One person in the foreground, wearing a blue cap and a grey shirt, points at the map with their right hand. In the background, another person is wearing a yellow vest with "PROYECTO" written on it. The scene is set in a rural or semi-rural area with trees and a simple structure visible.

3

HOW DO I eREGISTER MY CHILD?



Before eRegistration



Have the following information & devices ready:

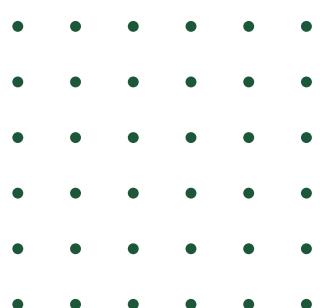
1 Mobile Phone / Laptop / Tablet Device

2 SingPass

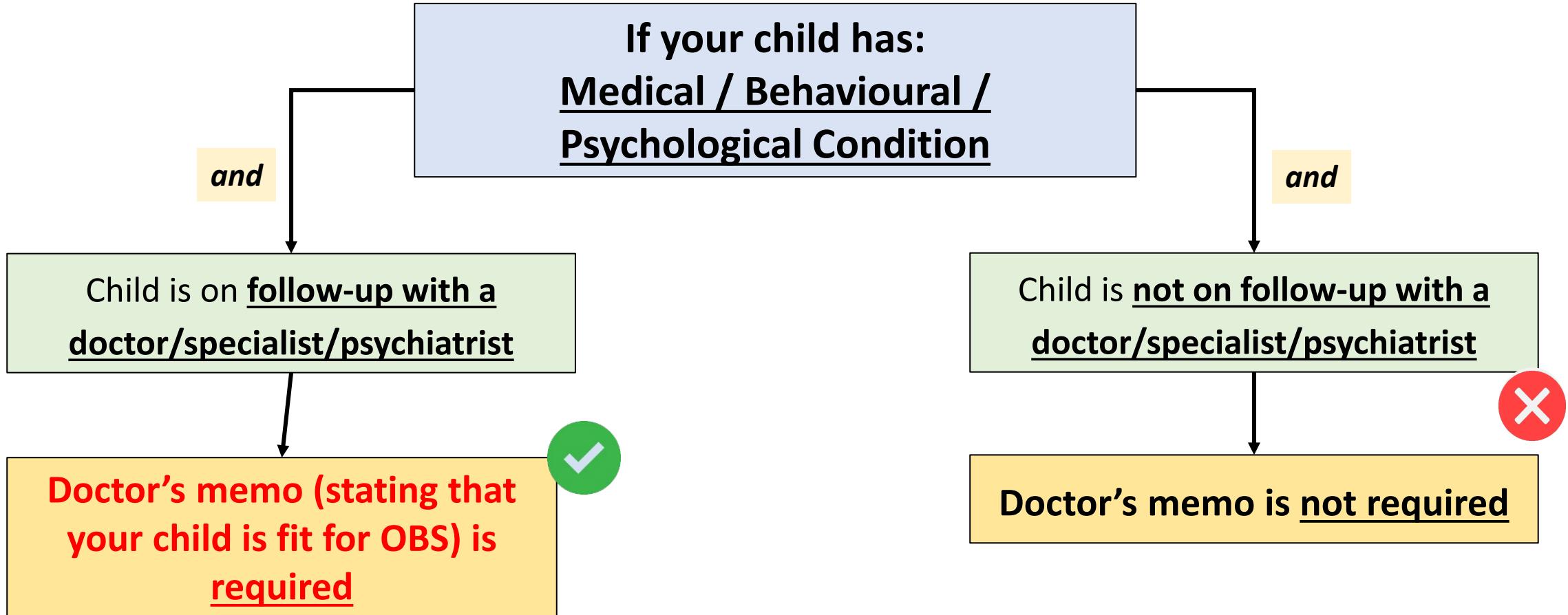
3 Your child's class

4 Your child's school email address

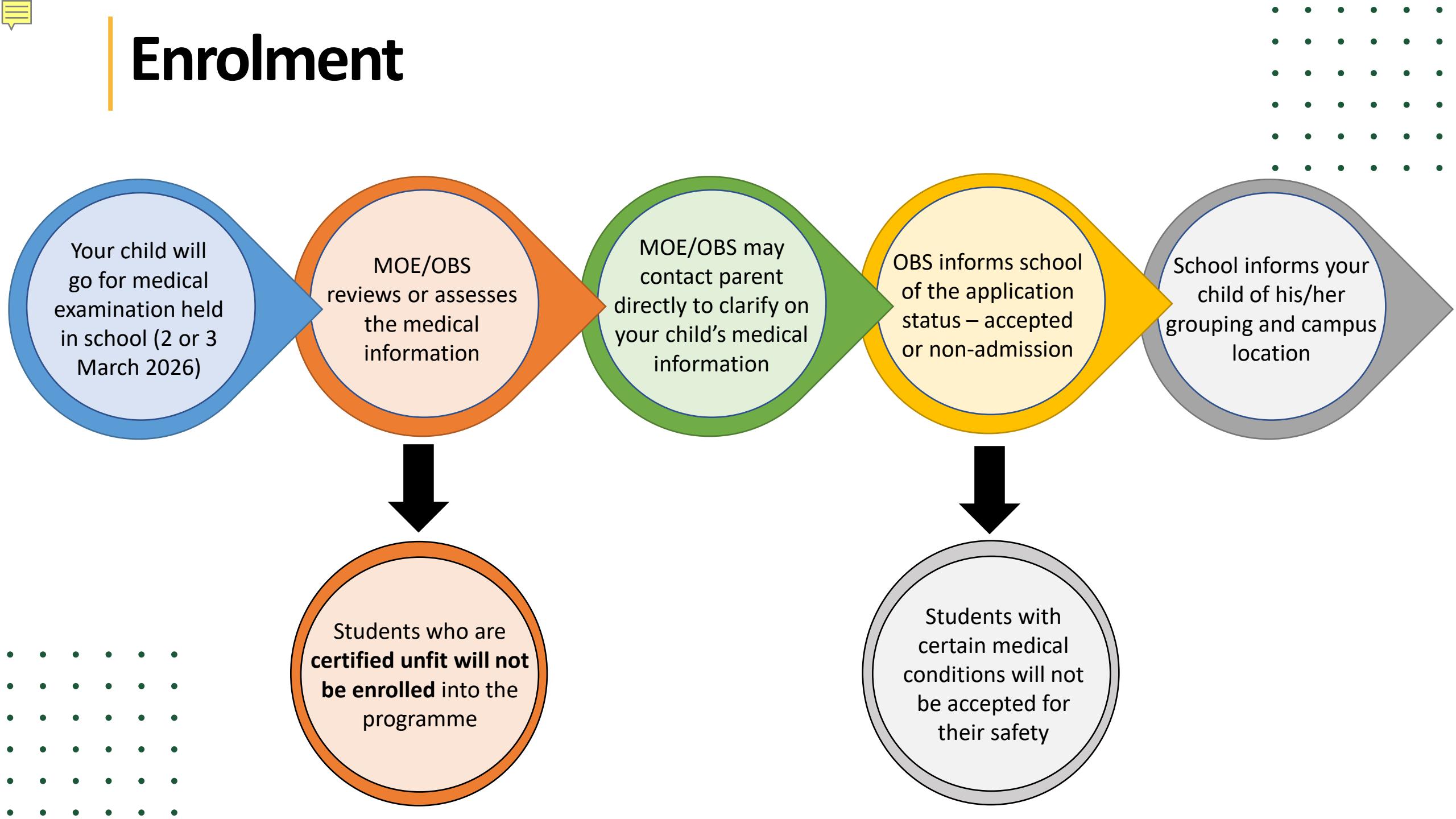
5 Your child's weight

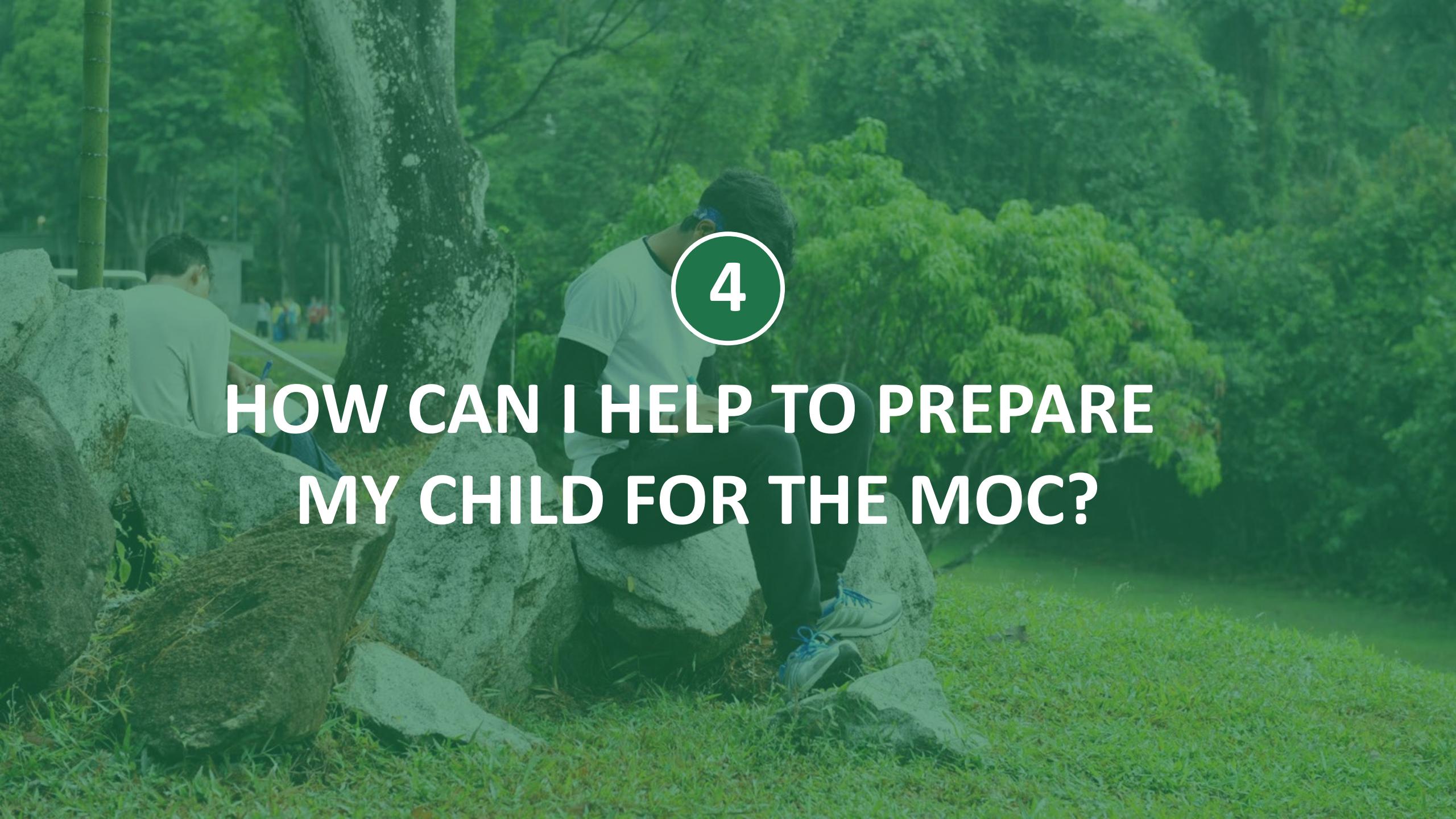


Conditions that require a specialist's memo



Enrolment

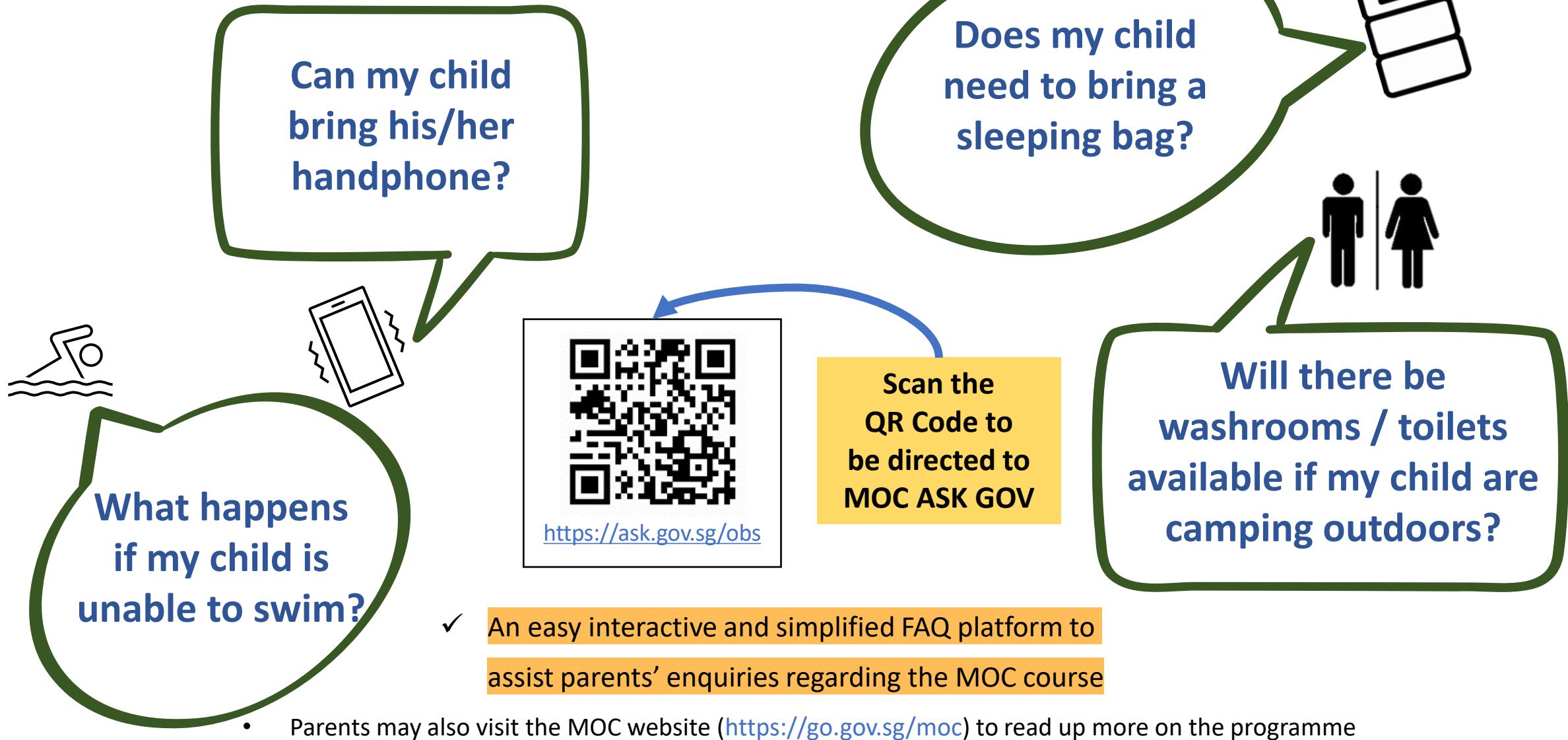


A photograph of a man sitting on a large, mossy rock in a park-like setting. He is wearing a white t-shirt and dark pants, and appears to be reading or writing in a notebook. The background is filled with lush green trees and foliage.

4

HOW CAN I HELP TO PREPARE MY CHILD FOR THE MOC?

MOC ASK GOV



Packing list

These items will be provided by OBS:

- Expedition bag
- Personal Floatation Device (PFD)
- Poncho
- Whistle

You may refer to this latest packing list:

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



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

**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

- 1pc 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. P.E attire
- 2-3 pairs Shorts
• For physical activities e.g. P.E attire
- Sufficient Undegarments
• Avoid disposables to minimize trash
- 2 pc Towels
• 1 for showering (size 90cm x 130cm)
• 1 small towel for expeditions (size 30cm x 80cm)
- 1 pair Additional Covered Shoes for Water Activities
• For protection from underwater rocks, barnacles during sea/ water activities
- 1 pair Sandals/ Slippers
• For use during non-activity period e.g. after showering
- Sufficient Socks

