

MOE – OBS Challenge Programme 2025

Briefing for Sec 3 Parents / Guardians & Students

20 Feb 2025



Ministry of Education
SINGAPORE

Briefing contents

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 1. What is the MOC?
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 4. How can I help to prepare my child?

Course Details

Course Dates

15 September 2025
to
19 September 2025

Teacher Coordinators

Mr Tan Tong Leng
tan_tong_leng@schools.gov.sg

Mr Vivek Menon
nirmal_vivek_menon@schools.gov.sg

NOTE

Students not going for OBS
(excused, rejected for course, etc)
MUST continue to report to school
from 15th Sep to 19th Sep.

Admin timeline (IMPORTANT)

Pre- Registration

- Schools submit name lists
- Schools arrange for Medical Exam

NOW

Registration

- Schools to provide link for parents to e-register.
- Link disseminated through PG.
- E-Reg done through FormSG

March

Medical Exam

- Complete Medical Examination.
- Schools to submit Medical Examination Forms

5 May – 23 May

About the MOC

1

What is the MOE-OBS
Challenge Programme?





What is the MOE-OBS Challenge Programme

Outdoor Learning Experience for all

“As part of the National Outdoor Adventure Education Masterplan, all students will get to participate in three cohort camps during their school years”

ST 8 Apr 2016

Acting Education Minister (Schools) Ng Chee Meng

Outdoor Learning Experience 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)	P5 Outdoor Adventure Learning (OAL) camp 2021 – Covid?	S1 Outdoor Adventure Learning camp Non-Residential camp 2023 @ Changi Coast	MOE-OBS Challenge Programme 15 – 19 Sep
Social and emotional competencies Resilience, ruggedness and social cohesion			

What Will My Child/Ward Learn From The MOC Programme?

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

Exploring possibilities of different roles they can play as a resident to the community and environment.



How does the MOC Programme? Achieve this?

3 Components



Pre – course lessons
(PE & CCE)



5-day residential camp



Post-course lessons

Component 1: Pre-course lessons & Preparation



Outdoor Education in PE lessons

- Sec 1: Navigation
- Sec 3: outdoor cooking, shelter building, etc.





School Briefing to Parents/Guardians & Students (20 Feb 2025)



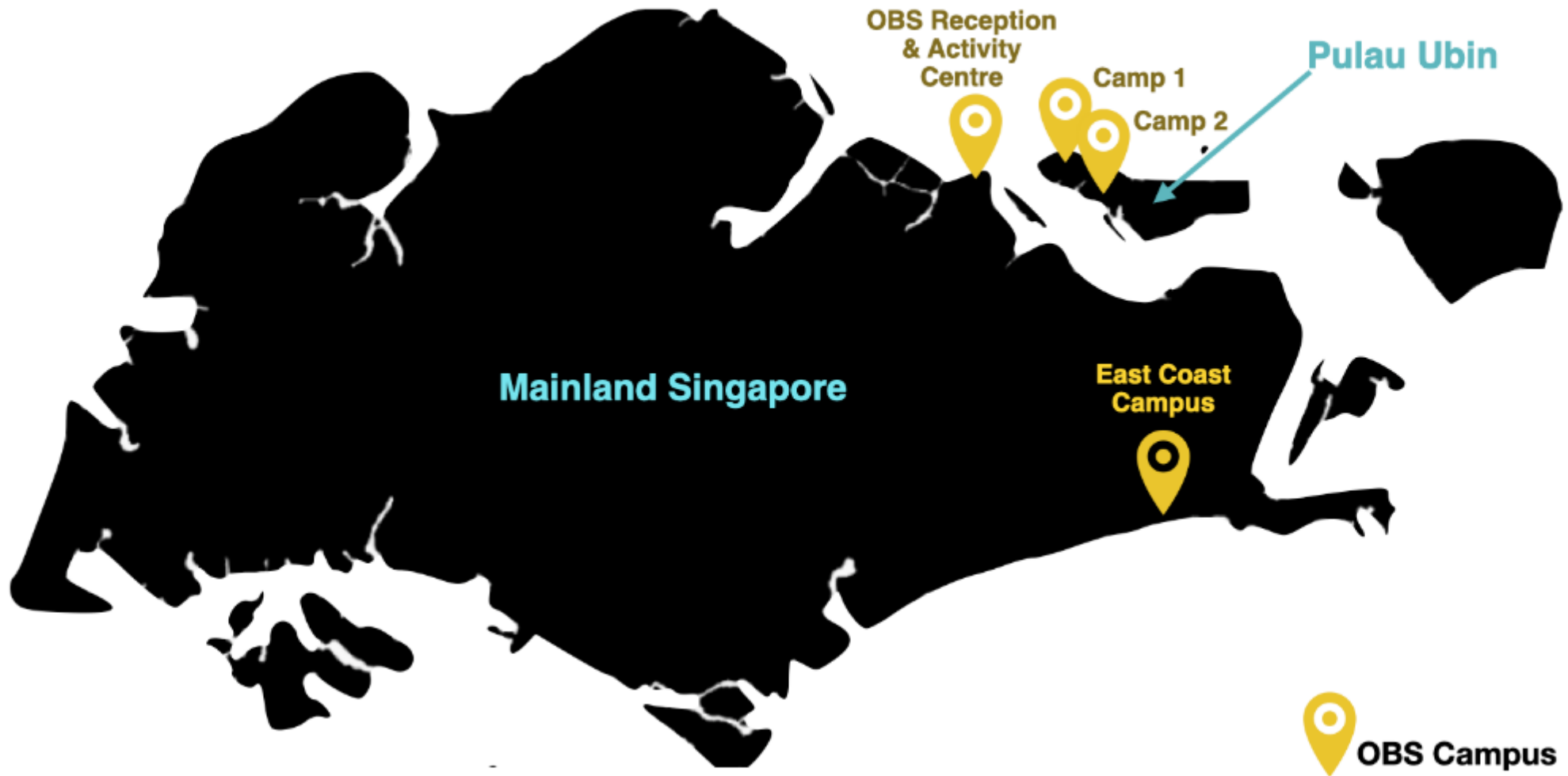
2 weeks before camp: Pre-course lesson with CM

- Goal Setting
- Coping with fears & expectations

Component 2: OBS 5-day Residential course

Pre-course preparation	Sample 5-day course				Post-course follow-up
Day 1	Day 2	Day 3	Day 4	Day 5	
In-pro admin, Ice Breaker, Setting expectations	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				Final Debrief, Sharing of feedback, Transfer of learning

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



Different Modes of Expedition



- May not be on Pulau Ubin.
- Opportunity to appreciate the green and blue spaces in Singapore.

