

“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 St. Theresa's Convent

Students Briefing for MOE-OBS Challenge Programme

COURSE DATES:

**Batch 1: Mon, 05 May 2025 to Fri, 09 May 2025
and**

Batch 2: Tue, 13 May 2025 to Fri, 16 May 2025

Teacher Co-ordinators:

1. Mr Darren Ng (ng_yong_sheng@moe.edu.sg)
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Ministry of Education
SINGAPORE



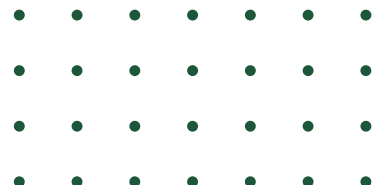
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The background image shows a large, multi-story school building with a traditional tiled roof and many windows. In the foreground, there is a large circular stone emblem on the ground. The emblem features a central star and crescent, surrounded by the words 'SINGAPORE' and 'MINISTRY OF EDUCATION'. Below the emblem, the motto 'TO SERVE TO STRIVE AND NOT TO YIELD' is inscribed. The entire image has a green tint.

1



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

A Holistic Education

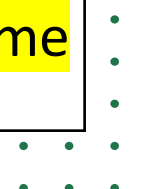
- As part of the **National Outdoor Adventure Education Masterplan**, students will have opportunities outside the classroom to develop holistically; building up their **ruggedness** and **resilience**.
- **Authentic learning experiences** help our students to develop 21st century competencies as well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



