

MOE-OBS CHALLENGE PROGRAMME 2022 2D RESIDENTIAL

**Briefing for
Students**



**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			

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.



**“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 I 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.

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 2-day residential course



Post-course lessons and reflections

Pre-Course lessons and preparation



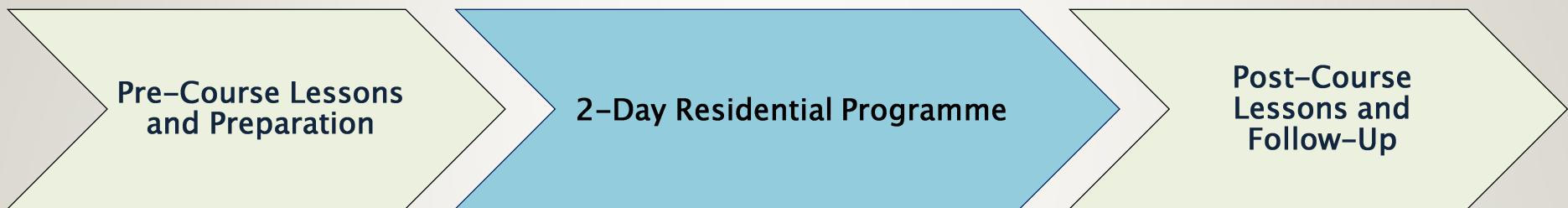
Outdoor Education in PE Lessons



Pre-course Lesson with Form Teacher



School Briefing to Students



Programme

Land/ Water-Based Adventure Activities



Building competence & confidence

Raise awareness on environmental issues

Develop resilience as individuals, surmounting challenges and achieving a sense of accomplishment as a team

Debriefing / Journaling

Reflect on meaningful learning experiences and establish action plans for the transfer of learning

Integrating the blue and green spaces on mainland Singapore

OBS Heads to Mainland
Singapore - Lianhe Zaobao

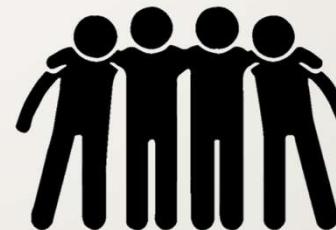


Where will I be during the 2-day residential OBS Course?



*Adhering to Safety Management Measures

Various activities that you may experience with your teammates



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 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



