

MOE – OBS Challenge Programme 2026

Briefing for Sec 3 Parents / Guardians & Students

7 Mar 2026



Ministry of Education
SINGAPORE

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Course Details

Course Dates

14 September 2026
to
18 September 2026

Teacher Coordinator

Mr Tan Paul Loong
tan_paul_loong@schools.gov.sg

NOTE

Students not going for OBS
(excused, rejected for course, etc)
MUST continue to report to school
from 14th Sep to 18th Sep.

Admin timeline (IMPORTANT)

Pre- Registration

- E-registration for students through FormSG with parent's/legal guardian's Singpass

NOW to 10 Apr

Medical Examination

HBL Day

7 May

About the MOC

1

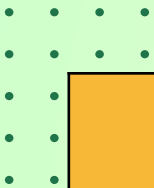
What is the MOE-OBS
Challenge Programme?





What is the MOE-OBS Challenge Programme

Outdoor adventure learning experience for all



Lower Primary	Upper Primary	Lower Secondary (Sec 1)	Upper Secondary (Sec 3)
Programme for Active Learning (Outdoor Education)	P5 Outdoor Adventure Learning (OAL) camp	Outdoor Adventure Learning (OAL) Camp @ Labrador Outdoor Adventure Learning Center (Oct 2024)	MOE-OBS Challenge Programme (14 Sep to 18 Sep)



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/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 (7 Mar2026)



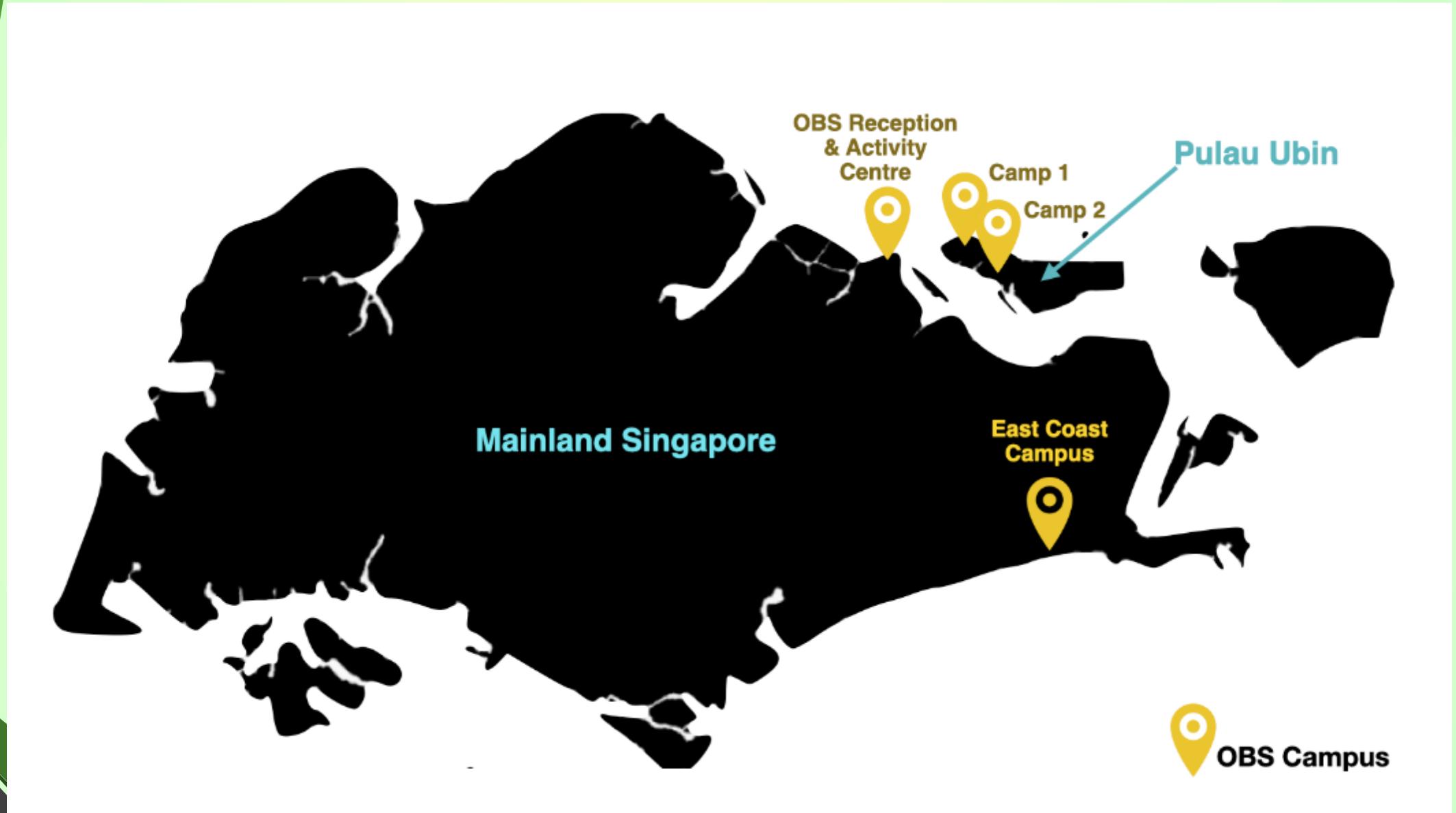
2 weeks before camp: Pre-course lesson with CM

