



24 July 2022

## **YOUTHS BENEFIT FROM OUTDOOR ADVENTURE EDUCATION (OAE) WITH MORE SEA PROGRAMMES**

*Youths from diverse backgrounds sailed on Outward Bound Singapore's (OBS') new cutters and participated in a coastal clean-up to appreciate our marine environment at Singapore Regatta 2022*

As part of Youth Month celebrations, the Outward Bound Singapore (OBS) in partnership with the Singapore Sailing Federation (SSF) and Better Trails, developed two youth programmes for over 500 youths to promote the values of teamwork, and good ethics and practices in conserving our environment at the inaugural Singapore Regatta 2022<sup>1</sup> today.

2 National youth sailors, volunteer youth marine conservationists, and youths from range of schools and diverse backgrounds sailed on OBS cutters around the eastern part of Singapore waters and participated in a 5.7-kilometre coastal clean-up at East Coast Park respectively.

3 Findings from a survey of 3,500 MOE-OBS Challenge participants showed that sea activities when combined with land activities, are a key catalyst in helping youths feel more confident and resilient during the programme. Activities such as rafting, sailing, kayaking and rowing encourage better communication between team members and a willingness to help one another achieve common goals. The OBS will be curating more sea programmes next year, paired with land activities, with new cutters acquired this year.

### **OBS Cutter Race**

4 The new Cutter Class under the Youth Category at the Singapore Regatta which OBS led<sup>2</sup> saw about 50 youths from Darul Ihsan, Institute of Technical Education (ITE), SportCares and OBS Alumni sailed on five OBS cutters from Changi Sailing Club (CSC) to OBS' main campus at Pulau Ubin. National youth sailors guided youths, many who were sailing for the first time, on the fundamentals of sailing and working together as a crew.

5 Racing against other cutters in the open sea also builds resilience as each member strives to give their best in an unfamiliar situation. Today's experience was intentionally designed to help youths learn how to deal with challenges positively, build friendship and camaraderie with youths from diverse social and cultural backgrounds. Complimentary

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<sup>1</sup> The inaugural Singapore Regatta that the SSF is leading is the latest iteration of The Straits Regatta in the 1990s.

<sup>2</sup> The sailing competition this year will expand from five to six race classes with the newly added Cutter class. All six race classes will be flagged off from Changi Sailing Club (CSC). OBS's cutter race will end at Pulau Ubin whereas the remaining five race classes will end at Republic Singapore Yacht Club (RSYC).

invitations were extended to youth participants for the race through schools and OBS' alumni network.

### **Coastal Clean-Up at East Coast Park**

6 To inculcate an appreciation of nature's delicate ecosystem and the consequences of ocean pollution and how it impacts our marine environment, OBS partnered with Better Trails, a social enterprise that promotes environmental education, to organise a coastal clean-up along the East Coast Park from the National Sailing Centre to Parkland Green.

7 Close to 500 youths from Temasek Polytechnic, Scouts, Millenia Institute, and members of the public, spent the morning picking up debris and learning from young green ambassadors how youths can play a part by being socially responsible when on land and water. Youths also attended a workshop conducted by OBS' Environment & Sustainability Education coaches<sup>3</sup> on how coastal debris affect our delicate ecosystem.

8 Senior Minister of State for Sustainability and the Environment & Manpower, Dr Koh Poh Koon, graced the coastal clean-up, while Senior Parliamentary Secretary for Culture, Community and Youth, & Social and Family Development Mr Eric Chua presented prizes to the top three winners of the cutter class in the evening at the Republic of Singapore Yacht Club.

9 Chief Executive Officer for National Youth Council (NYC), Mr David Chua said, "Opportunities for our youth to grow resilience, embrace uncertainty with confidence, be good eco-stewards and to work together with other youth from diverse backgrounds are critical as we seek to emerge stronger from the pandemic and move Singapore forward. I am grateful for the partnerships between OBS, SSF and Better Trails to give our youth such opportunities in the Singapore Regatta 2022 and coastal clean-up in this Youth Month."

10 Executive Director, Singapore Sailing Federation (SSF), Mr Terence Ho said, "Like most Outdoor Adventure Education (OAE) activities, sailing teaches independence, resilience, and of course teamwork. Whether you achieve your mission depends on what you can learn and share from one another. In sailing, things often do not go as planned, and everyone will need to work together and be creative. I believe that sailing is a great leveller, and our partnership with OBS can make the sport more accessible for our youth."

11 Founder, Better Trails, Mr Loh Chee Hwa said, "Better Trails is proud to say that the entire event was led and organised by our youth volunteers. The actions of these youth volunteers will inspire others to be active contributors for a better world."

12 In 2016, OBS was appointed by SSF as the first accredited sailing training centre in Singapore to be recognised under the International Sailing Federation (ISAF). The curated youth activities for the Singapore Regatta 2022 are part of OBS' 55<sup>th</sup> anniversary celebrations to spotlight alumni and partners who champion outdoor education.

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*Refer to ANNEX A for youth profiles available for interviews*

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<sup>3</sup> OBS' Environment & Sustainability Education coaches have undergone training with these nature groups - Otter Working Group, Nature Society Singapore (NSS), ACRES, NParks, Waterway Watch Society, International Coastal Cleanup Singapore (ICCS).

