

“ 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:

11 – 14 August 2026

Teacher coordinator:

Mr Jonathan Foo

E-mail address of teacher coordinator:

foo_qihui@moe.edu.sg



Ministry of Education
SINGAPORE



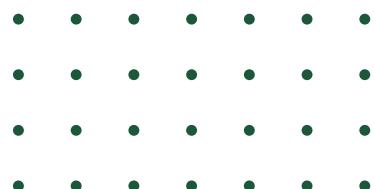
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1

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 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

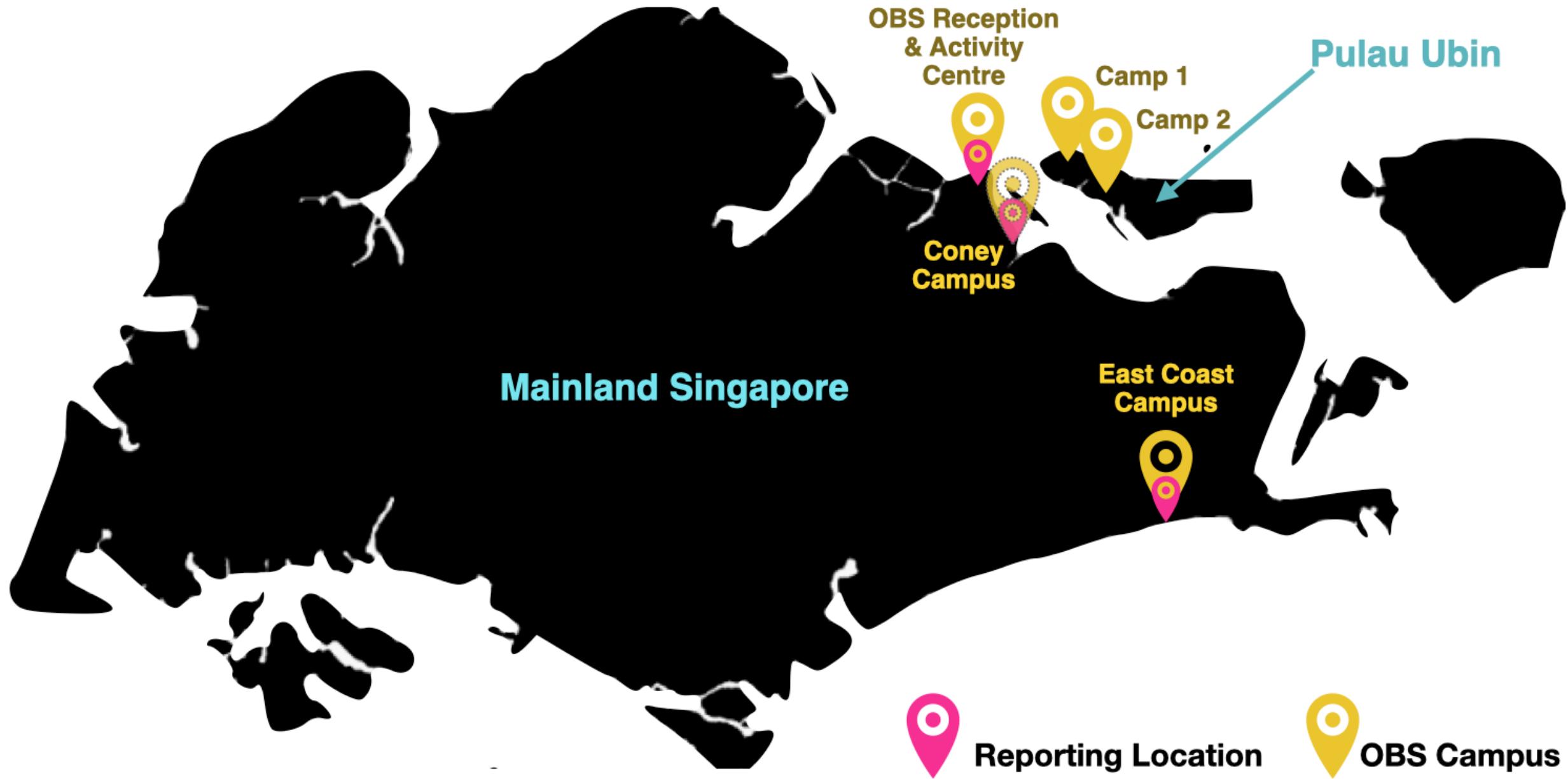


Sample of an MOC course

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First Day	↔	Last Day
Objective: Team Socialisation	Objective: Building competence & confidence by overcoming challenges as a team	Sharing of Feedback, Transfer of Learning
<ul style="list-style-type: none">• In-process administration• Ice breaker• Expectation setting• First aid briefing• Team problem solving activities• Expedition preparation	<ul style="list-style-type: none">• Expedition preparation, journaling, morning circle• Land and water-based expeditions• Wash up, tent pitching, outdoor cooking	<ul style="list-style-type: none">• Peer affirmation• Commitment activity• Sharing of feedback• Transfer of learning• Final debrief• Certificate presentation
Debriefing / Journaling / Sharing of reflection / Lights out		

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•
•





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

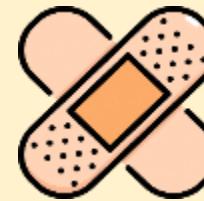


Student recovers and is well to re-join the group, and continue with the course



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 group of children, some wearing life jackets with the word "PROTECTOR" on them, are gathered around a map on the ground, pointing at it with their hands. They appear to be discussing something related to the map.

3

How do I eRegister my child?

