

MOE-OBS CHALLENGE PROGRAMME 2023

5D4N

Briefing for Students



Ministry of Education
SINGAPORE



Pasir Ris Crest Secondary School

OBS course dates:

16-20 Oct 2023 (Sec 3-1, 3-3, 3-4)

23-27 Oct 2023 (Sec 3-2, 3-5, 3-6 & 3-7)

A Holistic Education

- Develop **well-rounded** individuals
- Outdoor Education (OE) provides **rich learning experiences** outside the classroom and helps our students to develop holistically, building up their **resilience and ruggedness**
- **Authentic learning experiences** help our students to develop 21st century competencies as well as competencies for **sustainable, active and healthy living**



Outdoor Adventure Learning

Experiences for all

Lower Primary	Upper Primary	Lower Secondary	Upper Secondary
Outdoor Education in Physical Curriculum			
Active and healthy lifestyle Social and emotional competencies			
Programme for Active Learning (Outdoor Education)	1 Outdoor Adventure Learning (OAL) camp	1 Outdoor Adventure Learning (OAL) camp	MOE-OBS Challenge Programme
Social and emotional competencies Resilience, ruggedness and social cohesion			

Outdoor Adventure Learning

1. As part of the SG United message of 'Let's Brave The New', Singaporeans are encouraged to stay strong together.
2. Outdoor Adventure Learning (OAL) experiences provide opportunities where students learn to navigate and "brave the new" together by:
 - a) building 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 despite the constraints posed by the pandemic.



What will I learn from the Programme?

Confident Person & Resilience

Be able to deal with challenges positively through self-directed learning and making right choices to influence their circumstances.

Social Cohesion

Build friendships with students from different school backgrounds and actively help each other to achieve team goals in an inclusive manner.

Concerned Citizen

Commit to play an active role in the improvement of community and environment.



What is the MOE-OBS Challenge Programme?

