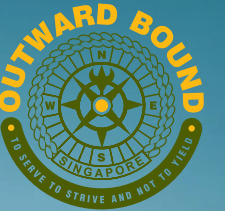


KEY HIGHLIGHTS 2015



**Outward Bound
Singapore**

INSPIRED INDIVIDUALS. TRANSFORMED COMMUNITIES.



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DIRECTOR'S MESSAGE

2015 was an exhilarating year of new and rewarding highs for **Outward Bound Singapore (OBS)**. Our determined and strategic focus on building up a resilient youth community, through meticulously designed and executed programmes, continued to groom many fine young leaders.

We became part of the strengthened **National Youth Council (NYC)** on 1 January 2015, spearheading NYC's efforts as a national youth developer in building rugged and resilient youths. This was another stepping stone in our journey since 1967 to build a rugged society. Our founding Prime Minister (PM), the late Mr Lee Kuan Yew, once said that leadership required "men of action, like Outward Bound school types". His hope was to produce "a fighting, effective generation with the guts and the will to survive".

Almost half a century later, our PM Lee Hsien Loong mentioned in his 2015 National Day Rally that youths are sent to OBS for "adventure learning and character education to toughen themselves up." He highlighted that we had to continue "pushing our limits to bring up a generation who will grow up tough", clearly reflecting President Tony Tan's call to "keep our society united and resilient."

Today, faced by the challenges of more sedentary pastimes fueled by mobile technology and modern conveniences, OBS plays a more crucial role in fulfilling our leaders' vision.

In 2015, we continued to pave the way in fulfilling this dream, uplifting **Outdoor Adventure Education (OAE)** industry standards when we collaborated with the **Ministry of Education (MOE)** to enhance the capabilities of OAE practitioners such as trainee **Physical Education (PE)** teachers, Allied Educators and **External Freelance Instructors (EFIs)**. Also, through our partnership with **Youth Corps Singapore (YCS)**, we continued to play a key role in mentoring youth leaders to serve and transform their community.

Being a longstanding advocate for environmental education, we were delighted to inspire our alumni members to give back to Mother Nature in our new large-scale outdoor conservation classroom: the **OBS Project Island-A-Hand (PIAH)**.

All these achievements have been possible largely due to our strong, dedicated and close-knit core of highly trained staff. With such able hands on deck, I envision an even more exciting year for OBS in 2016, as we broaden our horizons to provide more opportunities for youths to benefit from the OBS experience.

**TO SERVE, TO STRIVE
AND NOT TO YIELD**



NICHOLAS CONCEICAO
Executive Director
Outward Bound
Singapore

SETTING THE PACE

Singapore's OAE industry is developing to build inclusivity and deepen engagement levels with different stakeholders. A key focus of OBS is to uplift the industry's overall standards, through our Physical Education & Sport Science (PESS) programme.

PHYSICAL EDUCATION AND SPORT SCIENCE (PESS) PROGRAMME

As longstanding practitioners of OAE, we collaborated with the **National Institute of Education (NIE)** to organise a 5-day 4-night PESS programme for their trainee PE teachers, as part of their NIE training. Upon graduation from NIE, these teachers will be qualified to teach PE as a subject at all schools in Singapore.

As with all OBS programmes, PESS was designed to catapult trainees out of their comfort zones, stretching them physically, mentally and emotionally. Besides the usual height activities, trekking and kayaking expeditions, trainees were taught **Outdoor Education (OE)** modules, such as framing and facilitation, as well as **Risk Assessment Management Systems (RAMS)**. Using the **Outward Bound (OB)** process model, a series of action-reflection and debrief sessions with our instructors helped trainees to absorb the relevance of the newly acquired knowledge and skill sets for their eventual role as PE teachers.



“ I think I learnt a lot even though I didn't expect to learn much. The values we learnt are very applicable in real life. Some of the values we learnt include decision-making as a team — do we come to a decision together or just listen to the leader. ”

YEO YA WEN

“ Academia brings out mental capabilities, but the outdoors tests a person's physical abilities. It also tests a different kind of mental capability — not in terms of intellect, but in terms of resilience and will — something much needed in the working world. ”

TANG QI SHENG

PARTNERS

TOGETHER THROUGH THICK AND THIN

OBS leads by example when it comes to strength through togetherness. In 2015, we established and strengthened key partnerships with the Include and Diafora Programmes. Through such out-of-the-box collaborations with a more diverse range of participants, we learnt more through our shared experiences.