## **Media Contacts**

Chanel Chan

[Chanel\\_chan@nyc.gov.sg](mailto:Chanel_chan@nyc.gov.sg)

Mobile: 9757 6695

Suzanne Walker

[Suzanne\\_walker@nyc.gov.sg](mailto:Suzanne_walker@nyc.gov.sg)

Mobile: 9873 8181




## **About the National Youth Council**




At NYC, we believe in a world where young people are respected and heard and have agency to make a difference. Together with our partners, we develop future-ready youth who are committed to Singapore by instilling in them a heart for service, resilience, and an enterprising spirit. We acknowledge the diverse needs and aspirations of young Singaporeans and ensure our youth have opportunities to develop self-awareness, deepen community spirit, and be future-ready. We hear youth, we empower youth and are **HERE FOR YOUTH**.

## **About Outward Bound Singapore (OBS)**

With over 50 years of legacy, OBS is the pioneer and leader in outdoor education in Singapore, providing adventure-based experiential learning to help develop rugged and resilient youths. Since 1 January 2015, OBS became part of the strengthened NYC to drive youth development and broaden outreach to young Singaporeans and youth sector organisations. This year, OBS will be celebrating their 55th Anniversary.

YOUTH PARTICIPANTS AVAILABLE FOR INTERVIEWS

Name	Role	Profile
<p>Miza Masturah</p> 	<p>Facilitator and Emcee of the Coastal Clean Up</p>	<p>Miza is a second-year student at Temasek Polytechnic's School of Informatics &amp; IT and Vice President of the Temasek Polytechnic Green Interest Group.</p> <p>Outside of academics, she is an environmentalist and advocate for eco causes such as sustainability and animal conservation. She strongly believes in activism for humanitarian rights and environmental issues.</p> <p>She is heavily inspired by her father who is a strong advocate for causes surrounding sustainability and humanitarian aid, and he believes that advocacy should begin at home</p>
<p>Xavier Ang</p> 	<p>Lead Project Coordinator</p>	<p>Xavier started his environmental journey in 2018 in ITE College East when he was appointed President of the Green Ambassador Club.</p> <p>Soon after, he joined Better Trails where he was part of the planning team for a beach clean-up with the Maritime and Port Authority in 2019 and shared with participants about the impact of marine litter.</p> <p>As a student at Temasek Polytechnic presently and the President of Temasek Polytechnic Green Interest group (TPGIG), he led his club through various events including building ten different Christmas trees using recycled materials.</p> <p>Outside of school, he organizes events and programs about the environment at Rivervale Court RN and Sengkang East Youth Network. He is also part of the Youth Corps Leaders Programme – NEA Youth for the Environmental Sustainability edition (YCLP-NEA YES Edition), where he and his team mates educate residents on “recycling more, recycling right.”</p>
<p>Rachel Anne Lee</p> 	<p>Participant</p>	<p>Rachel has always been interested in current affairs and this interest grew when she took General Paper for her A levels examination.</p> <p>She believes that everyone’s life is ultimately a reflection of the relations and externalisation of matters beyond their family, social circle and the outside world.</p> <p>With like-minded friends she started “Why It Matters”, a project that gets youth talking about issues happening all over the world. “Why It Matters” started as a tiny Telegram channel with only 3 members disseminating info-bits and guiding questions daily. IT has since expanded to 8 individuals ranging from 17 to 20 years old managing the Telegram channel. They also produce a “Why It Matters” e-magazine that centres around social issues to provide fresh perspectives to students beyond the typical, wordy news articles major news sites generate daily.</p>

Name	Role	Profile
<p>Hoon Kai Wen, Crystal</p> 	<p>Sailing Crew</p>	<p>Crystal is a second-year student in Diploma of Outdoor and Adventure Learning (DOAL) at Republic Polytechnic (RP). She has a strong interest in the outdoors and aspires to be an outdoor educator.</p> <p>Crystal enjoys going on long walks where she looks out for creatures that once sparked her curiosity as a child when her grandfather brought her out for walks. She wants to become an outdoor educator and share her knowledge and love of nature with the next generation.</p> <p>As a Long Service Award (LSA) participant who underwent the OBS 21-Day Classic Challenge Course, Crystal and her watchmates embarked on service projects where they kayaked to clean up mangroves as well as seawaters around the areas. She was disheartened to see so much debris but that only made her more resolved in her goal to become an outdoor educator.</p>
<p>Nur Syafinie Putri Rashid</p> 	<p>Sailing Crew</p>	<p>Syafinie has actively participated in many coastal clean-ups organised by SportCares. These experiences exposed her to the impact of environmental issues as she wondered how some people could litter without any regards for marine life and the environment and motivated her to do more for our eco system.</p> <p>Beyond volunteering for green causes, Syafinie is also part of SportCares' Big Brother, Big Sister programme where she and her friends would bring children from disadvantaged backgrounds to various places of interests and allow them to have an older sibling figure as a positive influence.</p>
<p>Kenan Tan</p> 	<p>Sailing Crew</p>	<p>Kenan Tan is a 14-year-old student from St Joseph Institute. He is the youngest athlete to represent Singapore in the 2019 SEA Games. He also won a silver medal in the sailing optimist class that year.</p>