

**MOE-OBS Challenge (MOC) Programme
(Term 3 Week 3 – Mon 13 July – Fri 17 July)**

**MOE-OBS Challenge (MOC) Programme
for students offering HMT
(Term 3 Week 3 – Tue 14 July – Fri 17 July)**

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

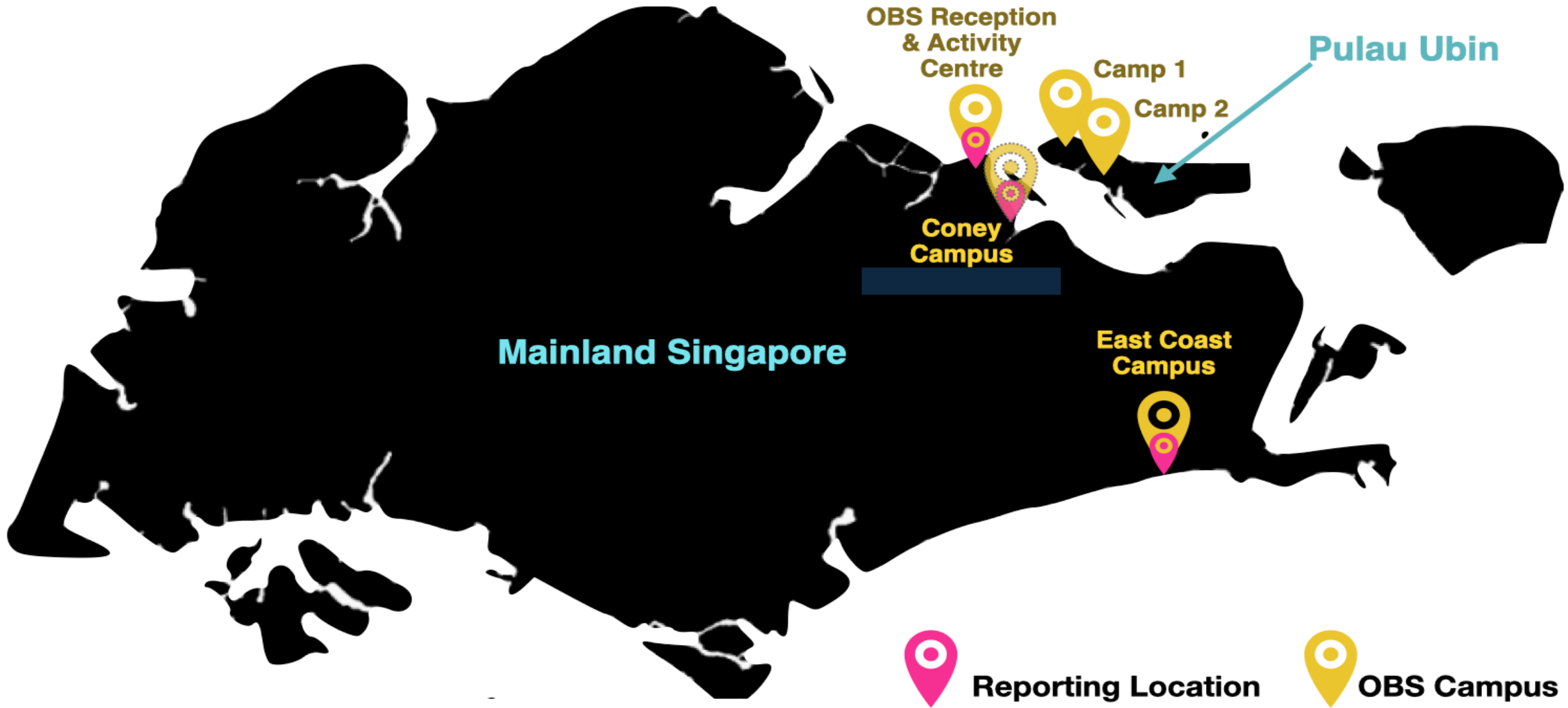


Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Programme for Active Learning (Outdoor Education)	Outdoor Adventure Learning (OAL) Camp	Outdoor Adventure Learning (OAL) Camp	MOE-OBS Challenge Programme

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.





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

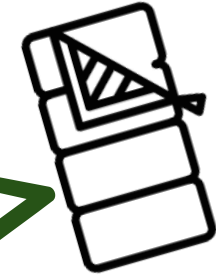


Parent/Guardian informed
School informed

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 are 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>



<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
- 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 Undergarments
 - Avoid disposables to minimise trash
- 2pc Towels
 - 1 for showering (just 60cm x 130cm)
 - 1 small towel for expeditions (just 30cm x 80cm)
- 1 pair Additional Covered Shoes for Water Activities
 - For protection from underwater rocks, to avoid dehydration/ water activities
- 1 pair Sandals/ Slippers
 - For use during non-activity period e.g. showering
- Sufficient Socks

Additional Notes:

- Long pants & long-sleeved t-shirt:** protect against insect bites, abrasions and sunburn. *Military or camouflage print is not allowed.
- Footwear:** Covered shoes need to be worn throughout the day for all activities, ensure that the sole are intact. *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 and sandfly bites.

