

QUEENSTOWN SECONDARY SCHOOL

Students Briefing for MOE-OBS Challenge Programme

COURSE DATES:

Course A: 3 – 7 Feb 2025

Course B: 10 – 14 Feb 2025



Ministry of Education
SINGAPORE



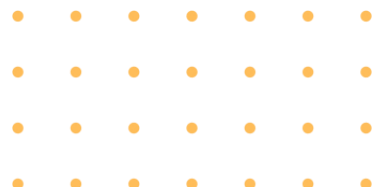
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1

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 Course is an expedition-based programme that will bring together students from various schools, allowing you 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 your peers, you will learn that it is possible to be innovative and to adapt to your surroundings.



What Will You 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 you can play as a resident to the community and environment.



Your 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

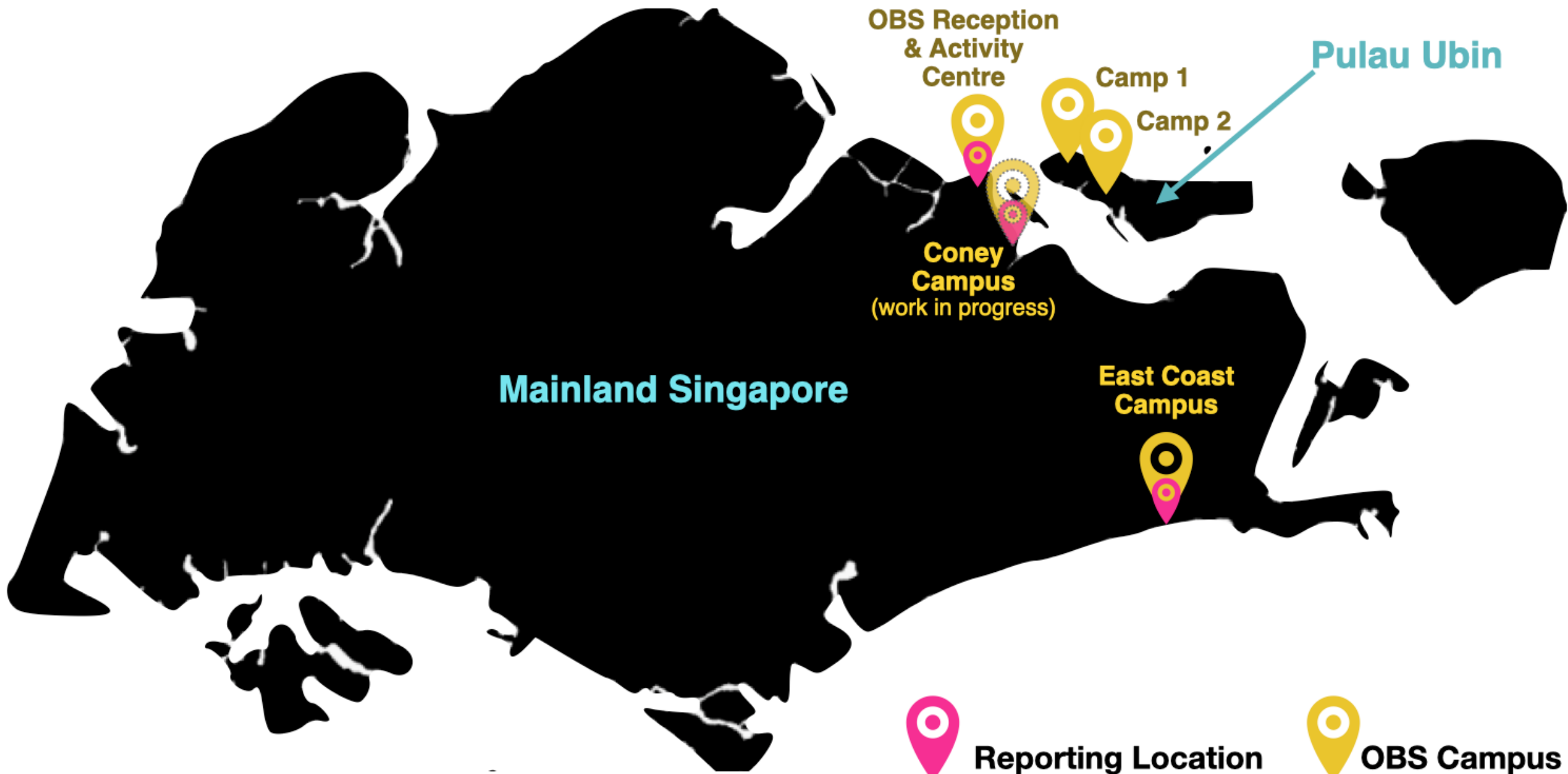
- Develop character and learn values and skills through doing and reflection
- Learning in outdoor classroom



