

# 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 ————



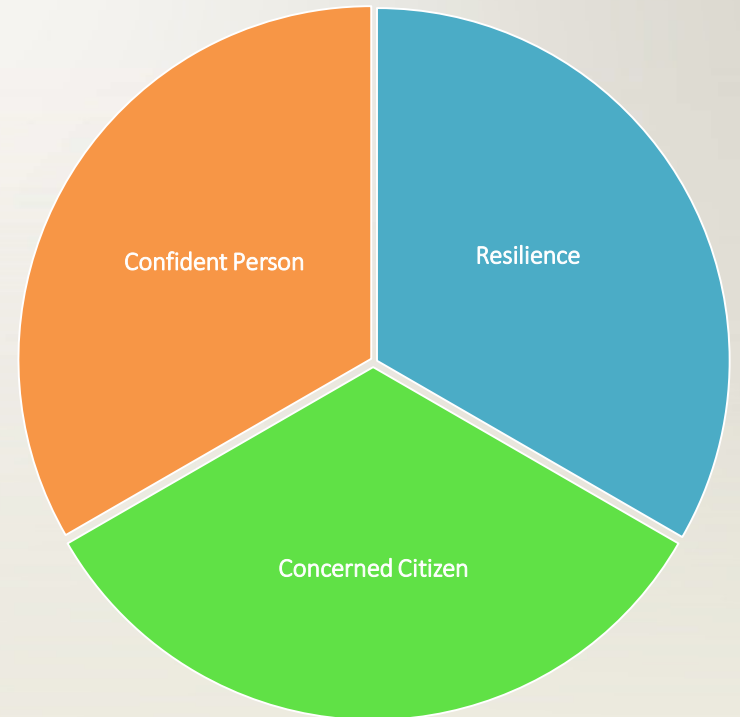
# What will I learn from the Programme?

## 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



**Pre-Course Lessons  
and Preparation**

**2-Day Residential Programme**

**Post-Course  
Lessons and  
Follow-Up**

## **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?



➔ Prevent second-degree burns



## Items provided by OBS



**Poncho**



**Personal  
flotation device  
(PFD)**



**Whistle**



**Map**



**Compass**



# 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**

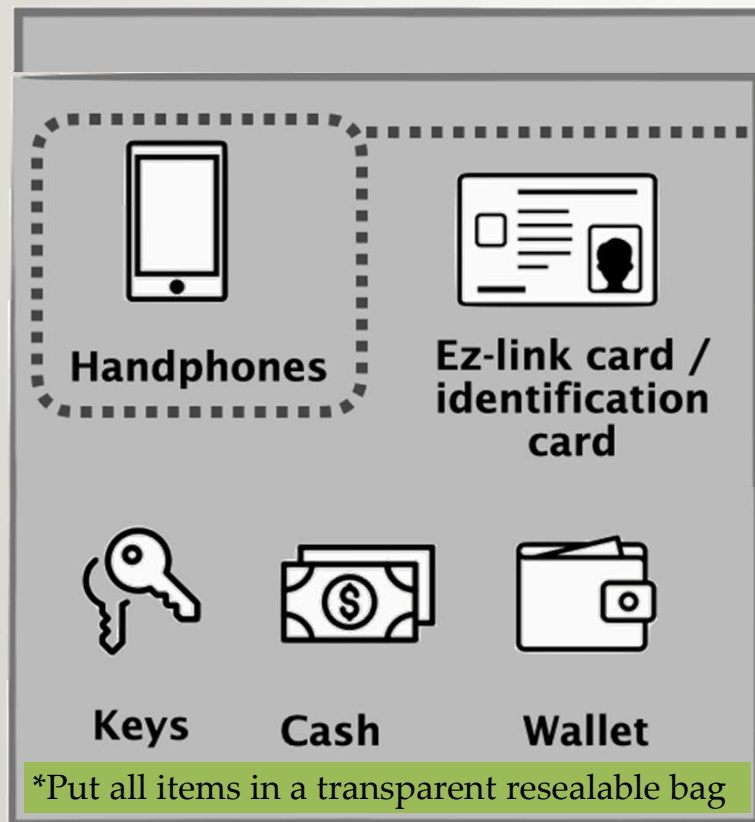


**Contraband items**  
(Cigarettes,  
e-Cigarettes)

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

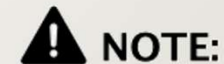


# What will be safekept during OBS?



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





## 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: **xxxxx**
- Reporting timing: **xxxxx**
- Bus arrangement: School —> OBS —> School
- Dismissal timing: **xxxxx**

# 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**



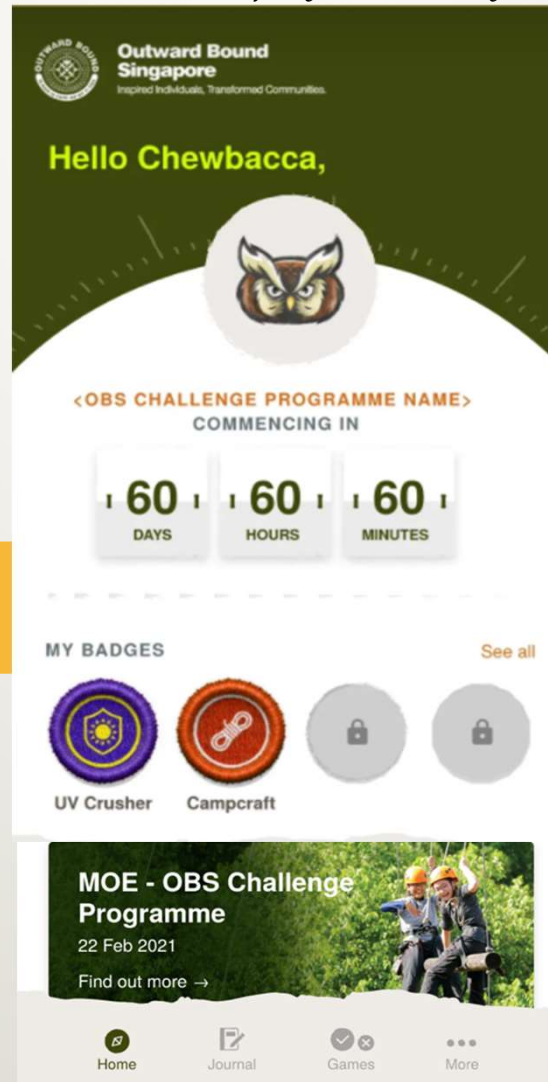


A fun new digital app for you to prepare for the course. You'll get customized resources, reminders and tips!



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

*Screenshot of My OBS Journey*



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 😊**