- 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)

A photograph of two people outdoors. In the foreground, a person wearing a red jacket, a blue cap, and a colorful scarf is looking down. In the background, another person wearing a yellow jacket and a white cap is also looking down. The image is partially obscured by a green and grey geometric overlay.

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

A specialized training program designed for outdoor enthusiasts, educators, and professionals operating in remote areas where emergency services are not immediately accessible (usually >2 hours away).

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 **will not be** 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



School informed
Parent/Guardian informed



Outdoor Nurse Practitioners

Full-time Outdoor Nurse Practitioners who are registered nurses

Communication Channel

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

In case of emergencies

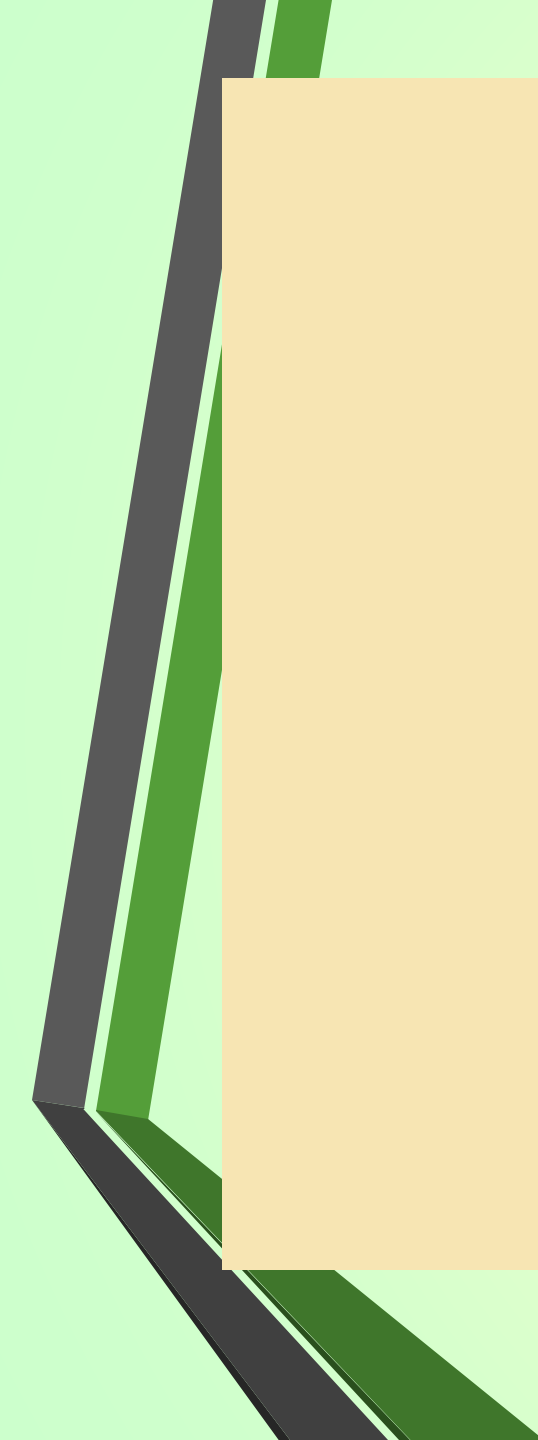
Parent → Teacher Coordinator
(Tel: ____xx____) / MOE
HQ → OBS → **Participant**