A photograph of two people in outdoor gear, possibly on a boat or near water. The person in the foreground is wearing a blue cap and a red long-sleeved shirt. The person in the background is wearing a white hat and a light-colored shirt. A rope is visible on the right side of the image. The entire image has a green tint.

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**WHERE WILL I BE?
WHAT WILL I BE DOING?**



OBS Reception
& Activity
Centre

Camp 1

Camp 2

Pulau Ubin

Coney
Campus
(work in progress)

Mainland Singapore

East Coast
Campus




Reporting Location



OBS Campus

Sample of the MOC course

| First day |  | Last day |
|---|--|--|
| <ul style="list-style-type: none"> Ice Breaker, Expectation Setting, In-process Administration, First Aid Briefing | Expedition Preparation, Journaling, Morning Circle | Peer Affirmation |
| Team / Problem Solving Activities, Expedition Preparation | Adventure Activities – Single/Multi-mode Land/ Water-based Expeditions | Commitment Activity |
| Tent Pitching, Outdoor Cooking, Expedition Preparation | Wash Up, Tent Pitching, Outdoor Cooking | Final Debrief, Certificate Presentation |
| Debriefing / Journaling / Sharing of reflection / Lights out | | |
| Getting to know you, team socialisation | Building competence & confidence, overcoming challenges as a TEAM, developing resilience as individuals, sense of achievement as a WHOLE | Sharing of Feedback, Transfer of Learning |

Various activities that you may experience with your teammates



Team-building activities



Kayaking



Rowing



Trekking

A group of people, including a man and several women, are gathered outdoors around a large map spread on the ground. They are all wearing backpacks, suggesting they are on a hike or a field trip. The man is pointing at a specific location on the map, and the women are looking on attentively. The scene is set in a natural, outdoor environment with trees and a dirt path visible in the background. The image has a green tint and a semi-transparent white circle containing the number 3 is overlaid in the center.

3

WHAT SHOULD I PACK?

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>



<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 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

LONG SLEEVED T-SHIRT
Protect against insect bites, abrasions and sunburn.
*Military or camouflage print items are not allowed.

COVERED SHOES
Covered shoes need to be worn throughout the day for all activities, ensure that the soles are intact.
*New 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.

PACKING LIST

- 1 pc Broad Brimmed Hat or Cap
- 2-4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
- Mandatory for sea expedition
- 2 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 Undersuits
- Avoid disposables to minimise trash
- 2pc Towels
- 1 for showering (just 60cm x 130cm)
- 1 small towel for expeditions (just 30cm x 60cm)
- 1 pair Additional Covered Shoes for Water Activities
- For protection from underwater rocks, to snorkel, etc (e.g. sea/water activities)
- 1 pair Sandals/Slippers
- For use during non-activity period e.g. showering
- Sufficient Socks

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. 2 x 0.5L water bottle
- Sharing of personal water bottles is not allowed for hygiene purposes
- 1 set Fork & Spoon
- Metal ones if none provided
- Sufficient Essential Toiletries
- For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)
- For camping e.g. toilet roll, body powder or picky 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/early movement area of the campsite
- 1 set MOB-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-sealable Bags
- Sufficient Spare Spectacles or Contact Lenses
- Spare with spectacle bands
- Retainers and tools are not encouraged
- 1 pc EZ Linked ID

OPTIONAL ITEMS

- Sufficient Tropical Lightweight Sleeping Bag or Mat
- Green if that is water proofed
- 1 pair Gloves
- 1 pc 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.