Thermometer



Fork & Spoon



2L of Water
Bottle



Sun Block

Remember to bring along the MOE-OBS Challenge
Programme Journal

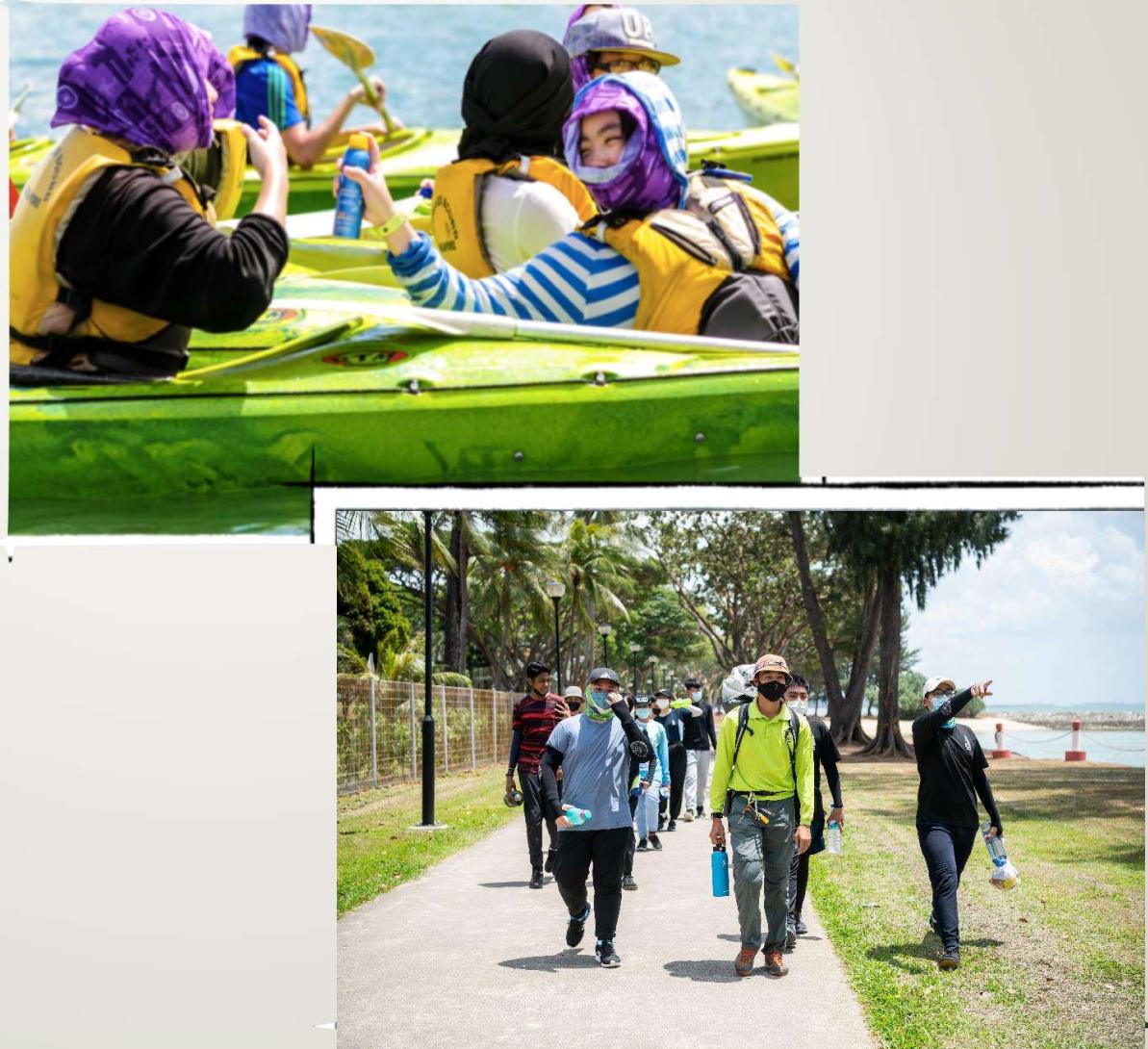
Label all personal items clearly

- To avoid your items getting mixed up with others, please label all your items clearly
- Indicate on the label: name, class & school



Sun Exposure

- Activities are conducted from 8.30am onwards.
- You will be exposed to the sun throughout the day, including midday when the sunlight is the most intense



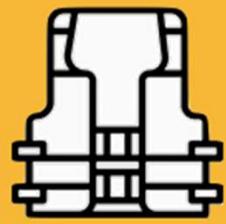
What is the best attire for sun protection?



Items provided by OBS



Poncho



Personal
flotation device
(PFD)



Whistle



Map



Compass

What should I not bring?



Expensive /
branded
items



Electronic
devices
(Kindle, iPad)



