

“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*



CHIJ Secondary

Parents Briefing for

MOE-OBS Challenge Programme

COURSE DATES:

6 to 10 July 2026 (Term 3 Week 2)

TEACHER CO-ORDINATOR:

Mr Harry Goh

E-MAIL ADDRESS OF TEACHER CO-ORDINATOR:

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**Ministry of Education
SINGAPORE**



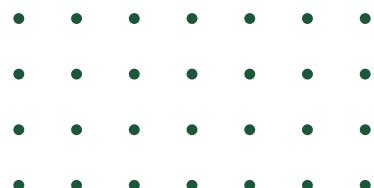
CONTENT

01 **What is the MOE-OBS Challenge (MOC) Programme?**

02 **Safety – Our Top Priority**

03 **How do I eRegister my child?**

04 **How can I help to prepare my child for the MOC?**





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.

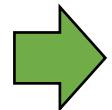
Concerned Citizen

Different roles they can play as a resident to the community and environment.

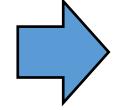


Your child's journey

Pre-Course Lessons & Preparation



MOC Course



Post-Course Lessons & Reflections

- Outdoor Education in PE lessons
- Character and Citizenship Education (CCE) lessons
- Pre-course lesson with Form Teacher
- School briefing to cohort

