



A GUIDE FOR VISITING COACHES

Visiting Harborview International School

Harborview Invitational · Singapore

DATES

Wed 4 – Sun 8 Nov 2026

VISITING TEAM

Ohori International School · 10
players · 2 coaches · team manager

DURATION

5 Days / 4 Nights

PROGRAM

Varsity basketball



Welcome

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We are glad you are coming. For three days our sports complex belongs to eight visiting teams, and for four nights ten of your players will sit at Harborview family tables. This guide is written for you, the coaching staff: who to call, where the hospital is, how you get from Changi to the court, where to eat well near your hotel, and what the week looks like for a player staying with one of our families. Pages 3, 9, and 13 are written so you can hand them to players and host families as they are.

Public information is verified as of 04 September 2026. The details only you can supply — flight times, your team manager's number, the names on the homestay roster — are marked as fields to complete, so nothing is left blank without saying so.

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Athletics Director, Harborview International School

Host	Harborview International School 300 Pasir Panjang Road, Singapore 118 000 (showcase campus)
Your team	Ohori International School, Fukuoka, Japan · 10 players, 2 coaches, team manager
Players stay	With Harborview host families
Coaches stay	JEN Singapore Orchardgateway, Orchard Road
Time zone	UTC+8, one hour behind Fukuoka

Your week



WED 4 NOV

You arrive

SQ655 lands at 15:20. Coaches to Orchard; players meet their host families at Harborview.



THU 5 NOV

Pool games

Sports complex from 07:45. Welcome briefing, first games, canteen lunch with the other teams.



FRI 6 NOV

Crossovers

Pool games and crossovers. Evening: dinner with host families (Harborview confirms).



SAT 7 NOV

Finals

Placement and championship games, awards. Last night with host families; bags packed.



SUN 8 NOV

Home

To Changi with host families or the team bus (decision pending). Return flight confirmed at booking.

In this guide

Emergency contacts	3	Coaches' hotel	10
Medical and hospitals	4	Eating around the hotel	11
If something happens	5	Eating around the campus	12
Arriving at Changi	6	Weather and heat	13



Emergency contacts

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One page, every number, designed to be photographed. Players keep a copy on their phone; host families receive the top table and the team manager's number.

Singapore emergency numbers

Service	Number	Notes
Police	999	English-speaking operators. Free from any phone.
Ambulance and fire	995	Singapore Civil Defence Force. Life-threatening emergencies only.
Non-emergency ambulance	1777	Chargeable transfer when the situation is stable.
Police hotline	1800 255 0000	Non-urgent police matters, lost property reports.

Tournament contacts

Contact	Number	Role
National University Hospital — emergency department	+65 6772 5000	Emergency Medicine Department 24-hour line. Nearest public emergency department to the campus (2.4 km).
Mount Elizabeth Hospital — accident and emergency	+65 6731 2218	24-hour hotline. Private A&E, 1.4 km from the coaches' hotel.
Harborview International School — main line	+65 6123 4567	Front office, weekdays 07:30–17:00.
Harborview security office (24 h)		Campus gate.
Harborview tournament director		Athletics office. Mobile for tournament days.
JEN Singapore Orchardgateway — front desk		Confirm at booking.
Visiting team manager (24 h)		First call for any player, host family, or coach.
Visiting school safeguarding lead		Reachable throughout the trip (see page 15).
Visiting school 24-hour line		School emergency number in Fukuoka.
Travel insurance assistance line		Policy number:

Each player adds two lines to their own copy: their host family's mobile and address. The team manager holds the full homestay roster (page 9) and every player's medical information; host families hold neither.



Medical and hospitals

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Two emergency departments, one for each place the team will be: the campus by day, the hotel by night. The visiting school names the hospital it will use; both are verified 24-hour departments.

National University Hospital — campus

5 Lower Kent Ridge Road, Singapore 119074

24-hour emergency department · public restructured hospital
From campus: 2.4 km, about 6 min by taxi · from hotel: 9.7 km, about 18 min

Foreign patients pay unsubsidized rates; a deposit may be requested on admission. Emergency treatment is not held for payment.

Mount Elizabeth Hospital — hotel

3 Mount Elizabeth, Singapore 228510

24-hour accident and emergency · private hospital
From hotel: 1.4 km, about 6 min by taxi (15 min walk) · from campus: 8.8 km, about 21 min

Shorter waits and higher charges than the public system.
Payment or a credit-card guarantee is taken at registration.

What to expect at a Singapore emergency department

- **Bring:** the player's passport, the travel insurance card or policy number, the medical information sheet, and a coach or the team manager. A minor is seen with an accompanying adult.
- **Triage first, paperwork second.** Public departments triage by severity; a sprain waits behind a chest pain. Private departments are faster and typically two to four times the cost.
- **Payment:** card payment or deposit on registration is normal for non-residents. The insurance assistance line (page 3) can arrange a guarantee of payment for admissions.
- **Language:** English throughout. Discharge summaries are in English and are what the insurer will ask for.