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



Food
and snacks



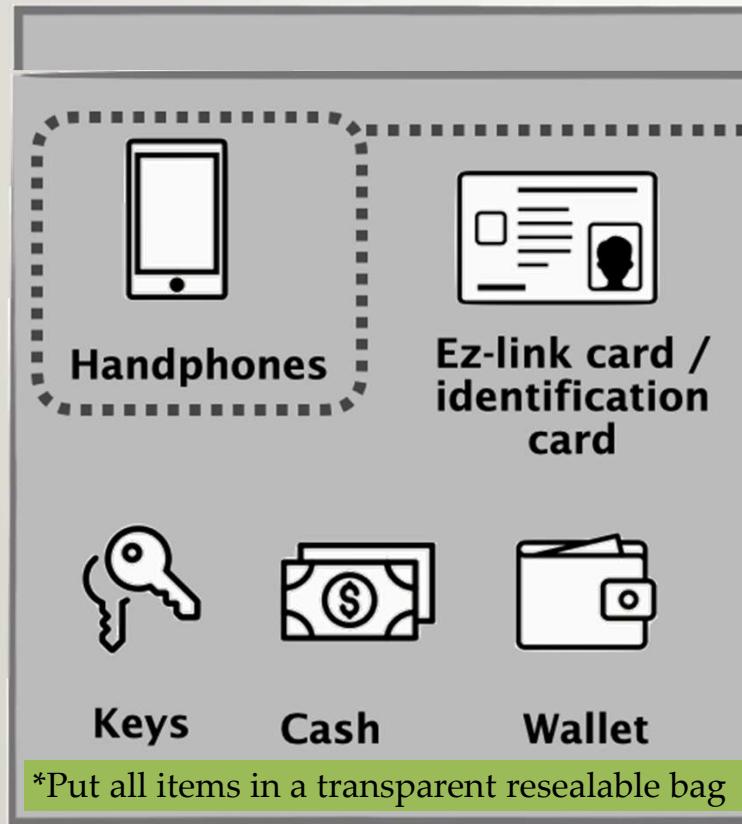
Over-the-counter
medication
(Panadol, charcoal pills,
flu & cough medicine)



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

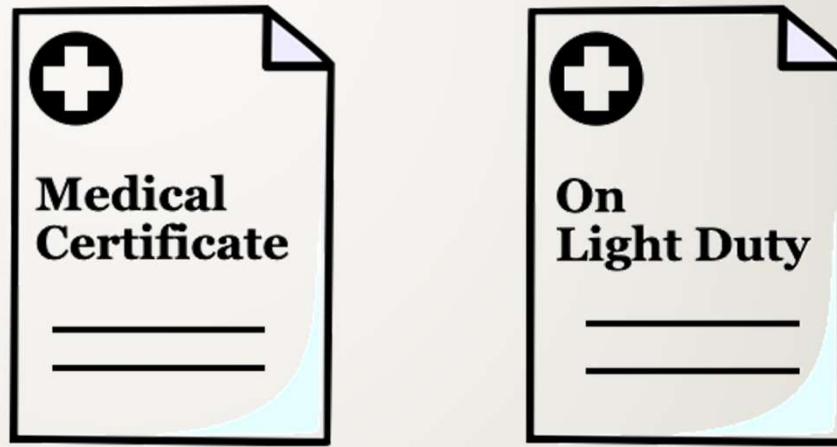


Enough quantity
for full duration
of course



⚠ 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



Key things to note before course

- Sleep early the night before course
- Have a full breakfast before reporting to school
- Be in the correct reporting attire
- Bring your doctor prescribed medication (e.g.: inhalers)



Reporting / dismissal information

- Reporting location: **xxxx**
- Reporting timing: **xxxx**
- Bus arrangement: School → OBS → School
- Dismissal timing: **xxxx**

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



Immerse yourself in the experience and environment

Be selfless, supportive and encourage your teammates

Be open to make new friends with students from other schools

Make responsible decisions



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



Check your **email** and activate My OBS Journey Digital App!

Screenshot of My OBS Journey

Outward Bound Singapore
Inspired Individuals, Transformed Communities.

Hello Chewbacca,

OBS CHALLENGE PROGRAMME NAME
COMMENCING IN

60 DAYS 60 HOURS 60 MINUTES

MY BADGES

UV Crusher Campcraft

See all

LOCK

LOCK

MOE - OBS Challenge Programme
22 Feb 2021
Find out more →

Home Journal Games More

Games

Emoji-journals

Create your own personal avatars

Countdown timer

Programme resources

**“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





**See you in
OBS!**

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