Please remain contactable always during the 5-day programme.

A group of people, including a man in a blue shirt and a person in a grey cap, are looking at a map on the ground. The man in the blue shirt is pointing at the map. The person in the grey cap is also pointing at the map. There are other people in the background, including a person in a yellow shirt. The background is a light green color with a dark green diagonal stripe.

3

How do I eRegister My Child?



E-registration Guide

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:

-  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 (6 May), do talk to them and get a memo on your suitability for OBS.

Tetanus Immunization

Is a tetanus vaccination required for the MOE-OBS Challenge programme?

 Updated by OBS 2y ago

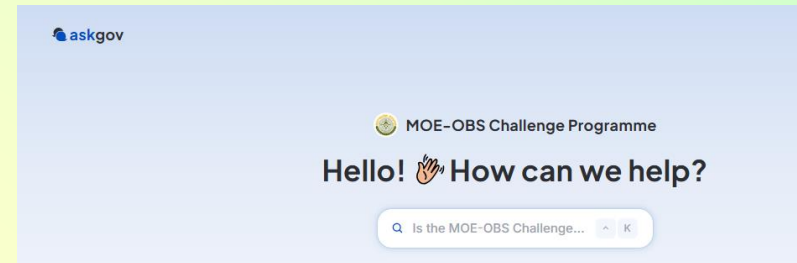
Yes, it is compulsory for students participating in the course to have valid tetanus immunisation. It is a basic form of protection against bacteria that may be introduced through cuts and scrapes that could be sustained as part of outdoor exposure.

Tetanus is valid for 10 years and most Singapore students would have received theirs under the national immunization programme in Primary 5.

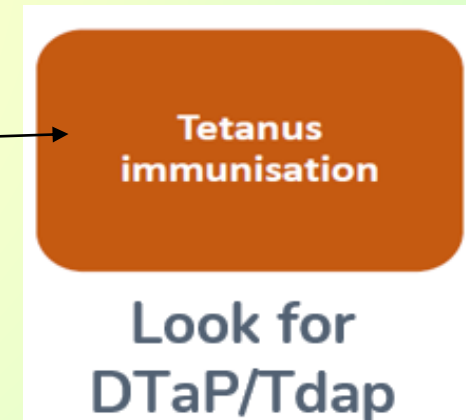
If you wish to find out the actual date, parents can go to the Health Hub website to access their child's immunisation record (<https://www.healthhub.sg/a-z/medications/tetanus-vaccine>). Parents will need to have a SingPass to access this information.

If your child did not have existing tetanus immunization, ensure to take the tetanus vaccination 2 months before the course to facilitate smooth enrolment.

Topics: Course Preparation



Response from MOC ASK GOV



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
Foreigners students but parent/legal guardian/authorised caregiver (listed in school cockpit) 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