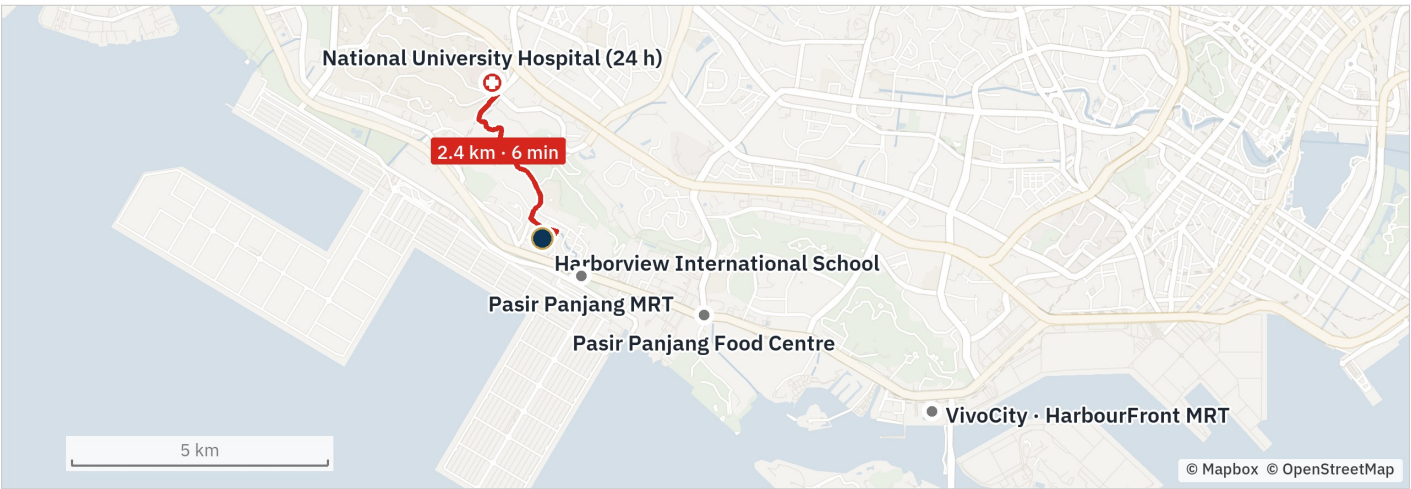
Clinics and pharmacies

Need	Near the campus (Pasir Panjang)	Near the hotel (Orchard)
Walk-in clinic, extended hours	Polyclinic and private GP clinics along Pasir Panjang Road and at VivoCity; the athletics office confirms hours.	Raffles Medical, 391 Orchard Road (Ngee Ann City), weekday and weekend hours; Raffles Hospital 24-hour emergency, 585 North Bridge Road.
Pharmacy	Guardian and Watsons at VivoCity (HarbourFront), typically 10:00–22:00.	Guardian at 313@somerset and Watsons at Orchard Central, typically 10:00–22:00, both within 200 m of the hotel.
Prescriptions	Bring a doctor's letter for any controlled medication; pharmacists dispense against Singapore-registered prescriptions only.	As at left. The hotel concierge can direct to the nearest open pharmacy after 22:00.

CAMPUS AND MEDICAL

Campus and nearest emergency department

National University Hospital · 2.4 km, about 6 min by taxi from the sports complex



Source: Mapbox Directions (driving), ETI360 place register. Harborview campus is a showcase position.
Campus, nearest emergency department, and the Pasir Panjang MRT and food options a team will use between sessions.
Map: Mapbox, OpenStreetMap contributors. Harborview campus location is a showcase position.



If something happens

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Four situations, one chain. The visiting team manager is the single point through which every message about a player passes, whether the call comes from a coach, a host family, or the hotel.

Injury or illness at the tournament

STEP 1 At the scene The nearest coach takes charge, stabilizes, and calls 995 if the injury is serious. A second adult stays with the rest of the team.	STEP 2 Harborview Host medical staff or the tournament director are notified; the campus nurse's office holds a defibrillator and first-aid room.	STEP 3 Team manager The team manager is called within minutes, brings the player's medical sheet and passport, and travels with the player.	STEP 4 Parents and school The team manager calls parents and the visiting school's 24-hour line. Updates continue from one voice only.
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Situations the homestay model adds

Medical emergency at a host family's home The host family calls 995 for anything they would call an ambulance for at home, then the team manager. The host family does not hold the player's medical information; the team manager does, and reads it to the paramedic or hospital by phone while traveling to the hospital. Host families receive the team manager's number and the two hospital names on the day the players arrive.	A player needs a coach out of hours Every player has the team manager's mobile saved and a WhatsApp group with the coaches. The team manager's phone is on all night for the four nights of the trip; a second coach is the named backup. The homestay model depends on this line being known to every player and parent. It is confirmed before departure and repeated at the first team meeting in Singapore.
Medical emergency at the coaches' hotel Call 995 , then the front desk, which directs the ambulance crew. Mount Elizabeth Hospital is the nearest 24-hour A&E. A coach traveling to hospital tells the team manager, who reassigns the morning's player supervision.	A player cannot be reached The team manager calls the host family, then the player, then the tournament director. If the player is still unaccounted for after the agreed interval, the team manager calls 999 and the visiting school's 24-hour line. The interval and who decides are recorded on page 15.

Host families and Harborview staff talk to the team manager; parents hear from the team manager or the visiting school, never from a host family or a coach at the scene. The steps follow the visiting school's own emergency plan and Harborview's tournament protocol; the team manager confirms both before departure.



Arriving at Changi

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WEDNESDAY 4 NOVEMBER

Arriving at Changi

Before you land

- **SG Arrival Card** — free, submitted online within three days before arrival (ICA website or MyICA app). The team manager can submit for the group; each player needs their own card. Without it, the card is completed at immigration and the queue is longer.
- **Passports** valid six months beyond 8 November; Japanese passport holders enter visa-free for this stay.
- **Arrival terminal** — Singapore Airlines from Fukuoka arrives at Terminal 3 or 2; confirm at booking. If there is time, Jewel's indoor waterfall is a ten-minute walk from Terminal 3.