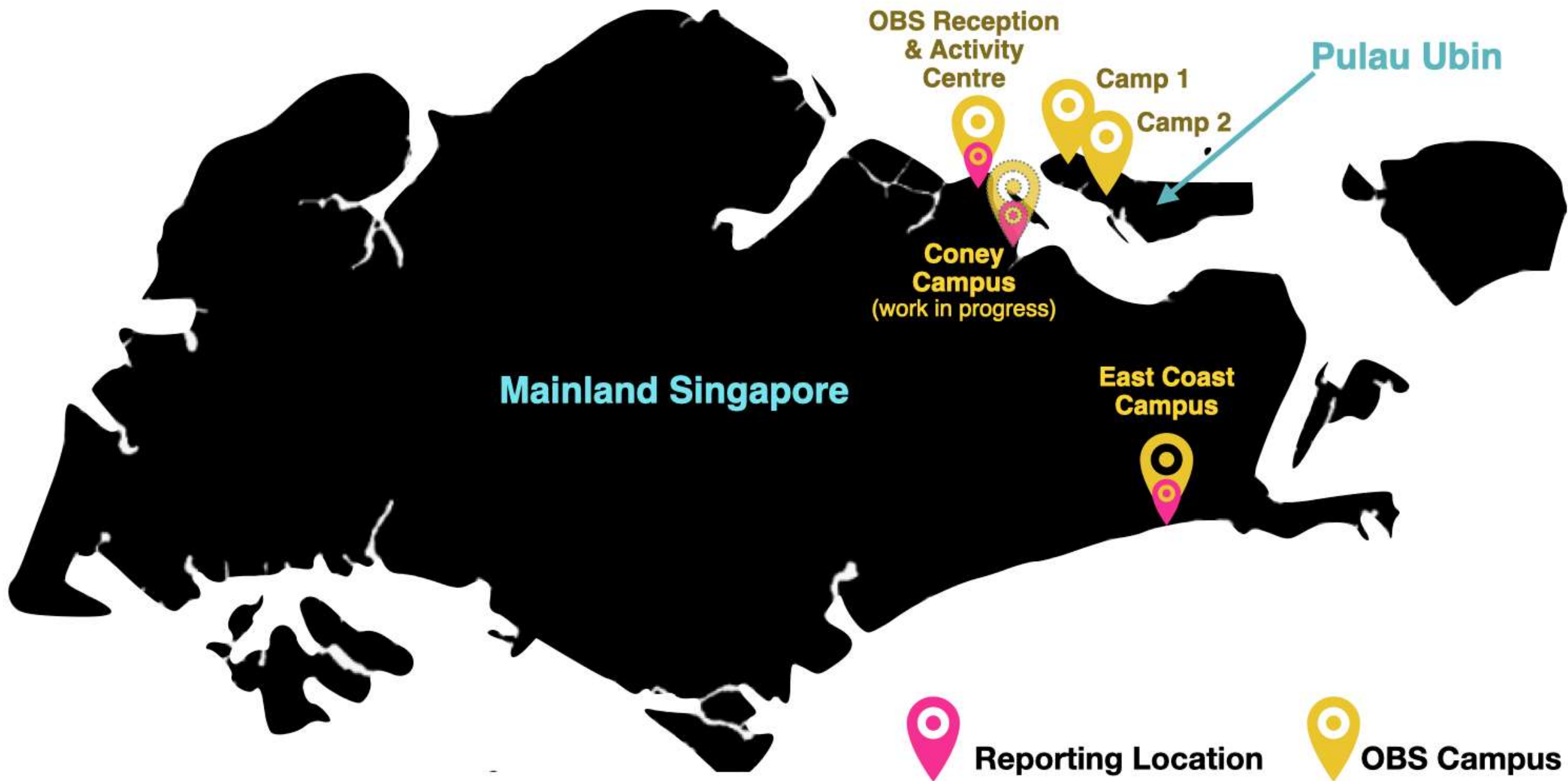
Post-Course Lessons & Reflections

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



Sample of an MOC Course

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 is in the foreground, wearing a blue cap and a red shirt, and is holding the rope. The child is behind her, wearing a white cap and a yellow shirt, also holding the rope. They are both looking down at the rope. The background is a blurred green forest.

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 photograph of three people, two adults and one child, wearing yellow backpacks and looking down at a map spread on the ground. The image has a green tint. A white circle with the number 3 is overlaid on the image.

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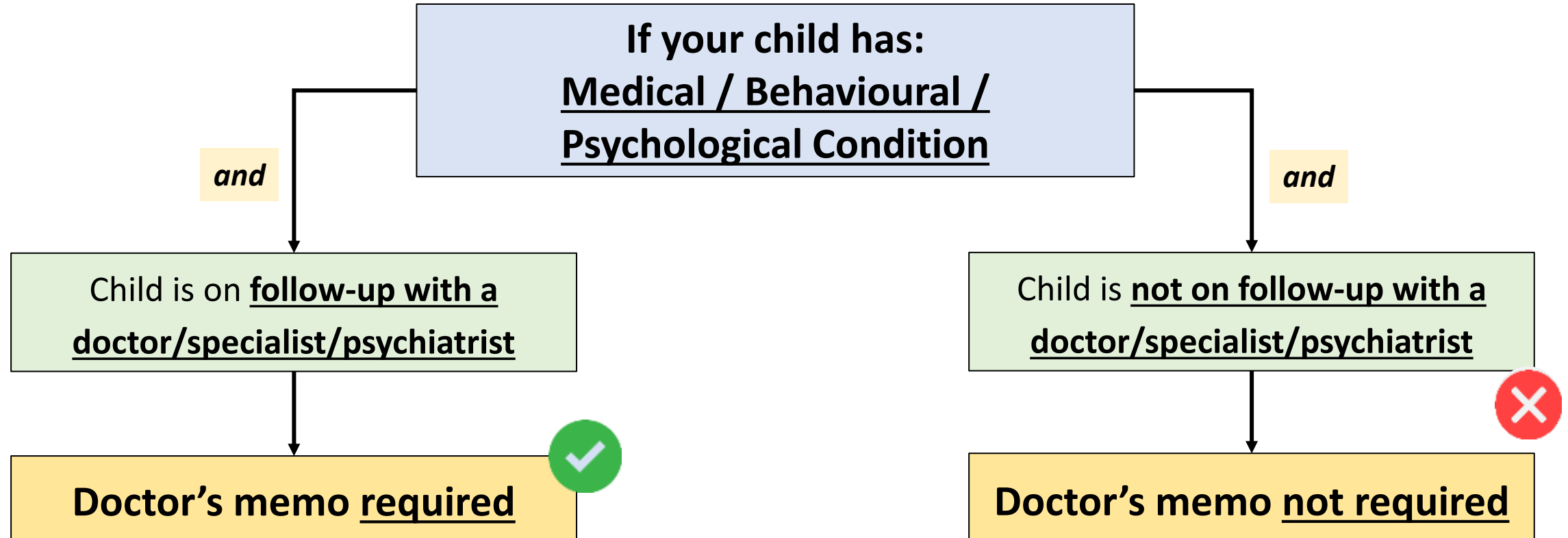
HOW DO I eREGISTER MY CHILD?