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

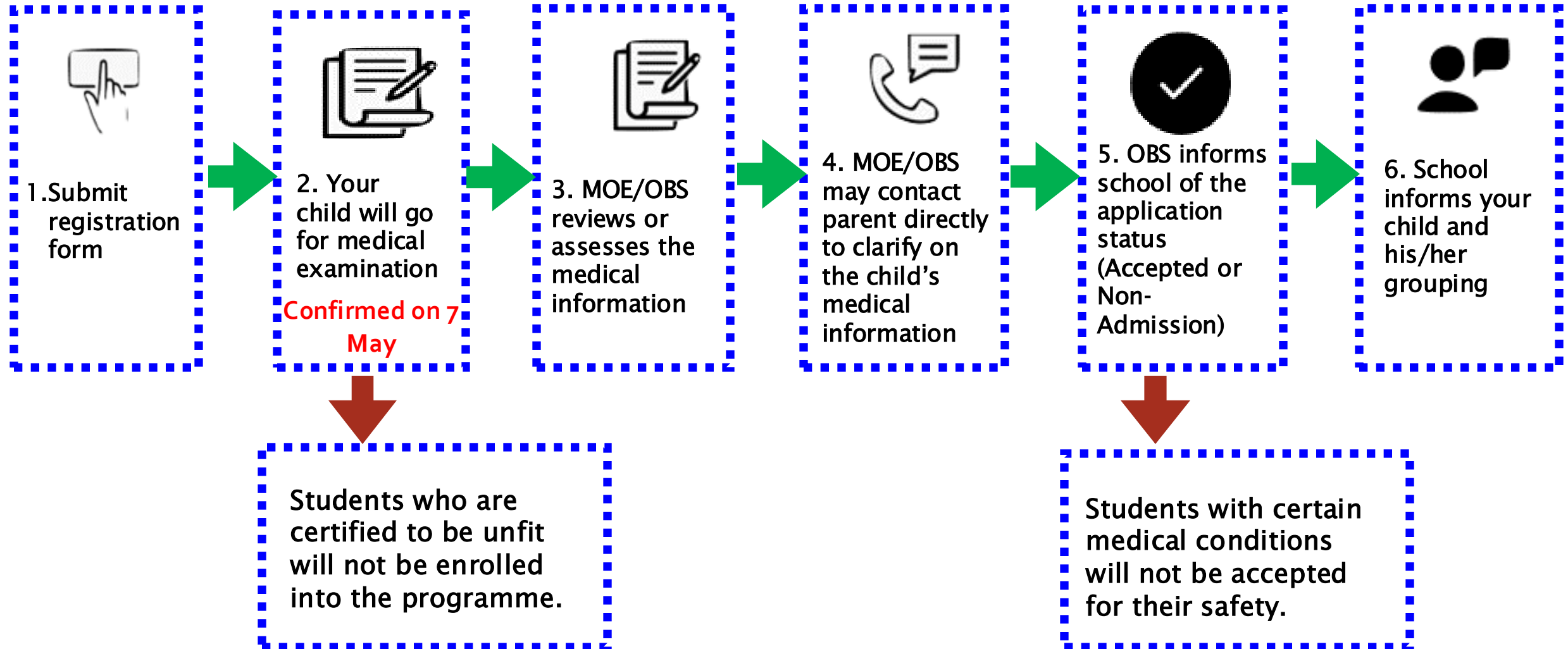
- Course activities is **not the norm** from day to day activities
- To **establish current health status** to determine individual's suitability for programme
- To determine how best to provide **a suitable level of care**, especially for individuals with existing conditions
- To **help parents make 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**

Additional Information for medical screening

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**

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



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.