Component 3: Post-course Lessons & Reflections



Reflections through Journaling



Post course lessons with CM



Sample CCE reflection activity

To integrate feedback from others and reflection from experiences to extend understanding and improvement of self; and to apply learning to other contexts (e.g., in school, community or in daily life)



2

**How does OBS ensure
my child's safety?**

Your child's safety
is our top priority!

OBS safety and operations



An internationally recognised learning institution providing outdoor experiential learning that was founded in the United Kingdom in 1941

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



Dr Goh Keng Swee, then Minister for the Interior & Defence, founded Outward Bound Singapore in 1967

People



Qualified and Experienced Instructors

- ✓ Risk Assessment skills, Expedition Planning, Facilitation and Group Management, Outdoor technical skills
- ✓ small group size of 12 - 14 students per Instructor
- ✓ Conduct daily, pre-activity and post-activity checks to ensure your child's well-being
- ✓ Competencies in skills such as Life Saving, CPR, Wilderness Advance First Aid

supported by

Outdoor Nurse Practitioners

- ✓ Full-time Outdoor Nurse Practitioners who are registered nurses

In the Event your child requires medical attention...

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

Student complains
of injury/illness



OBS will assess,
*manage &
monitor



Student **re-joins the group** and
continues on the course



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

In the Event your child requires medical attention...

Scenario 2: OBS informs Parent via School

Student complains
of injury/illness



OBS will assess,
*manage &
monitor



Student requires
further medical
attention at clinic
and/or hospital



OBS informs
Parent /
Guardian via
School
Coordinator

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

Communication Channel

Participant → **OBS** → **Teacher Coordinator (Tel: ___xx___) / MOE HQ** → **Parent**

In case of emergencies

Parent → **Teacher Coordinator (Tel: ___xx___) / MOE HQ** → **OBS** → **Participant**

Please remain contactable always during the 5-day programme.



3

How do I eRegister My Child?



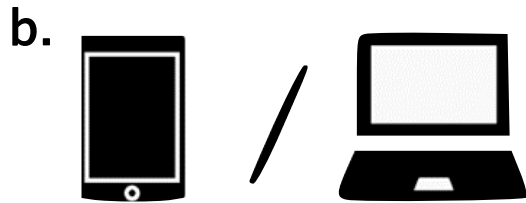
Pre-registration preparation

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

c. Child's school and class information

f. Child's Email address

2. Submit your child's e-registration



2022 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


Conditions that require a specialist's memo


You will need to provide a specialist's memo certifying your child fit for course if your child is on follow-up for the following medical conditions:

 Breathing e.g.: asthma / exercise-induced asthma

 Heart condition

 Blood condition

 Epilepsy/fits/seizure

 Bone/joint/tendon injury or condition

 Behavioural or psychological condition

Note: If you are seeing your specialist before the medical examination (3 May), do talk to them and get a memo on your suitability for OBS.

Things to note during e-registration

Tetanus immunisation

Look for DTaP/Tdap



Refer to FAQ S/N 16 on why is tetanus vaccination required

19. Does the Applicant have valid Tetanus Vaccination?

Tetanus Vaccination is compulsory and has a validity of ten (10) years

 NO YES

If the Applicant does not have a valid tetanus vaccination within the past 10 years, the Applicant will be required to be vaccinated or re-vaccinated (as the case may be) against tetanus before the Applicant may be enrolled in the Course.

- Tetanus immunization is required for attending the course
- Most students would have had their most recent tetanus immunization conducted at P5
- Tetanus immunization is valid for 10 years
- Request for parents to have the immunization date ready, or have the re-vaccination done before completing the registration

Latest Tetanus Immunisation Date

Tetanus vaccination date may be obtained from student health booklet or retrieved from <https://www.nir.hpb.gov.sg/nirp/eservices/login>

Tetanus Vaccination

- It is **NOT** a another vaccine your child/ward has to take.
- It is one of the Nationally recommendation vaccine on the Ministry of Health's National Childhood Immunisation Schedule.
- Tetanus is typically taken together (same dose) as the Diphtheria vaccine which is one of the **compulsory** vaccines for children under the Infectious Diseases Act.

Who can register a student for the MOE-OBS Challenge Programme?

Student Type	Person Registering	Registration Modality
Singaporean students	Parent or guardian	E-register with Singpass
Foreign students, parent or legal guardian residing in Singapore	Parent or guardian	E-register with Singpass
Foreign students, parent or legal guardian residing overseas, e.g.: 1. Student who commutes from Johor every day 2. Scholar student with parent not residing in Singapore	Parent or guardian	Hardcopy registration (available on request)

Who can apply for a Singpass?

- Singapore Citizen & Permanent Resident
- Employment Pass & Personalised Employment Pass holders
- EntrePass holders
- S-Pass holders
- Dependant Pass holders (of EP, PEP, EntrePass and S-Pass holders)
- Long Term Visit Pass-Plus (LTVP+) holders
- Selected Long Term Visit Pass holders
- Work Permit holders
- Student Pass holders
- Immigration Exemption Order holders

Resources in school website:

ORCHIDIAN EMPOWERMENT ▾

Student Leadership

Special Programmes

Experiential Learning

Student Leadership



Special Programmes ▾


Experiential Learning ^

Sec 1 Camp

Outward Bound School

Information for parents

Click  [here](#) to learn how to register or [here](#)  for the registration video.

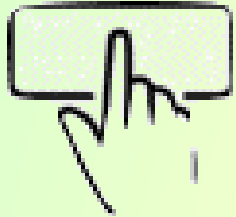
Click  [here](#) for FAQ.

