

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Borneo
with Mt. Kinabalu



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain a deeper understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

 EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Borneo

Borneo is the third largest island in the world and is shared among three nations: Malaysia, Indonesia, and Brunei — resulting in a rich and fascinating mix of cultures, languages and traditions.

Famous as a biodiversity hotspot, Borneo's vast tropical rainforests are home to an array of flora, fauna and wildlife. It is one of only two places on earth where orangutans live in the wild.

As an expedition destination, Borneo is at the top of the list as it combines tropical island living with endless opportunities for exploration and discovery.



WHY BORNEO KINABALU?

- Summit Mount Kinabalu, the highest peak in Southeast Asia
- Trek through one of the world's oldest rainforests
- Learn jungle survival skills
- Visit the Sepilok Orangutan Rehabilitation Centre
- Spot pygmy elephants and proboscis monkeys along the Kinabatangan River
- Support rainforest reforestation and conservation projects
- Relax on tropical islands or take on white water rafting

The Land Beneath the Wind.

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 21 DAYS

SEASON: ALL YEAR

[other itinerary options are available for a 21 day expedition, in addition to itineraries for expeditions of duration 14 to 28 days]

Day 1: Depart the UK

Day 2: Arrive in Kota Kinabalu

Day 3: Orientation and expedition preparation

Day 4: Travel to Mount Kinabalu and begin trek

Day 5: Continue ascent of Mount Kinabalu

Day 6: Summit attempt and descent

Day 7: Travel to jungle camp

Day 8: Jungle survival skills and night hike

Day 9: Travel to Sepilok

Day 10: Orangutan and Sun Bear conservation visits

Day 11: Travel to Kinabatangan River

Day 12: River cruise and wildlife exploration

Day 13: Begin rainforest service learning project

Day 14: Conservation and reforestation work

Day 15: Community engagement and environmental workshops

Day 16: Ongoing service learning activities

Day 17: Final day of project work and reflection

Day 18: Return to Kota Kinabalu

Day 19: Island relaxation or white water rafting

Day 20: Final reflection and preparation for departure

Day 21: Depart Borneo and arrive back in the UK





Your Expedition Starts



Day 1-2

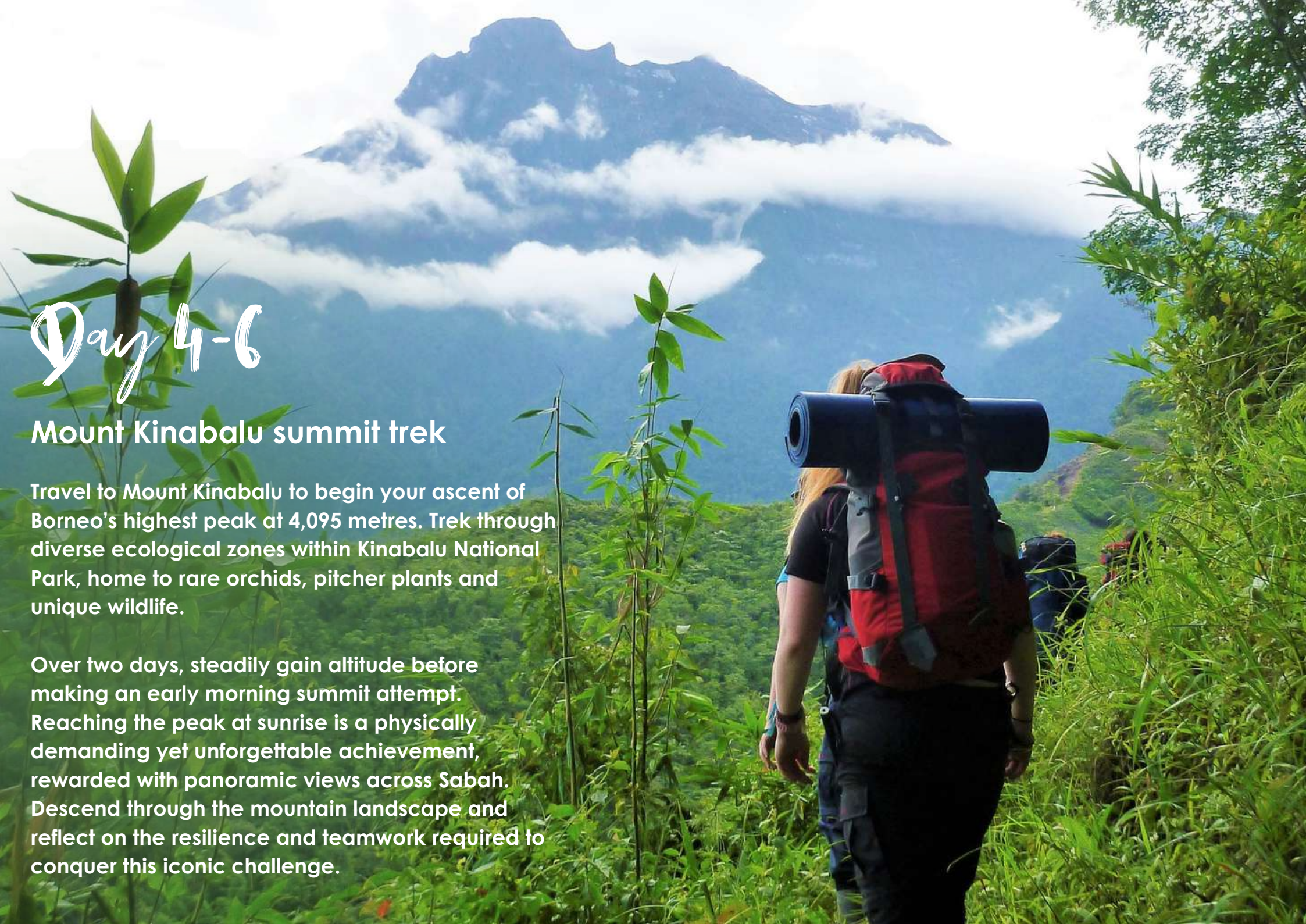
Arrival

Depart the UK and travel to the coastal city of Kota Kinabalu. On arrival you will be transferred to a pre booked hostel where you can settle in, meet your leaders and rest after your long journey.