3 Components



Pre-Course Lessons and Preparation



OBS 5-Day Course



Post-Course Lessons and Reflections

Pre-Course lessons and preparation



Outdoor Education in PE Lessons







Pre-course Lesson with Form Teacher



School Briefing to Students



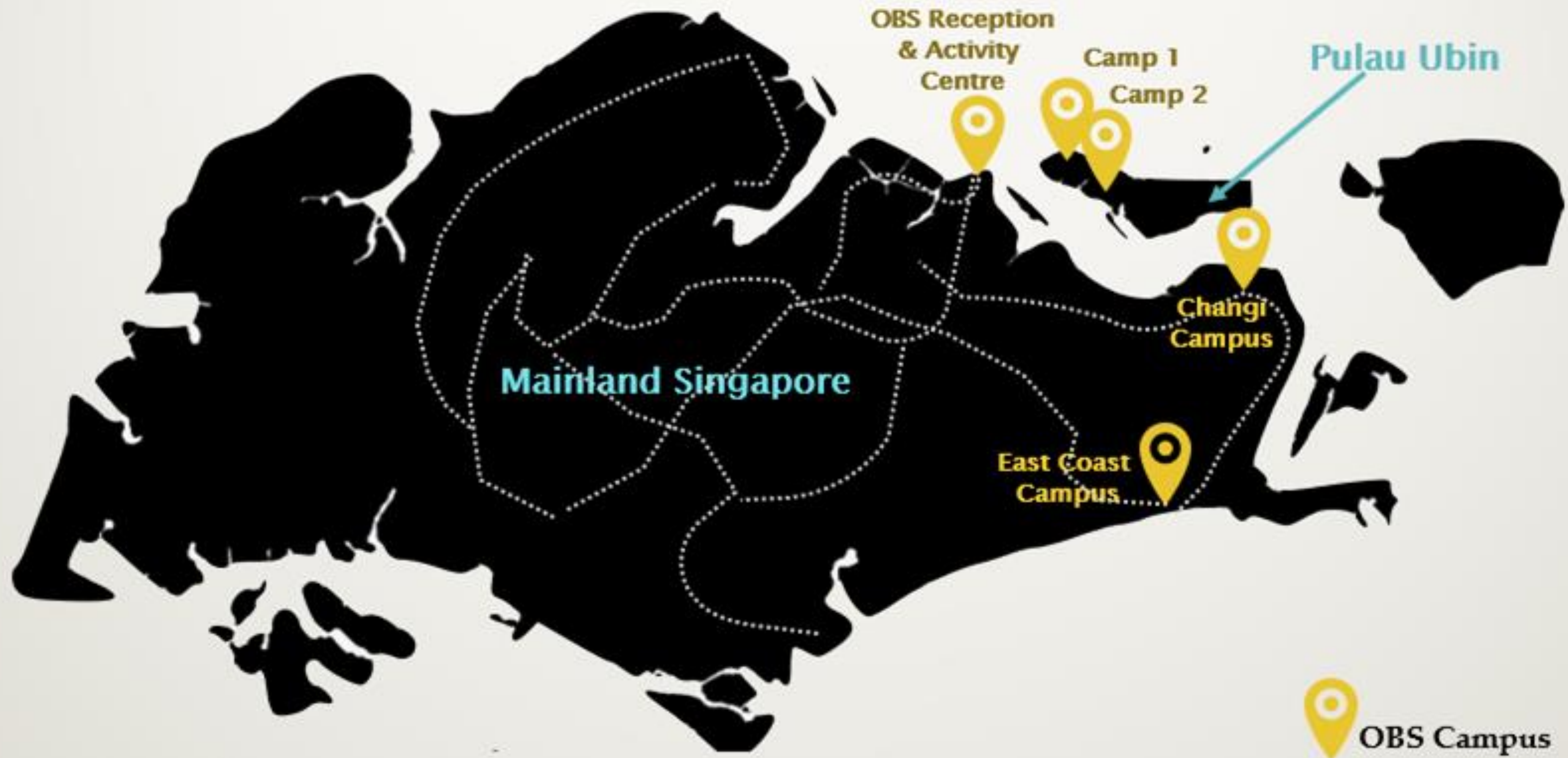
Day 1	Day 2	Day 3	Day 4	Day 5
Team/ Problem solving activities, expedition preparation	Adventure activities, single/multi-mode land/ water-based expeditions			Peer affirmation, commitment activity
	 			
Debriefing / Journaling / Sharing of reflection				
Getting to know you, team socialisation	Building competence & confidence, surmounting challenges as a TEAM, develop resilience as individuals, sense of achievement as a WHOLE			Sharing of feedback, transfer of learning

Integrating the blue and green spaces on mainland Singapore

OBS Heads to Mainland Singapore - Lianhe Zaobao



Where will I be?



