

“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



Pasir Ris Secondary School Parents Briefing for MOE-OBS Challenge Programme

COURSE DATES:

3/11/25 – 7/11/25

10/11/25 – 14/11/25 (HMT Students)

TEACHER CO-ORDINATOR:

Mr MOHAMED ISKANDAR BIN AHMAD

Mr ANDY LAW

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Ministry of Education
SINGAPORE

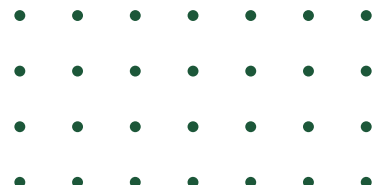


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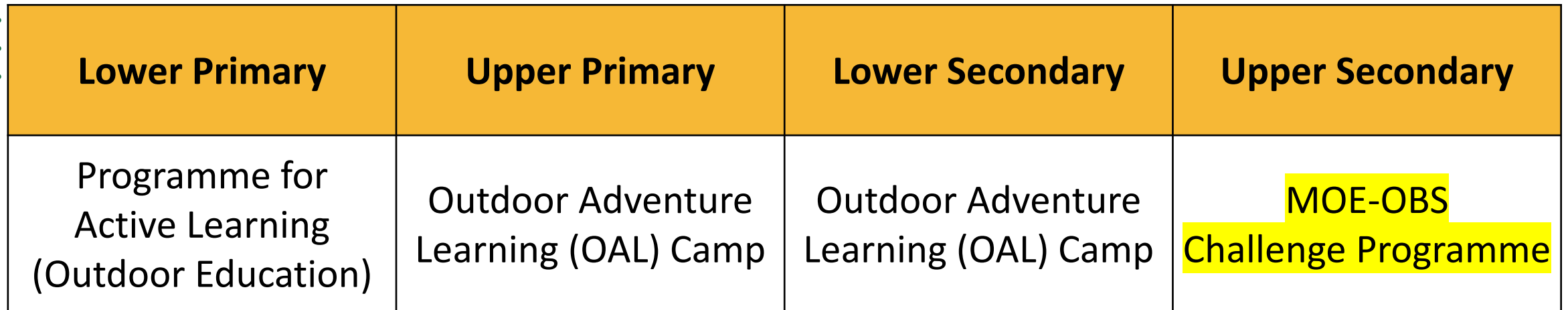
WHAT IS THE MOE-OBS CHALLENGE (MOC) PROGRAMME?