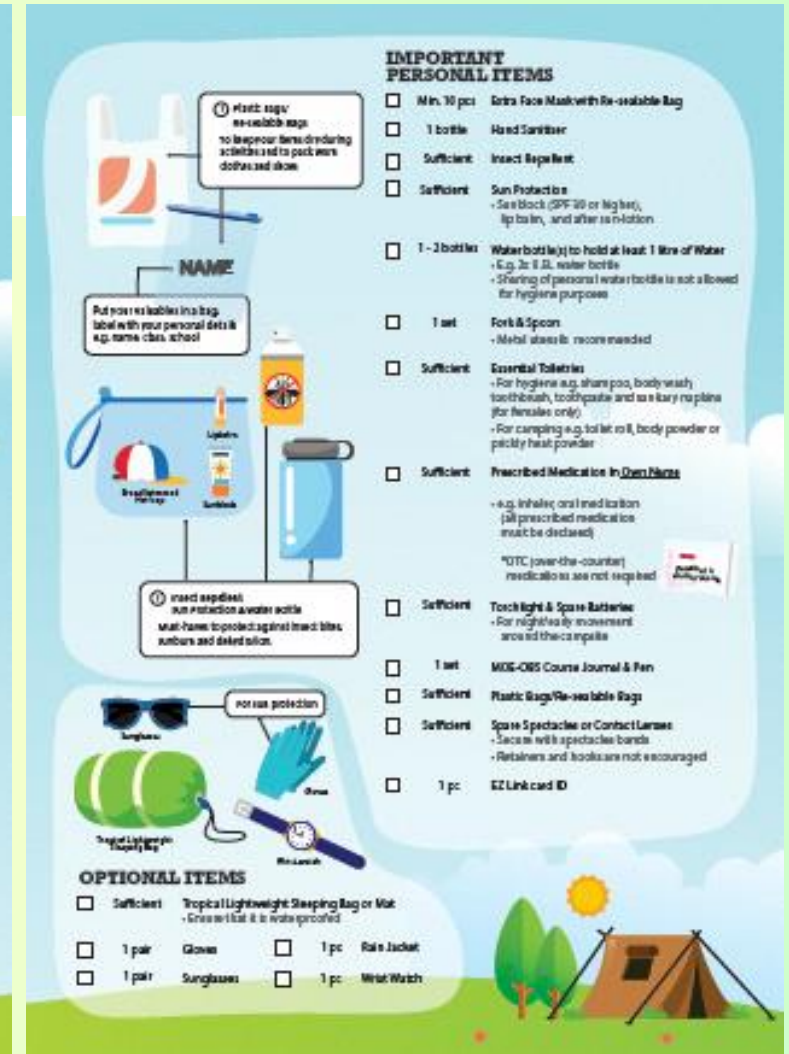
Packing list

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.

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

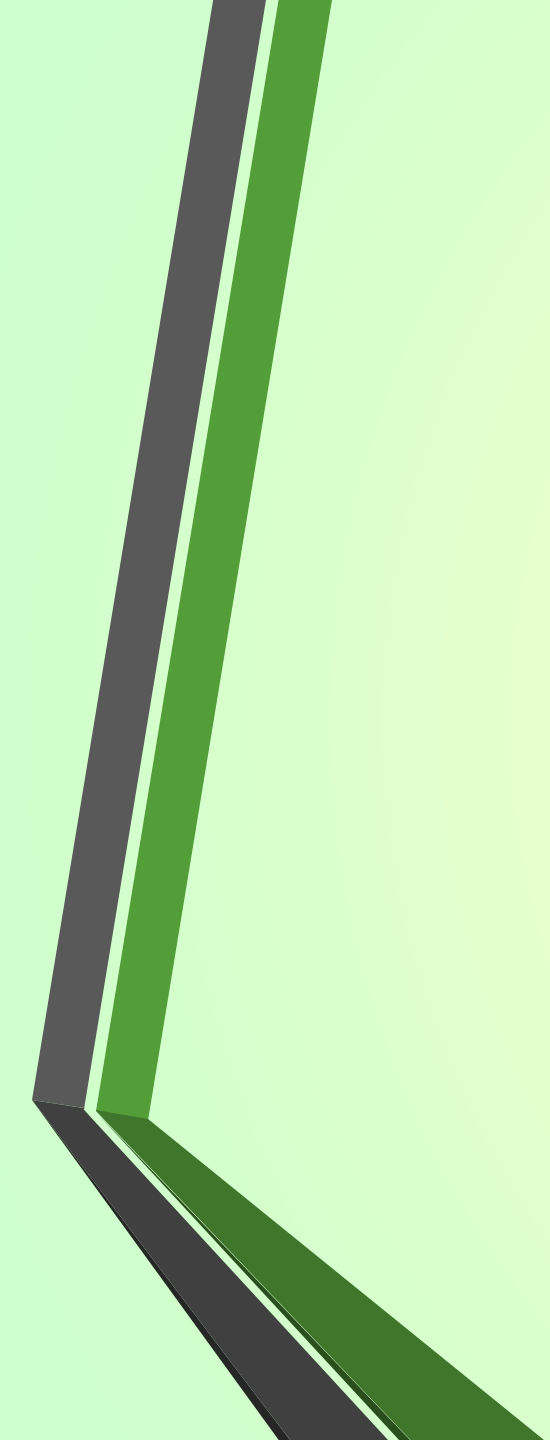
- Do **listen** to your child's concerns.
- Bring your child outdoors and **exercise** with him/her.
- **Encourage** your child to stay positive.
- **Embrace** the once-in-a-lifetime experience and opportunity to meet new friends.