Parent's Guide to e-Reg (pdf)

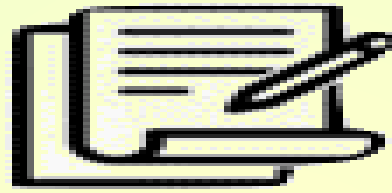
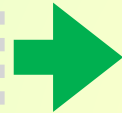
e-Reg Video

FAQ on 5D4N OBS course

What happens after e-registration?



1. Submit registration form



2. Your child will go for medical examination



Students who are certified to be unfit will not be enrolled into the programme



School to arrange between 5 May to 23 May.

Additional Information for medical screening

School arranges for examination:

Screening to be schedule between 5 May to 23 May.
Costs covered by school

Students who need to get tetanus injection during medical examination:

Students pay (\$35) for the tetanus vaccination via Edusave if available

Students who have declared non-admissible conditions:

They do not need to attend the medical examination on the advice from PSOEB.

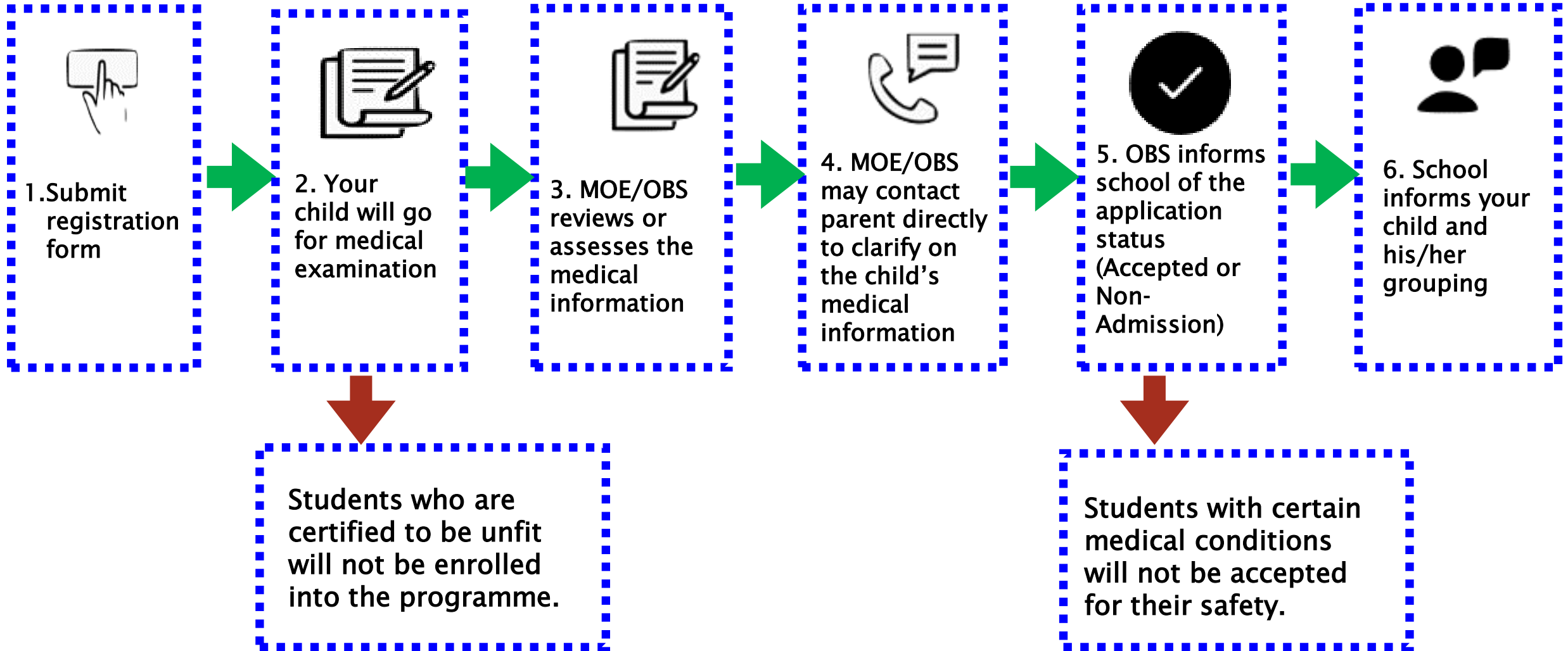
Students who need additional follow up or deemed better for the student to undergo the medical examination with the specialist instead:

Any additional cost incurred are to be borne by parents.

Why the need for doctor certification when if my child is well?

- Course activities is **not the norm** from day to day activities
- To **establish current health status** to determine individual's suitability for programme.
- To determine how best to provide a **suitable level of care**, especially for individuals with existing conditions,
- To **help parents make an informed decision** on child's/ward's participation in programme based on current health status of child/ward.
- **Part of the overall risk management framework.**

What happens after medical examination?



Non-admissions



Unfortunately, students with the following conditions* cannot be enrolled in the interest of the students' safety:

- Thalassaemia Major
- Epilepsy / fits / seizures (if relapsed or still on medication within the last 24 months)
- Conditions leading to exemption from PE
- Diabetics who require insulin injections
- On medical leave or light duty during the period of the course
- Unavoidable allergens resulting in severe allergic reaction – e.g. traces of allergen, insect bites, unknown allergens
- Any other condition that could impact the student's / other's safe participation e.g. nerve related issues, received the COVID immunization less than 2 weeks prior to the course, contracted COVID less than 2 weeks prior to the course