5D4N

SAILING
PROGRAMME

20

YOUTHS



INCLUDE

Include is a breakthrough 5-day 4-night sailing programme for students from junior colleges (JCs) and youths with special needs from volunteer welfare organisation Rainbow Centre. The programme challenges the traditional notion of teamwork while igniting a paradigm shift — all while on a sailboat.

The youths participated in an icebreaker session at Rainbow Centre at Margaret Drive School, and an equipment familiarisation and capsizing drill simulation at OBS. They bonded through team games and a 3-day 2-night sailing expedition, which culminated in a coastal clean-up activity.

Include shows that when placed in a safe learning environment, youths from differing background and physical abilities have much to learn from one another. In the words of Shantini, "our friends from Rainbow Centre have the most beautiful hearts and minds, and their openness has inspired us to be better".

DIAFORA

We partnered Halogen Foundation, a youth sector organisation with experience conducting youth leadership programmes, to create Diafora. Meaning "difference" in Greek, Diafora will guide students through the Student Leadership Challenge (SLC), a recognised model backed by 25 years of research for understanding one's leadership profile. Halogen played a pivotal role in drawing out and honing these leadership skills through theoretical lessons while OBS ensured those lessons were easily digested through practical application.

Participants put their new understanding of leadership behaviours into practice through an engaging mix of adventure and expedition elements. Guided reflection sessions also enabled them to experience the direct effect of various leadership behaviours. They shared constructive feedback through peer appraisals and experimented with new roles in a fun, collaborative and safe environment. By the end of the programme, they acquired the intellectual and emotional flexibility to reflect candidly upon their personal learning journeys, and emerged as well-defined leaders who are comfortable interacting with peers from diverse backgrounds.

"I learnt that everyone is different in their own ways. The strength of a person can be the weakness of another and only when we work together, can we reach greater heights."

Cherie Kwek, SRJC



LEADERSHIP SERVICE AWARD (LSA)

WHAT CAN OUR LSA RECIPIENTS LOOK FORWARD TO?

- 01 Developing themselves through leadership models such as Ken Blanchard's Situational Leadership II, that teach participants different ways to lead a team
- 02 Opportunities to test their leadership, and organisational skills
- 03 Organising a community service day for beneficiaries

LEADERS IN SERVICE

OBS believes that every youth should get a chance to develop his or her potential to the fullest. As a National Youth Developer, the Leadership & Service Award (LSA) is one such full-scholarship programme that recognises outstanding youths in the areas of leadership and community service.

LSA recipients undergo personal experiential learning through this 21-day Classic Challenge Course. The physically and mentally demanding programme encompasses a wide variety of activities and challenging expeditions designed to help them realise their true potential and stretch them beyond their comfort zones.

Participants from diverse backgrounds and between the ages of 17 to 35, will learn, unlearn and relearn their preconceived notions of self-limitations, teamwork and leadership, from each other and their environment.

OBS instructors play an instrumental role in facilitating the entire process and oversee the development of the LSA recipients. Through guided reflections, they help make sense of the dissonance participants experience, acting as catalysts that draw out inspiration from each individual.

Upon completion of the 21-day Classic Challenge Course, LSA recipients then embark on a three-month community service project before graduating from the whole programme.

FOND
RECOLLECTIONS
OF PAST LSA
GRADUANDS

“It is also special because the programme is crafted in a way that it is experiential, but there is a lot of teaching and learning as well. So we explore leadership models and can then apply them through the so many opportunities throughout. I look forward to continuing to develop my leadership abilities.”

Elson Leong

“The 21-day Classic Challenge Course has really improved my self-discipline, one of the Six Declines highlighted by OBS founder Kurt Hahn. I never followed routines, mainly because I lacked self-discipline. However, one thing that was constantly reiterated to us throughout the 21 days was that we must have self-discipline and to maintain habits. These 21 days really pushed me beyond my limits to really try to cultivate good habits, which I can hopefully continue with after this course.”

Darren Soh



BOUND FOR DISCOVERY, CHANGED FOR LIFE

Are young Singaporeans ill-prepared for the future because modern life has deprived them of the exposure of real life challenges? How effective are OBS programmes in addressing this apparent societal decline through outdoor experiential learning?