REUSE
Re-use or re-purpose items that are used during the camp to look towards minimal or zero waste.

RESEALABLE BAGS
To keep your items dry during activities and to pack more clothes and shoes.

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Re-use or re-purpose items that are used during the camp to look towards minimal or zero waste.

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A person is sitting on a large rock in a lush green forest. They are wearing a white t-shirt and dark pants, and are looking down at a smartphone. The background is filled with dense green foliage and trees. The overall scene is peaceful and natural.

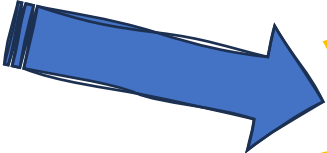
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**HOW CAN I HELP MY PARENTS
WITH THE EREGISTRATION?**

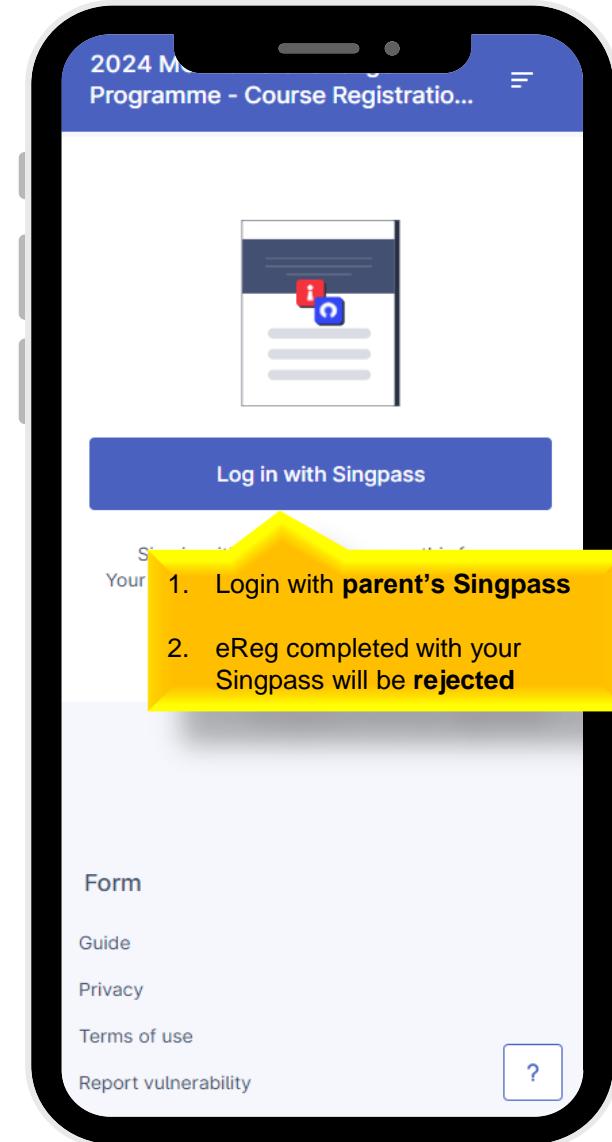
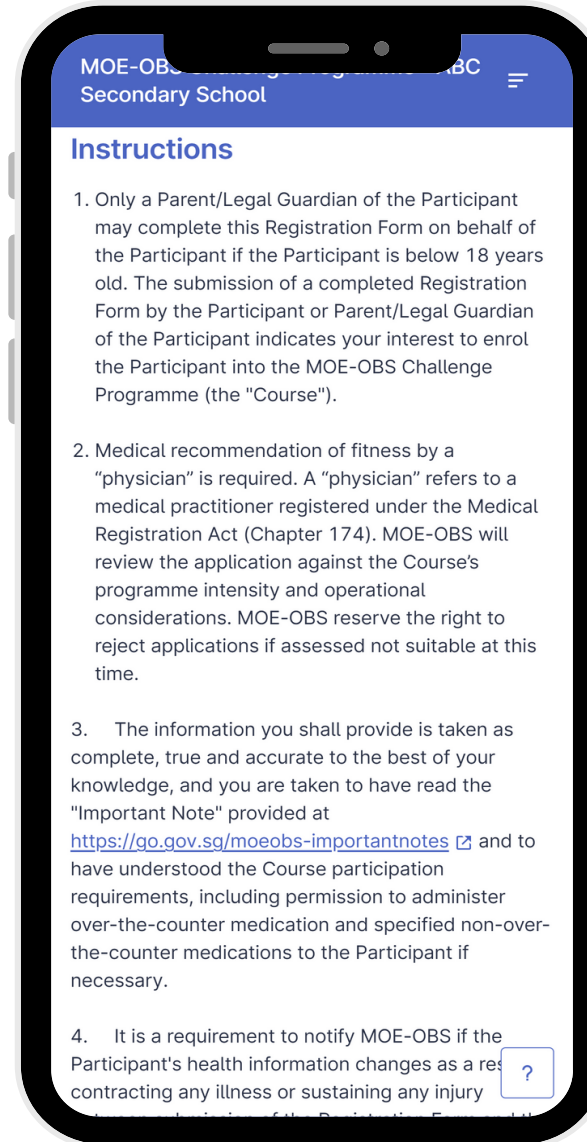
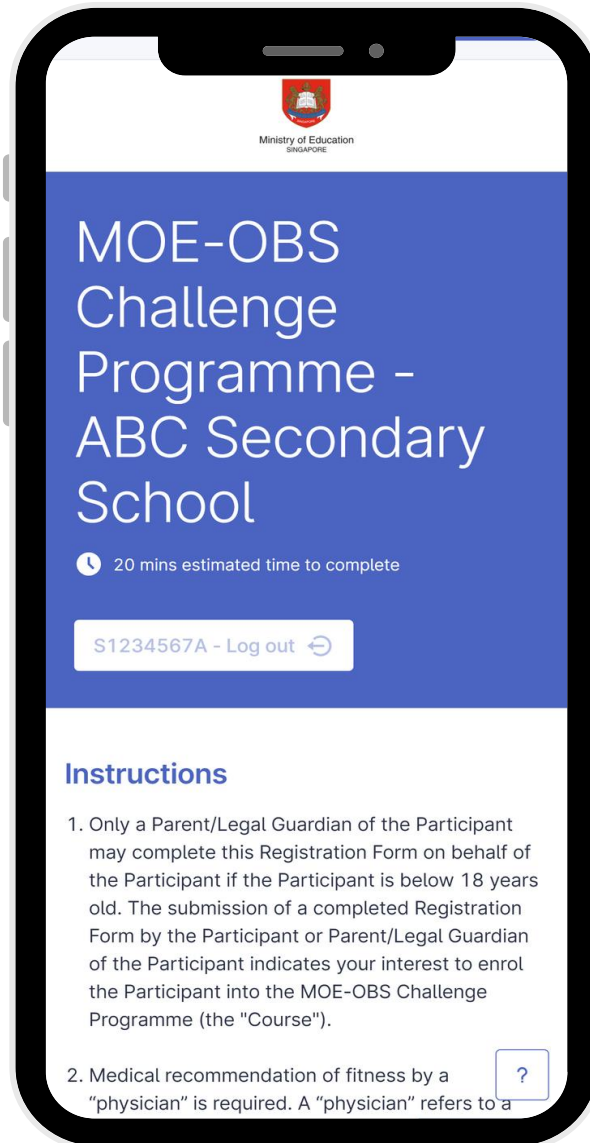
Before eRegistration

Have the following information & devices ready:

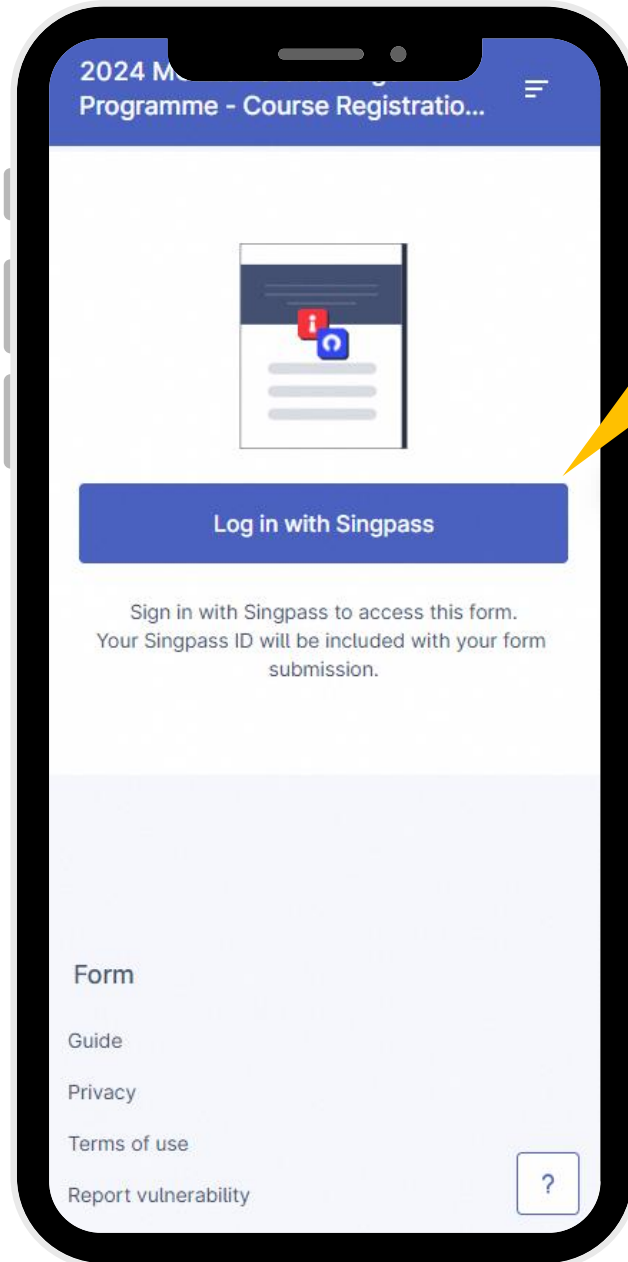
- 1 Mobile Phone / Laptop / Tablet Device
- 2 Your Parent's Singpass
- 3 Your Class
- 4 Your School Email Address
- 5 Your Height & Weight

- 
- Have your parent/ legal guardian to register you
 - Do not ask a grandparent, older sibling, relative etc. to eRegister you unless they are your legal guardian
 - Do not login with your own Singpass

Key things to remind your parents for eReg



- Have your parent/ legal guardian to register you
- Do not ask a grandparent, older sibling, relative etc. to eRegister you unless they are your legal guardian
- Do not login with your own Singpass