*Adhering to Safety Management Measures

Various activities that you may experience with your teammates



Kayaking



Rafting



Trekking



Rowing



Sailing

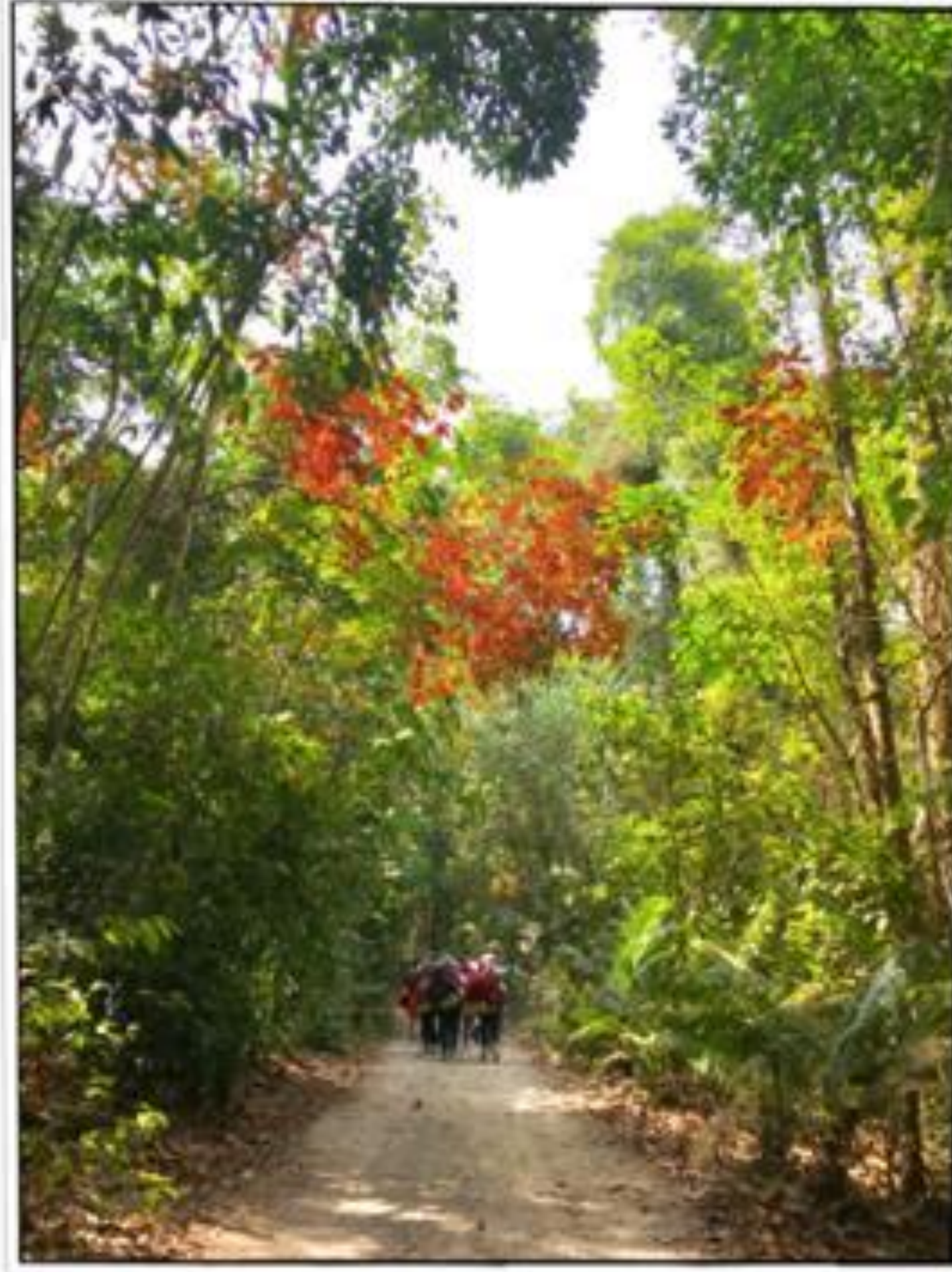


Team Building / Problem solving activities

Outdoor Classroom



Develop character and learn values and skills through **doing** and **reflection**



Classroom is the outdoors



Learning in the outdoors

Post-Course lessons and follow-up



Journaling



Post-course Lesson with Form Teacher

What should I pack?

Borrow
instead of
buying!

Refer to
packing
list

 **Important to
note!**

Reporting Attire

1. Long Sleeve T-shirt / T-Shirt with arm sleeve
2. Long Pants
3. Covered Shoes

Important Personal Items



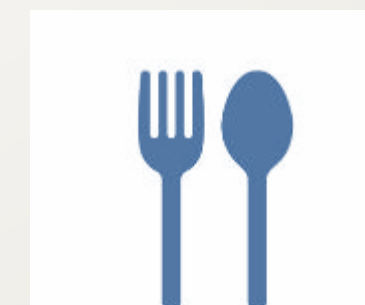
Mask



Hand
Sanitizer



Sun Block



Fork & Spoon



4L of Water
Bottle

Remember to bring along the MOE-OBS Challenge
Programme Journal

Label **all personal items** clearly

Safekeep your valuables e.g. handphone, wallet and money in a small and clear re-sealable bag e.g. ziplock bag

To avoid your items getting mixed up with others, please label all your items clearly

Indicate on the label: **name, class & school**



Sun Exposure

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?

