

# MOE – OBS Challenge Programme 2026

Briefing for Sec 3 Parents / Guardians & Students

7 Mar 2026



Ministry of Education  
SINGAPORE

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# Course Details

Course Dates

14 September 2026  
to  
18 September 2026

Teacher  
Coordinator

Mr Tan Paul Loong  
tan\_paul\_loong@schools.gov.sg

# NOTE

Students not going for OBS  
(excused, rejected for course, etc)  
**MUST** continue to report to school  
from 14<sup>th</sup> Sep to 18<sup>th</sup> Sep.

# Admin timeline (IMPORTANT)

## Pre- Registration

- E-registration for students through FormSG with parent's/legal guardian's Singpass

**NOW to 10 Apr**

## Medical Examination

HBL Day

**7 May**

# About the MOC

1

What is the MOE-OBS  
Challenge Programme?





**What is the MOE-OBS Challenge Programme**

# Outdoor adventure learning experience for all



Lower Primary	Upper Primary	Lower Secondary (Sec 1)	Upper Secondary (Sec 3)
Programme for Active Learning (Outdoor Education)	P5 Outdoor Adventure Learning (OAL) camp	Outdoor Adventure Learning (OAL) Camp @ Labrador Outdoor Adventure Learning Center (Oct 2024)	MOE-OBS Challenge Programme (14 Sep to 18 Sep)

# 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/Ward Learn From The MOC Programme?

## 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

Exploring possibilities of different roles they can play as a resident to the community and environment.



# How does the MOC Programme achieve this?

## 3 Components



Pre – course lessons  
(PE & CCE)



5-day residential camp



Post-course lessons

# Component 1: Pre-course lessons & Preparation



## Outdoor Education in PE lessons

- Sec 1: Navigation
- Sec 3: outdoor cooking, shelter building, etc.



## School Briefing to Parents/Guardians & Students (7 Mar2026)



- 2 weeks before camp:  
**Pre-course lesson with CM**
- Goal Setting
  - Coping with fears & expectations

# Component 2: OBS 5-day Residential course

Pre-course preparation	Sample 5-day course			Post-course follow-up
Day 1	Day 2	Day 3	Day 4	Day 5
In-pro admin, Ice Breaker, Setting expectations	Expedition Preparation, Adventure activities, Single/multi-mode land/water-based expeditions			Peer affirmation, Commitment activity
				
<b>Debriefing / Journaling / Sharing of reflection</b>				
Getting to know you, Team socialisation	Building competence & confidence, Surmounting challenges as a TEAM, Develop resilience as individuals, sense of achievement as a WHOLE			Final Debrief, Sharing of feedback, Transfer of learning

# Where will my child be during the 5-day Course?



# Different Modes of Expedition



- May not be on Pulau Ubin.
- Opportunity to appreciate the green and blue spaces in Singapore.

# Component 3: Post-course Lessons & Reflections



Reflections through Journaling



Post course lessons with CM



Sample CCE reflection activity

To integrate feedback from others and reflection from experiences to extend understanding and improvement of self; and to apply learning to other contexts (e.g., in school, community or in daily life)



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**How does OBS ensure  
my child's safety?**

**Your child's safety  
is our top priority!**

# OBS safety and operations



An internationally recognised learning institution providing outdoor experiential learning that was founded in the United Kingdom in 1941

## Track record



- ✓ Pioneer in Singapore's outdoor adventure education delivering quality outdoor adventure programmes
- ✓ Professional practices in risk management and safety

## Medical Post



- ✓ 24-hours Medical Post manned by registered nurses
- ✓ Medical SOPs in consultation with OBS Medical Advisory Panel doctors

# OBS safety and operations



Dr Goh Keng Swee, then Minister for the Interior & Defence, founded Outward Bound Singapore in 1967

## People



## Qualified and Experienced Instructors

- ✓ Risk Assessment skills, Expedition Planning, Facilitation and Group Management, Outdoor technical skills
- ✓ small group size of 12 - 14 students per Instructor
- ✓ Conduct daily, pre-activity and post-activity checks to ensure your child's well-being
- ✓ Competencies in skills such as Life Saving, CPR, Wilderness Advance First Aid

A specialized training program designed for outdoor enthusiasts, educators, and professionals operating in remote areas where emergency services are not immediately accessible (usually >2 hours away).