A study on our student participants was conducted for FY 2015/16.

AVERAGE SCORES OF LIFE EFFECTIVENESS AND SOCIAL & COMMUNITY COMPONENTS

OVERALL LIFE EFFECTIVENESS Before OBS 5.69 After OBS 6.33



Time Management

The extent that an individual perceives that he/she makes optimum use of time.



Social Competence

The degree of personal confidence and self-perceived ability in social interactions.



Achievement Motivation

The extent to which the individual is motivated to achieve excellence and put the required effort into action to attain it.



Intellectual Flexibility

The extent to which the individual perceives he/she can adapt his/her thinking and accommodate new information from changing conditions and different perspectives.



Task Leadership

The extent to which the individual perceives he/she can lead other people effectively when a task needs to be done and productivity in the primary requirement.



Emotional Control

The extent to which the individual perceives he/she maintains emotional control when he/she is faced with potentially stressful situations.



Active Initiative

The extent to which the individual likes to initiate action in new situations.



Self Confidence

The degree of confidence the individual has in his/her abilities and the success of their actions.



OVERALL SOCIAL & COMMUNITY EFFECTIVENESS Before OBS 6.39 After OBS 6.95



Openness to Diversity

The extent to which the individual relate well to someone of a different background.



Teamwork

The extent to which the individual perceives he/she can work in a team.



Community Involvement

The extent to which the individual perceives how he/she desires to be engaged in the community.



The average scores show the respondents' self-perceptions of their capacities in life effectiveness and social and community domains. A resounding 97.03% of the participants would recommend OBS programmes to their family and friends. This is a great testament to the positive impact of OBS programme!

#OUTWARDBOUNDSG TESTIMONIALS

preethi.shitty



"OBS WAS AMAZING! By the end of it, we made an amazing team and it was an experience for which I am truly grateful. There is something about OBS that stays with you for life."

cheesecake_



"Though we can't apply kayaking skills to our daily lives, the lessons behind the expeditions are more than just kayaking. To serve, to strive and not to yield."

xyvsco



"What makes the memories even more precious is that we will never experience the exact same thing with the exact same people ever again."

ivanaitziddat



"OBS taught me to step out of our comfort zone to help others."



jing kang_

"I'm already missing OBS! It was tiring but fun. The instructors were very experienced and awesome. They taught us why our parents are like our belayers, supporting us along the way and why we should appreciate and thank them."



verrinsta

"Thank you for the wonderful memories you guys have given me for the past four days at Pulau Ubin. To be honest, I wasn't even looking forward to OBS, but after enjoying those team games, becoming kayak kings after paddling over 10km for seven hours, tolerating bugs and millipedes while sleeping in tents, having to hide behind the bush or jump into the sea to do business, suffering through the hiking/trekking for over 15km over nine hours, observing the swash and backwash of the waves at the beach, cooking and munching on the not-so-scrumptious 'happy' and 'commitment' food, doing morning PT and games, admiring the sunrise and sunset and shivering while balancing on the VERY HIGH log... I realised that OBS was really a great experience for all of us. We may encounter some problems and obstacles along the way but, in the end, we will always have each other's backs."

gwyneth_goh

"Thank you Da Gama and Instructor Sky (and Sherman) for making OBS such a memorable experience. You guys never failed to make my day and tanks a lot for all the encouragements. I'm already missing the every-45-minutes sunblock application routine, the tent pitching and un-pitching, the morning PT, stargazing, trekking, kayaking, nightwatch duty, mosquito bites, storytelling sessions, inspirational quotes..."

LIFELONG LEARNING

FORGING A FIGHTING FORCE

At the heart of OBS is a team of dedicated and talented professionals, committed to the cause of championing youth development. We believe that our progress can only come about with their continuous self-improvement. We constantly invest in training our staff, both locally and overseas, to better realise their skills and potential.



ANNUAL STAFF EXPEDITION, GUNUNG TAHAN

For over 10 days, 45 OBS staff braved new and challenging conditions on Gunung Tahan that rigorously tested their safety, risk analysis and judgement skills, all as part of OBS' Annual Staff Expedition.

At 2,147m above sea level, Gunung Tahan is the highest point in Peninsular Malaysia. Add the thick tropical vegetation and numerous river crossings and you have one of the toughest treks Malaysia has to offer. Aptly, tahan means "endure" in English.