- 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

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

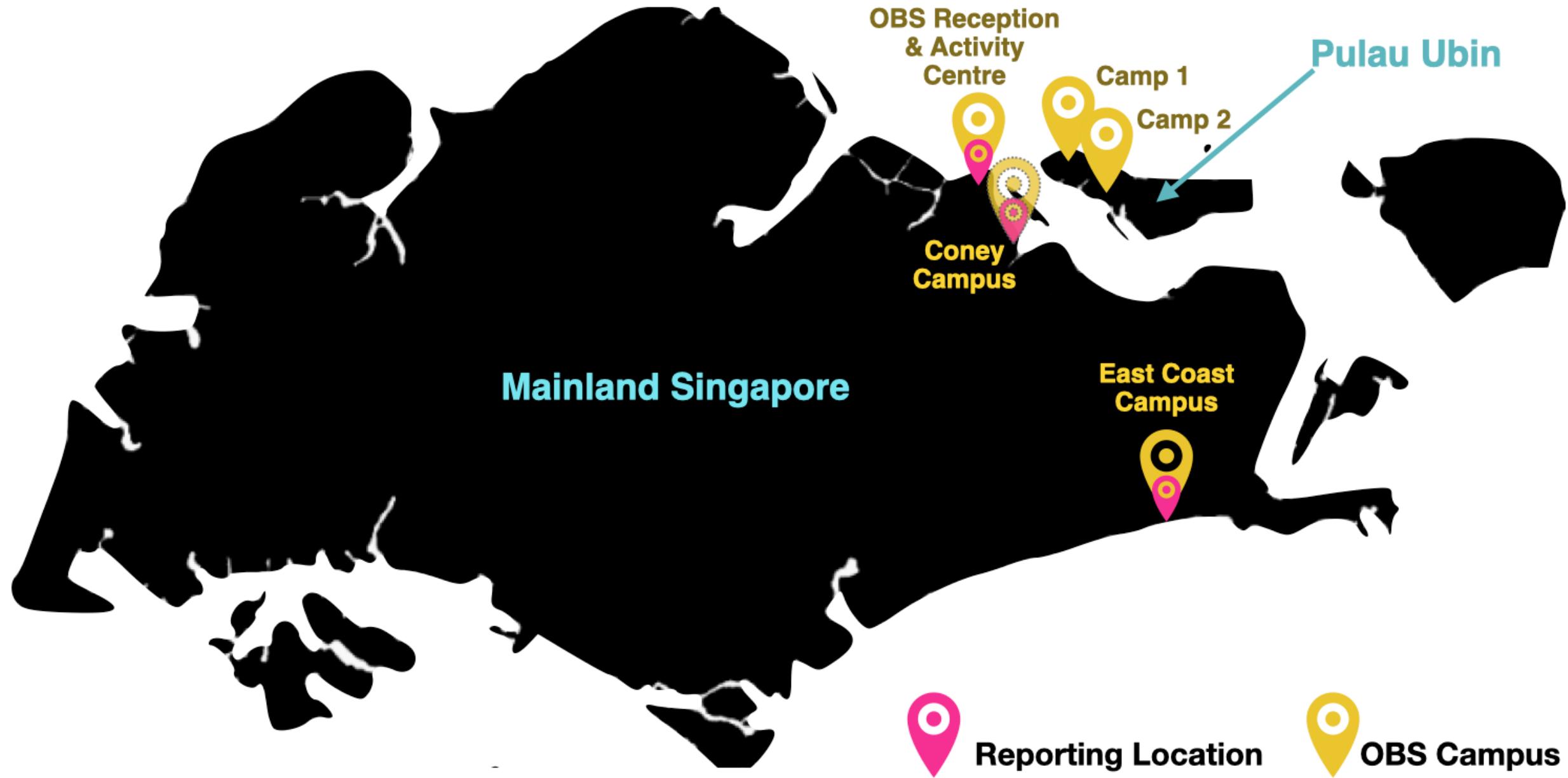


Sample of an MOC course

•

First Day	↔	Last Day
Objective: Team Socialisation	Objective: Building competence & confidence by overcoming challenges as a team	Sharing of Feedback, Transfer of Learning
In-process administration Ice breaker Expectation setting First aid briefing Team problem solving activities Expedition preparation	Expedition preparation, journaling, morning circle Land and water-based expeditions Wash up, tent pitching, outdoor cooking	Peer affirmation Commitment activity Sharing of feedback Transfer of learning Final debrief Certificate presentation
Debriefing / Journaling / Sharing of reflection / Lights out		

•
•
•



A photograph of two young children, a boy and a girl, wearing green hats and safety vests. They are outdoors, with the boy in the foreground holding a string attached to a kite. The girl is behind him, looking up. The background is a blurred green field.

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

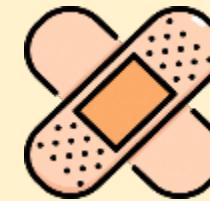


Student recovers and is well to re-join the group, and continue with the course



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



3

HOW DO I eREGISTER MY CHILD?



