

“ 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



St Andrew's School (Secondary) Parents Briefing for MOE-OBS Challenge Programme

Course dates:

15 March to 19 March 2027

Teacher coordinator:

Jonathan Foo / Mark Li

E-mail address of teacher coordinator:

foo_qihui@moe.edu.sg / mark_li_wen_qiang@moe.edu.sg



Ministry of Education
SINGAPORE



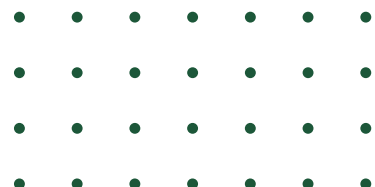
Content

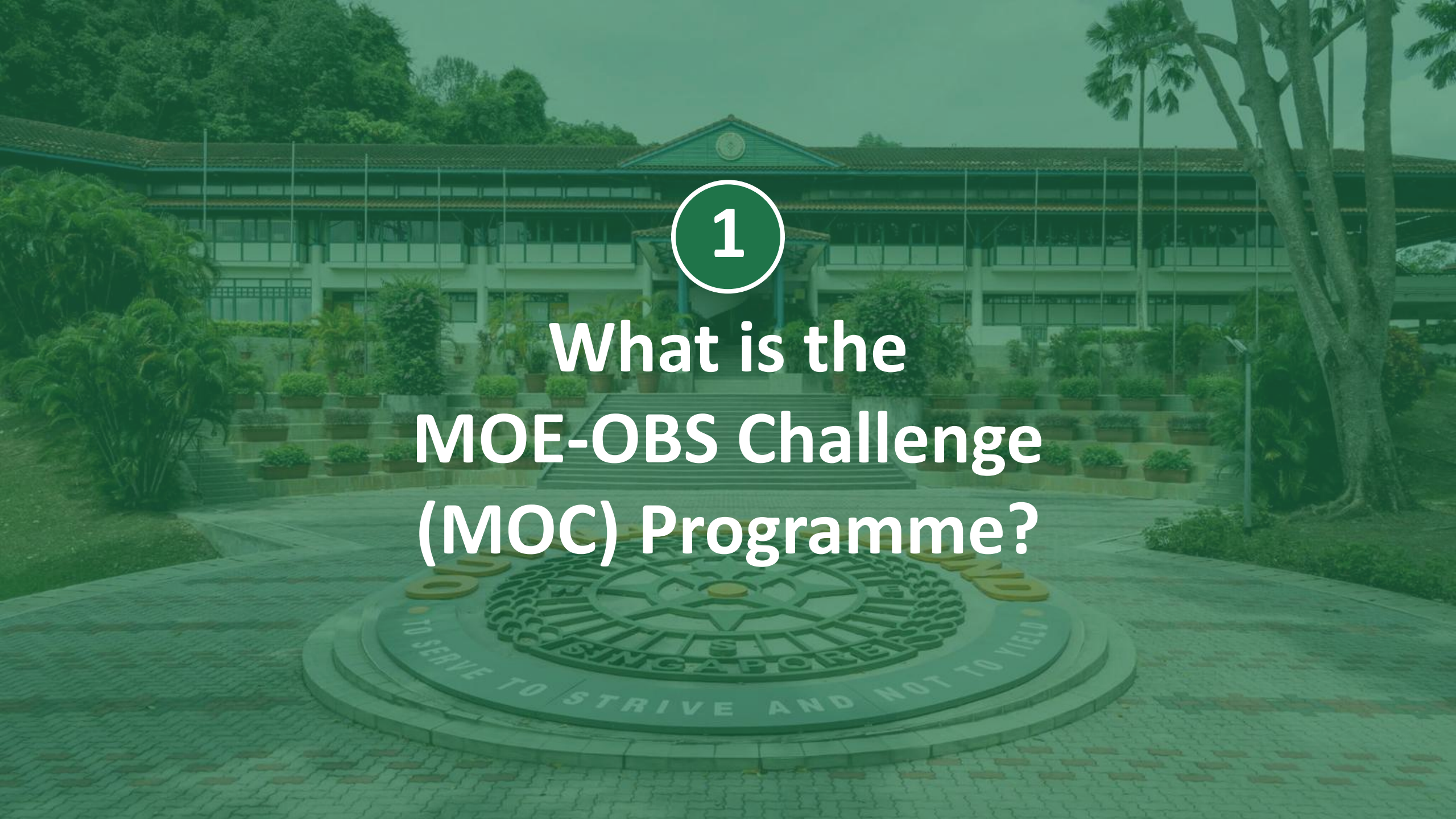
01 What is the MOE-OBS Challenge (MOC) Programme?