**Cleared by OBS's medical team which comprises of medical professionals.*



Day Trip - Students with history of sleepwalking

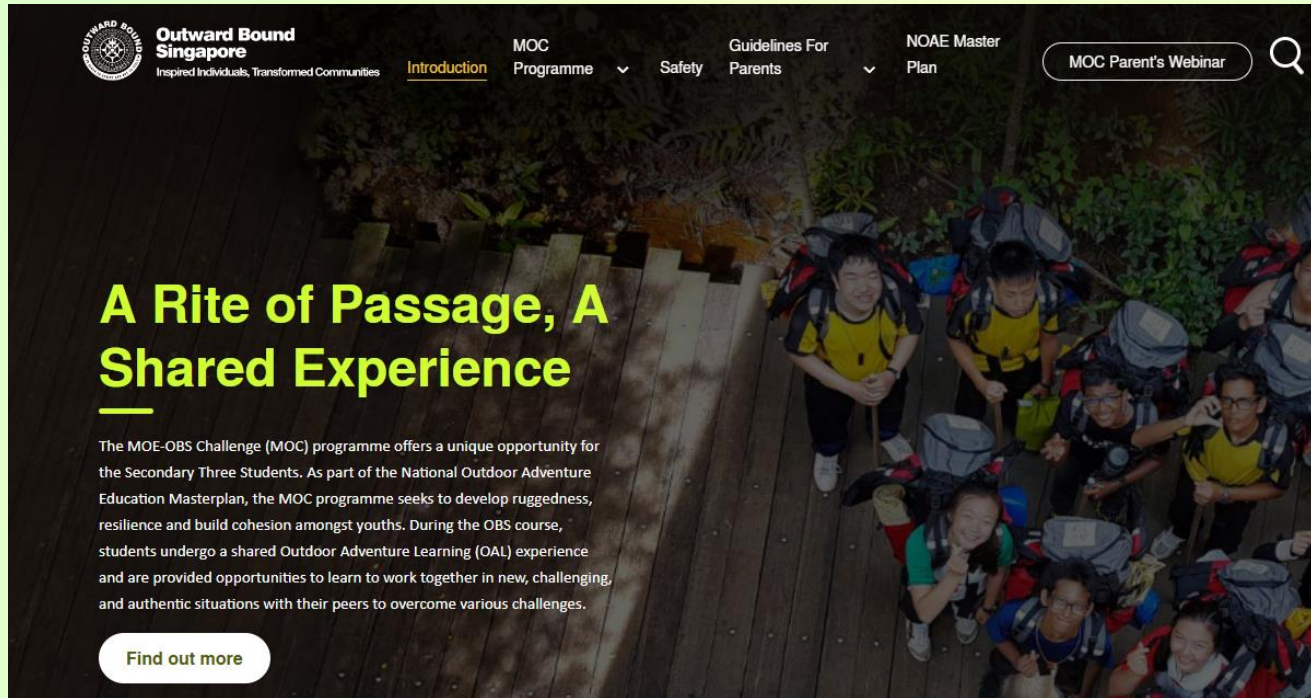
- ❑ Students should attend the full 5D4N residential programme to gain the full learning experience
- ❑ However, in view of the student's safety, students with a history of sleepwalking in the last 12 months will attend the programme daily without staying overnight (day trip)
- ❑ OBS may require, in some cases, for the school to arrange for daily transport of the affected students.
- ❑ As the list is non-exhaustive, OBS medical team may flag out certain conditions that require the student not to attend overnight, for eg, sleep apnea



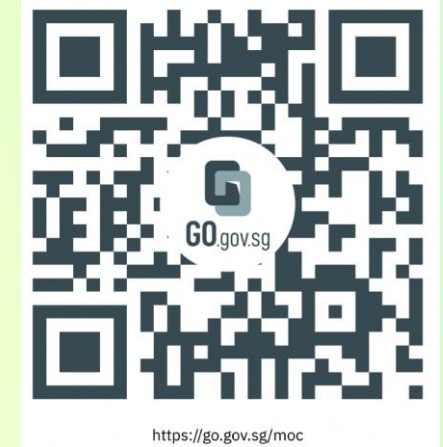
4

**HOW CAN I PREPARE
MY CHILD FOR THE MOE-OBS
Challenge Programme?**

MOE-OBS CHALLENGE PROGRAMME WEBSITE (For Parents)



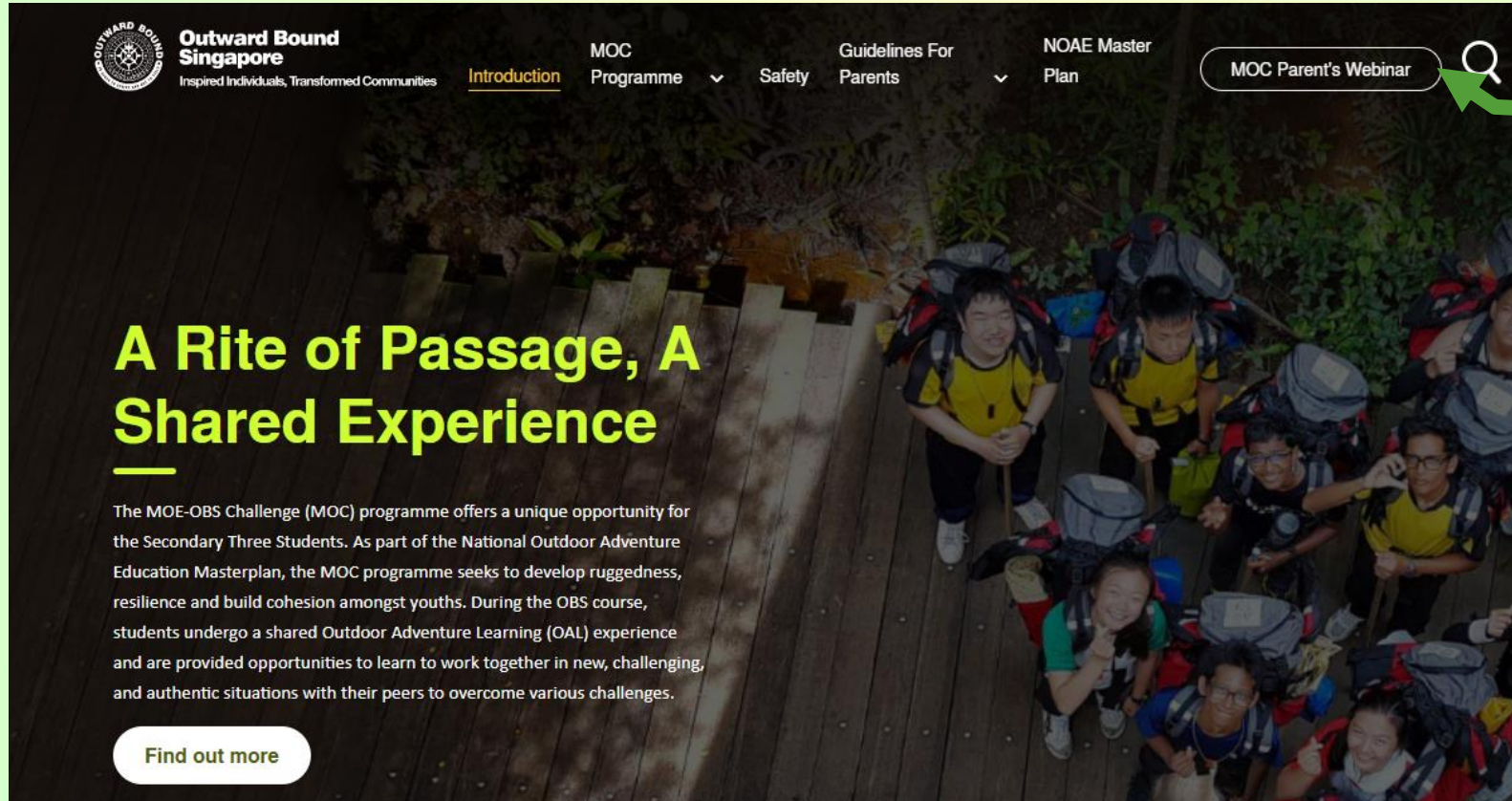
Scan QR Code to be directed to the website