Sunglasses

Caps / Wide brimmed hats

Towel / Extra t-shirt

Sunblock / Sunscreen

Long-sleeved top

Long pants

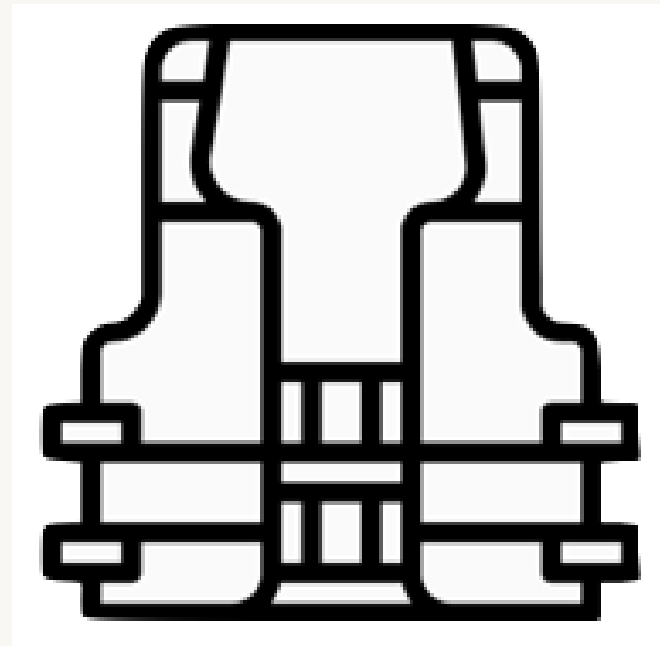
Prevent second-degree burns

The image shows a group of five hikers on a paved path. From left to right: a man in a blue plaid shirt, black pants, a grey cap, and sunglasses; a woman in a pink shirt and purple pants; a woman in an orange long-sleeved top and black pants; a woman in a pink long-sleeved top and pink pants; and a woman in a light blue long-sleeved top and dark pants. Red arrows point from yellow callout boxes to these items. A large red arrow points from the hikers to the text 'Prevent second-degree burns', which is above a close-up image of a sunburned arm with several blisters.