# In an unlikely event your child requires medical attention

Student does not require further medical attention



OBS will assess, treat & monitor

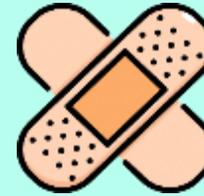


Student recovers and is well to re-join the group, and continue with the course



School/Parent **will not be** 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



School informed  
Parent/Guardian informed



## Outdoor Nurse Practitioners

Full-time Outdoor Nurse Practitioners who are registered nurses

# Communication Channel

**Participant** → **OBS** → **Teacher Coordinator  
(Tel: \_\_\_xx\_\_\_) / MOE  
HQ** → **Parent**

In case of emergencies

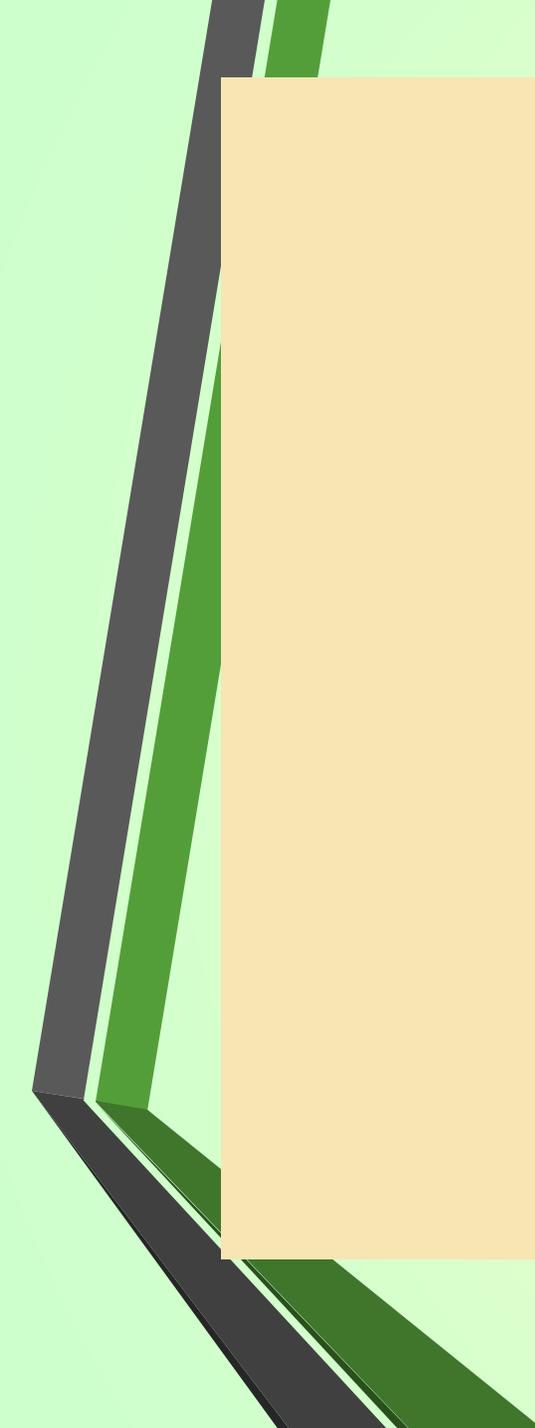
**Parent** → **Teacher Coordinator  
(Tel: \_\_\_xx\_\_\_) / MOE  
HQ** → **OBS** → **Participant**

**Please remain contactable always during the 5-day programme.**



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# How do I eRegister My Child?