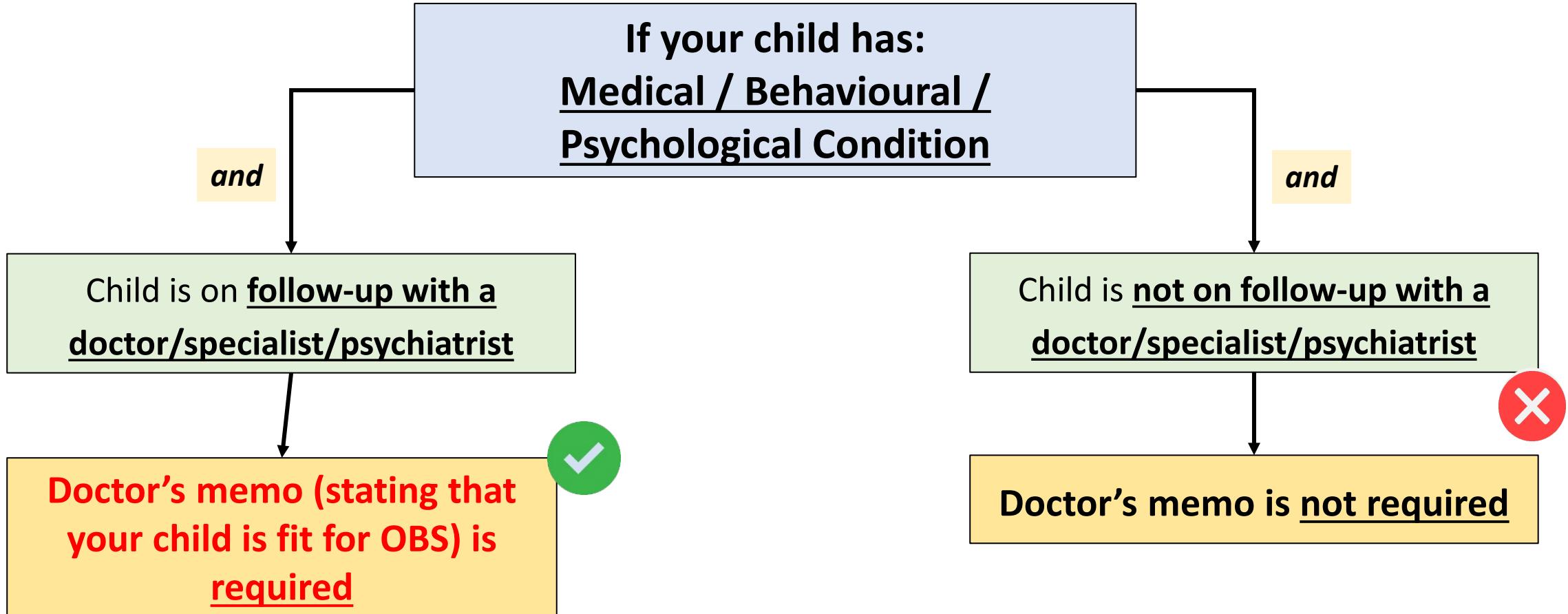
Before eRegistration



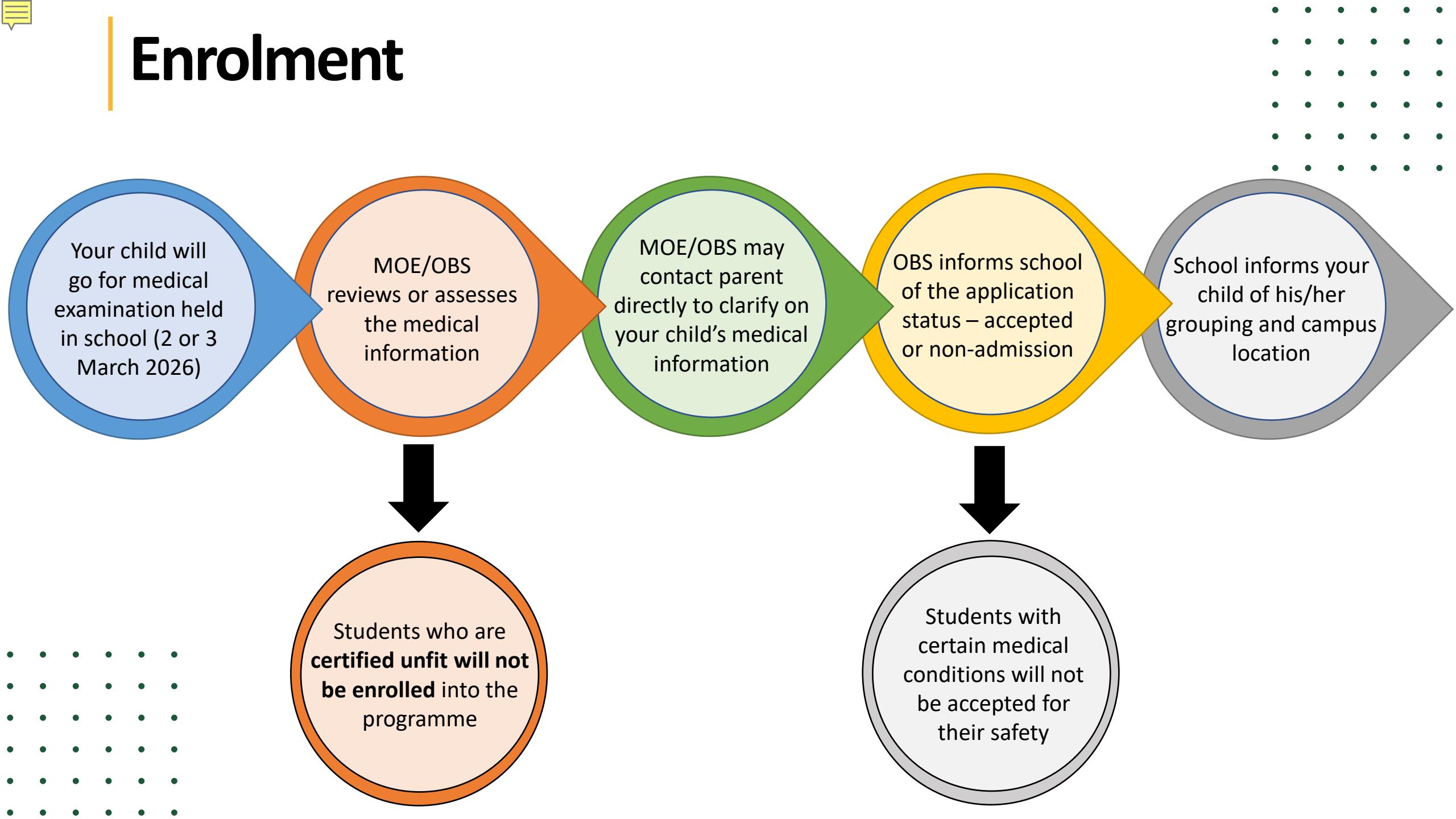
Have the following information & devices ready:

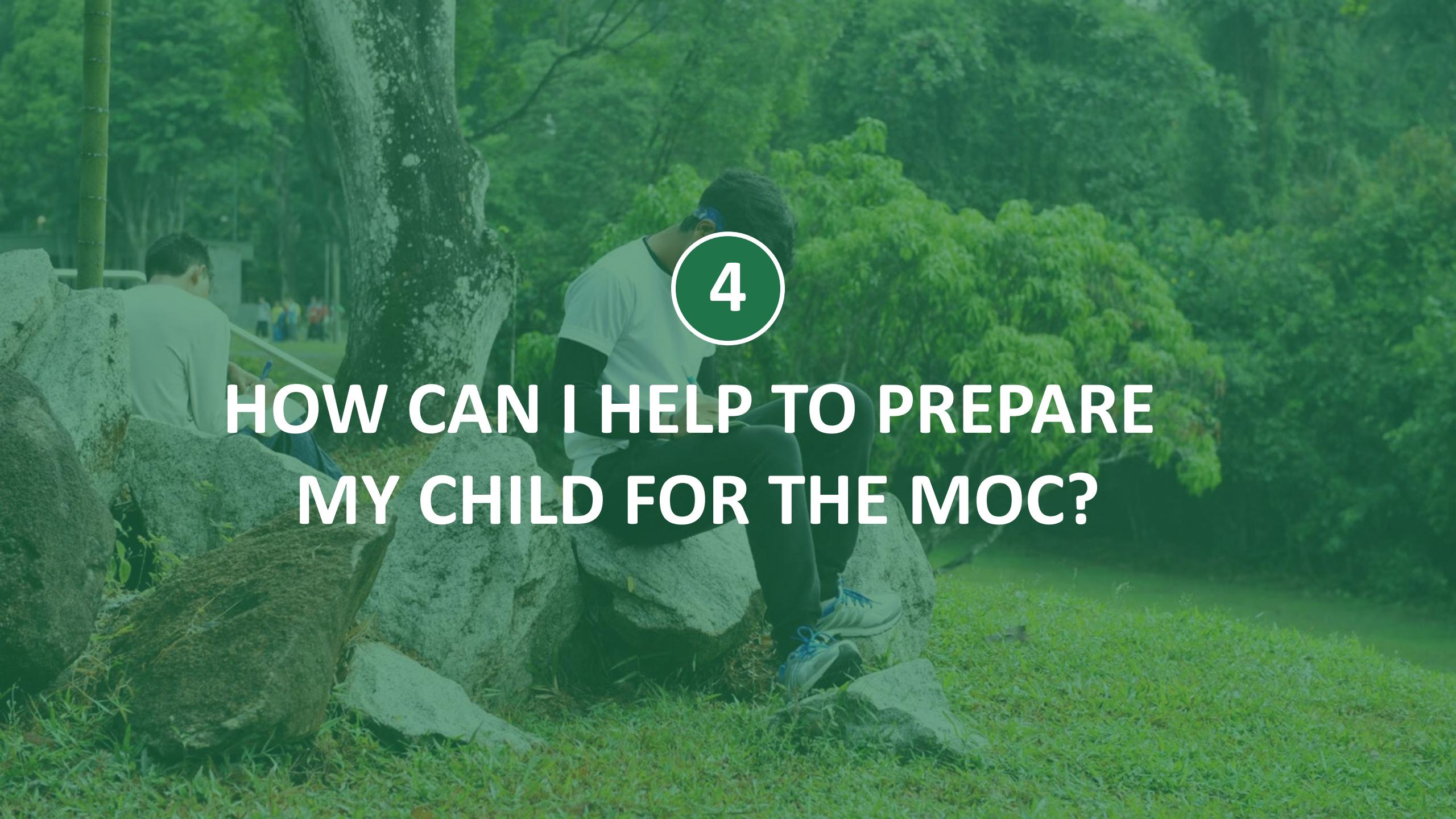
- 1 Mobile Phone / Laptop / Tablet Device
- 2 SingPass
- 3 Your child's class
- 4 Your child's school email address
- 5 Your child's weight