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



A decorative graphic in the bottom-left corner of the slide, consisting of two overlapping trapezoidal shapes. The top shape is dark grey and the bottom shape is a vibrant green, together mimicking the corner of a laptop.

How much does it cost?

What the costs involved?



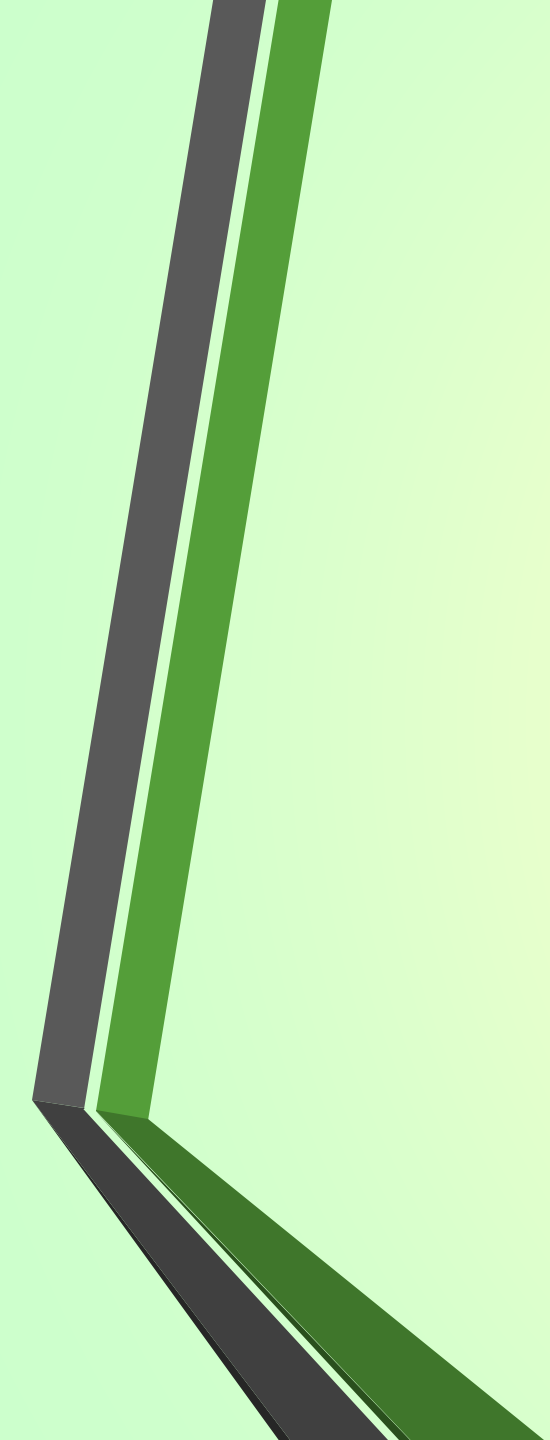
MOE will fund the
cost of the MOE-
OBS Challenge
Programme for all
students