1. Login with parent's Singpass
2. eReg completed with your Singpass will be rejected

MOE-OB
Secondary School

Part 1: Participant's Personal Information

7. Birth Certificate Number / NRIC Number / Foreign Identification Number (Participant)

8. Full Name (Participant)
as it appears in the Participant's Personal Identification Document

9. School (Participant)

10. Class (Participant)

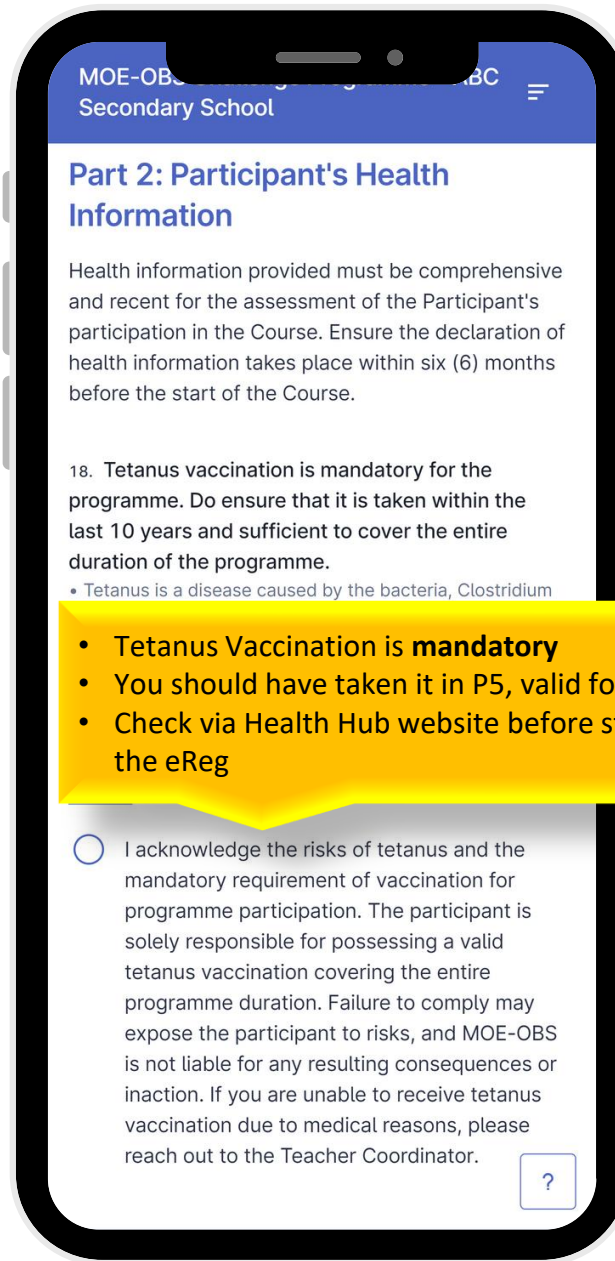
11. Residential Status (Participant)

Singapore Citizen

Singapore PR

Foreigner

Remind your parents
to fill up
your details



Part 2: Participant's Health Information

Health information provided must be comprehensive and recent for the assessment of the Participant's participation in the Course. Ensure the declaration of health information takes place within six (6) months before the start of the Course.

18. Tetanus vaccination is mandatory for the programme. Do ensure that it is taken within the last 10 years and sufficient to cover the entire duration of the programme.

- Tetanus is a disease caused by the bacteria, Clostridium

- Tetanus Vaccination is **mandatory**
- You should have taken it in P5, valid for 10 years
- Check via Health Hub website before starting on the eReg

I acknowledge the risks of tetanus and the mandatory requirement of vaccination for programme participation. The participant is solely responsible for possessing a valid tetanus vaccination covering the entire programme duration. Failure to comply may expose the participant to risks, and MOE-OBS is not liable for any resulting consequences or inaction. If you are unable to receive tetanus vaccination due to medical reasons, please reach out to the Teacher Coordinator.



MOE-OBS Secondary School

31. Consent for photograph and/or videography for publicity purposes (optional)

I DO NOT consent to photographs and videos of the Participant being used for sharing of the Course experience in newsletters and/or publicity materials.

If you would like to find out more information about the MOE-OBS Challenge programme, please visit <https://www.nyc.gov.sg/moc/>

Submit now

Form

Guide

Privacy

Terms of use

Report vulnerability

?

Click the **'submit now'** button to ensure the eReg is submitted

MOC ASK GOV – for your *parents*

- You can inform your parents to visit the MOC website (<https://go.gov.sg/moc>) to read up more on the programme
 - ✓ An easy interactive and simplified FAQ platform to assist parents' enquiries regarding the MOC course