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

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

MOE-OBS CHALLENGE PROGRAMME WEBSITE (For Parents)



Click here to watch on-demand MOC Parent's Webinar

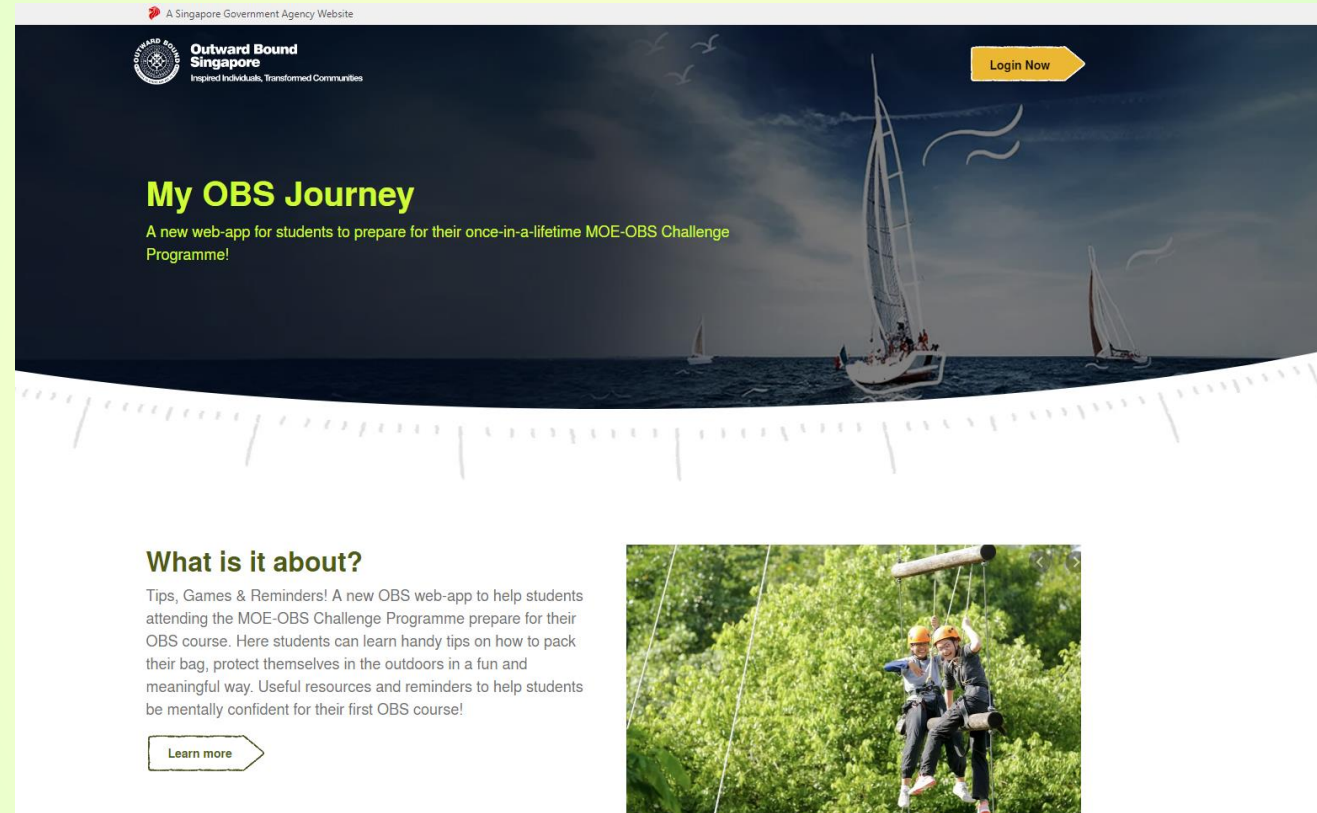
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<https://go.gov.sg/moc>