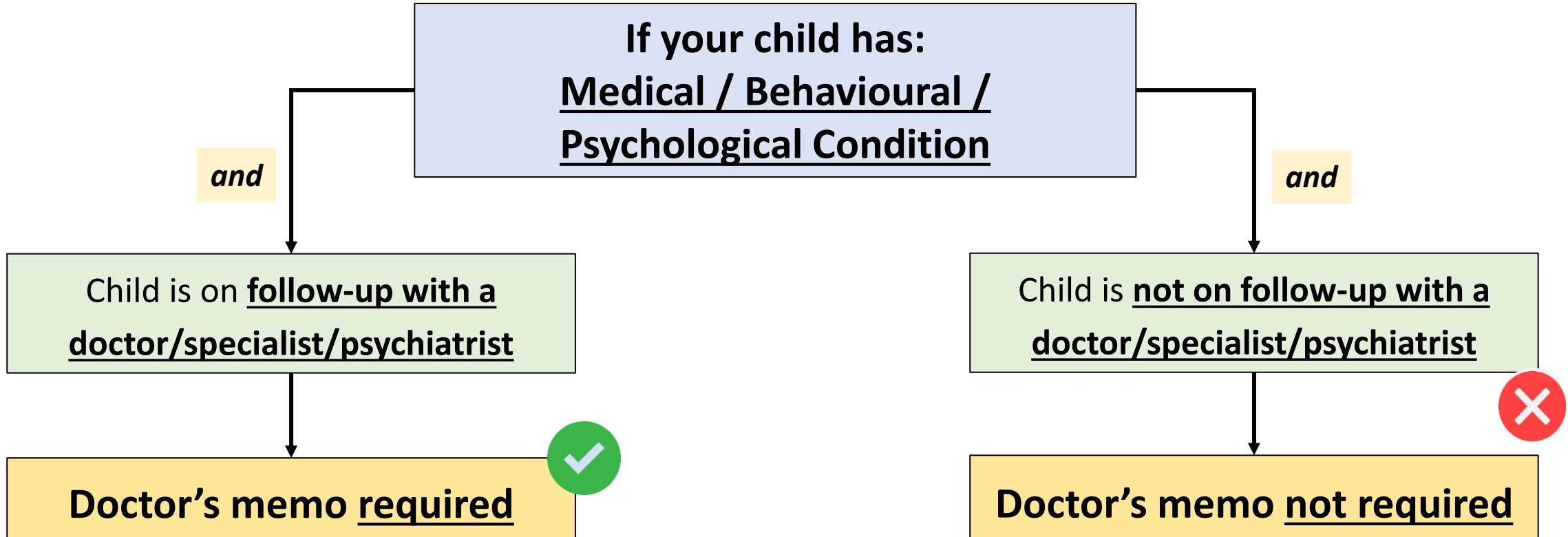
Before eRegistration