# E-registration Guide

# Conditions that require a specialist's memo

You will need to provide a specialist's memo certifying your child fit for course if your child is **on follow-up** for the following medical conditions:

-  Asthma / exercise-induced asthma
-  Heart condition
-  Blood condition
-  Epilepsy/fits/seizure
-  Bone/joint/tendon injury or condition
-  Behavioural or psychological condition

**Note: If you are seeing your specialist before the medical examination (6 May), do talk to them and get a memo on your suitability for OBS.**

# Tetanus Immunization

## Is a tetanus vaccination required for the MOE-OBS Challenge programme?

Updated by OBS 2y ago

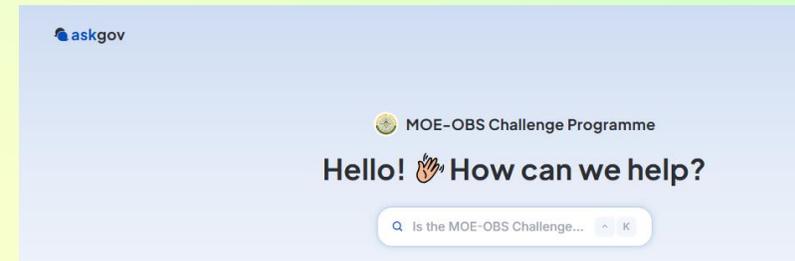
Yes, it is compulsory for students participating in the course to have valid tetanus immunisation. It is a basic form of protection against bacteria that may be introduced through cuts and scrapes that could be sustained as part of outdoor exposure.

Tetanus is valid for 10 years and most Singapore students would have received theirs under the national immunization programme in Primary 5.

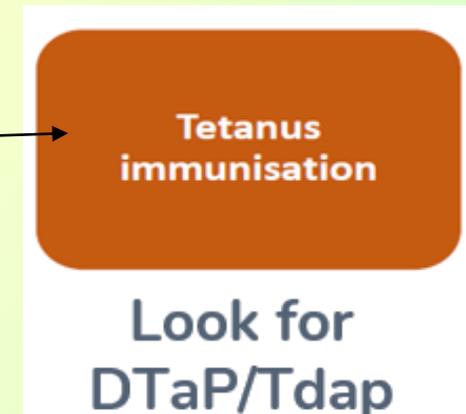
If you wish to find out the actual date, parents can go to the Health Hub website to access their child's immunisation record (<https://www.healthhub.sg/a-z/medications/tetanus-vaccine>). Parents will need to have a SingPass to access this information.

If your child did not have existing tetanus immunization, ensure to take the tetanus vaccination 2 months before the course to facilitate smooth enrolment.

Topics: Course Preparation



Response from MOC ASK GOV



# Who can register a student for the MOE-OBS Challenge Programme?

Student Type	Person Registering	Registration Modality
Singaporean students	Parent or guardian	E-register with Singpass
Foreigners students but parent/legal guardian/authorised caregiver (listed in school cockpit) residing in Singapore	Parent or guardian	E-register with Singpass
Foreign students, parent or legal guardian residing overseas, e.g.: 1. Student who commutes from Johor every day 2. Scholar student with parent not residing in Singapore	Parent or guardian	Hardcopy registration (available on request)

# Who can apply for a Singpass?

- Singapore Citizen & Permanent Resident
- Employment Pass & Personalised Employment Pass holders
- EntrePass holders
- S-Pass holders
- Dependant Pass holders (of EP, PEP, EntrePass and S-Pass holders)
- Long Term Visit Pass-Plus (LTVP+) holders
- Selected Long Term Visit Pass holders
- Work Permit holders
- Student Pass holders
- Immigration Exemption Order holders