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



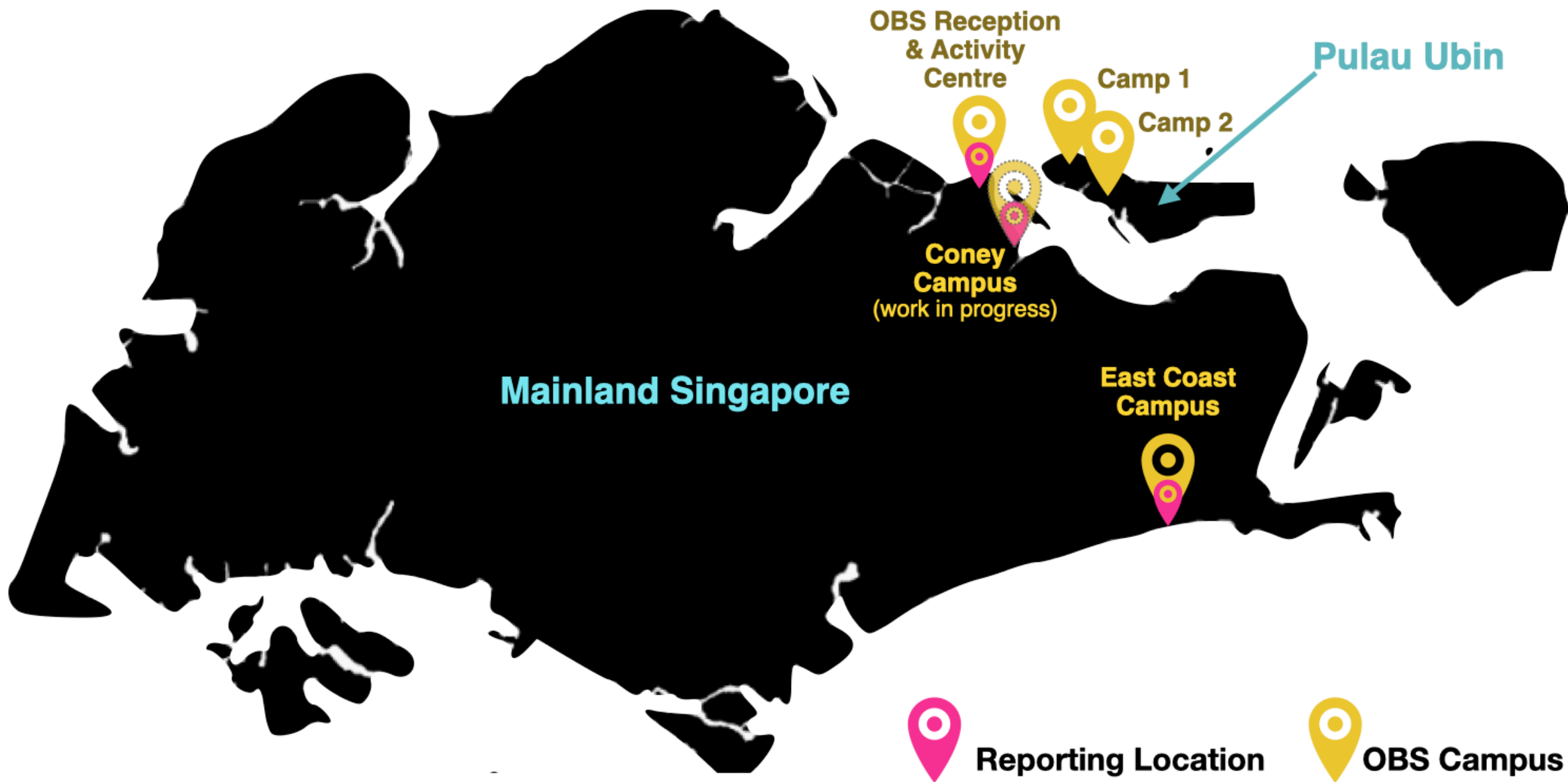
Post-Course Lessons & Reflections

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



Sample of an MOC Course

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 woman and a child are rappelling down a rope. The woman, in the foreground, wears a grey cap, sunglasses, and a red jacket. The child, behind her, wears a grey hat and sunglasses. They are both wearing harnesses and are outdoors with green foliage in the background.

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**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 person is sitting on a large, grey rock in a lush green park. They are wearing a white t-shirt, dark pants, and blue sneakers. A large, thick tree trunk is to their left, and a body of water is visible in the background. The scene is overlaid with a semi-transparent green filter. A white circle with the number 3 inside is positioned above the main text.

3

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

Packing List

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



① Long Pants & Long-Sleeved T-shirt
Protect against insect bites, abrasions and sunburn
*Military or camouflage print attire is not allowed

PACKING LIST

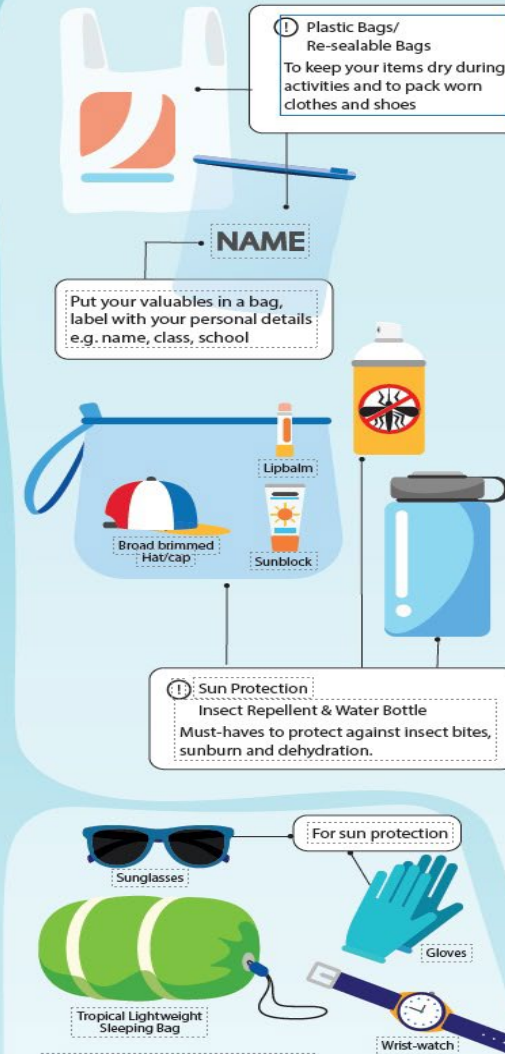
- ☐ 1 pc Broad Rimmed Hat or Cap
- ☐ 3 - 4 pc Long-Sleeved T-shirt or Short-Sleeved T-shirt with Arm Sleeves
• Mandatory for water activities/expeditions
- ☐ 3 pairs Long Pants
• Mandatory for climbing activities/expeditions (three-quarter pants and jeans are not allowed)
- ☐ 1 pair Additional Covered Shoes
• Mandatory for water activities/ expeditions
• For protection from underwater rocks/ barnacles
- ☐ 2 - 3 sets Short Sleeved T-shirt and Shorts
• For use during non-activity period
- ☐ Sufficient Undergarments
• Avoid disposables to minimise trash
- ☐ 2 pc Towels
• 1 for showering (est 60cm x 130cm)
• 1 small towel for expeditions (est 30cm x 80cm)
- ☐ 1 pair Sandals/ Slippers
• For use during non-activity period
- ☐ Sufficient Socks

① Footwear
Covered shoes need to be worn throughout the day for all activities. Ensure that the soles are intact.
Wear shoes that fit well, are comfortable and provide support to prevent blisters or injuries.
Rubber clogs are not allowed.