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

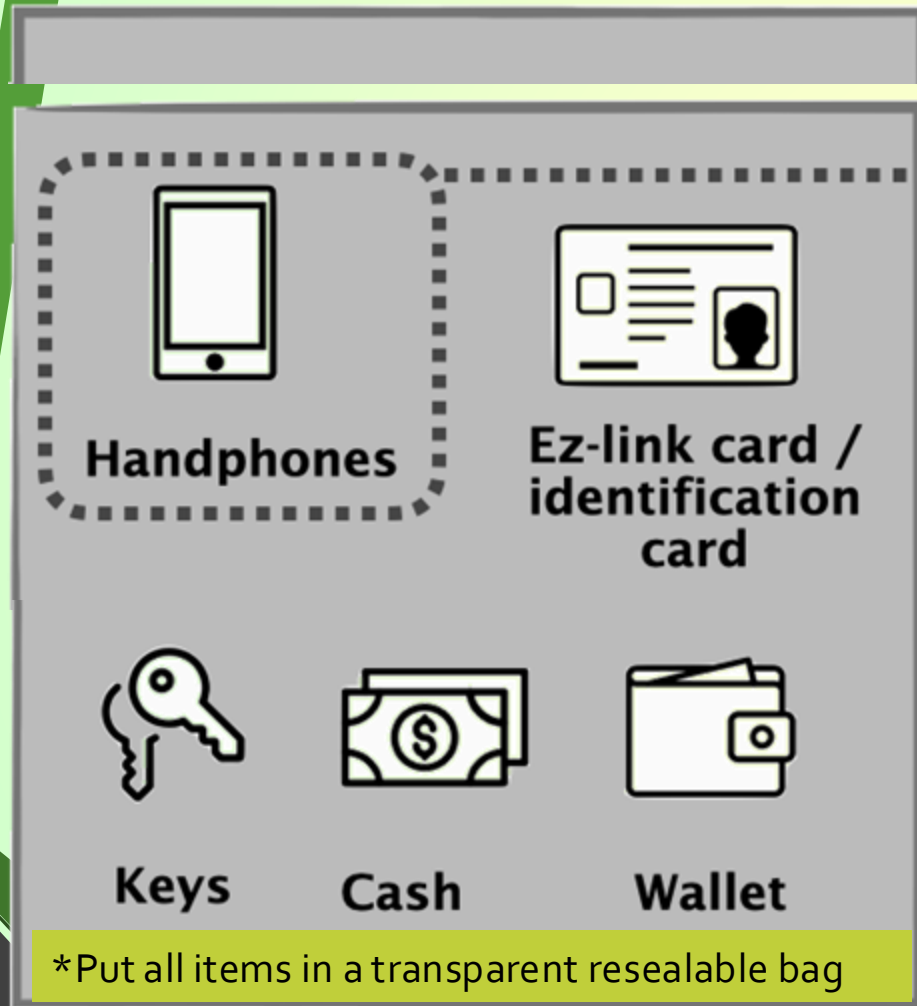
NOTE:

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

A decorative graphic in the top-left corner of the slide, consisting of several overlapping diagonal lines in shades of green and grey, mimicking the corner of a laptop or a modern architectural element.

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**'.

MOC ASK GOV

Can my child bring his/her handphone?



What happens if my child is unable to swim?



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

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



Does my child need to bring a sleeping bag?

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



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.