At the airport

- Immigration uses automated lanes for most passports; a coach goes through first and waits for the group.
- Taxi stands are on the arrival level, signposted; the queue moves quickly. Grab pick-up points are at numbered doors on the same level.
- Three taxis or two six-seaters move the party comfortably. A pre-booked minibus for the whole group is the alternative, arranged by the athletics office.
- Free Wi-Fi throughout; SIM cards and e-SIMs are sold in the arrival hall.

Transfers and estimated fares

Journey	Distance	Off-peak time	Taxi estimate	Grab estimate
Changi → Harborview campus	33.7 km	~38 min	S\$38–50	S\$32–45
Changi → coaches' hotel (Orchard)	23.1 km	~28 min	S\$28–38	S\$25–35
Coaches' hotel → Harborview campus	11.8 km	~21 min	S\$15–22	S\$14–20

Estimates are off-peak, including the Changi taxi surcharge (S\$6, or S\$8 on Friday to Sunday evenings). Peak-hour and midnight surcharges apply as published by the Land Transport Authority. Times from Mapbox driving directions.

Decision pending: where host families meet players

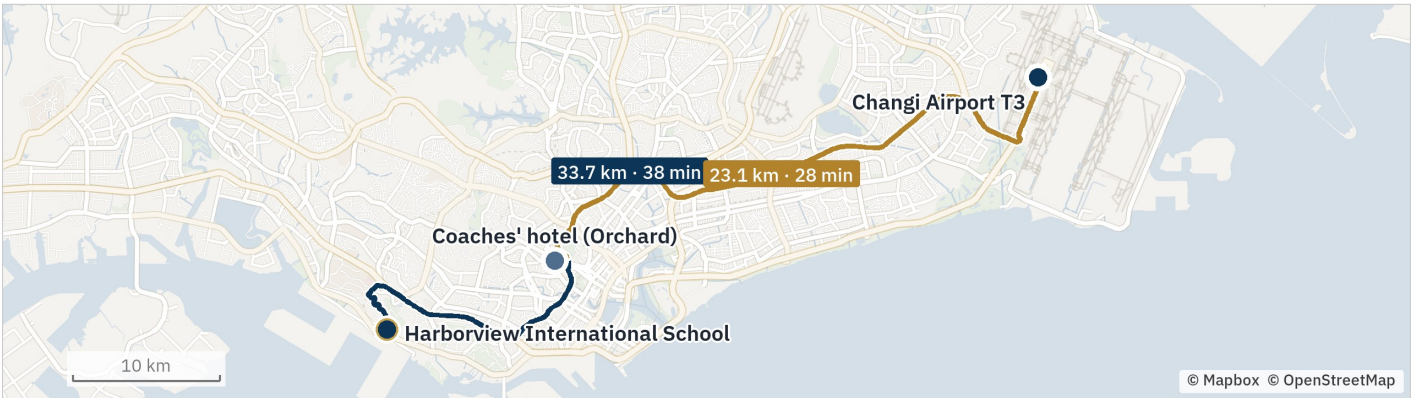
Option A — families collect at Harborview after a team bus from Changi (one hand-over point). Option B — families collect at Changi arrivals (ten hand-overs in an arrival hall). The guide is written for Option A; page 15 records the decision.

ARRIVAL TRANSFERS

Changi to the campus and the hotel

Taxi or Grab • campus 33.7 km, about 38 min • hotel 23.1 km, about 28 min (off-peak)

- To Harborview campus
- To coaches' hotel
- Airport / campus
- Hotel



Source: Mapbox Directions (driving). ETI360 place register. Harborview campus is a showcase position.



Getting around

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Singapore is a straightforward city to move a team around: English signage, metered taxis, and ride-hailing that accepts a foreign card. Coaches use Grab; players travel with host families or the team.

Ride-hailing

- **Grab** is the primary app. Install and add a card before travel; the app works in English and shows the fare before booking. Six-seaters (GrabCar 6) carry a coaching group.
- **Backups:** ComfortDelGro's CDG Zig app (the largest taxi fleet) and TADA. Either works when Grab surges at the end of an evening session.
- Pick-up points at malls and the airport are numbered doors; the app names the door.

Taxis

- Metered, plentiful, and hailed on the street outside the central business district, or from stands at every mall and hotel.
- **Surcharges** are printed on the door: peak hours (weekday mornings and every evening), midnight to six (50 percent), Changi Airport, and electronic road pricing passed through at cost.
- Card and contactless payment in every taxi; cash is accepted but rarely needed.

Paying for things

- Contactless cards and phone wallets work almost everywhere, including hawker centers.
- Grab and taxis: in-app or card. MRT and buses: tap a contactless bank card at the gate, no ticket needed.
- A small amount of cash (S\$50 per coach) covers the one stall that is cash-only.

MRT, for the coach who asks

- **Somerset** station is directly under the coaches' hotel (North–South Line).
- **Pasir Panjang** station (Circle Line) is about 1 km from the Harborview campus; the two are one change apart, around 35 minutes.
- The team does not use the MRT as a group; it is a fallback for an individual coach, not a transport plan.

