

YOUR

EXPEDITION GUIDE

OUTLOOK
EXPEDITIONS



BORNEO

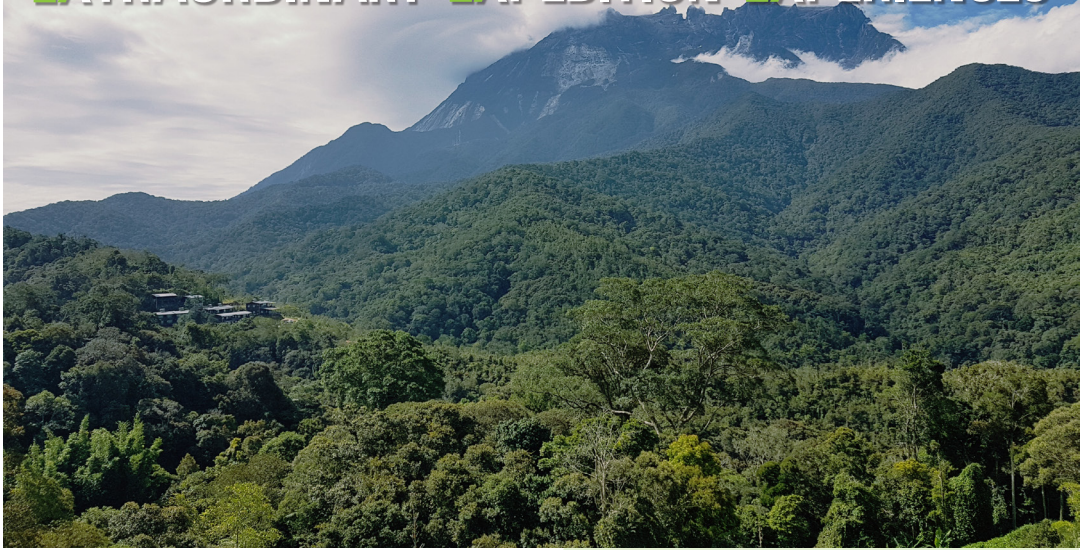
28 DAYS



THE SIXTH FORM COLLEGE FARNBOROUGH - JULY 2021

PADI

EXTRAORDINARY EXPEDITION EXPERIENCES



Do you dream of arriving on a tropical island where the jungle lines pristine white sands? Of trekking into unknown forests; home to species still to be discovered and waking up to the chatter of monkeys? Take on the challenge of summiting mighty Mount Kinabalu - Borneo's highest peak and get up close with the famous wildlife. Take to the clear warm waters to become a certified PADI Open Water Diver.

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

- **Attempt to summit Mount Kinabalu**
- **Gain your PADI qualification in clear, tropical seas**
- **Visit the world famous Sepilok Orang-utan Sanctuary**
- **Go on river cruises at the Kinabatangan Nature Lodge**

WHERE ARE YOU GOING?



WHAT IT'S LIKE...

PHYSICAL RATING: Moderately challenging expedition.

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

ALTITUDE: The team will trek for periods up to 4095m.

VISA: Not required for British nationals*

* Please note requirements may change

DESTINATION FACTS

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: 25-30°C.

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 in 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.