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1

What is the MOE-OBS Challenge (MOC) Programme?

A holistic education

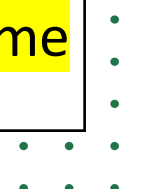
- As part of the **National Outdoor Adventure Education Masterplan**, students will have opportunities outside the classroom to develop holistically; building up their **ruggedness** and **resilience**.
- **Authentic learning experiences** help our students to develop 21st century competencies as well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

Confidence & **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 for the cohort



During MOC Course

- Students share their experiences and learning from the course
- Students reflect on the commitments they set for themselves during the course, including their actions and behaviour, interactions with others and care towards the environment



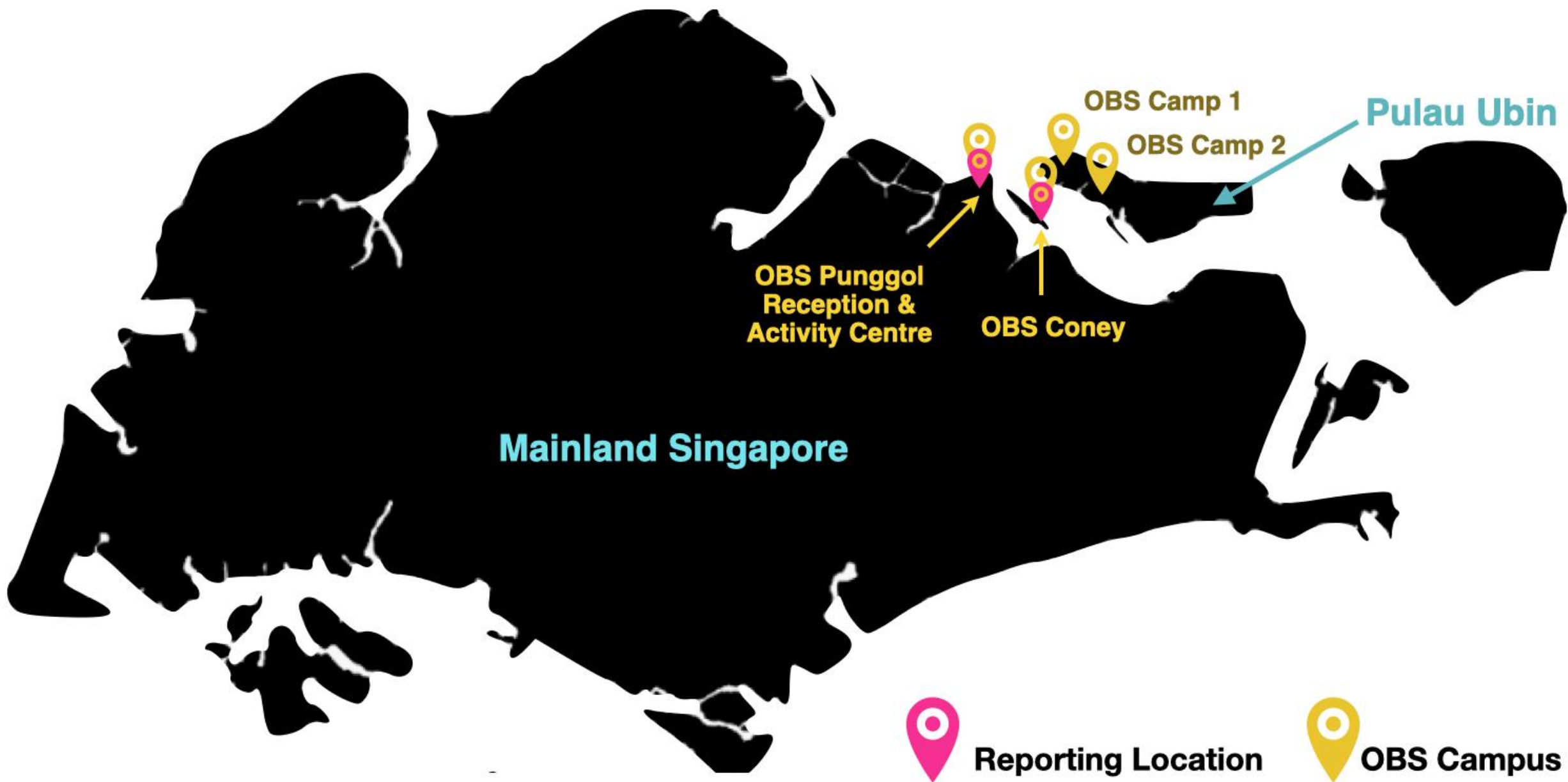
Post-Course Lessons & Reflection and Learning