The training was designed to sharpen and hone instructors' expedition leadership and management skills in an

unfamiliar environment. Staff also got the chance to exercise their tropical mountaineering discipline and technical cave abseiling knowledge.

The most memorable day occurred on the second day, when stormy weather and lightning deluged the teams' trek as they struggled against mud and cold to reach Botak campsite. The mutual encouragement among the determined staff and the selfless assistance from the first team that reached Botak campsite was a testament to the fortitude and camaraderie that marks every OBS journey.

TEAM MANAGER JAZ LEONG

Attached to Outward Bound Anakiwa, New Zealand Ma Te Wa, a Maori term that translates to "all in good time, time will tell", is a philosophy that Jaz picked up while attached to Outward Bound Anakiwa, along with a profound respect for the environment.

Jaz remembers clearly how the New Zealand trainers truly and creatively tested the mental and physical limits of the participants, right from the get go. Through his observation of two courses, one for participants aged 18 to 26 and a Masters course for those aged 26 and above, Jaz gained a better understanding of their organisational functions, facilitation techniques, and methods of conducting their courses over different terrains.

ASSISTANT DIRECTOR LOUIS SOO

Attended Wilderness Risk Management Conference (WRMC) and Association of Experiential Education (AEE) Conference; attached to Northwest Outward Bound School (NWOBS), in Portland, Oregon.

Leading a delegation of three others, Louis sought to update and boost his existing OAE knowledge, as well as forge relationships with partners and subject matter experts.

While attending the conference, the team picked up many lessons from respected subject experts, such as the Vice President of Safety for Outward Bound USA Mark Vermeal and Doug Wilson, an experienced mountaineer volunteering for The Mazamas, one of USA's largest non-profit mountaineering education organisation.

Following up from the conference, the team plans to incorporate some new initiatives such as Instructor Training Roadmap, Media Relations, and Brain Theory knowledge into OBS training programmes.

LEAD INSTRUCTOR NUR ABIDIN SULEMAN

Attended the International Sea Kayak Educators' Symposium (ISKES), Outward Bound Hong Kong (OBHK) Nur Abidin and two other OBS staff attended ISKES to learn about different practices, theories and approaches in expedition-based learning, as well as tap on the vast experiences of outdoor educators that use sea kayaking as an experiential learning tool.

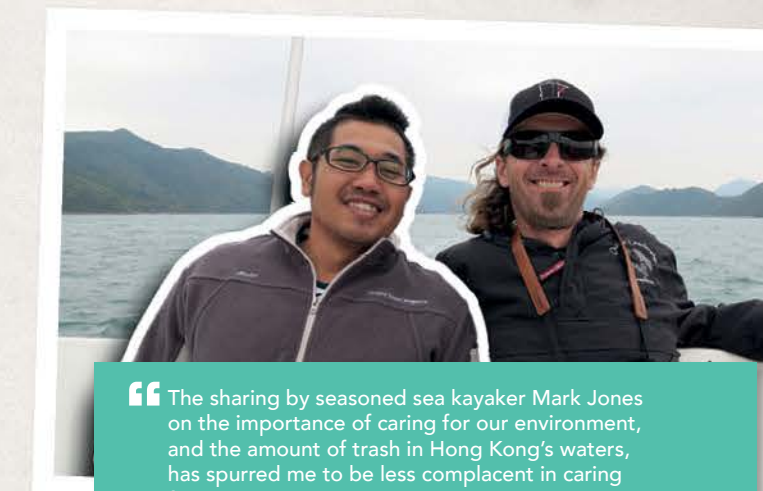
The main highlight of the conference was having both keynote speakers and participants completing an overnight paddling journey around the Hong Kong islands. That night, they shared knowledge and insights on sea kayaking around a cosy bonfire. Nur Abidin describes ISKES as an incredibly enriching experience because it broadened his perspectives of sea kayaking as an activity. He learnt that a sea kayaker has the ability to raise awareness about environmental pollution in the surrounding waters.