IMPORTANT PERSONAL ITEMS

- Min. 10 pcs Re-usable bags to separate items during activities and to pack more 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 bottle(s) to hold at least 1 litre of Water
 - E.g. 2 x 500ml water bottle
 - Sharing of personal water bottle is not allowed for hygiene purposes
- 1 set Fork & Spoon
 - Metal items are recommended
- Sufficient Essential Toiletries
 - For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only)
 - For camping e.g. talcum, 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 is not required
- Sufficient Torchlight & Spare Batteries
 - For night/early movement area and the campsite
- 1 set MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-usable Bags
- Sufficient Spare Spectacles or Contact Lenses
 - Spare with spectacles bands
 - Retainers and books are not encouraged
- 1 pc EZ Linked ID

OPTIONAL ITEMS

- Sufficient Tropical Lightweight Sleeping Bag or Mat
 - Green is best if it is water proofed
- 1 pair Gloves
- 1 pc Rain Jacket
- 1 pair Sunglasses
- 1 pc Watch

Additional Notes:

- Re-usable bags:** Put your re-usable bags in a bag, label with your personal details e.g. name, class, school.
- Re-usable bags:** Use re-usable bags to separate items during activities and to pack more clothes and shoes.
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Before the MOC

Prepare your child by encouraging him/her to:

1 Be selfless, supportive & encourage his/her teammates



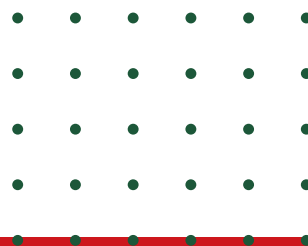
2 Participate actively



3 Maintain a positive outlook

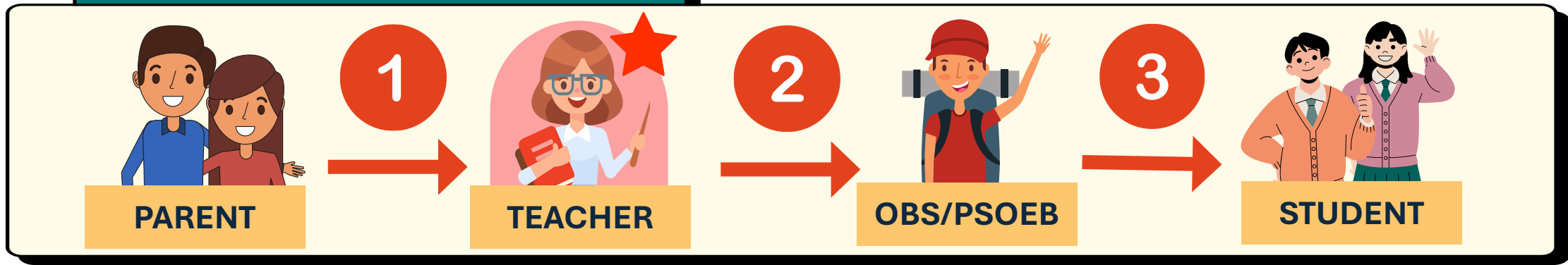


4 Immerse in the experience & environment

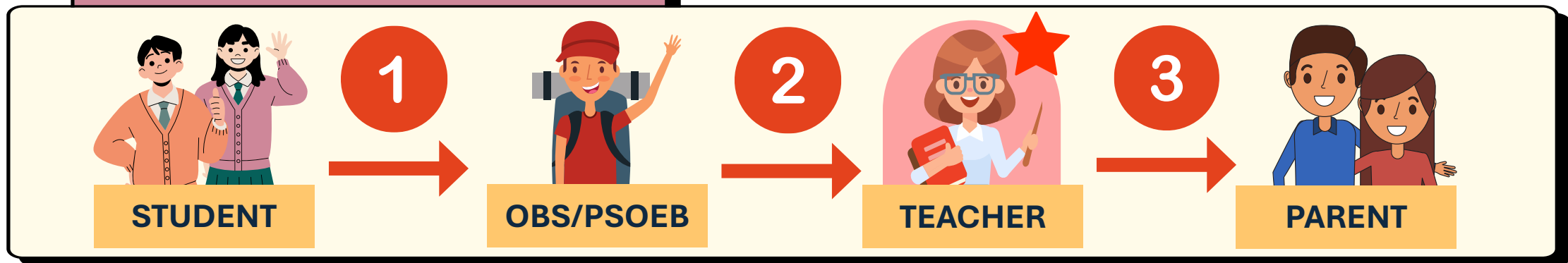


Communicating with your child

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