Fare reference — every pair the team will use

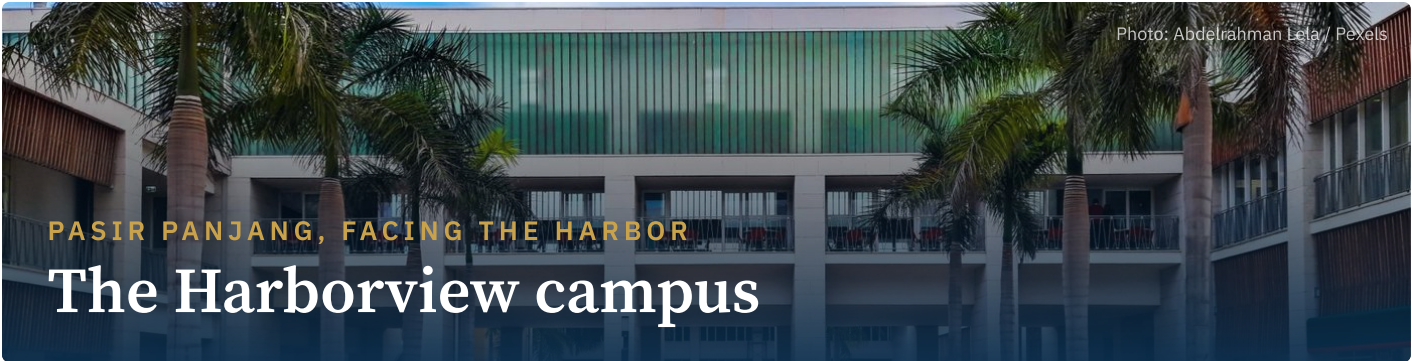
From	To	Distance	Time (off-peak)	Estimate
Coaches' hotel	Harborview campus	11.8 km	~21 min	S\$14–22
Harborview campus	National University Hospital	2.4 km	~6 min	S\$8–12
Coaches' hotel	Mount Elizabeth Hospital	1.4 km	~6 min · 15 min walk	S\$6–9
Coaches' hotel	National University Hospital	9.7 km	~18 min	S\$13–18
Harborview campus	Changi Airport	28.3 km	~35 min	S\$34–45
Coaches' hotel	Changi Airport	20.3 km	~30 min	S\$24–34

Estimates assume off-peak metered fares in November 2026 and are for budgeting, not billing. Live Grab fares vary with demand; a 20–40 percent evening surge after finals is normal.



The Harborview campus

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Harborview runs a gated campus on the Pasir Panjang slope. Visiting teams check in at the sports complex, not the main office, and every adult carries a visitor pass for the three competition days.

Address	300 Pasir Panjang Road, Singapore 118 000 (showcase campus)
Main line	+65 6123 4567 · weekdays 07:30–17:00
Tournament check-in	Sports complex reception, ground floor — from 07:15 on competition days
Visitor passes	Issued at the security gate against photo ID; worn by every coach and manager, returned on the last day
Nearest MRT	Pasir Panjang (Circle Line), about 1 km · taxis and Grab drop at the main gate
Parking	Visitor bays by the sports complex; register the vehicle at the gate

From the main gate

1. Security gate: ID check, visitor pass, sign-in sheet for the team.
2. Follow the covered walkway downhill; the sports complex is the two-story building on the right, 150 m.
3. Reception is on the ground floor; the competition courts are on the first floor, changing rooms on the ground floor.
4. The nurse's office is beside reception (defibrillator and first-aid room). Outdoor courts and fields are below the complex.

On campus

Topic	What the team will find
Security	ID checks at the gate for every adult; players on the tournament roster are admitted with their team. No re-entry without a pass.
Spectators	Court-side bleachers on the first floor; host families and parents watch from there. Coaches' bench and table are court-side.
Hydration	Filtered water dispensers on each floor and at the outdoor courts; bring refillable bottles. Ice from the nurse's office.
Wi-Fi	Guest network at reception — credentials issued with the visitor pass.
Out of bounds	Academic buildings, boarding houses, and the pool during the tournament; teams stay within the sports complex, canteen, and spectator areas.
Heat and lightning	Harborview's outdoor-activity heat policy and lightning suspension policy apply on campus; visiting coaches receive both at check-in and follow the host's calls.
Lunch	The canteen is open on competition days with a set lunch for visiting teams by prior arrangement. Everything else nearby is on page 12.



Your homestay week

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Your ten players spend four nights with five Harborview families, two to a household. It is the part of the week our own students remember longest, and the reason the team manager's phone sits at the center of the trip.

What players and parents can expect

- A family with a Harborview student, usually on the same team or in the same grade; two visiting players per household.
- Breakfast and dinner with the family; lunch with the team on competition days.
- A lift to campus each morning by the host family, arriving by the team's call time; evening return after the last game or team event.
- A shared room or a private room — parents are told which before departure, and dietary, medical, or religious needs are matched at allocation.

House rules — Harborview's homestay program (sample values)

- In the house by **21:30** on competition nights; no leaving after dinner without the host parent.
- The team manager checks in with every player by message at **21:00** each night and with each host family on the first evening.
- Players do not travel alone by taxi or MRT; movement is with the host family or the team.
- Any concern about a placement — however small — goes to the team manager the same day; a change of household is arranged through the athletics office.

Homestay roster — one line per player, completed by the team manager

Player	Host family and contact	Address / district	Mobile	Daily transport	Host student
Player 01 (example)	The Tan family · Mrs. Serena Tan	Kent Ridge (2 km from campus)	+65 9xxx xxxx	Host drives, 07:30 daily	Yes — Harborview Grade 10
Player 02					
Player 03					
Player 04					
Player 05					
Player 06					
Player 07					
Player 08					
Player 09					
Player 10					

The roster is the team manager's document and is not distributed; each player receives only their own line. Two decisions still shape this page: whether host families or a team bus handle transport on competition days, and whether the roster is shared with the visiting school's safeguarding lead before departure.