# Why the need for doctor certification when if my child is well?

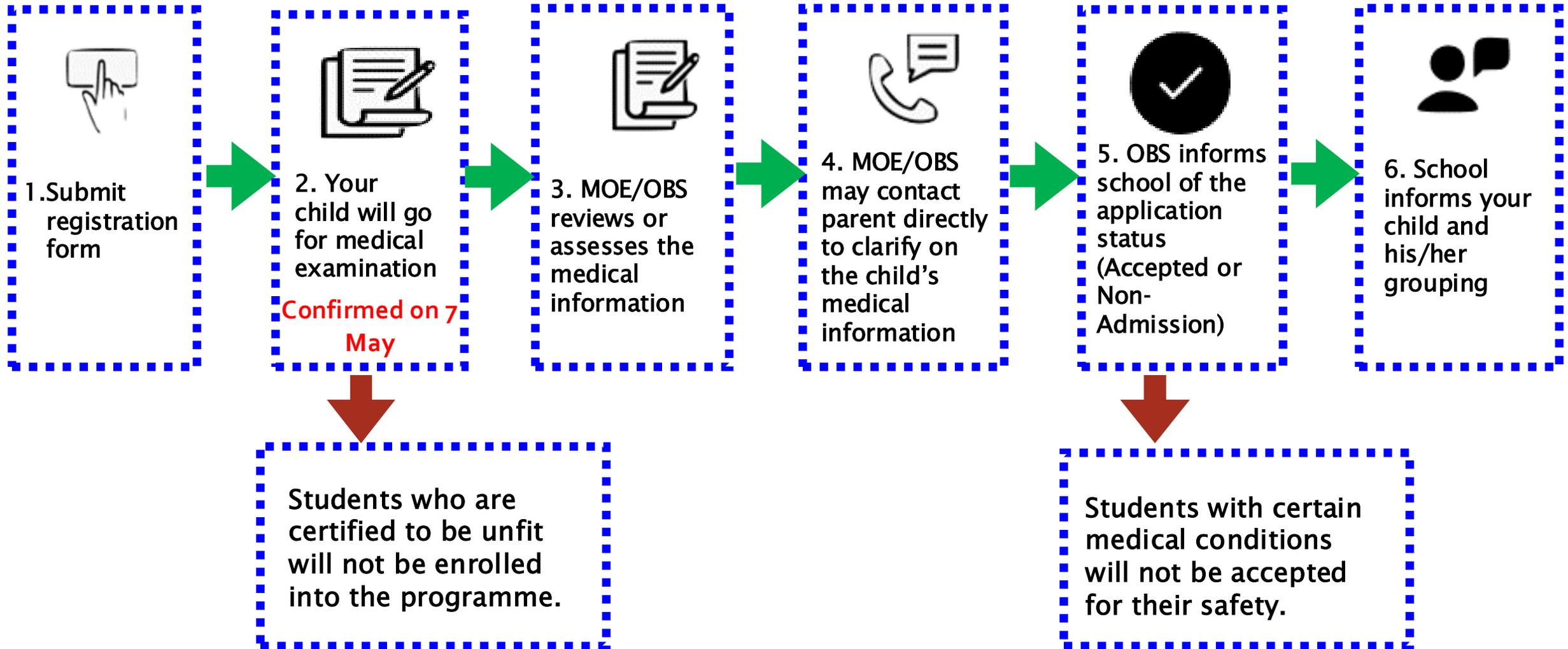
- Course activities is **not the norm** from day to day activities
- To **establish current health status** to determine individual's suitability for programme
- To determine how best to provide a **suitable level of care**, especially for individuals with existing conditions
- To **help parents make an informed decision** on child's/ward's participation in programme based on current health status of child/ward
- **Part of the overall risk management framework**

# Additional Information for medical screening

Students who need additional follow up or deemed better for the student to undergo the medical examination with the specialist instead:

**Any additional cost incurred are to be borne by parents**

# What happens after medical examination?



# Non-admissions



Unfortunately, students with the following conditions\* cannot be enrolled in the interest of the students' safety:

- Thalassaemia Major
- Epilepsy / fits / seizures (if relapsed or still on medication within the last 24 months)
- Conditions leading to exemption from PE
- Diabetics who require insulin injections
- On medical leave or light duty during the period of the course
- Unavoidable allergens resulting in severe allergic reaction – e.g. traces of allergen, insect bites, unknown allergens
- Any other condition that could impact the student's / other's safe participation e.g. nerve related issues, received the COVID immunization less than 2 weeks prior to the course, contracted COVID less than 2 weeks prior to the course

*\*Cleared by OBS's medical team which comprises of medical professionals.*



## Day Trip - Students with history of sleepwalking

- ❑ Students should attend the full 5D4N residential programme to gain the full learning experience
- ❑ However, in view of the student's safety, students with a history of sleepwalking in the last 12 months will attend the programme daily without staying overnight (day trip)
- ❑ OBS may require, in some cases, for the school to arrange for daily transport of the affected students.
- ❑ As the list is non-exhaustive, OBS medical team may flag out certain conditions that require the student not to attend overnight, for eg, sleep apnea



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# HOW CAN I PREPARE MY CHILD FOR THE MOE-OBS Challenge Programme?