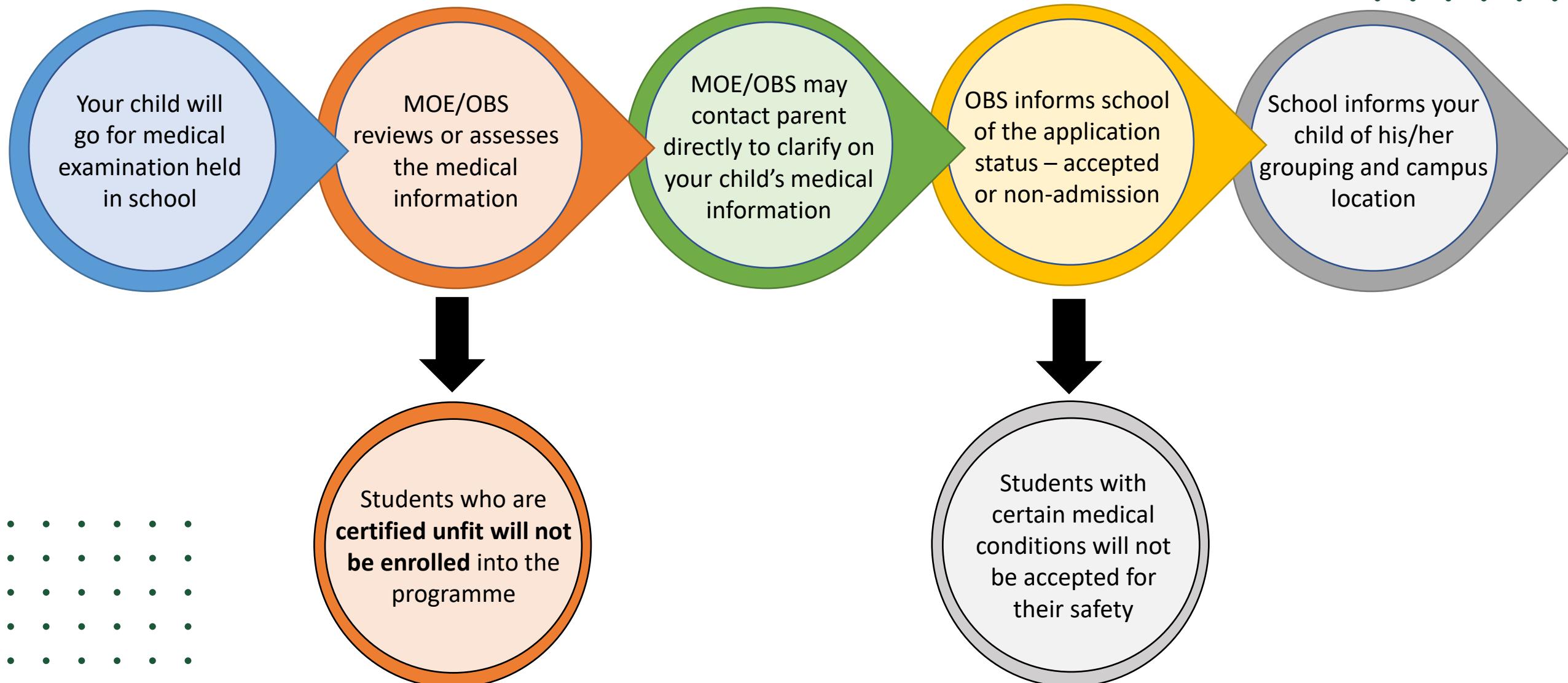
Have the following information & devices ready:

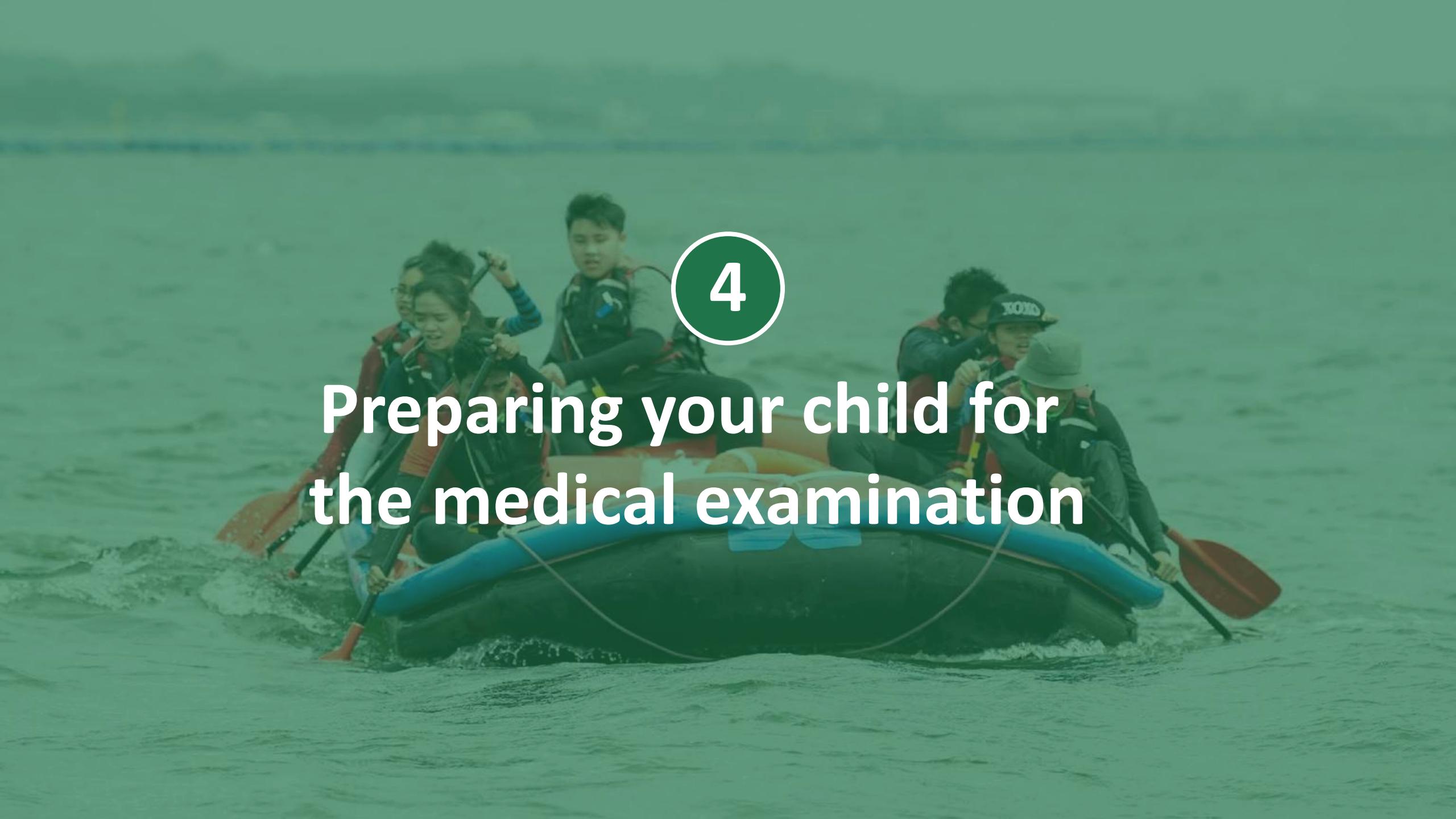
- 1 Mobile phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your child's class
- 4 Your child's email address
- 5 Your child's weight

Conditions that require a specialist's memo



Enrolment



A group of people in a boat on the water, with a large white number 4 overlaid.