Coaches' hotel

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Coaches stay in Orchard, twenty minutes from the campus and beside everything a coaching staff needs after a long day: food at every price, two pharmacies within 200 m, and an MRT station under the building.

Hotel	JEN Singapore Orchardgateway by Shangri-La
Address	277 Orchard Road, Singapore 238858
Front desk	confirm at booking
Check-in / out	15:00 / 12:00 (confirm at booking) · early check-in on Wednesday requested for the 15:20 arrival
Nearest MRT	Somerset (North–South Line), directly below the hotel
To the campus	11.8 km · about 21 min by taxi, S\$14–22
To Changi	20.3 km · about 30 min, S\$24–34

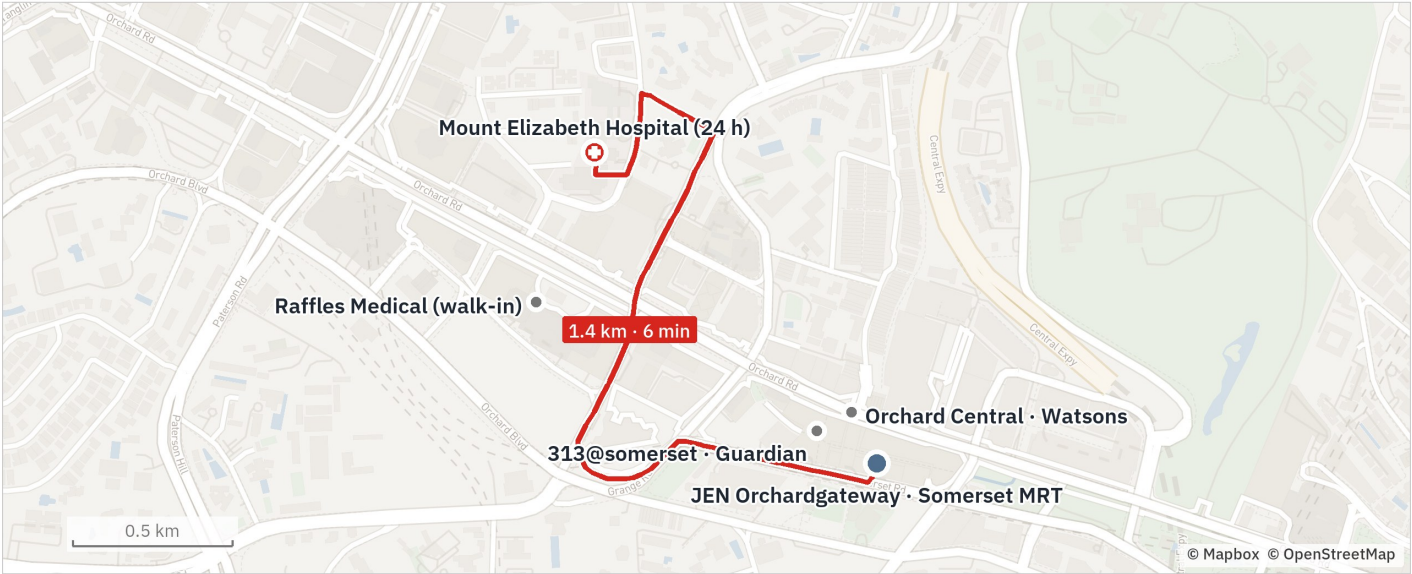
Within five minutes on foot

- **313@somerset** and **Orchard Central** — attached to the hotel block; Guardian pharmacy in 313, Watsons in Orchard Central.
- **Supermarkets** — Cold Storage and Don Don Donki along Orchard Road for breakfast items and team snacks; sports retailers for a forgotten pair of court shoes.
- **Raffles Medical, 391 Orchard Road** — walk-in GP, 600 m.
- **Mount Elizabeth Hospital** — 24-hour A&E, 1.4 km, 15 minutes on foot along Mount Elizabeth Road.
- Where to eat: page 11.

HOTEL AND MEDICAL Hotel and nearest emergency department

Mount Elizabeth Hospital · 1.4 km, about 6 min by taxi or 15 min on foot

- Hotel to hospital
- Hotel
- Emergency department
- Clinic / pharmacy



Source: Mapbox Directions (driving), ETI360 place register.

Coaches' hotel, nearest 24-hour emergency department, walk-in clinic, pharmacies, and Somerset MRT.

Map: Mapbox, OpenStreetMap contributors. Route from Mapbox Directions.

ETI360



Eating around the hotel

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Twelve places within a ten-minute walk of the front door, chosen for a coaching staff: breakfast at seven, a fast dinner after the last game, and two rooms that seat the whole traveling party. Numbers match the pins on the map.