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

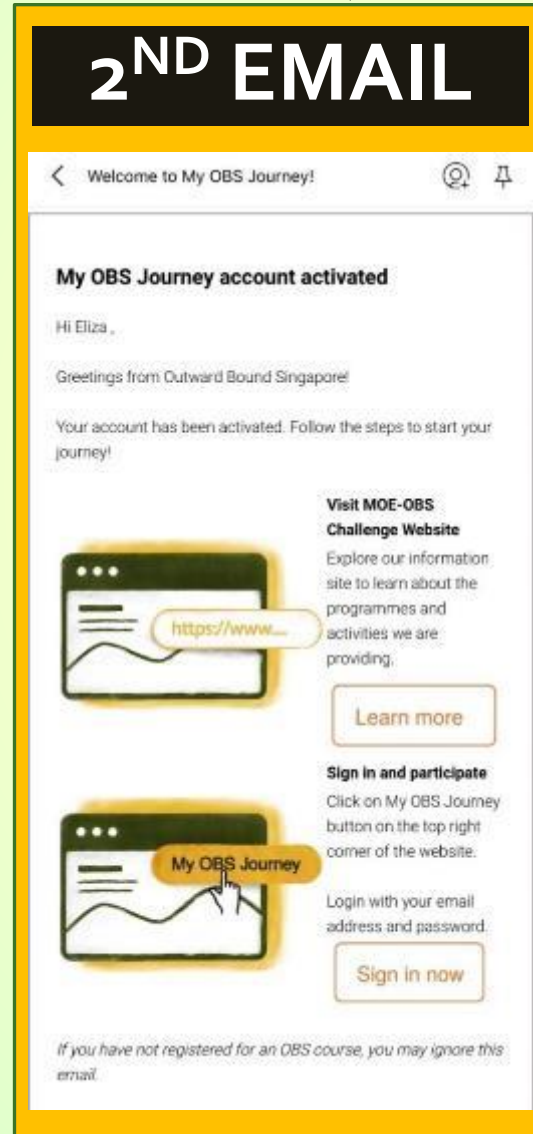
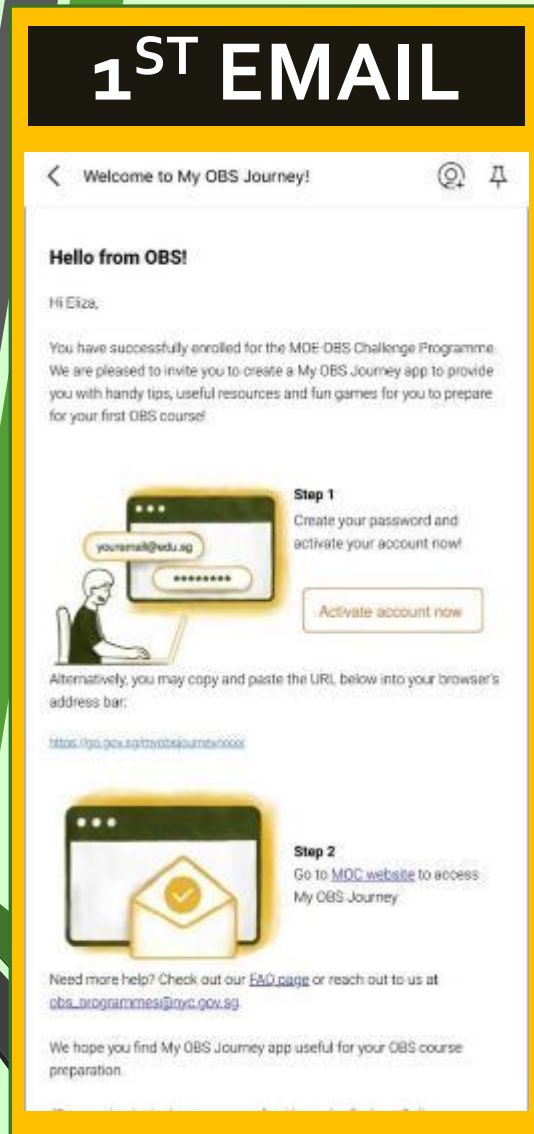
My OBS Journey (MOJ) Web App (For Students)



A screenshot of the My OBS Journey web app landing page. The page features a dark blue header with the Outward Bound Singapore logo and tagline 'Inspired Individuals, Transformed Communities'. A 'Login Now' button is visible in the top right corner. The main content area has a background image of sailboats on the ocean. Below this, the title 'My OBS Journey' is displayed in green, followed by the subtitle 'A new web-app for students to prepare for their once-in-a-lifetime MOE-OBS Challenge Programme!'. A section titled 'What is it about?' contains text describing the app's purpose: 'Tips, Games & Reminders! A new OBS web-app to help students attending the MOE-OBS Challenge Programme prepare for their OBS course. Here students can learn handy tips on how to pack their bag, protect themselves in the outdoors in a fun and meaningful way. Useful resources and reminders to help students be mentally confident for their first OBS course!'. A 'Learn more' button is located at the bottom left of this section. To the right of the text is a photograph of two people participating in a ziplining activity over a lush green forest.

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

My OBS Journey (MOJ) Web App (For Students)



- ✓ The account activation email will be sent 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 sent to that email address.*
- ✓ Teachers and Parents/Guardians can assist to remind students to activate their account

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!

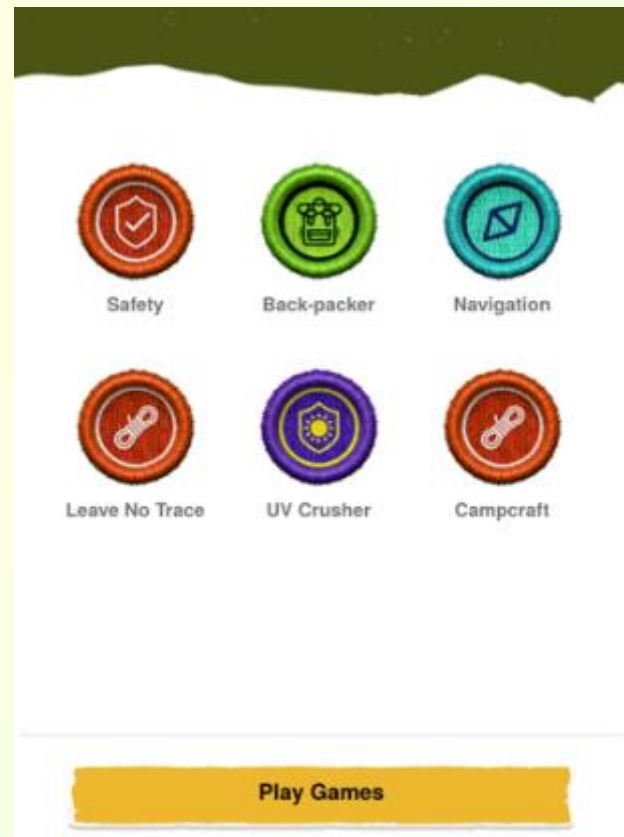


RESOURCES

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

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 look 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
- 2-4pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
-Mandatory for sea expedition
- 3 pair Long Pants
-Mandatory for climbing activities/expeditions (three-quarter pants and jeans are not allowed)
- 2pc Short-Sleeved T-shirt
-For physical activities e.g. PG attire
- 2-3 pair Shorts
-For physical activities e.g. PG attire
- Sufficient Undergarments
-Avoid disposables to minimize trash
- 2pc 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 protect during sea/ water activities
- 1 pair Sandals/Slippers
-For use during non-activity period e.g. showering
- Sufficient Socks