Before eRegistration

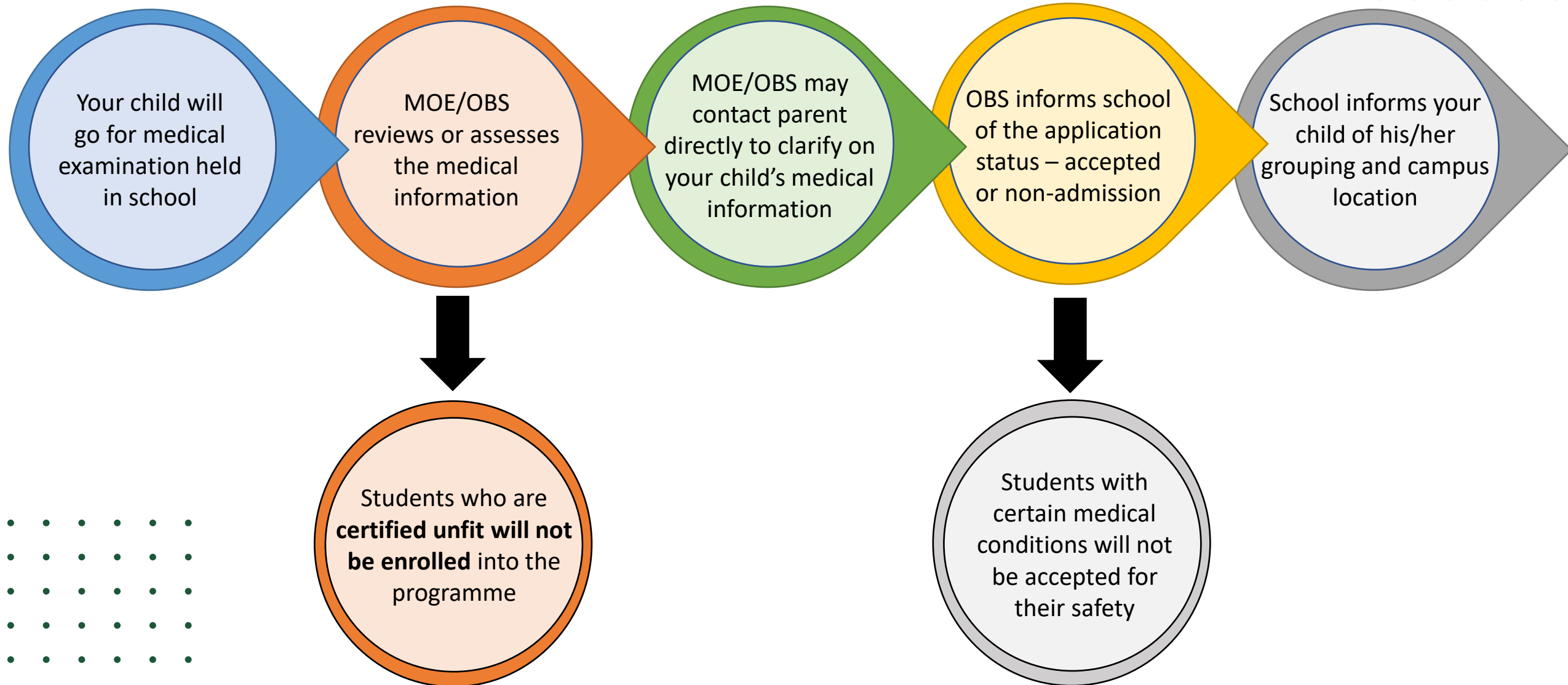
Have the following information & devices ready:

- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your Child's Class
- 4 Your Child's School Email Address
- 5 Your Child's Height & Weight

Conditions that require a specialist's memo



Enrolment



E-Registration and Medical Examination

All parents should eRegister your child through this link from Monday, 2 September until Friday, 20 September 2024. A letter will be sent to parents via Parents Gateway.



<https://go.gov.sg/2025moeobs-chijstc>

Accurate information of your child is necessary for the MOE-OBS medical examination. The medical examination will be conducted in school:

- Date: Wednesday, 16 October 2024
- Time: 8am - 12:30pm



A person is sitting on a large, light-colored rock in a lush green forest. They are wearing a white t-shirt, dark pants, and blue sneakers. A large 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.

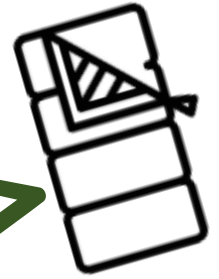
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**HOW CAN I HELP TO PREPARE
MY CHILD FOR THE MOC?**

MOC ASK GOV

Can my child bring his/her handphone?

Does my child need to bring a sleeping bag?



Will there be washrooms / toilets available if my child is camping outdoors?

What happens if my child is unable to swim?



Scan the QR Code to be directed to MOC ASK GOV

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

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

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

- ☐ 1 pc Broad Brimmed Hat or Cap
- ☐ 1-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- Mandatory for sea expedition
- ☐ 1 pair Long Pants
- Mandatory for climbing activities expeditions (these quarter pants and jeans are not allowed)
- ☐ 3 pc Short-Sleeved T-shirt
- For physical activities e.g. PE at the
- ☐ 2-3 pairs Shorts
- For physical activities e.g. PE at the
- ☐ Sufficient Undergarments
- Avoid disposables to minimise trash
- ☐ 3 pc Towels
- 1 for showering (just 60cm x 130cm)
- 1 small towel for expeditions (just 60cm x 60cm)
- ☐ 1 pair Additional Covered Shoes for Water Activities
- For protection from underwater rocks, barnacles etc e.g. sea/water activities
- ☐ 1 pair Sandals/Slippers
- For use during non-activity period e.g. showering
- ☐ Sufficient Socks

Long pants & long-sleeved shirt
Protect against insect bites, abrasions and sunburn.
*Military or camouflage pattern is not allowed

Footwear
Covered shoes need to be worn throughout the day for all activities, around the site on contact.
Ensure shoes that fit well, are comfortable and provide support to prevent blisters or injuries.

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

IMPORTANT PERSONAL ITEMS

- ☐ Min. 10 pcs Reusable bags to keep your items dry during activities and to pack your clothes and shoes
- ☐ 1 bottle Hand Sanitizer
- ☐ Sufficient Insect Repellent
- ☐ Sufficient Sun Protection
- Sun Block (SPF 30 or higher), lip balm, and after-sun lotion
- ☐ 1-2 bottles Water bottles to hold at least 1 litre of water
- E.g. 2 x 800ml water bottle
- Sharing of personal water bottles is not allowed for hygiene purposes
- ☐ 1 set Fork & Spoon
- Metal ones are recommended
- ☐ Sufficient Essential Toiletries
- For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and so on (only for personal use)
- For camping e.g. toilet roll, 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) medications are not required
- ☐ Sufficient Torchlight & Spare Batteries
- For night-time movement around the campsite
- ☐ 1 set MOC-ORS Course Journal & Pen
- ☐ Sufficient Plastic Bags/Reusable Bags
- ☐ Sufficient Spare Spectacles or Contact Lenses
- Secure with spectacle bands
- Retainers and lenses are not encouraged
- ☐ 1 pc EZ Link card ID