- Develop character and learn values and skills through doing and reflection
- Reflect on and apply learning beyond the course



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 outdoors. The woman, in the foreground, wears a blue cap, sunglasses, and a red long-sleeved shirt. The child, behind her, wears a grey cap, sunglasses, and a yellow shirt. They are both holding the rope. The background is a lush green forest. The image has a green tint.

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



Programmes designed with safety as a priority



Qualified and certified instructors in First Aid



Medical Centre with registered nurses on-site



In the unlikely event that 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



Both the Parent/Guardian and School are informed

A photograph of three people, likely hikers or explorers, wearing yellow backpacks and looking down at a map spread on the ground. The person on the left is wearing a grey cap and a blue long-sleeved shirt. The person in the middle is wearing a blue long-sleeved shirt. The person on the right is wearing an orange long-sleeved shirt. The background shows a dirt path and some greenery. The image has a green tint.

3

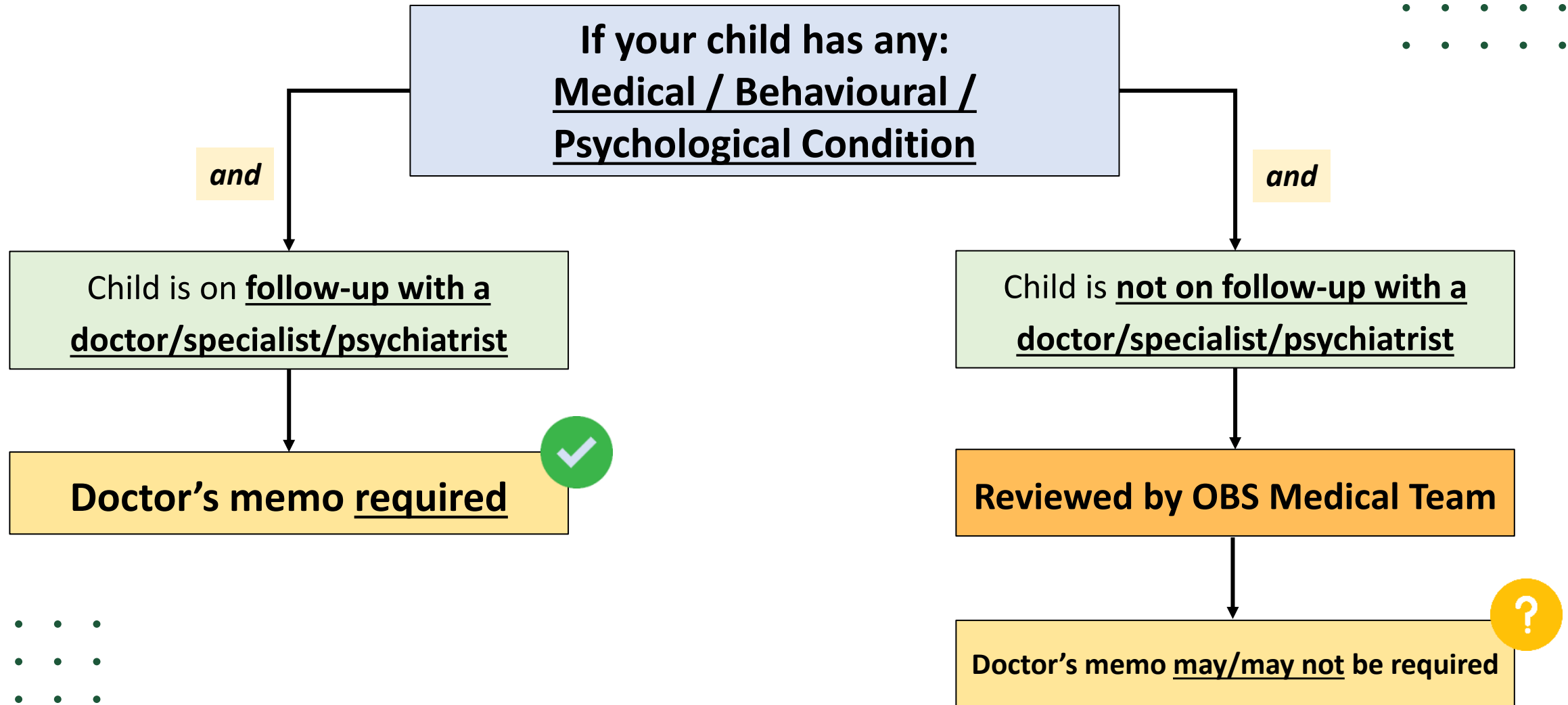
**How do I eRegister
my child?**

Before eRegistration

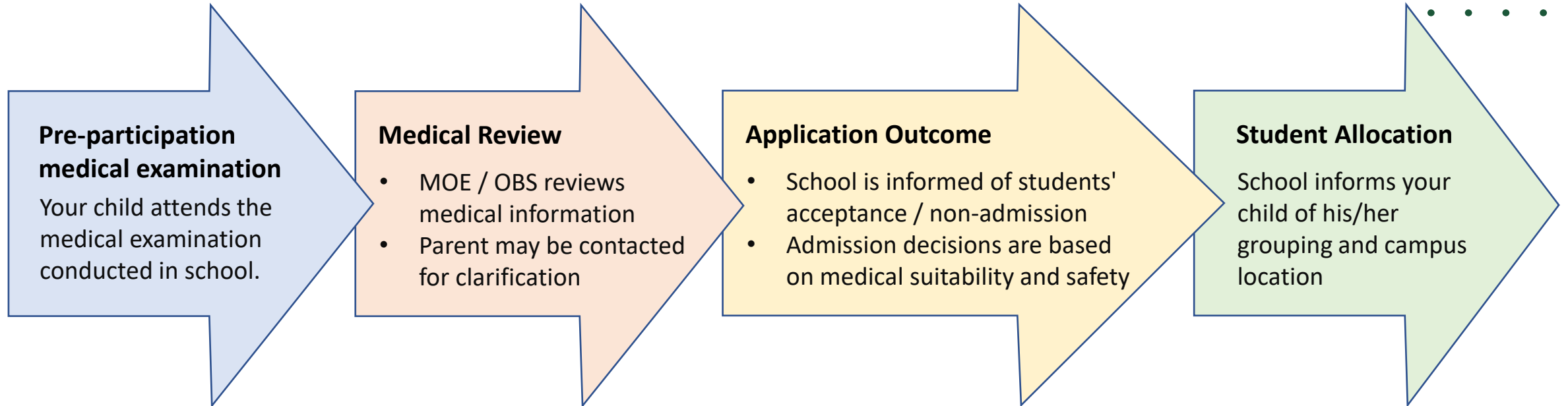
Have the following information & devices ready:

- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your child's class
- 4 Your child's email address
- 5 Your child's weight

Conditions that require a specialist's memo



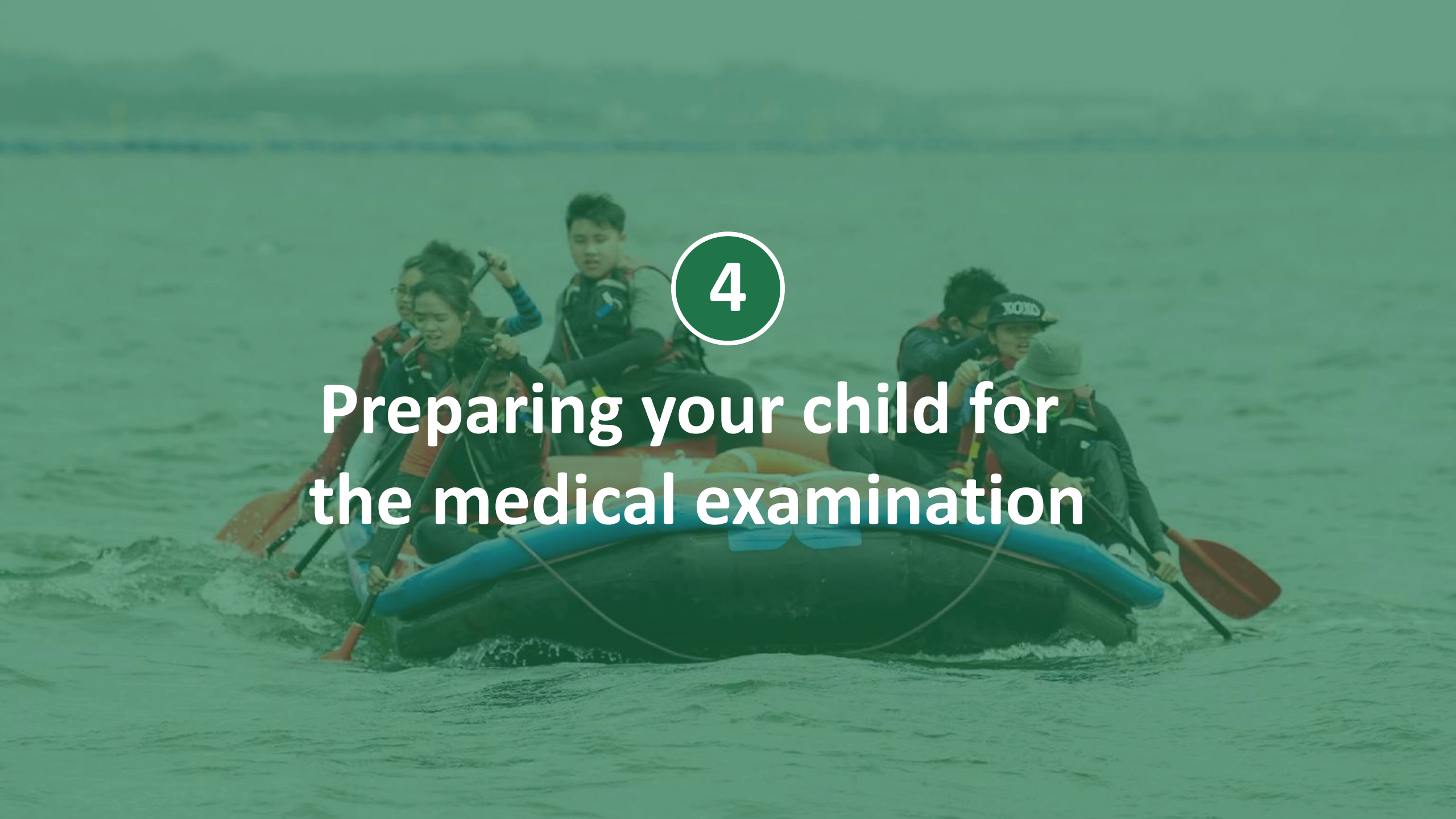
Enrolment Timeline



Please Note:

For the safety of all participants, the following students **will not be enrolled** into the programme:

- Students with medical conditions classified as **non-admissible**
- Students who are certified as **unfit**



4

**Preparing your child for
the medical examination**

Pre-participation Medical Examination

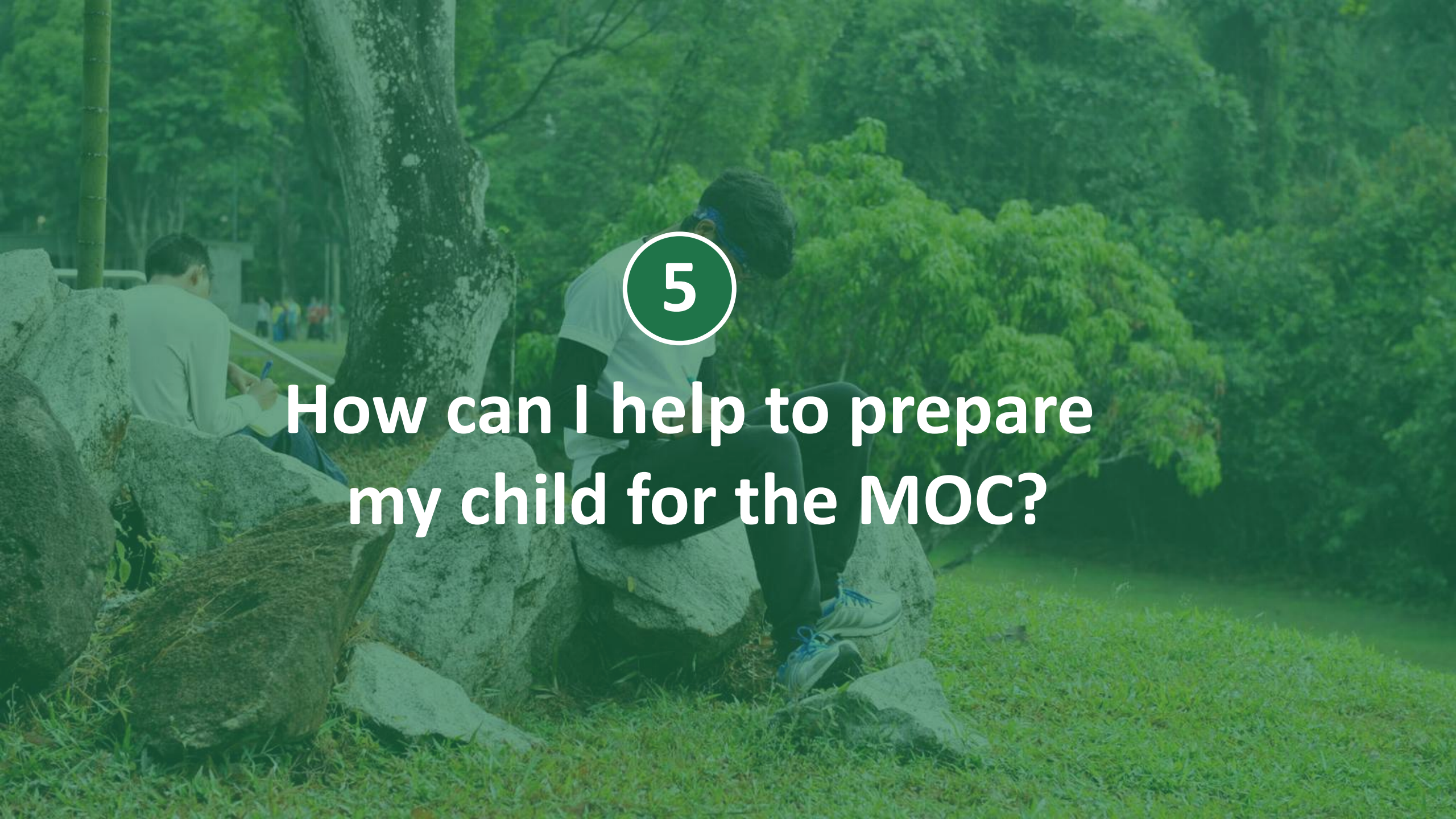
MEDICAL EXAMINATION DATE:

15 & 16 OCT 2026 (During School Hours)

VENUE:

School / THE SUMMIT

- Complete your child's eRegistration and ensure all information is declared accurately.
- The school will arrange the medical examination for students attending the programme.
- Remind your child to bring along their NRIC or Student EZ-Link card on the medical examination day for identification purposes.

A person is sitting on a large, grey rock in a lush green forest. They are wearing a white long-sleeved shirt and dark pants, and are focused on writing in a notebook. The background is filled with dense green foliage and trees. The overall scene is peaceful and natural.

5

**How can I help to prepare
my child for the MOC?**

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



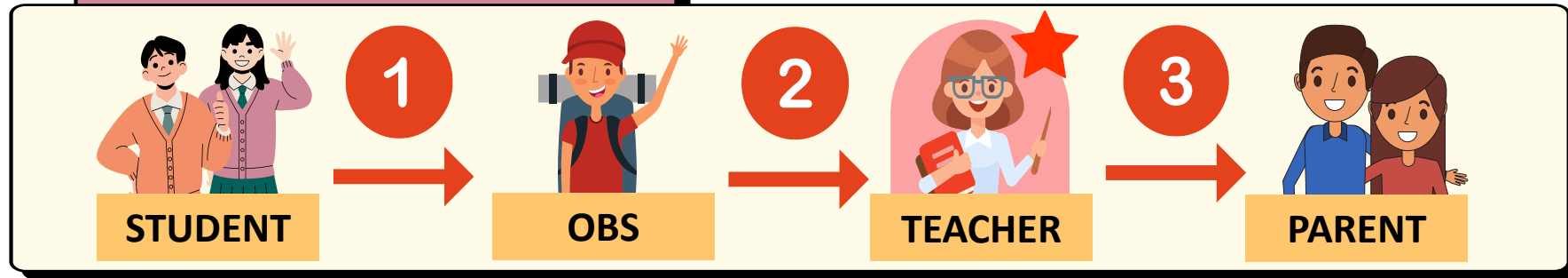
4 Immerse in the experience & environment



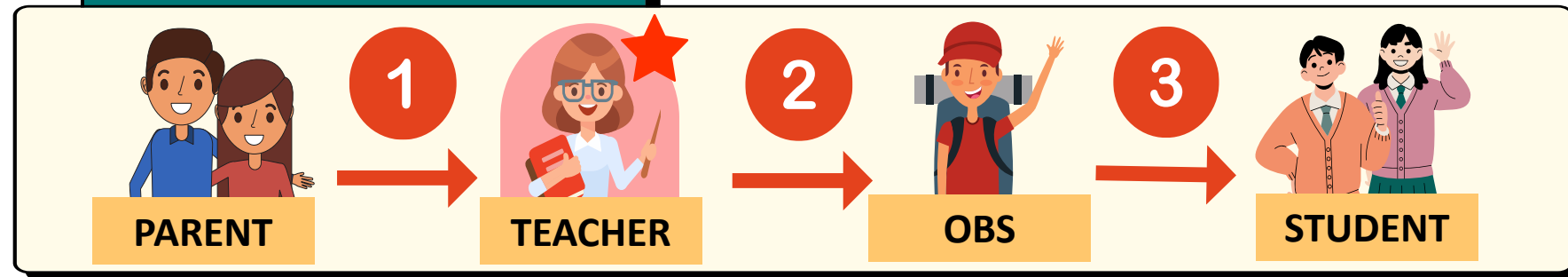
Communicating with your child

24hr School Hotline

STUDENT TO PARENT

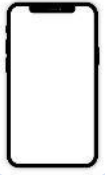


PARENT TO STUDENT



- 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**
- TC needs to be on standby for the full MOC course and have parent details with him/her
- PSOEB Duty Officers will also be on standby to liaise with the TC
- MOE & OBS will convey emergency updates as soon as it is practicable

MOC ASK GOV



Can my child bring his/her handphone?



