YOUR EXPEDITION GUIDE

Borneo 28 Days
Summer 2019
Do you dream of waking up deep in the jungle to the chatter of monkeys and flashes of vivid colour as long-tailed macaques swoop above you? Do you want an expedition that explores every environment from jungle to crystal seas teeming with life? If so, it doesn’t get much better than Borneo! Trek alongside the Dusun people and meet Borneo’s famous orang-utans. Give a little something back to this amazing country whilst working on your project, before kicking back and relaxing on a picture postcard beach.

The purpose of this brief is to introduce your expedition opportunity. It will give you a feel for the destination and the type of activities that you will be involved in.

We hope this brief snapshot will leave you feeling inspired and wanting more!

**HIGHLIGHTS**
- Experience jungle living
- Visit the world famous Sepilok Orang-utan Sanctuary
- Work on a rewarding community or environmental project
- Trek through the Bornean jungle
- Enjoy tropical island rest and relaxation

**PHYSICAL RATING:** Moderately challenging.

**CULTURE SHOCK:** A definite difference to what you are used to.

**ALTITUDE:** N/A.

**VISA:** Not required for British nationals.*
* Please note requirements may change, see the visa section on your Basecamp portal for the most up to date information.

**RELIGION/S:** Islam, Taoism, Buddhism, Hindu, Christian and Animist.

**CULTURAL OR HISTORICAL INTEREST:** The population of the island is one of the most varied human social groups in the world.

**LANGUAGES:** Malay, Dusunic, Murutk, Paitanic, Sama Bajau & English is widely spoken.

**GEOGRAPHY:** Lowland and highland. Rainforest/jungle, mountains and coast.

**CLIMATE:** Apart from the mountains the bulk of the country enjoys the same tropical climate. Average temperature: 25-30ºC.
WHAT IS AN EXPEDITION?

Expeditions are a life-changing experience, a chance for young people to go on a fun and educational journey with their friends. Most expedition destinations are third-world or developing countries, allowing students to not only experience stunning parts of the world but also witness a very different way of life, often with the chance to immerse themselves in the culture through project work.

HOW IT WORKS...

Our expeditions are made up of four main phases; acclimatisation, trekking, project and rest & relaxation. During the build-up we put students in the driving seat, allowing them to finalise their itinerary

EXPEDITION TIMELINE

1. Expedition Launch
2. Itinerary Development
3. Expedition Briefing
4. Expedition Training
5. Departure Day
6. Fundraising
7. Fundraising

Acclimatisation
Arrive in country and spend some time getting used to the new culture whilst planning your next phase and changing currency.

Trekking
You may take part in a trek during - either a cultural trek through villages or an attempt to summit a nearby mountain!

Project
Dedicate some time to helping on a project - either community or environmental based, often working with local people.

R&R
Treat yourself to some Rest & Relaxation! This usually involves a few days on a beautiful beach, reflecting on your expedition.
<table>
<thead>
<tr>
<th>DAY 1-2</th>
<th>Depart the UK &amp; arrive in the coastal city of Kota Kinabalu, Borneo.</th>
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<tbody>
<tr>
<td>DAY 3</td>
<td>Spend some time adjusting to your new surroundings – learn some useful phrases and taste the local delicacies whilst soaking up the culture. Prepare and confirm arrangements for the next stages of your adventure.</td>
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<td>DAY 4</td>
<td>Make your way to your project site.</td>
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<td>DAY 5-9</td>
<td>Spend the next five days assisting with a community project in the heart of Sabah. You will be improving the homes and community spaces of the local villagers by carrying out simple renovations.</td>
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<td>DAY 10-13</td>
<td>Travel back to Kota Kinabalu to stock up on supplies ready for your trek, before being collected and taken to meet your local guides. Spend the next three days with the Dusun people trekking along the Heritage Trail; you will not only see some fantastic scenery and wildlife but also learn about the rich culture of Borneo.</td>
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<tr>
<td>DAY 14-16</td>
<td>Drive across to Sepilok where you can spend a couple of days making new friends at the world famous Orang-utan Sanctuary!</td>
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<td>DAY 17-20</td>
<td>The Kinabatangan Nature Lodge is ideally placed on the edge of the Kinabatangan River for wildlife safaris and hikes into the jungle. Your three days here will involve guided nature trips, night walks and river cruises.</td>
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<tr>
<td>DAY 21-22</td>
<td>Return to Kota Kinabalu and enjoy some rest before you make your way to the Kiulu river for an epic white water rafting adventure the following day.</td>
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<tr>
<td>DAY 23-26</td>
<td>Take the boat out each day from KK across to the TAR Islands, the Borneo of your dreams - tropical forests line sandy beaches which are lapped by clear blue seas. Spend some time working on a marine conservation project, before sitting back and relaxing on the pristine white sandy beaches.</td>
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<tr>
<td>DAY 27-28</td>
<td>Enjoy a final celebratory meal out with the team before departing for the UK.</td>
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Due to the changing nature of the world over the build up period, Outlook may be required to change aspects of, or the order of the itinerary. Outlook will consult with the Link Teacher/Group Leader and all participants if this is the case.
**ADVENTURE**

At the Itinerary Development Day, with guidance from one of our destination experts, the team will be able to choose from options to finalise their itinerary. The choices may include the project they work with, the challenge level and type of trek and where they go for some rest and relaxation!