① Socks
Wear socks that cover the ankles to prevent blisters and protect against insect and sandfly bites.



Packing List



IMPORTANT PERSONAL ITEMS

- ☐ 1 bottle Hand Sanitiser
- ☐ 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 prickly heat powder
- ☐ Sufficient Prescribed Medication In Own Name
 - 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 MOE-OBS Course Journal & Pen
- ☐ Sufficient Plastic Bags/Re-sealable Bags
- ☐ Sufficient Spare Spectacles or Contact Lenses
 - Secure with spectacles bands
 - Retainers and hooks are not encouraged
- ☐ 1 pc EZ Link card ID

Shop for OBS merchandise at <https://go.gov.sg/obsshop>



OPTIONAL ITEMS

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

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>



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

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

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



Reporting & Dismissal Time

Reporting Venue: **Pasir Ris Sec (Lower ISH)**

Reporting Time: **0730**

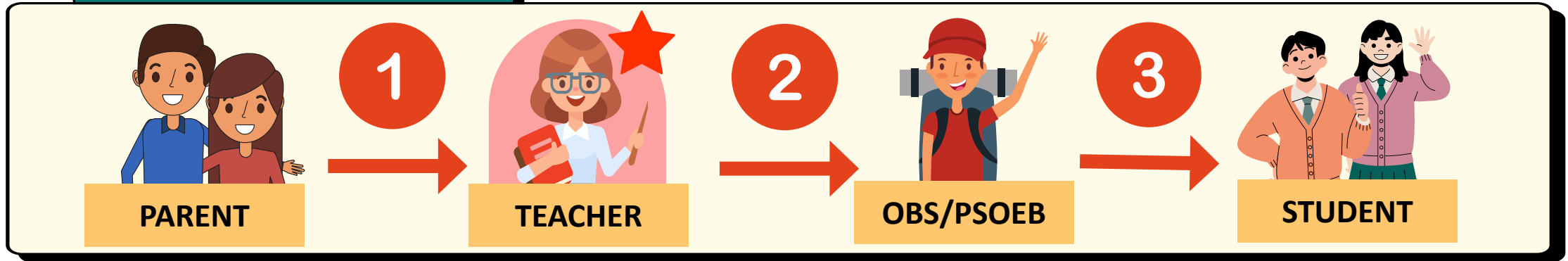
Attire: **PE Attire with covered shoes**

Dismissal Time: Between **1300-1400**

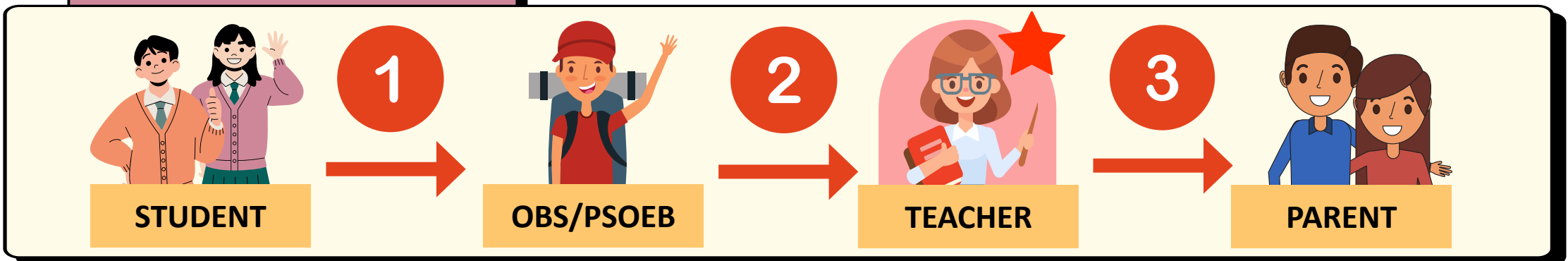
*Have breakfast before reporting to school

Communicating With Your Child

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

24hr School Hotline

1. In Case of any Family Emergency:

To contact the School's General Office: 6501 0800

After office hour (after 5.30pm) contact no:

Mr Iskandar (Teacher Co-ordinator): 65010809 (Whatsapp only)

Mr Andy Law (SH PE&CCA): 65010819 (Whatsapp only)

*Pls indicate the name of child/ward

2. In Case of Injury/Emergency at the Camp: Teachers will contact parents/guardians directly.

3. In outdoor adventure camp setting – “No news is good news”

FAQ

What kind of activities will my child be going through during the OBS Course?