IMPORTANT PERSONAL ITEMS

- Min. 30 pcs Extra Face Mask with Re-usable Bag
- 1 bottle Hand Sanitizer
- Sufficient Insect Repellent
- Sufficient Sun Protection
-Sea 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 water bottle
-Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Fork & Spoon
-Metal stainless recommended
- Sufficient Essential Toiletries
-For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and soapy no-foam (for females only)
-For camping e.g. talcum, body powder or patchy heat powder
- Sufficient Prescribed Medication in Own Name
-e.g. Inhaler, oral medication (all prescribed medication must be declared)
*OTC (over-the-counter) medication are not required
- Sufficient Torchlight & 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
-Sacs with spectacles bands
-Retainers and books are not encouraged
- 1 pc EZ Link card ID

OPTIONAL ITEMS

- Sufficient Tropical Lightweight Sleeping Bag or Mat
-Green or light blue is recommended
- 1 pair Gloves
- 1 pc Rain Jacket
- 1 pair Sunglasses
- 1 pc Whistle Watch

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/5dmocpackinglist>

*Packing list can also be found on My OBS Journey web application and will be sent to parents through PG



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

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

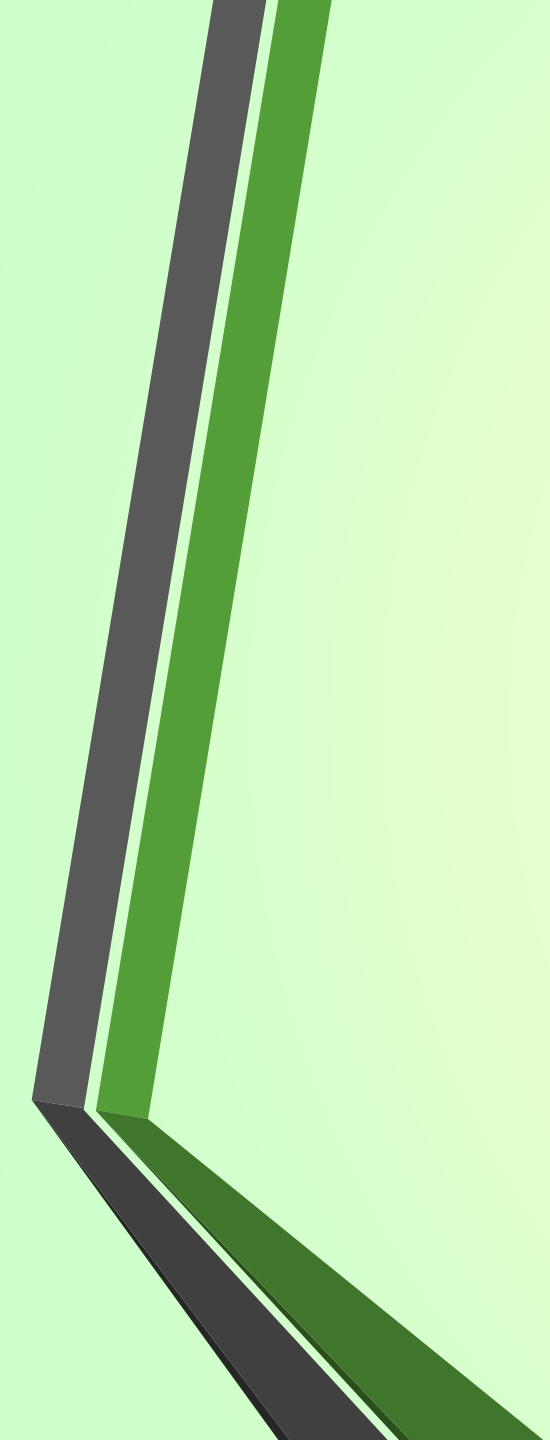
- Do **listen** to your child's concerns.
- Bring your child outdoors and **exercise** with him/her.
- **Encourage** your child to stay positive.
- **Embrace** the once-in-a-lifetime experience and opportunity to meet new friends.



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

- **Encourage** your child to **share** his/her experiences
- **Celebrate** his/her **success** for going through the course
- **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course
- **Help** your child to **transfer and apply what they have learnt** to their daily life





How much does it cost?

What the costs involved?



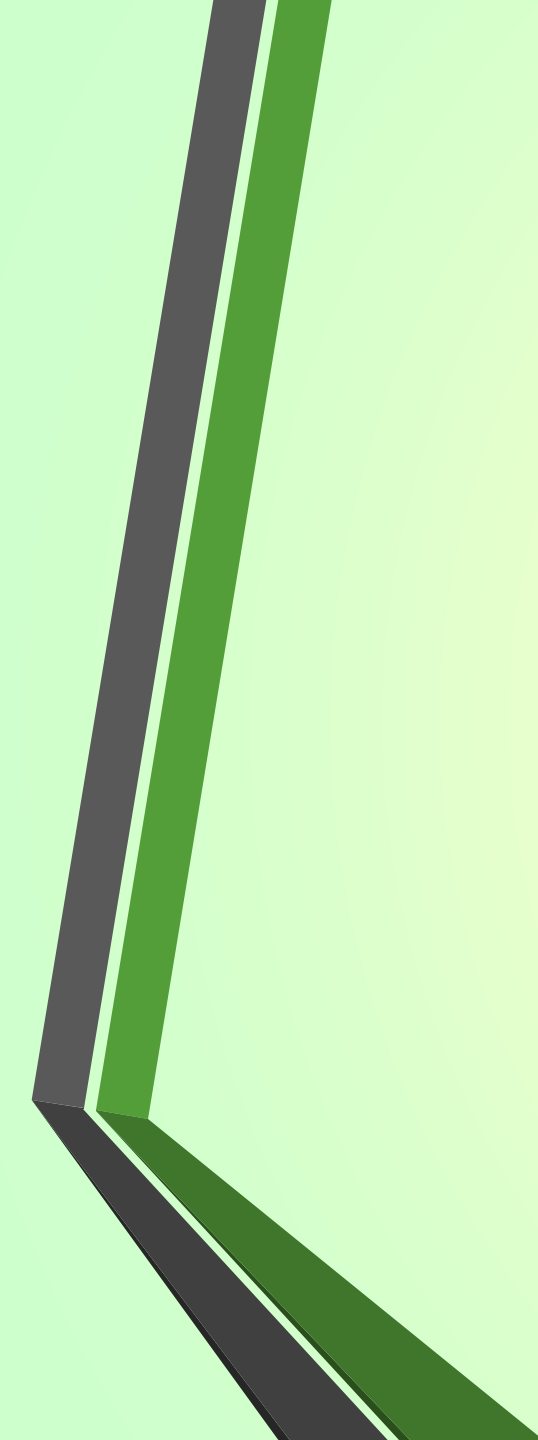
MOE will fund the cost of the MOE-OBS Challenge Programme for all students