# MOE-OBS CHALLENGE PROGRAMME WEBSITE



Scan QR Code to be directed to the website



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

- ✓ A customized website specifically for the MOE-OBS Challenge Programme
- ✓ For parents/guardians to keep updated on key information about the programme.
- ✓ Parents/guardians can better prepare themselves and their child/ward for 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>



### 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

**REPORTING ATTIRE ON DAY 1, WEAR:**

- Long-sleeved t-shirt protect against insect bites, abrasions and sunburn. \*Military or camouflage print items are not allowed.
- Closed 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 ankle to prevent blisters and protect against insect 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
- 1 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. RC at the
- 2-3 pairs Shorts - For physical activities e.g. RC at the
- Sufficient Undergarments - 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 ankles during 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. 2L water bottle - Sharing of personal water bottles is not allowed for hygiene purposes
- 1 set Fork & Spoon - Metal items 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. talc, talc, 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 MOE-OBS Course Journal & Pen
- Sufficient Plastic Bags/Re-sealable Bags
- Sufficient Spare Spectacles or Contact Lenses - Spare with spectacle bands - Retainers and books are not encouraged
- 1 pc EZ Linked ID

#### OPTIONAL ITEMS

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

Put your re-sealable bags in a bag, label with your personal details e.g. name, class, school.

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\*Students are encouraged to borrow required items from family / friends / schoolmates instead of buying.

# How else can I help to prepare my child **before the course?**

- Do **listen** to your child's concerns.
- Bring your child outdoors and **exercise** with him/her.
- **Encourage** your child to stay positive.
- **Embrace** the once-in-a-lifetime experience and opportunity to meet new friends.



# How can I help my child to learn from his/her experiences **after the course?**

- **Encourage** your child to **share** his/her experiences
- **Celebrate** his/her **success** for going through the course
- **Reflect** with your child on **lessons learnt** (both positive and negative experiences) during the course
- **Help** your child to **transfer and apply what they have learnt** to their daily life