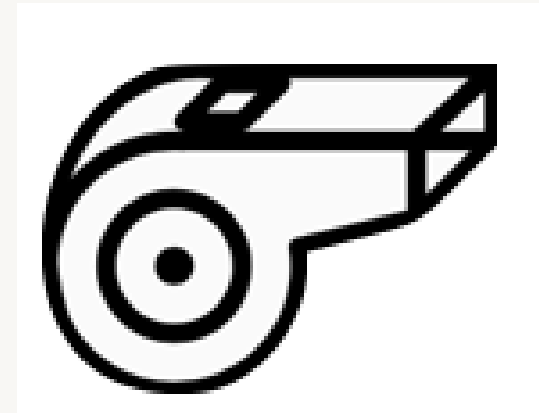
Items provided by OBS



Poncho



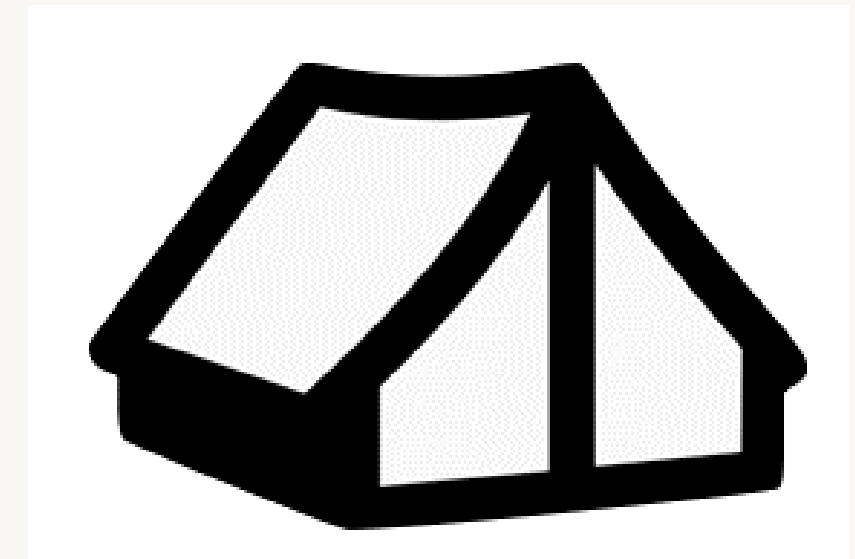
**Personal
Flotation
Device (PFD)**



Whistle



Backpack



Tent

What should I not bring?



**Expensive /
branded
items**



**Electronic
devices**
(Kindle, iPad)



**Over-the-counter
medication**
(Panadol, charcoal pills,
flu & cough medicine)



Entertainment
(Magazine, books,
playing cards, etc.)