Schools will foot the costs of bus transport to and from OBS campuses

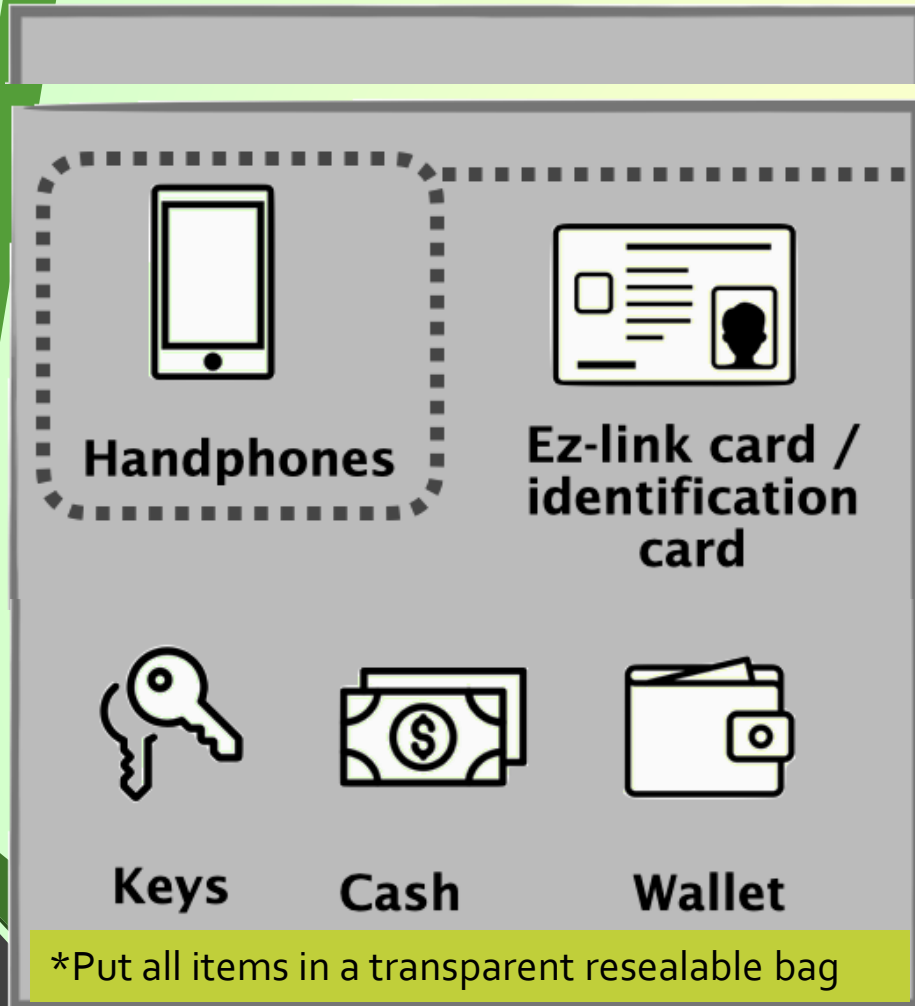
NOTE:

Excludes cost of any specialist follow up / vaccination required following the medical examination.



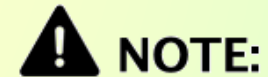
Frequently Asked Questions

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.**

Show your Instructor on Day 1
and ensure:



Doctor
prescribed
medication

in your name

Not in your parents
or sibling's name

Non-expired



Valid for use



Enough quantity
for full duration
of course



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

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

Is sun protection needed?



○ Activities are conducted from 8.30am onwards throughout the day.

○ 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?



➔ **Prevent second-degree burns**



Will my child be forced to go through an activity that he/she is not confident in?

- OBS Instructors are trained to motivate and provide a supportive environment for the participants. Your child **will not be forced** to participate in any activity and will not be asked to engage in an activity without safety briefings and orientation.
- However, he/she will be strongly encouraged to participate in all activities during the Course and at a level that he/she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of '**challenge-by-choice**'.

BEFORE WE
END OFF...



ST Photo Story 17072017: Teenage Rite of Passage



QR Code (article):

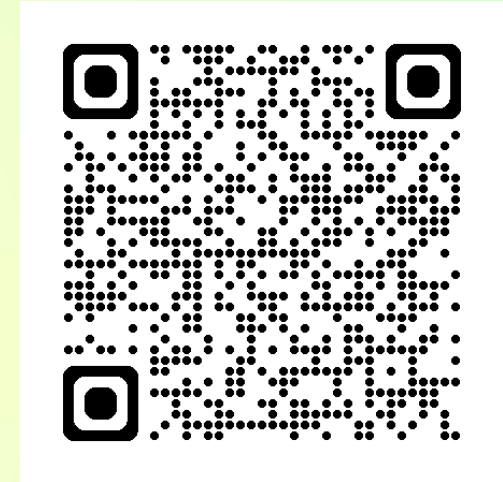


<http://www.straitstimes.com/singapore/teenage-rite-of-passage>

ETD Video on the MOE-OBS Challenge Programme



QR Code (video):



Features:

- *Pre-Course lessons.*
- *MOC Activities*
- *Student interviews*
- *Post-course lessons*

Reflections from past camps from other students

*" I've learnt to put aside differences
and embrace the strengths
and weaknesses of others."*

*- Sia Xinyu
Raffles Girls' School*

*" I learnt to be more responsible for my team
I want to be more open in social situations
and take up leadership roles more often."*

*- Nicolas Tang
Catholic High*





**“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



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





Please use the **raise hand function** and wait for us to call you. Thank you.