Conditions that require a specialist's memo



Enrolment



A photograph of a man sitting on a large, mossy rock in a park. He is wearing a white t-shirt and blue jeans, and is looking down at a notebook he is writing in. In the background, there are other people and trees. The image has a green overlay.

4

HOW CAN I HELP TO PREPARE MY CHILD FOR THE MOC?



MOC ASK GOV



What happens if my child is unable to swim?



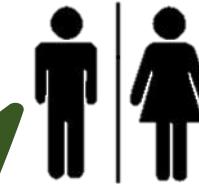
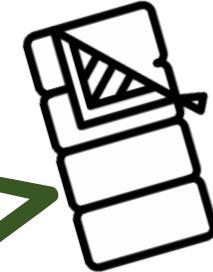
Can my child bring his/her handphone?



✓ 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

Does my child need to bring a sleeping bag?



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

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>



**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, whilst 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 items that are used during the camp to reduce 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
- 3 - 4 pc Long-Sleeved T-shirt or T-shirt with Arm Sleeves
 - Mandatory for sea expedition
- 3 pairs Long Pants
 - Mandatory for climbing activities/expeditions
 - (themselves-quarter pants and jeans are not allowed)
- 2 pc Short Sleeved Tshirt
 - For physical activities e.g. PE attire
- 2 - 3 pairs Shorts
 - For physical activities e.g. PE attire
- Sufficient Undergarments
 - Avoid disposables to minimize trash
- 1pc Towels
 - 1 for showering (at least 60cm x 130cm)
 - 1 small towel for expeditions (at least 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 period e.g. reading
- Sufficient Socks

① Long pants & Long-sleeved T-shirt
protect against insect bites, scratches and sunburn

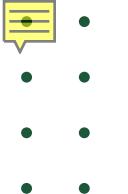
② Covered Shoes
covered shoes need to be worn throughout the day for all activities. ensure that the soles are intact.

③ wear shoes that fit well, are comfortable and provide support to prevent blisters or injuries

④ socks
wear socks that cover the toe area; blister and protect against insect and sunburn.

⑤ socks
wear socks that cover the toe area; blister and protect against insect and sunburn.

 <p>① Re-usable bags Extra Re-usable bags to keep personal items dry during activities and to pack more clothes when there.</p> <p>NAME</p> <p>Put your re-usable bags in a bag, label with your personal details e.g. name, class, school</p>  <p>② Insect repellent Sun Protection & Water bottle Multi-functional items to protect against insect bites, sunburn and dehydration.</p>  <p>③ Sun protection Sunglasses Gloves Sleeping Bag Tropical Lightweight Sleeping Bag or Mat - Green in that it is waterproof</p>	<p>IMPORTANT PERSONAL ITEMS</p> <p><input type="checkbox"/> Min. 10 pcs Extra Face Mask with Re-usable Bag</p> <p><input type="checkbox"/> 1 bottle Hand Sanitiser</p> <p><input type="checkbox"/> Sufficient Insect Repellent</p> <p><input type="checkbox"/> Sufficient Sun Protection - Sun block (SPF 30 or higher), lip balm, and after sun lotion</p> <p><input type="checkbox"/> 1 - 2 bottles Water bottle(s) to hold at least 1 litre of Water - E.g. 2x 1L water bottle - Sharing of personal water bottles is not allowed for hygiene purposes</p> <p><input type="checkbox"/> 1 set Fork & Spoon - Metal utensils recommended</p> <p><input type="checkbox"/> Sufficient Essential Toiletries - For hygiene e.g. shampoo, body wash, toothbrush, toothpaste and sanitary napkins (for females only) - For camping e.g. talc or oil, body powder or prickly heat powder</p> <p><input type="checkbox"/> Sufficient Prescribed Medication in Open Name - e.g. Inhaler, oral liquid medication (all prescribed medication must be declared) *OTC (over-the-counter) medications are not required</p> <p></p> <p><input type="checkbox"/> Sufficient Torchlight & Spare Batteries - For night/day movements around the campsite</p> <p><input type="checkbox"/> 1 set MDG-CBS Course Journal & Pen</p> <p><input type="checkbox"/> Sufficient Plastic Bags/Re-usable Bags</p> <p><input type="checkbox"/> Sufficient Spare Spectacles or Contact Lenses - Secure with spectacle bands - Retainers and spectacle cases not encouraged</p> <p><input type="checkbox"/> 1 pc EZ Link card ID</p>
<p>OPTIONAL ITEMS</p> <p><input type="checkbox"/> Sufficient Tropical Lightweight Sleeping Bag or Mat - Green in that it is waterproof</p> <p><input type="checkbox"/> 1 pair Gloves <input type="checkbox"/> 1 pc Rain Jacket</p> <p><input type="checkbox"/> 1 pair Sunglasses <input type="checkbox"/> 1 pc Wrist Watch</p>	