4

Preparing your child for
the medical examination

Pre-participation Medical Examination

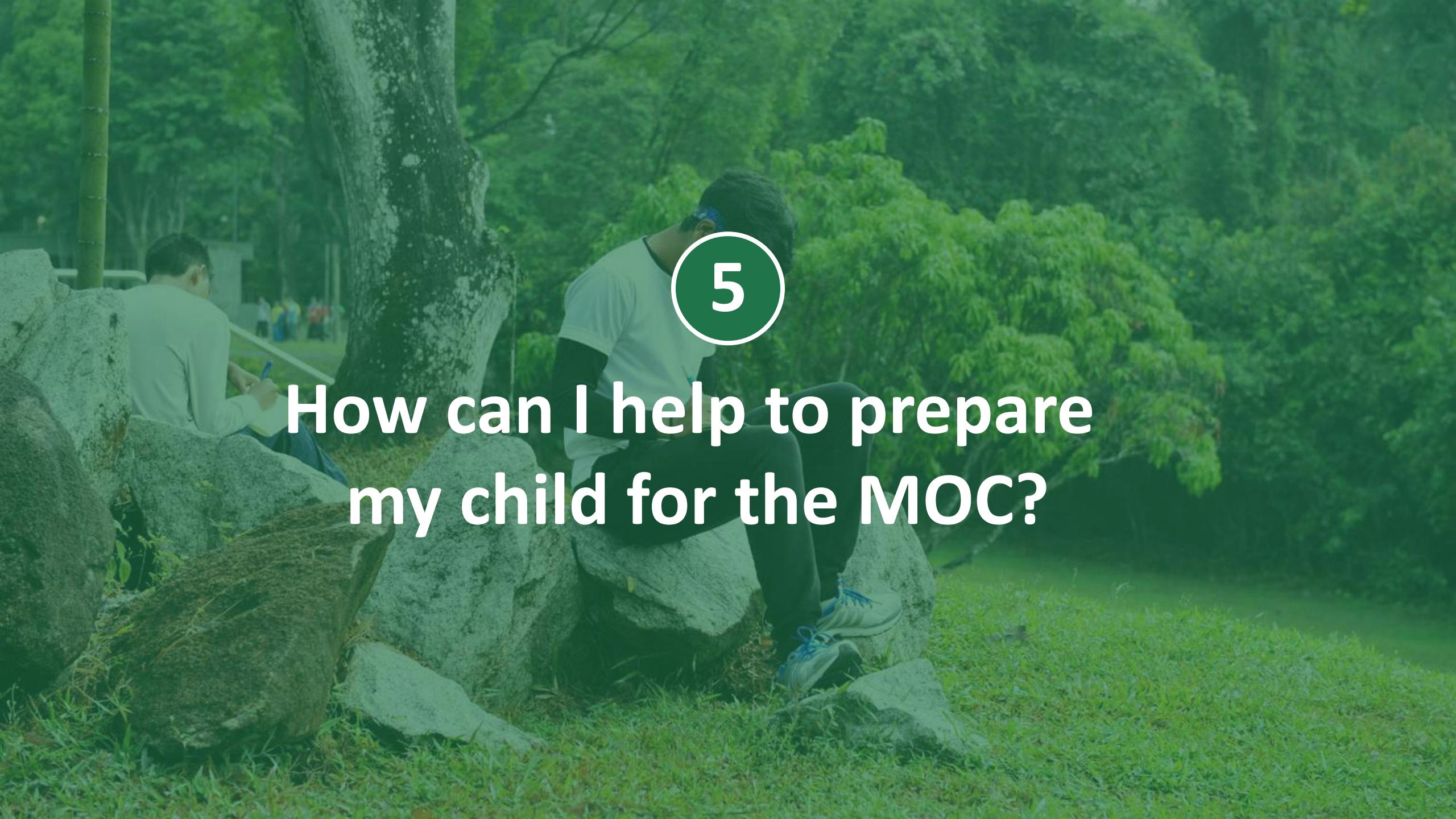
MEDICAL EXAMINATION DATE:

12 MARCH 2026 (THU)

VENUE:

School

- Ensure you have eRegistered your child and declared all information accurately.
- School will arrange for medical examination for students attending the course.
- Remind your child to bring along their NRIC or student's EZ-Link card on the day of their medical examination for identification purposes.



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



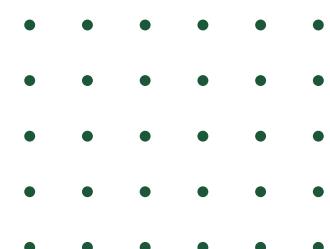
2 Participate actively



3 Maintain a positive outlook



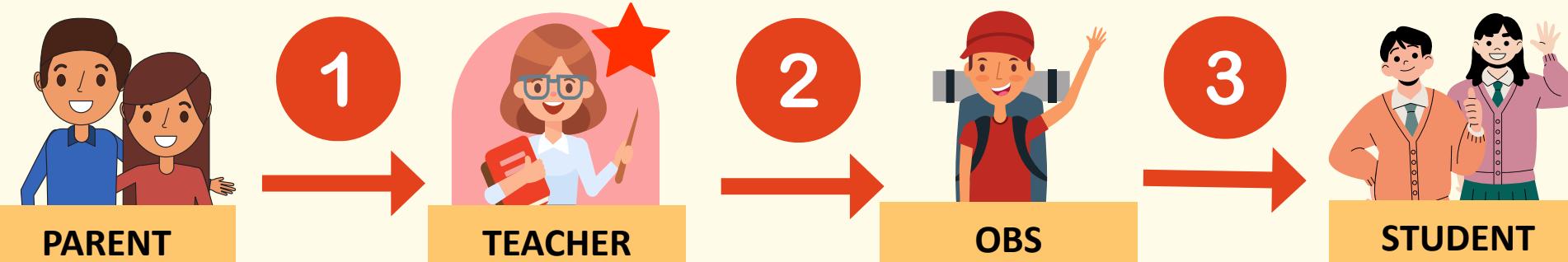
4 Immerse in the experience & environment



Communicating with your child

School Hotline
Tel: 6285 1944

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

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



Does my child need to bring a sleeping bag?

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



- ✓ 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>



<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

PACKING LIST

- 1pc Broad-Brimmed Hat or Cap
- 2-4 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. P.E attire
- 2-3 pairs Shorts
-For physical activities e.g. P.E attire
- Sufficient Undergarments
-Avoid disposables to minimize trash
- 2pc Towels
-1 for showering (size 90cm x 130cm)
-1 small towel (foriggins)
(size 30cm x 80cm)
- 1 pair Additional Covered Shoes for Water Activities
-For protection from underwater rocks, barnacles during sea/ water activities
- 1 pair Sandals/ Slippers
-For use during non-activity periods e.g. walking
- Sufficient Socks

IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Extra Face Mask with Re-usable Bag
- 1 bottle Hand Sanitiser
- 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. 2L 1L water bottle
-Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Fork & Spoon
-Metal utensils are recommended
- Sufficient Essential Toiletries
-For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and so on (no perfume for females only)
-For camping e.g. toothbrush, body powder or powder/heat powder
- Sufficient Prescribed Medication in Original Boxes
-e.g. Inhaler and medication
(all prescribed medications must be declared)
*OTC (over-the-counter) medications are not required
- Sufficient Torch Light & Spare Batteries
-For nighttime movement around the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/ Re-usable Bags
- Sufficient Spare Spectacles or Contact Lenses
-Spectacles with spectacle bands
-Retainers and spectacle cases 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

“

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