ITEMS TO BE PREPARED FOR THE EXPEDITION

- Wrist bags Re-usable bags
to keep personal belongings together and to pack more effectively
- NAME
Put your name label in a bag, label with your personal details e.g. name, class, school
- Sun Protection
• Sun block (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. 2L, 1.5L 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 so on (for males only)
• For camping e.g. toilet roll, body powder or prickly heat powder
- Sufficient Prescribed Medication In Open Boxes
• e.g. inhaler, oral medication
• All prescribed medication must be declared
• OTC (over-the-counter) medications are not required
- Sufficient Torch Light & Spare Batteries
• For night-time movement around the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/ Re-usable Bags
- Sufficient Spare Spectacles or Contact Lenses
• Secure with spectacles bands
• Retailers and bookstores 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

IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Extra Face Mask with Re-usable bag
- 1 bottle Hand Sanitiser
- Sufficient Insect Repellent
- Sufficient Sun Protection
• Sun block (SPF 30 or higher), lip balm, and after sun lotion
- 1 set Fork & Spoon
• Metal utensils recommended
- Sufficient Essential Toiletries
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Before the MOC

Prepare your child by encouraging him/her to:

1 Be selfless, supportive & encourage his/her teammates



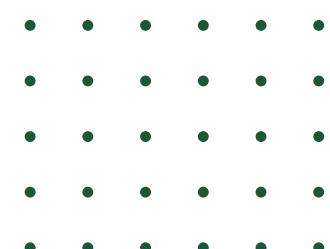
2 Participate actively



3 Maintain a positive outlook



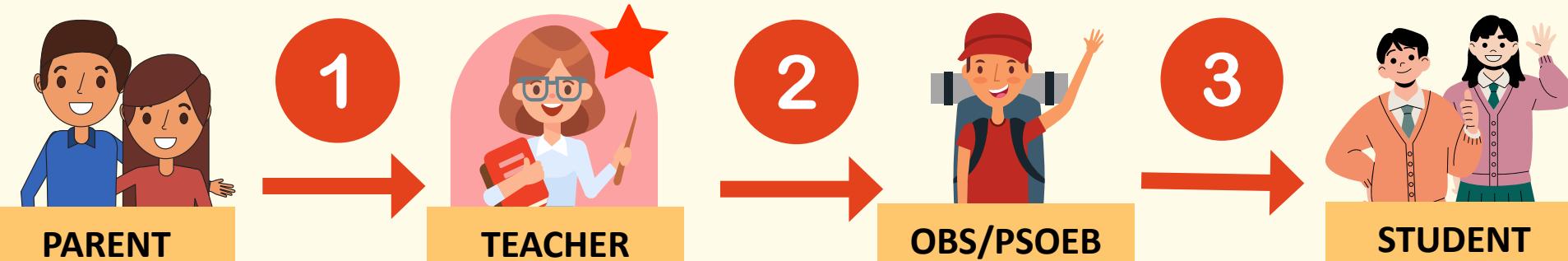
4 Immerse in the experience & environment



Communicating with your child

To contact the teacher coordinator,
please email Mr Harry Goh at
goh_poey_huat_harry@moe.edu.sg

PARENT TO STUDENT



STUDENT TO PARENT



- Your child's valuables, including phone, will be safe-kept during the duration of the programme, this communication channel should only be used in case of emergencies

“

I regard it as the foremost task of education to ensure survival of these qualities:

an enterprising curiosity;
an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial and above all, compassion.

”

Kurt Hahn

Co-founder of Outward Bound



Timeline	Date/s
PG to parents	15 Jan (Thurs)
Briefing to students	14 Jan (Wed) during TLC
Briefing to parents	16 Jan (Fri) during Sec 3 level webinar
E-registration by parents/guardian	17 Jan (Sat) to 31 Jan (Sat)
Medical screening (takes about 15 minutes) in school (Bentinck)	2 Mar (Mon) or 3 Mar (Tues) afternoon
Final briefing to students	20 May (Wed) during TLC
OBS (one cohort)	6 to 10 July 2026 (Term 3, Week 2)



If you have need any clarifications,

Please check with your daughter first.

Check the OBS attachments (refer to PG) for the info.

<https://ask.gov.sg/obs>

If you need any specific clarifications pertaining to your daughter, please email me at

goh_poey_huat_harry@moe.edu.sg

In your email, please state your daughter's name and class & your contact number.