“ I found their “Power of Now” mentality to be very empowering — it helps the participants accept the adventure and unknown. ”



“ As the leader of the OBS contingent, I learnt a lot in trying to maintain an oversight on the learning and observations my team took away from each day. I really grew in confidence managing a team of competent and dedicated individuals. ”



“ The sharing by seasoned sea kayaker Mark Jones on the importance of caring for our environment, and the amount of trash in Hong Kong's waters, has spurred me to be less complacent in caring for Singapore's coasts. We should take a proactive approach to clean our coasts, and educate and empower the youth to care for our coastlines. ”

PEOPLE OF OBS

Hear from four trailblazers who have contributed to the OBS team and grown stronger from embodying this lifestyle.

“ There is never a dull moment with OBS—it is one of the few jobs rich with experiences. As they say, OBS is not just a job, it’s a lifestyle ”

During my teens, I took part in two OBS courses, back when MINDEF was in charge and the courses were more regimented and demanding. I loved it, though: the challenges, the solo activities, the reflections.

After receiving the NYC Youth Award in 1995, I represented Singapore to go to Outward Bound Hong Kong for an 18-day Sea Diploma Programme. That is when I decided to be an OBS instructor.

My 20 years in OBS has taken me from being an Instructor and Senior Instructor to positions in Training and Operations, Overseas Youth Programmes and Global Programmes. For the last one year, I have been able to contribute as Head Medical Services & Training. Despite having no medical background save for being a CPR Instructor, my rich experience in first-aid training is constantly being enhanced as I exchange knowledge with the nurses here at OBS.

The great thing about OBS is that you are continuously enhancing your skill set. Through the support of OBS, I am proud to say that I am a coach for kayaking, sailing, abseiling, life-saving—and even managed to earn my Bachelor of Sports in Outdoor Recreation, as well as my Masters.

I have spent 25 years with OBS’ Operations Support Unit (OSU). We provide ferry services to and from Punggol Point and Pulau Ubin as well as various programme support functions. These include maintaining the boats and kayaks, participants’ tents, backpacks, ponchos and personal flotation devices.

From just executing tasks as an Operations Support Assistant, I now have to manage tasks, plan ad-hoc boat trips and support OBS courses. It can be challenging at times, but OBS teaches resilience well and I have learnt that patient persistence can be very helpful.

There are two major motivations that have kept me here at OBS. Firstly, the people are varied and interesting. Every day there are new faces and new experiences. Secondly, I enjoy fishing and there are many good catches at the OBS jetty and pontoon!



ANIZA YUSOPE
MANAGER, YOUTH SECTOR DEVELOPMENT, NYC
(FORMER OBS TRAINING CONSULTANT)

I served in various functions at OBS — as an Instructor, as part of the Partnership Outreach Team which started the OBS Alumni movement, and as a Training Consultant. Along the way, I met and interacted with so many people, from students and youths to grassroots and government agencies, even corporate clients. However, I gained much more than just people skills.

When I joined OBS, the 21- day long Classic Challenge Course really helped to mould me, physically, mentally and emotionally. I was afraid of the dark and staying in the jungle alone for several nights really forced me to reflect on my life, the things I took for granted and those I held dear.

While I was in OBS, I had the privilege of conducting programmes for special needs students from Delta Senior School. They always inspired me with their motivation, dedication and perseverance. Despite being perceived as “different” by mainstream society, they believe they can do the same things as others. Going through this programme with them made me want to provide more opportunities for such youths.

What we do with youths today can impact future generations, and this motivates me. My current role in NYC allows me to know more about the youth community and empowers me to proactively develop their potential.

The difference between an OBS instructor and a Youth Corps Singapore mentor is that the OBS instructor helps the participants navigate the great outdoors while the Youth Corps mentor helps them chart their own service learning journey. Of course, the Youth Corps journey is also one year long while the longest OBS programme is just 21 days.

My experience as an OBS Instructor has definitely helped me in my role as a Youth Corps mentor. For starters, resilience and mental fortitude built up during OBS expeditions have sustained me well as I spend most of my time after office hours and on weekends to work on my Youth Corps responsibilities, while fulfilling my full-time role as an OBS Training Consultant.

My role as a Youth Corp mentor requires me to develop youths more holistically. I guide them in managing projects, relationships, conflicts and time, as well as hone their skills in marketing, public relations, report writing and decision making, amongst others—all while helping them to balance their personal life and Youth Corps project!

It has been a rewarding journey, seeing participants grow and develop. After a recent trip to Cambodia where participants helped to install solar panels for villagers, they started to really appreciate what they have in Singapore and were also more motivated to serve their community.