- 1

Makan@Jen \$\$
The hotel's restaurant on level 10: breakfast, and a local buffet at night for staff who stay in.
277 Orchard Road, Level 10 JEN
Singapore Orchardgateway by Shangri-La · in the hotel · 4.4★ (1,198)
- 2

Killiney Kopitiam \$
Kaya toast, soft-boiled eggs, kopi. The Singapore breakfast, open early.
67 Killiney Road, Singapore · 190 m · 2 min walk · 4.3★ (1,871)
- 3

Song Fa Bak Kut Teh \$\$
Peppery pork-rib soup with rice and dough fritters. Quick turnover.
176 Orchard Road, #02-29/30 · 210 m · 3 min walk · 4.5★ (2,252)
- 4

The Dim Sum Place —
Dim sum served late into the night — after an evening session.
176 Orchard Rd, #B1 - 07 The Centrepoint, Singapore · 160 m · 2 min walk · 4.8★ (6,048)
- 5

Din Tai Fung \$\$
Xiao long bao and noodles; fast, and used to large tables.
176 Orchard Road, #02-55, Singapore · 160 m · 2 min walk · 4.3★ (740)
- 6

49 Seats The Centrepoint \$
Casual Western and local plates at a low price; no booking needed.
176 Orchard Road, #01 - 49 · 170 m · 2 min walk · 4.6★ (4,046)
- 7

Josh's Grill —
Value steaks and grills in the 313 basement; queue after 18:30.
313 Orchard Rd, B2-15 to 19, 313@somerset · 100 m · 1 min walk · 4.7★ (16,435)
- 8

Marché \$\$
Market-style stations — rösti, pasta, grills; everyone picks their own plate.
313 Orchard Road · 120 m · 1 min walk · 4.4★ (6,417)
- 9

Kiseki Japanese Buffet Restaurant \$\$
Japanese buffet, eighth floor of Orchard Central. Team-dinner scale; book a table for fifteen.
181 Orchard Road, #08 - 01 / 02 / 03 · in the hotel · 4.4★ (8,618)
- 10

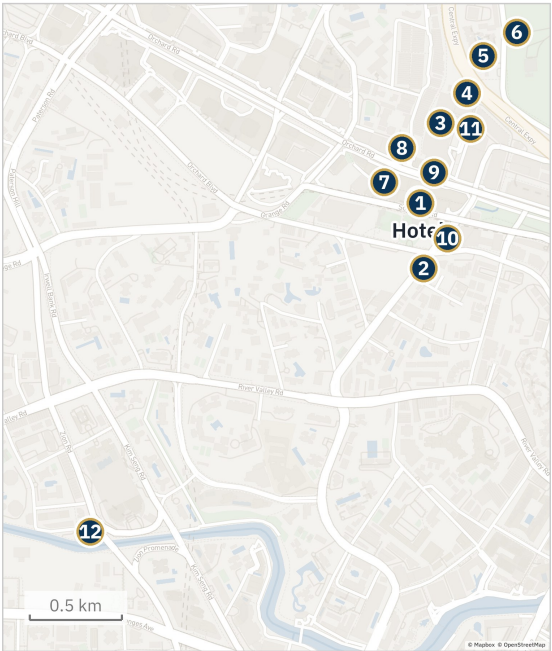
87 Just Thai Killiney —
Neighborhood Thai; quiet, quick, inexpensive.
57 Killiney Road, Orchard Rd · 180 m · 2 min walk · 4.6★ (999)
- 11

The Curry Culture \$\$
North Indian with outdoor tables and a full vegetarian menu.
31 Cuppage Road, Cuppage Terrace 31 · 200 m · 2 min walk · 4.4★ (1,292)
- 12

Zion Riverside Food Centre —
The nearest hawker center: char kway teow, chicken rice, juice by the river.
70 Zion Rd, Singapore · 1.3 km · about 3 min by taxi · 4.2★ (4,010)

EATING Around the hotel

Numbers match the list · hotel marked in slate



Source: Google Places, ETI360 place register. ETI360

Price bands are Google's (\$ to \$\$\$\$); ratings are Google reviews at 04 September 2026. Hours change; the hotel concierge confirms.

Five things to eat in Singapore

- Kaya toast and kopi**
Toast with coconut jam, soft-boiled eggs, strong sweet coffee. Breakfast at a kopitiam.
- Chicken rice**
Poached chicken on fragrant rice with chilli and ginger. The national plate; every hawker center has a stall.
- Bak kut teh**
Peppery pork-rib soup with rice, dough fritters, and dark soy. Best after a cold sports hall.
- Laksa and char kway teow**
Coconut-curry noodle soup, and flat noodles fried in a hot wok. Both from hawker stalls, both under S\$8.



Eating around the campus

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Pasir Panjang is a residential and port district, so the choices are fewer than in Orchard and the canteen arrangement matters. What is here is very good: two of the west's best hawker centers, a zi char house that can feed the whole tournament, and coffee within a short walk of the gate.

- 1

99 Buona Vista Kitchen —
Zi char — wok dishes shared family-style — a short walk from the gate. Feeds a table of ten cheaply.
22 South Buona Vista Rd, Singapore · 180 m · 2 min walk · 4.2★ (513)
- 2

Baker & Cook \$\$
Bakery-café for an early breakfast or a coffee between sessions; sandwiches to take away.
38 South Buona Vista Road · 180 m · 2 min walk · 4.2★ (220)
- 3

Ji Yue Coffee —
Small specialty coffee bar in Viva Vista; the closest good coffee to the campus.
3 South Buona Vista Road, #01-13/14 Viva Vista · 220 m · 3 min walk · 4.9★ (216)
- 4

Coexist Coffee Co. @Pasir Panjang —
Coffee, brunch plates, and a garden setting on Pasir Panjang Road.
122 Pasir Panjang Road, Singapore · 690 m · 8 min walk · 4.7★ (170)
- 5

Diamond Kitchen \$\$
Seafood zi char at Science Park; large round tables and a known chilli crab.
87 Science Park Drive, #01-01 · 950 m · 11 min walk · 4.3★ (545)
- 6

The Soup Spoon ARC \$\$
Soups, sandwiches, and salads at Alexandra Retail Centre; a quiet lunch option.
460 Alexandra Road, #01-21, Singapore · 1.6 km · about 4 min by taxi · 4.5★ (703)

