



**Outward Bound
Singapore**

LEADERSHIP & SERVICE AWARD

Inspiring Individuals, Transforming Communities.



INTRODUCTION



More than just an accolade, the Leadership & Service Award (LSA) is designed to recognise and celebrate the outstanding achievements of youths aged 17 to 35 in the areas of leadership and community, and further develop the youths' potential with a scholarship for the OBS 21-day Leadership & Service Challenge.

Graduates of the LSA programme have emerged more resilient with the tenacity to pursue greater goals in life. The experiential style of learning effectively aids them in realising their hidden potential while giving them insights into their leadership strengths and developmental areas. Many, if not all of the graduates, have committed to personal action plans to contribute more effectively to their community.



The Award

- Applicants will undergo a stringent selection process before they are awarded the Leadership and Service Award (LSA).
- Awardees will receive a full scholarship to participate in the prestigious OBS 21-day Leadership & Service Challenge programme.
- The LSA includes mandatory community service components during and after the OBS 21-day Leadership & Service Challenge programme.
- Only Singaporeans and Permanent Residents are eligible for the LSA.

The OBS 21-day Leadership & Service Challenge is a personal development programme set in the outdoors that is internationally recognised by all global Outward Bound centres and educators in the global outdoor sector. It is a physically and mentally demanding programme, encompassing a wide variety of activities and challenges designed to help youths realise their true potential. Based on a multi-element and multi-expedition concept, participants embark on several extended expeditions that keep them on the move. It brings them to the unfamiliar, helping them to stretch beyond their comfort zone where they can explore, venture and learn.

When they go through a challenge like this, they will learn a lot about themselves, and they will learn from the instructors. But I would encourage them to learn from each other, people whom they are participating with. They are a very diverse group, from young to old, some are working, some are studying, they will learn different ways of coping, different types of solutions, and different kinds of skills.

Dr Janil Puthucheary
14th National Youth Council Member



Vicky Chng

Catholic Junior College

“I’ve become
more energised!”

Since attending OBS, I’ve become more energised! I’m awake by 7am to do the laundry and clean the house. Even if I reach home after midnight from my Chingay practice, my energy levels are still high! OBS taught me how to

delegate my tasks efficiently. Putting this skill to use as General Secretary for my Youth Executive Committee has enabled my members to feel a sense of belonging to our projects.



Loh Yi Rong

Nanyang Technological University

“I’m more confident
and willing to
aim higher”

I’m more confident of my abilities and willing to aim higher to achieve my goals. OBS made me and my watch-mates realise that we’re truly blessed and capable people. It was natural for me to want to reach out and bring joy to less

fortunate people and I believed we could do more through community service. After OBS, I joined an environmental youth group, organising pro-environmental events and was recently elected as vice-chairman.

Harveer Kaur

Singapore Children's Society

"I didn't give up because I believed in myself"

OBS was truly out of my comfort zone; it was physically and mentally challenging. I was overwhelmed because I was challenged to take on tasks I never imagined I would do! Despite all that,

my watch-mates constantly encouraged me — their belief in me, made me believe in myself too and I that's why I didn't give up.

Azlina

Bte Anwar
Singapore General Hospital

"I am calmer, positive and motivated"

The greatest change is that I'm calmer, more positive and able to take things in my stride even in stressful situations. The 21-day OBS Leadership & Service Challenge experience has encouraged

me to be more responsible and work with my colleagues towards a common goal. Now, I'm more motivated to ensure my patients are well taken care of.

Cai Xian yang

Ngee Ann Polytechnic

“I have more clarity and readiness to tackle life”

There were tough moments during the course such as paddling against the tide, enduring the storm, completing the half-marathon and taking that extra step or paddle stroke when I was all exhausted and disheartened. The 21-day OBS Leadership & Service

Challenge experience taught me that there's more in me than I realised. It helped me cultivate good habits. I continue to journal every day, run regularly and gave water-activities a chance. Now, I've more clarity and readiness to tackle life.

Siti Rabi'atul Adawiyah

Millennia Institute

“I became more adventurous and confident”

The challenging OBS course made me realise how much I missed my family and took them for granted. I've learnt to be a role model to my younger siblings, taking on more responsibilities such as guiding them in their homework.

Personally, I've taken more ownership of my life by exploring new things and stepping out of my comfort zone to grow and develop as an individual. I've also become more adventurous and confident now!

A Word from a Nominating Organisation



This award is a good programme to develop students in their leadership skills and at the same time expose them to community service. Further, this award creates an opportunity for students who may otherwise not be able to afford to attend such outdoor developmental programmes. I can see that all of them have returned with greater confidence to discharge their student role from their OBS experience. Over my conversations with some of them, I could sense they were more purposeful when they speak of their life goals. Many displayed greater willingness to contribute to the community.

Eden Liew
Principal
ITE College East



HOW TO APPLY

KNOW SOMEONE WHO?

Has leadership potential?

Is an active volunteer?

Serves others before self?

If you do, nominate them for the 21-day OBS LSA programme now!

CRITERIA

Nominees must have **leadership background** or **hold leadership positions** in their organisation.

Community involvement is key! Nominees should be **actively involved in areas like community service, mentoring, advocating** for a good cause, **initiating new programmes** to promote a field or being part of a community/board.

WHO'S ELIGIBLE?

Singapore Citizens or permanent residents

Aged 17 – 35 as at 1st January

Holds a leadership position in the organisation

Active track record in community work

SELECTION PROCESS

1

Applicants are first shortlisted by OBS & are to attend LSA Selection Programme

2

Shortlisted nominees will have to go through an interview session

3

For the final selection, nominees have to clear an OBS medical screening



IMPORTANT NOTES

Awardees are required to:

- Attend a Briefing & Bonding session and LSA Award Ceremony
- Participate in the OBS 21-day Leadership & Service Challenge programme
- Fulfill a post-programme community service project
- Attend the LSA Graduation Ceremony

All applications must include:

- Nomination Form, CV, Testimonials & OBS Registration Form



Send in your nominations now to
OBS_programmes@nyc.gov.sg

Outward Bound Singapore
c/o National Youth Council Block 490 Lorong 6 Toa Payoh HDB Hub Biz 3 #04-10,
Singapore 310490

Tel: 6734 4233 | Fax: 6737 2025 | Email: OBS_Programmes@nyc.gov.sg
www.obs.nyc.gov.sg



PART OF

NYC

NATIONAL
YOUTH
COUNCIL
SINGAPORE