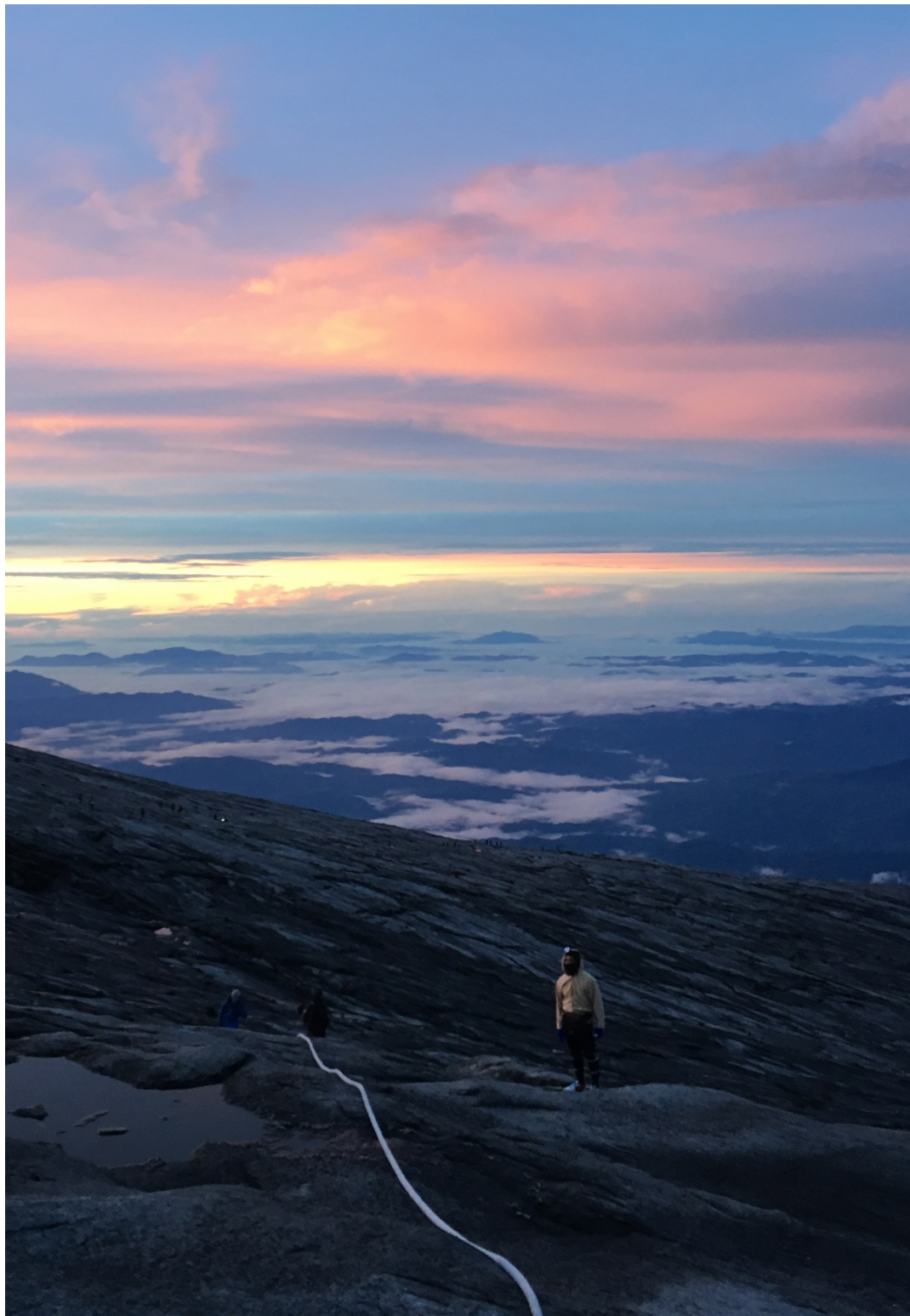
EXAMPLE ITINERARY

The below itinerary has been created by our Destination Managers as an example of what you may choose to do on expedition.

- DAY 1-2** Depart the UK & arrive in the coastal city of Kota Kinabalu, Borneo.
- DAY 3** Spend some time adjusting to your new surroundings. Prepare and confirm arrangements for the next stages of your adventure.
- DAY 4** Make your way to your project site.
- DAY 5-9** 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.
- DAY 10-11** Travel back to Kota Kinabalu and then on to the mighty Mount Kinabalu.
- DAY 12-13** Spend the next two days attempting to summit the highest peak in Borneo! This will be hard work but the rewards will be worth it as you take in the spectacular views from the top.
- DAY 14-15** Drive across to Sepilok where you can spend a couple of days making new friends at the world famous Orangutan Sanctuary!
- DAY 16-19** 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.
- DAY 20** Return to Kota Kinabalu and enjoy some rest before you begin your PADI training.
- DAY 21-24** Spend four days completing your PADI Open Water Diver certificate*. The islands that make up the Tunku Abdul Rahman Marine Park offer perfect diving conditions in crystal clear waters that are teeming with marine life.
- DAY 25-26** Take the boat across to the TAR Islands to the Borneo of your dreams - tropical forests line sandy beaches which are lapped by clear blue seas. Once rejuvenated, head back to Kota Kinabalu.
- DAY 27-28** Enjoy a final celebratory meal out with the team before departing for the UK.