- 7

Canton Paradise \$\$
Hong Kong-style roast meats, dim sum, and noodles; family tables.
460 Alexandra Road, #02 - 30 · 1.7 km · about 4 min by taxi · 4.3★ (1,056)
- 8

Xin Wang Hong Kong Cafe \$\$
Hong Kong café classics inside the NUH Medical Centre — useful if someone is at the hospital.
1 Lower Kent Ridge Road, #02-10 The Dining Avenue · 1.6 km · about 4 min by taxi · 4.8★ (2,442)
- 9

Alexandra Village Food Centre —
One of the west's best-known hawker centers: claypot rice, hor fun, avocado juice. Lunch for the whole squad.
120 Bukit Merah Lane 1, Singapore · 2.0 km · about 4 min by taxi · 4.2★ (6,390)
- 10

Keng Eng Kee Seafood —
One of the west's best-known hawker centers: claypot rice, hor fun, avocado juice. Lunch for the whole squad.
124 Bukit Merah Lane 1, #01-136, Singapore · 1.9 km · about 4 min by taxi · 4.3★ (5,321)
- 11

Timbre+ One North —
A covered food park at one-north with twenty stalls and long tables; live music some evenings. Easy for a large, mixed-appetite group.
73A Ayer Rajah Cres., JTC LaunchPad @ one-north, Singapore · 2.0 km · about 4 min by taxi · 4.2★ (6,417)

EATING

Around the campus

Numbers match the list · campus marked in navy



Source: Google Places, ETI360 place register. Campus is a ETI360

Team dinner for fifteen

Ten players and three adults fit one long table. Hawker centers, Timbre+, and the buffet restaurants take the group without a reservation; Keng Eng Kee and Diamond Kitchen seat one large round table and need a booking a few days ahead — the athletics office can make the call.

Distances are from the Harborview showcase campus. Price bands are Google's (\$ to \$\$\$\$); ratings are Google reviews at 04 September 2026.



Weather and heat

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Photo: Ravish Maqsood / Pexels

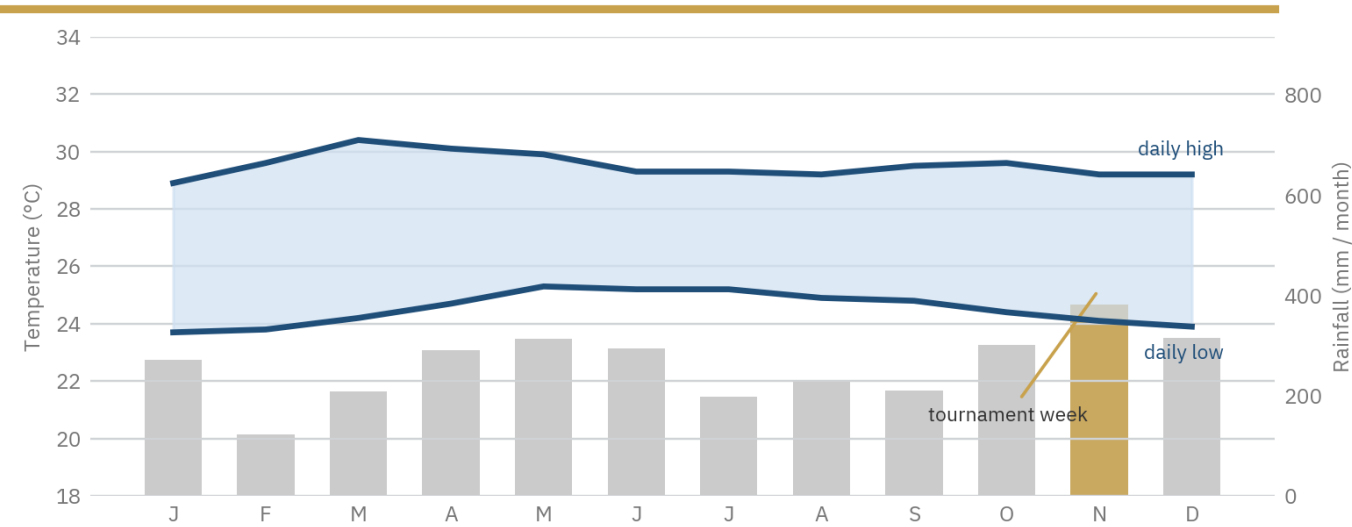
NO SEASONS, ONE CLIMATE

Weather and heat

There is no season to plan around, only a climate to respect: 30 °C and 85 percent humidity on each of the five days, with an afternoon thunderstorm more likely than not in November. Heat is the sport risk that shapes every day of this trip; lightning is what moves a schedule.

Hot and humid in every month; November is among the wettest

Singapore • mean daily high and low (°C) and monthly rainfall (mm), 2015–2024



Source: Open-Meteo historical archive (ERA5 reanalysis), Singapore grid point, 2015–2024.

ETI360

What November brings

- **Northeast monsoon onset.** November and December are the wettest months; rain arrives as intense afternoon or early-evening storms lasting one to two hours, then clears.
- **Temperatures** barely move: daily highs around 29–31 °C, lows around 24–25 °C, humidity 80–90 percent. Nights do not cool.
- **Lightning.** Singapore records one of the highest lightning-strike densities in the world. Harborview suspends outdoor activity on the National Environment Agency's lightning alerts; outdoor warm-ups move indoors and pick-up times shift when a storm sits over the campus.