MUCHSIN DAHALAN



LEE CHEE KWONG
OPERATIONS SUPPORT EXECUTIVE



SIN HON PEOW
TRAINING CONSULTANT AND
YOUTH CORP MENTOR

EVOLVING OBS ALUMNI

MARKING MILESTONES

The OBS Alumni was established in 2012 to provide OBS graduates with more platforms to serve the community, from helping under-privileged families to environmental conservation. Here are some key activities held by the OBS Alumni over the years.



March 2012

19 youth participants took part in an educational trail with Punggol residents at Punggol Waterway Walk to celebrate World Water Day organised by PUB.



June 2012

Held a 1-Day Nurture @ Adventure for about 500 children and their families from needy homes on Father's Day.



July 2012

Conducted the Trust Journey programme in partnership with Central Singapore Community Development Council, to foster racial harmony between students from the Global Indian International Schools and Queensway Secondary School.

August 2012

Collaborated with International Coastal Clean Up to clean up the coastal shores of Pulau Ubin.



July 2013

Organised the first Merlion Abseil at Sentosa for the public, to raise awareness and funds for children's charity Life Community.



March 2013

Co-organised Camp Include, a special outdoor camp for MINDS students, with Central Singapore Community Development Council.



February 2013

Partnered with South East Community Development Council for the 'Yifon Skips for Nutritional Wellness @ South East 2013' campaign to earn 600 Yifon food products for the needy.

October 2012

Volunteered at Willing Hearts to help prepare meals for needy Singaporeans.



September 2012

First OBS alumni batch participated in Walk for Rice organised by South East CDC.



March 2014

Inaugural OBS Volunteers Appreciation Ceremony, where volunteers were awarded for their community efforts.



January 2015

OBS restructured as part of the strengthened NYC; Alumni office centralised under Alumni Engagement Team; moved to NYC HQ Office from Pulau Ubin.



November 2015

LAUNCH OF PROJECT ISLAND-A-HAND (PIAH)

PIAH 2015 was OBS' largest environmental service event ever and a huge expansion of our previous coastal clean-up efforts. It represents a shift from multiple smaller scale community activities to strategic annual events. Held on 30 November 2015, PIAH 2015 encouraged volunteers to play a part (saying "I lend a hand") in conserving and protecting the areas used extensively as our classrooms, to build a sense of ruggedness and resilience in our youths through outdoor education.

Supporting DPM Teo's push for volunteerism, PIAH was also a staff community service project, with Senior Minister of State Desmond Lee attending as the Guest-Of-Honour.

500 volunteers, including staff and youth, collected 2.4 tonnes of trash and 11.5 kilogrammes of weeds; planted 60 saplings; and built a flotsam fence across a span of 50 metres. They were also treated to a marine biodiversity talk by Ms Ria Tan, owner of the Wild Singapore website.

BUILDING SUPPORT NETWORKS

“OBS provides opportunities for students to explore and experience diversity, and how to respond to all circumstances”

Serene Low (Parent)



PARENTS' OPEN HOUSE

Support from their parents and teachers can be a helpful preparatory boost for our youth participants, helping them to adopt a positive mind-set even before the course begins. To encourage this support and alleviate any concerns these parents and teachers may have, OBS conducted two Open Houses on 17 March 2015 and 24 November 2015 for those with participating children or students.

Parents observed participants climbing and kayaking in OBS Camp 2's rustic and rugged environment, and were briefed on the operational, medical and logistical support at OBS Camp 1.

The concluding focus group discussion showed that the parents and teachers were very positive of their children and students attending an OBS course — to develop their confidence; build ruggedness and resilience; and learn to work together and build friendships in a socially diverse group.



WHAT'S NEW IN 2016

OUTDOOR EDUCATORS SYMPOSIUM

OBS will be organising the first Outdoor Educators Symposium for all local outdoor practitioners and youth developers, including private companies and MOE teachers who teach an outdoor adventure education syllabus. The symposium aims to facilitate a sharing of best practices and technical skills, employing a practical hands-on approach from renowned outdoor practitioners.



NEW SCHOOLS ON BOARD

We welcome the following schools taking part in OBS programmes for the first time in 2016. We look forward to developing their entire Secondary 3 cohort!

Spectra
Secondary
School

Commonwealth
Secondary
School

Bartley
Secondary
School

Damai
Secondary
School

St. Gabriel's
Secondary
School