Click  [here](#) for the briefing slides conducted on

e-Reg Video

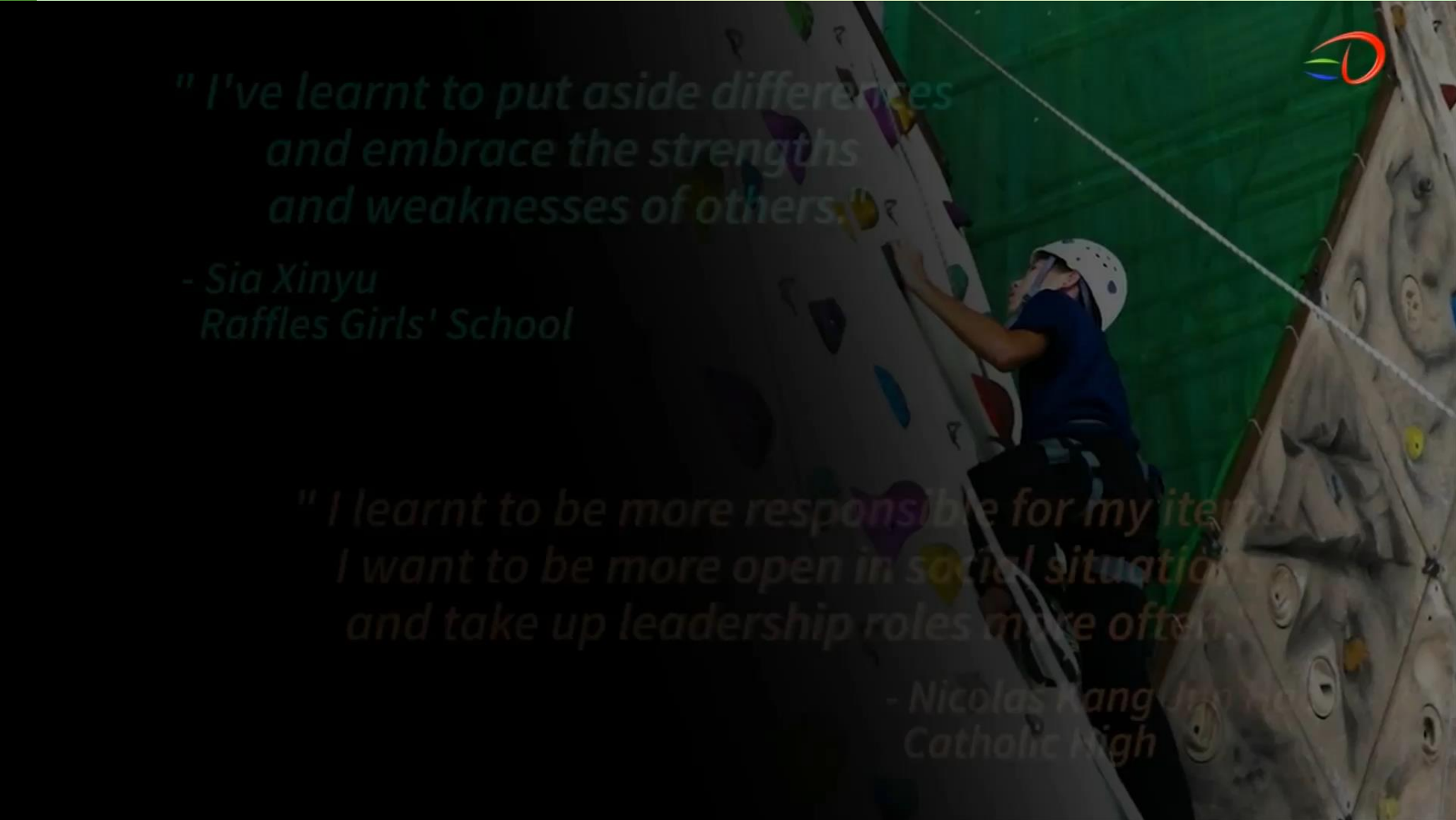
Link to <https://ask.gov.sg/obs>

Briefing Slides

BEFORE WE
END OFF...



Reflections from past camps from other students

A person wearing a white helmet and a blue shirt is climbing a rock wall. The wall is covered in various colored climbing holds. A rope is visible on the right side of the wall. The background is a green wall.

*"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 item.
I want to be more open in social situations
and take up leadership roles more often."*

*- Nicolas Kang Jun Ho
Catholic High*

A photograph of Prime Minister Lee Hsien Loong, an older man with grey hair, wearing a red polo shirt. He is smiling and giving a thumbs-up. To his left, another man in a red shirt is also smiling. In the foreground and background, several young people are visible, some wearing yellow shirts and giving thumbs-up. The image has a green and black diagonal overlay on the left side.

**“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.