Heat and hydration, as the host runs it

- Competition is indoors; the exposure is the walk from the gate, the outdoor courts, and time on the fields between sessions.
- Players drink before they are thirsty: a bottle on the bench, a refill at every break, and electrolyte sachets in the team kit. The first two days are the acclimatization days for a team arriving from Fukuoka's November (around 15 °C).
- Sun protection outdoors — the UV index is very high year-round — and shade between games.
- Harborview's heat policy sets the thresholds and rest ratios for outdoor activity; visiting coaches follow the host's calls.



Good to know

Harborview Invitational · Wed 4 – Sun 8 Nov 2026 · Ohori International School visiting · OIS-T05

Singapore asks little of a visiting team. The items below are the ones that still catch people out, and what to pack for five hot days.

Type G · 230 V
POWER — UK THREE-PIN PLUG

SGD · S\$
CURRENCY — CASHLESS ALMOST EVERYWHERE

UTC+8
ONE HOUR BEHIND FUKUOKA

Money and payment

- Contactless cards and phone wallets are accepted from hawker stalls to taxis; a foreign card works without setup.
- **No tipping** in restaurants, taxis, or hotels; a 10 percent service charge and 9 percent GST appear on restaurant bills.
- ATMs are at every mall and MRT station; S\$50 of cash per person covers the rare cash-only stall.

Health basics

- Tap water is safe to drink; refill bottles anywhere.
- Hawker and food-court food is safe and graded for hygiene; stalls display their rating.
- Mosquitoes carry dengue in Singapore; repellent in the evening near greenery is sensible, and the campus has active control.
- Pharmacies stock familiar brands; bring personal medication in its original packaging with the prescription.

Phones and connectivity

- Japanese roaming plans work; a local e-SIM (Singtel, StarHub, M1) is cheaper for four days and sold at Changi.
- The team WhatsApp group is the working channel; every player, coach, and the team manager is in it before departure; host families are added on arrival for pick-up timing only.
- Free Wi-Fi at the airport, malls, and the hotel; Harborview issues guest credentials at check-in.

Law and custom that matter to a team

- Singapore enforces fines: no eating or drinking on the MRT, no littering, no jaywalking across major roads, no chewing gum imports, no vaping (possession is an offense).
- Drug offenses carry severe penalties; the point is made to players plainly before departure.
- Dress is casual; shoulders and knees covered inside temples or mosques if a host family visits one.
- A team in matching kit is visible; quiet, orderly public behavior is expected.

What to pack

For everyone	For the team kit	Leave at home
Light, quick-drying clothing for five hot days; a light rain shell or compact umbrella; sandals or slides for the evenings; sunscreen, cap, sunglasses; a refillable bottle; a Type G plug adapter.	Electrolyte sachets, cooling towels, spare tape and strapping, a second set of match kit for rain-soaked days, a printed copy of this guide and the medical sheets.	Heavy jackets — indoor air conditioning is cool, not cold; a light layer for the sports hall and the flight is enough.



Safeguarding and confirm before travel

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The homestay model places players in the overnight care of adults the visiting school has not met. What the visiting school holds, and how a player raises a concern, are recorded here so that nothing about it is assumed.

Safeguarding — what the visiting school holds

Designated safeguarding lead	_____
Reachable during the trip on	_____
Host-family information received	Household composition, the Harborview student's name and grade, address, and mobile — supplied by the athletics office
Host-family screening	Harborview's homestay agreement and screening apply; the visiting school records that it has seen the host's policy: _____

How a player raises a concern

- To the team manager or any coach, in person or by message, at any hour. The 21:00 nightly check-in is a private message, so a player can answer honestly.
- A concern about a placement moves the player the same evening; the team manager arranges it with the athletics office and tells the parents.
- A concern about a person is reported to the visiting school's safeguarding lead the same day and, where it is a matter for the police, to **999**.
- Players are told all of this before departure, and again at the first team meeting in Singapore.

Confirm before travel

☐ Return flight number and departure time (Sunday 8 November)	☐ Medical information sheet for every player in the team manager's possession; dietary and medical needs matched at allocation
☐ Arrival terminal at Changi, and whether an early hotel check-in is confirmed	☐ Travel insurance policy number and assistance line, confirmed to cover sports injury and hospital admission
☐ Where host families meet players: Harborview after a team bus, or Changi arrivals	☐ Interval and decision-maker for an unaccounted-for player
☐ Competition-day transport: host families each morning, or a team bus from a single pick-up point	☐ Harborview's heat policy and lightning suspension policy received and read by every coach
☐ Harborview security office 24-hour number and the tournament director's mobile	☐ SG Arrival Card submitted for every traveler within three days of arrival
☐ Hotel front-desk number; check-in and check-out times	☐ Both hospital 24-hour numbers re-checked by a call in the week before departure
☐ Team manager's 24-hour number and the second coach as named backup, shared with every player, parent, and host family	☐ Team dinner venue booked (page 12) and the canteen lunch arrangement confirmed
☐ Homestay roster complete for all ten players, with any change of household recorded	

Every line above corresponds to a field or decision elsewhere in this guide. When the last one is confirmed, the guide is complete and can be issued to players and host families.



ETI360

Visiting Harborview International School

This guide is prepared for Harborview International School and issued to the coaching staff of visiting teams. It organizes the welcome, logistics, contacts, and local information for one tournament week. The host and the visiting school complete and hold the fields marked for confirmation. ETI360 structures the information; it does not advise, certify, or guarantee outcomes.

DOCUMENT

Visiting Coaches' Guide

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Harborview International School

VISITING TEAM

Ohuri International School

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