Before the MOC

Prepare your child by encouraging him/her to:

1 Be selfless, supportive & encourage his/her teammates



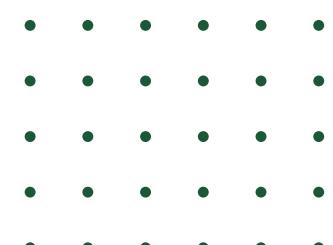
2 Participate actively



3 Maintain a positive outlook



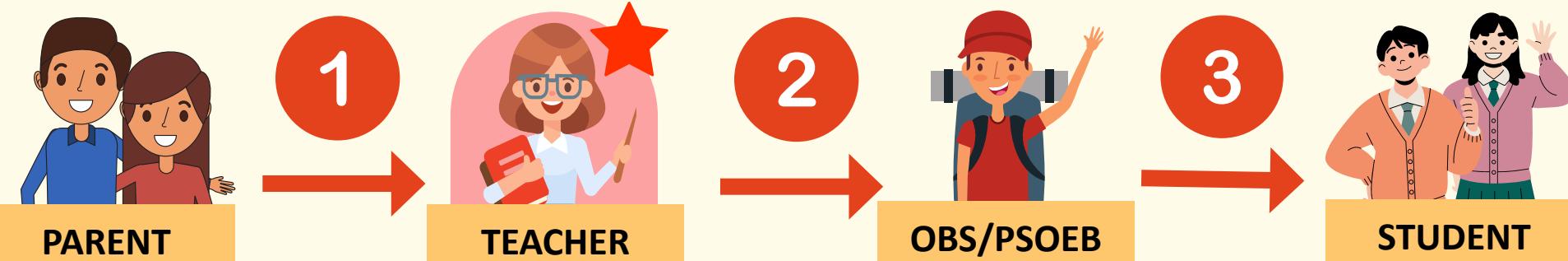
4 Immerse in the experience & environment



Communicating with your child

To contact the teacher coordinator,
please email Mr Harry Goh at
goh_poey_huat_harry@moe.edu.sg

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

“

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



Timeline	Date/s
PG to parents	15 Jan (Thurs)
Briefing to students	14 Jan (Wed) during TLC
Briefing to parents	16 Jan (Fri) during Sec 3 level webinar
E-registration by parents/guardian	17 Jan (Sat) to 31 Jan (Sat)
Medical screening (takes about 15 minutes) in school (Bentinck)	2 Mar (Mon) or 3 Mar (Tues) afternoon
Final briefing to students	20 May (Wed) during TLC
OBS (one cohort)	6 to 10 July 2026 (Term 3, Week 2)



If you have need any clarifications,

Please check with your daughter first.

Check the OBS attachments (refer to PG) for the info.

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

If you need any specific clarifications pertaining to your daughter, please email me at

goh_poey_huat_harry@moe.edu.sg

In your email, please state your daughter's name and class & your contact number.