**How much does it cost?**

# What the costs involved?



MOE will fund the cost of the MOE-OBS Challenge Programme for all students



Schools will foot the costs of bus transport to and from OBS campuses

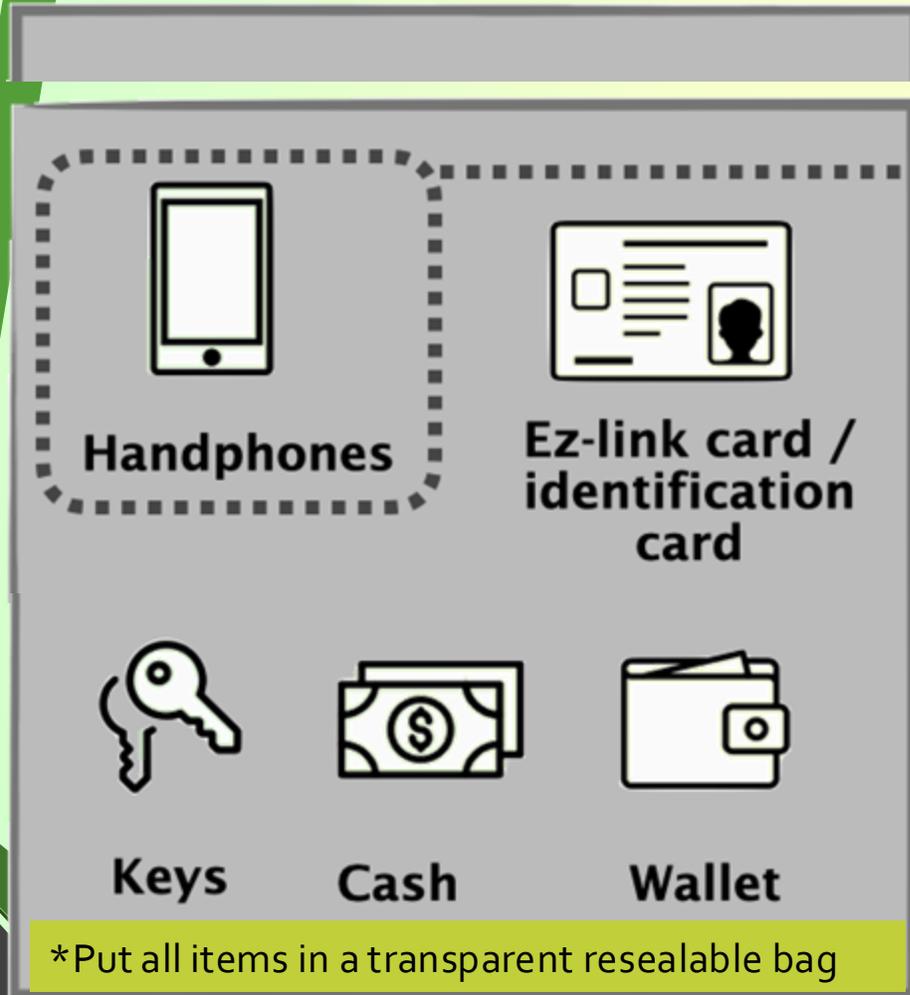
## **NOTE:**

Excludes cost of any specialist follow up / vaccination required following the medical examination.



# Frequently Asked Questions

# 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



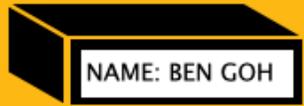
### NOTE:

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**.

Show your Instructor on Day 1  
and ensure:



Doctor  
prescribed  
medication

in your name

Not in your parents  
or sibling's name

Non-expired



Valid for use



Enough quantity  
for full duration  
of course



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

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

# Is sun protection needed?



- Activities are conducted from 8.30am onwards throughout the day.
- 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?



➔ **Prevent second-degree burns**



# Will my child be forced to go through an activity that he/she is not confident in?

- OBS Instructors are trained to motivate and provide a supportive environment for the participants. Your child **will not be forced** to participate in any activity and will not be asked to engage in an activity without safety briefings and orientation.
- However, he/she will be strongly encouraged to participate in all activities during the Course and at a level that he/she is comfortable with. This is to maximise the opportunities for learning and self-discovery, in alignment with the philosophy of '**challenge-by-choice**'.

# MOC ASK GOV

Can my child bring his/her handphone?



What happens if my child is unable to swim?



Does my child need to bring a sleeping bag?



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



<https://ask.gov.sg/obs>

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

# Resources in school website:

ORCHIDIAN EMPOWERMENT ▾

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Student Leadership

Special Programmes

Experiential Learning

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Student Leadership

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Special Programmes ▾

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Experiential Learning ▲

Sec 1 Camp

Outward Bound School

### Information for parents

Click [here](#) to learn how to register or [here](#) for the registration video.

Click [here](#) for FAQ.

Click [here](#) for the briefing slides conducted on

e-Reg Video

Link to <https://ask.gov.sg/obs>

Briefing Slides

BEFORE WE  
END OFF...



## Reflections from past camps from other students

*" I've learnt to put aside differences  
and embrace the strengths  
and weaknesses of others."*

*- Sia Xinyu  
Raffles Girls' School*

*" I learnt to be more responsible for my team  
I want to be more open in social situations  
and take up leadership roles more often."*

*- Nicolas Tang  
Catholic High*





**“In time to come,  
OBS will be a rite of passage and a  
shared experience for all young  
Singaporeans, regardless of race,  
religion, or background.”**

**PM Lee Hsien Loong**



**We hope  
to see your  
child in OBS!**





Please use the **raise hand function** and wait for us to call you. Thank you.