What if my child is unable to swim?



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



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



Does my child need to bring a sleeping bag?

Scan the QR Code to access MOC AskGov FAQ



Find answers anytime



Reliable answers



Easy-to-use on any device



Also visit

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

for more information about the MOC programme

Packing list

These items will be provided by OBS:



Expedition bag



Personal Floatation Device (PFD)



Poncho



Whistle



Scan the QR code for the latest packing list

<https://go.gov.sg/5dmocpackinglist>



*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
- ☐ 3-4 pc 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)
- ☐ 2 pc Short-Sleeved T-shirt
- For physical activities e.g. PE attire
- ☐ 2-3 pair Shorts
- For physical activities e.g. PE attire
- ☐ Sufficient Undergarments
- Avoid disposables to minimise trash
- ☐ 2 pc Towels
- 1 for showering (just 60cm x 130cm)
- 1 small towel for expeditions (just 20cm x 80cm)
- ☐ 1 pair Additional Covered Shoes for Water Activities
- For protection from underwater rocks, to protect feet e.g. sea/ water activities
- ☐ 1 pair Sandals/ Slippers
- For use during non-activity period e.g. showering
- ☐ Sufficient Socks

Illustrations and Notes:

- Long pants & long-sleeved shirt:** Long pants & long-sleeved shirt protect against insect bites, abrasions and sunburn. *Wash & re-arrange/replace when needed.
- Footwear:** Footwear covered shoes need to be worn throughout the day for all activities, ensure that the soles are intact. *Ensure shoes that fit well, are comfortable and provide support to prevent blisters or injuries.
- Socks:** Wear socks that cover the ankles to prevent blisters and protect against insect bites and sand stings.

IMPORTANT PERSONAL ITEMS

- ☐ Min. 10 pcs Extra Face Mask with Re-sealable Bag
- ☐ 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 bottle(s) to hold at least 1 litre of Water
- E.g. 3x 0.5L water bottle
- Sharing of personal water bottle is not allowed for hygiene purposes
- ☐ 1 set Fork & Spoon
- Metal utensils recommended
- ☐ Sufficient Essential Toiletries
- For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and a safety razor (for males only)
- For camping e.g. toilet roll, body powder or body hair 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/day movement around the campsite
- ☐ 1 set MOS-OBS Course Journal & Pen
- ☐ Sufficient Plastic Bags/Re-sealable Bags
- ☐ Sufficient Spare Spectacles or Contact Lenses
- Secure with spectacles bands
- Retainers and hooks are not encouraged
- ☐ 1 pc EZ Link card ID

OPTIONAL ITEMS

- ☐ Sufficient Tropical Lightweight Sleeping Bag or Mat
- Ensure that it is water proofed
- ☐ 1 pair Gloves
- ☐ 1 pc Rain Jacket
- ☐ 1 pair Sunglasses
- ☐ 1 pc Wrist Watch

Illustrations and Notes:

- Re-sealable bags:** Re-sealable bags to keep your items dry during activities and to pack your clothes and shoes.
- Name:** Put your name in a bag label with your personal details e.g. name, class, school.
- Essential supplies:** Sun protection & water bottle. Must have to protect against insect bites, sunburn and dehydration.
- Sunglasses:** For sun protection.
- Tropical Lightweight Sleeping Bag:** For sun protection.
- Wrist Watch:** For time keeping.



Reporting attire can be found in the packing list

“ 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