Set off on the Heritage Trail - a three day cultural walking tour through dense forest. This trek will provide an opportunity to enjoy the legendary hospitality of the Dusun people. You will be staying in their villages and accompanying them to their farms to plant crops or trekking into the nearby jungle to gather medicinal plants.

Visit the Orang-utan Rehabilitation Centre in Sepilok. Enjoy close-up encounters with these fascinating creatures whilst learning about their nature and ever declining habitat. You can also visit the nearby Rainforest Development Centre to learn about Bornean flora and fauna. Wander along the treetop walkways that connect the observation towers, from where you can look out over the forest canopy; by far the most rewarding element of a trip here.

The Kinabatangan River is the longest in Borneo. Intensive logging and development nearby have left wildlife trapped on the flood plain along the final third of river. The result is an astonishing array of species in a narrow strip of riverine forest. Wildlife includes orang-utans, proboscis monkeys, flat-headed cats, pygmy elephants, sambar deer and flying squirrels.

Your three days at the Kinabatangan Nature Lodge will involve guided nature trips, night walks and river cruises.

Just a 30 minute boat ride from Kota Kinabalu are the amazingly beautiful tropical TAR islands, explore each one by foot. There are many forest trails and endless white sandy beaches with warm, clear waters. The perfect place to unwind after your adventures in Borneo!

**PROJECT**

Tenom is a town located in the heart of Sabah. The area around Tenom is famous for its agriculture due to its rich and fertile land. The main ethnic group in the area are the Murut people who have a long history of cultivation and working the land. You will learn about the importance of agriculture to the local people in Borneo whilst staying on a working farm. This will give the group an insight into daily rural life in the interior of Sabah.

Your project work will be focused on improving the homes and community spaces of the local villagers by carrying out simple renovations and repairs to improve their quality of life.

Whilst on the TAR islands you will get to work on your second project; marine conservation, both in the water and on land!

The unique environment has led to the waters becoming some of the most bio-diverse on the planet. Unfortunately, high levels of tourism, pollution and unsustainable fishing practices all present threats to this precious environment and there is a greater need than ever before to protect it.

Some of the work you do will include Fish ID and coral health monitoring, Marine Debris Clearance, Shark and turtle population assessment.
WHAT’S INCLUDED?

UK BUILD UP*
- Itinerary Development Day
- Expedition Development Day
- Final Preparation Day

TRAINING
- Expedition Training weekend in the UK with your Expedition Leader.

LINK TEACHER TRAINING
- Leader Team Training including first aid.

LEADER TEAM COMPOSITION
- At least 2 Link Teacher and an Outlook Expedition Leader.

FLIGHTS
- International flights.

INSURANCE
- Comprehensive overseas insurance.

TRANSPORT
- All overseas transport.

IN DESTINATION
- All food and accommodation.
- All group activities including any entrance fees.
- All rest and relaxation activity.

WHAT’S NOT INCLUDED?

- Spending money for gifts / souvenirs whilst on expedition.
- Inoculations, prophylaxis and personal medicine. (All participants based in England and Wales receive 10% discount at Nomad Travel).
- Visas and passports – please see page 3 to see which visas are required.
- Personal belongings insurance (this may be covered by your household / contents insurance).
- Cancellation insurance.

- Personal equipment (e.g. rucksack, sleeping bag, waterproof clothing); all participants receive 15% discount at ‘Cotswold Outdoor’.
- Transport to and from UK-based training courses, to the Final Preparation Day venue and from the airport.
- Food and accommodation in the UK, unless specified.
HOW TO LAUNCH YOUR EXPEDITION

We hope you have decided that this is the expedition for your school or group.

To launch all you need to do is follow these steps:

CONTACT YOUR REGIONAL MANAGER
Discuss convenient dates for us to come and run an assembly and information evening. Once these dates have been agreed you will be assigned a School Account Manager. They will become your point of contact at Outlook from now until after your return from the expedition.

PRESENTATION AT YOUR SCHOOL
We will run an assembly presentation for your students and an information evening for students and parents at your school or venue.

APPLY ONLINE
Students will apply online to join the expedition and pay a deposit.