* Some medical conditions may directly preclude you from diving because of the condition itself, whilst others may stop you from being able to dive because of the medications given to treat a condition. Conditions that may be affected include, but are not limited to, epilepsy or seizures, pulmonary conditions (asthma may or may not be a problem, depending on the severity) and ear or inner ear problems. If you have any questions about your suitability to dive, please contact us directly.

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 Session, 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!

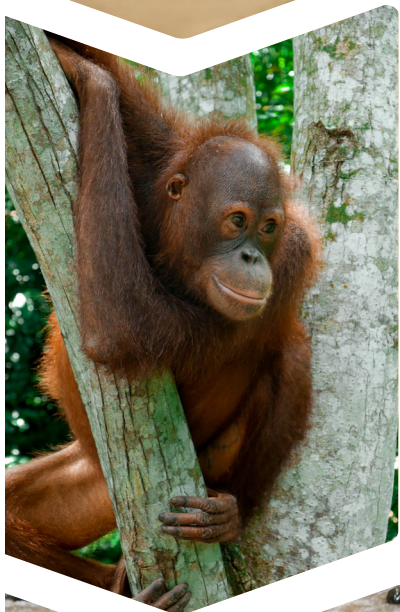
Set off on your trek with the aim of conquering the mighty peak of Mount Kinabalu, Borneo's highest mountain at 4095m.

The trail will take you through lowland jungle, up through cloud forest and eventually above the tree-line. From there you will cross bare rock all the way to the summit. If your timing is right, you may be treated to an incredible sunrise overlooking the rainforest, plains and coastline. The sense of achievement will remain with you forever!

Move on to Sepilok to visit the Orangutan Rehabilitation Centre. 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 there you can look out over the forest canopy; by far the most rewarding element of a trip here.

Complete your PADI Open Water qualification off the stunning islands of the world famous Tunku Abdul Rahman Marine Park. As a Marine Park its marine life is carefully monitored and protected and as result is home to thousands of schooling fish, pristine coral reefs and unusual critters such as sea horses, frogfish and octopus as well as Turtles, Black Tip Reef Sharks, Rays and sometime even Whale Sharks!

Throughout the 4 day course you will learn the fundamentals of scuba diving, including dive equipment, skills and techniques by completing five confined water dives, four open water dives and taking part in knowledge development sessions.



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.

Tenom is also home to the Tenom Agricultural Park which teaches visitors about the variety of crops that are grown in the area as well as being home to many species of Bornean orchids. During your project phase 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.

Unfortunately, as with many rural areas in Sabah, poverty is quite widespread – particularly amongst the Chinese Malay communities who are often pushed towards the fringes of mainstream society.

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.





WHAT'S INCLUDED?

UK BUILD UP*

Itinerary Development Session.
Expedition Leader Meeting.
Final Preparation Day.

TRAINING

Expedition Training event in the UK with your Expedition Leader.

LINK TEACHER TRAINING

Leader Team Training (first aid as required).

LEADER TEAM COMPOSITION

2 Link Teachers and an Outlook Expedition Leader.

FLIGHTS

International flight.

INSURANCE

Comprehensive overseas medical 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 refer to page 3 to see if a visa is required.
- Personal belongings insurance (this may be covered by your household / contents insurance).
- Loss of passport.
- Cancellation insurance (contact our Customer Service Team for more information).
- 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.

REGISTER YOUR INTEREST

- If you are interested in attending The Sixth Form College Farnborough's, Borneo 2021 Information Evening on:

**Thursday 3rd October 2019
at 6:30pm**

- Please register your interest online via the following link:

OUTLOOKEXPEDITIONS.COM/PARENTS/PARENTSEVENING

phone

01248 672 760

email

INFO@OUTLOOKEXPEDITIONS.COM

online

WWW.OUTLOOKEXPEDITIONS.COM