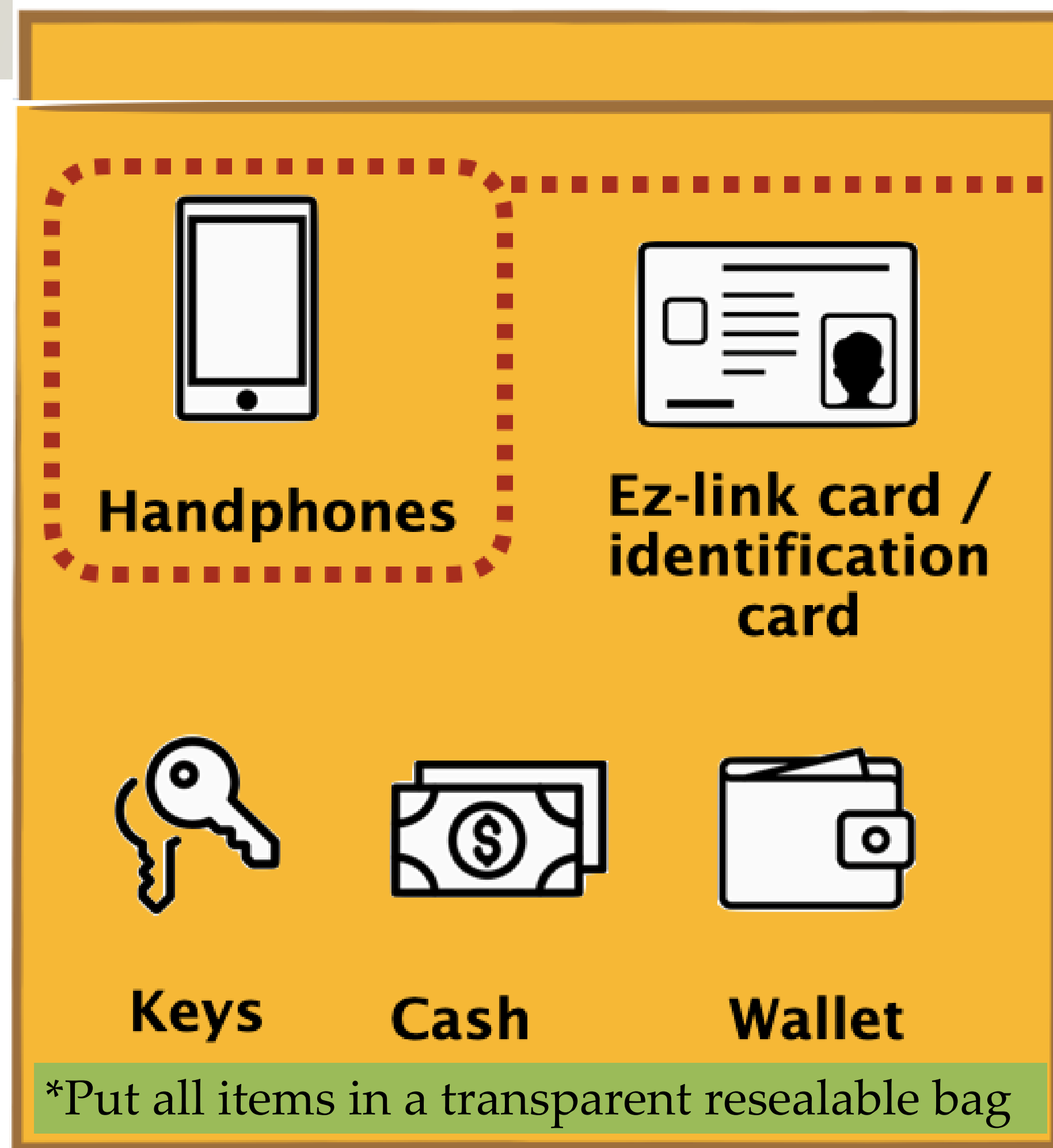
**Food
and snacks**



Contraband items
(Cigarettes,
e-Cigarettes)

⚠ Note:
Approach your
Instructors if
you are unwell
anytime during
OBS

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**.

What if I
have a
doctor's
prescribed
medication
that is
needed
during OBS
course?

Show your Instructor on Day 1
and ensure:



Doctor
prescribed
medication

in your name

Not in your parents
or sibling's name



Non-expired

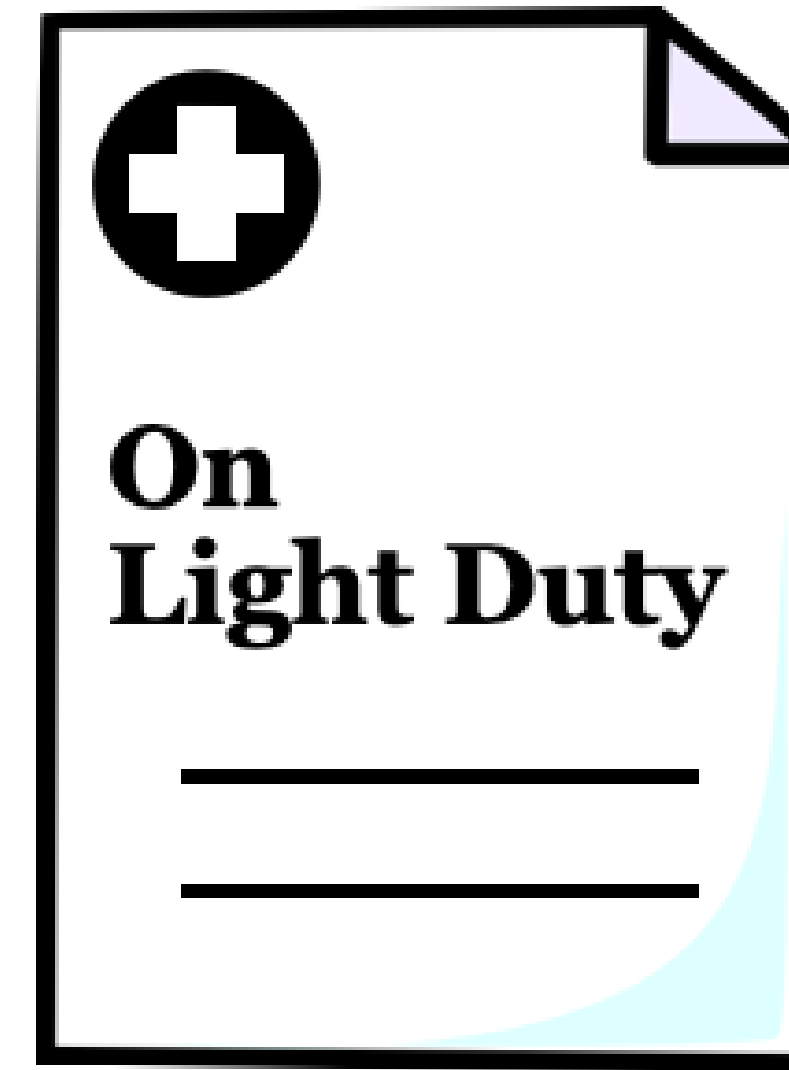


Enough quantity
for full duration
of course



⚠ If there's
new medical
condition or injury,
update your teacher
immediately

What if I'm **unwell**
before OBS or on
the **morning** of
OBS?



- Update your teacher
- Consult a doctor
- Obtain an MC / light duty note
- Rest at home

What if I'm **unwell** or **injured** during **OBS**?

- OBS Instructors and Nurses will manage your minor ailments and injuries
- For any doctor's consultation, you will be sent to an external medical facility and your parents will be informed



Key things to note before course

- Sleep early the night before course
- Have a full breakfast before reporting to school
- Be in the correct reporting attire
- Bring your doctor prescribed medication (e.g.: inhalers)



Reporting / dismissal information

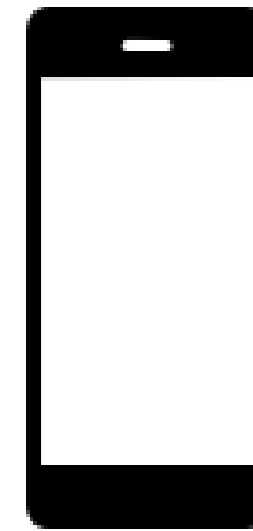
- **Reporting/Dismissal location:**
- **Pasir Ris Crest Secondary School**
- **Reporting timing: by 0720**
- **Bus arrangement: School —> OBS —> School**
- **Dismissal timing:**

Expected behaviour of participants in OBS



Cooperate with OBS staff
at all times

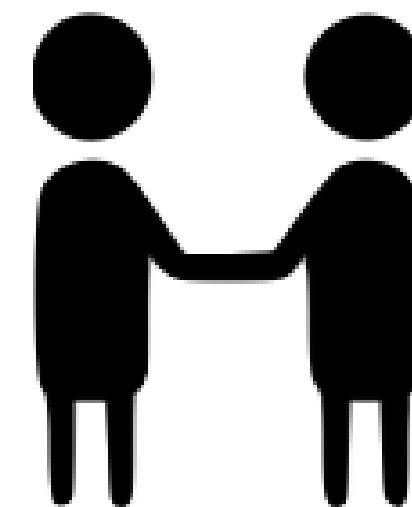
MOE-OBS reserves the right to
withdraw any student who is
unable to do so



Pass all mobile phones
and valuables to your
Instructor for safekeeping



Inform your Instructor
if you are unwell during the
Course



Respect peers from your
school and other schools

How to have an **enriching and fulfilling** OBS course?



Participate actively

Be open to make new friends with students from other schools

Immerse yourself in the experience and environment

Make responsible decisions



Be selfless, supportive and encourage your teammates



Screenshot of My OBS Journey

A fun new digital web-app for you to prepare for the course. You'll get customized resources, reminders and tips!



My OBS Journey Web-App

Games

Emoji-journals

Create your own personal avatars

Countdown timer

Programme resources

Remember to Activate My OBS Journey web application!

The account activation email will
be send to the student's email
address:

XXXX@prcss.edu.sg

1ST EMAIL



2ND EMAIL



“There is more in 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 —————
Founder of Outward Bound





**See you in
OBS!**

**Remember to bring
your MOE-OBS
Journal 😊**