OPTIONAL ITEMS

- ☐ Sufficient Tropical Lightweight Sleeping Bag or Mat
- Ensure it is dry and spread out
- ☐ 1 pair Gloves
- ☐ 1 pair Rain Jacket
- ☐ 1 pair Sunglasses
- ☐ 1 pc Watch

NAME
Put your name in a bag, label with your personal details e.g. name, class, school

WATER PROTECTION
Use waterproof or water-resistant bags to protect your items from water and deluge.

SUNGLASSES
Wear sunglasses to protect your eyes from the sun.

WATCH
Wear a watch to track time and keep track of your schedule.

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

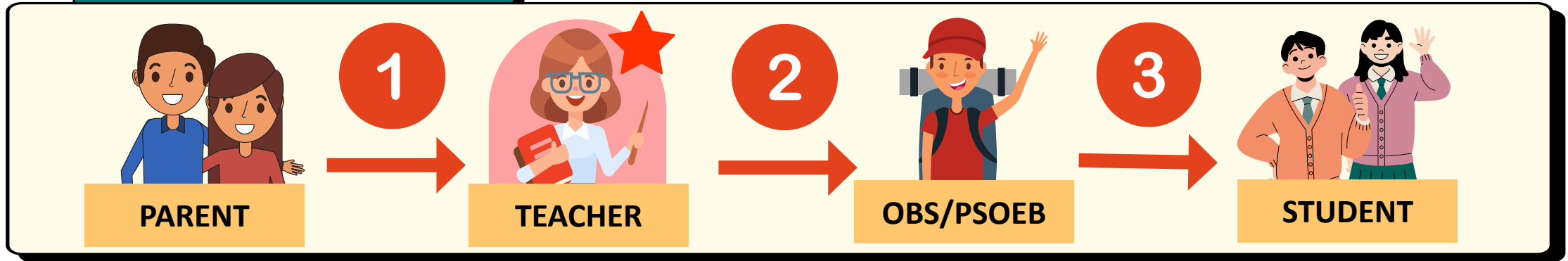


4 Immerse in The Experience & Environment

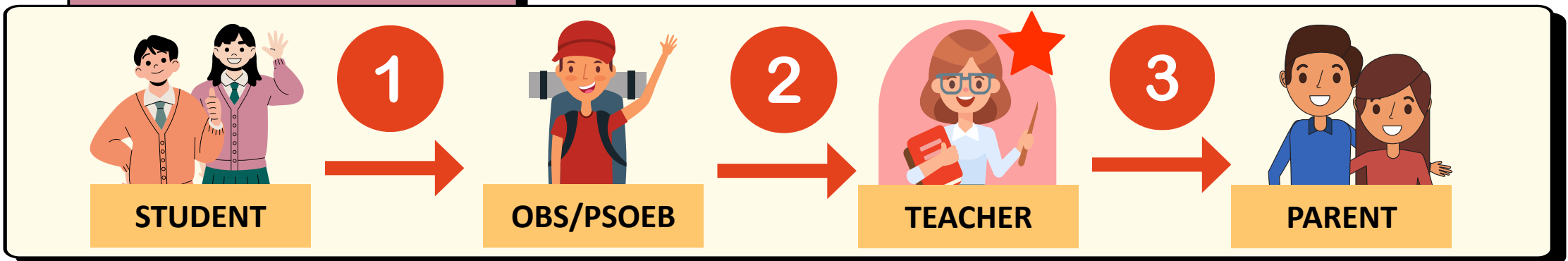


Communicating With Your Child

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



Q & A