OBS uses the outdoors as its classroom. Some of these activities include problem-solving activities, adventure activities conducted over land and sea. It allows students to reconnect with nature, develop their resilience and connectedness with nature.

How can the safety of my child be ensured during the OBS course, with such a big group of students coming together?

The students are supervised by qualified OBS Instructors who are trained in wilderness first aid, and have undergone rigorous training, technical skills assessments and certifications.

Students undergo the course in groups of up to 12-14 per Instructor, to facilitate good interaction, adequate peer support and opportunities to practice leadership roles.

FAQ

Does my child need to bring a sleeping bag?

Students will be sleeping in tents throughout the camp. Bringing a sleeping bag is optional, as the tents can get quite humid at night. The sleeping bag is meant to provide additional comfort, but it is not a compulsory item to bring.

Can my child bring his/her handphone?

Your child's mobile phone will be safekept by OBS to ensure minimal distraction during the course, to disconnect from technology and to connect with their peers. If you need to reach your child for any emergency, you may contact the school's teacher coordinator, who will contact the OBS Programme Manager assigned to the school.

FAQ

What happens if my child has their period during the Course? Can they still go through the water activities?

Your child can still participate in all activities as per usual. Female participants who are expecting their period during the programme should bring an extra supply of sanitary pads, dark-coloured shorts/pants, and extra plastic bags for the disposal of soiled sanitary pads. There is no requirement for them to take any medication to delay or postpone their menstruation cycle, unless otherwise stated by their doctor. Additionally, they can approach any female OBS Instructor for assistance during the Course.

*Challenge-by-choice

FAQ

What happens if a student is unable to swim? Will they be required to participate in water activities at OBS?

Students will not be forced to participate in any activities. Generally, instructors will adopt a progressive approach. Instructors will first guide students in a water confidence test conducted at shallow waters before moving on to deeper waters.

Personal floatation devices (PFDs) will be provided for all participants.

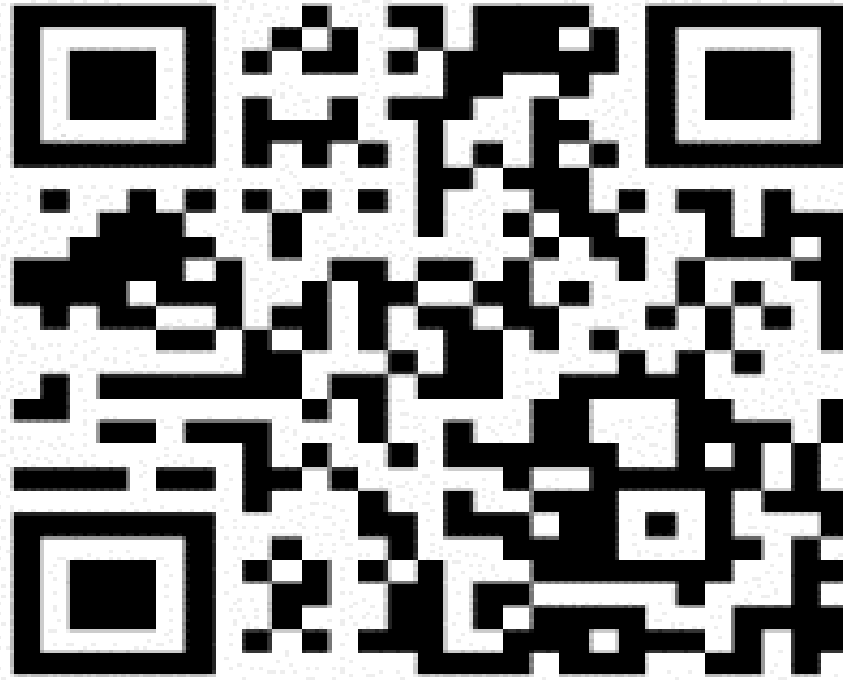
Will there be washrooms or toilets available if the students are camping outdoors at night?

We have toilet and shower facilities in OBS campuses. The programme is expeditionary in nature. When students embark on their activities out of OBS campuses, such as the parks, they will also have access to public toilets.

Q & A



MOC ASK GOV



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

- ✓ An easy interactive and simplified FAQ platform to assist parents' enquiries regarding the MOC course



Scan the
QR Code to
be directed to
MOC ASK GOV

- Parents may also visit the MOC website (<https://go.gov.sg/moc>) to read up more on the programme