Day 3

Orientation and Preparation

Your first full day in country will be spent recovering from travel and adjusting to your new surroundings. You will also complete key preparation tasks such as organising sim cards, liaising with providers for upcoming expedition phases and coordinating food provisions for the team. This day ensures you are fully ready for the challenges ahead.

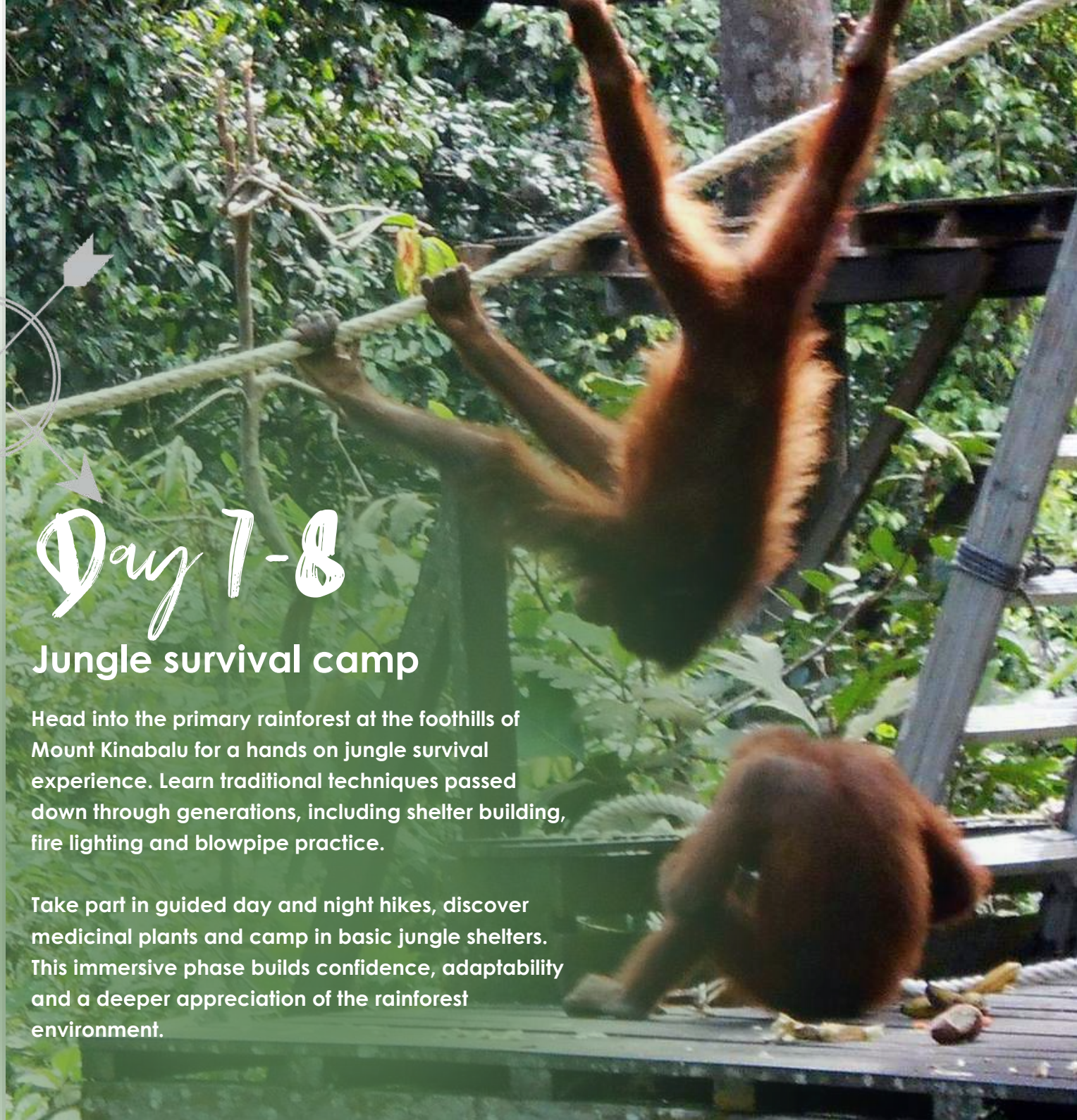


Day 4-6

Mount Kinabalu summit trek

Travel to Mount Kinabalu to begin your ascent of Borneo's highest peak at 4,095 metres. Trek through diverse ecological zones within Kinabalu National Park, home to rare orchids, pitcher plants and unique wildlife.

Over two days, steadily gain altitude before making an early morning summit attempt. Reaching the peak at sunrise is a physically demanding yet unforgettable achievement, rewarded with panoramic views across Sabah. Descend through the mountain landscape and reflect on the resilience and teamwork required to conquer this iconic challenge.



Day 7-8

Jungle survival camp

Head into the primary rainforest at the foothills of Mount Kinabalu for a hands on jungle survival experience. Learn traditional techniques passed down through generations, including shelter building, fire lighting and blowpipe practice.

Take part in guided day and night hikes, discover medicinal plants and camp in basic jungle shelters. This immersive phase builds confidence, adaptability and a deeper appreciation of the rainforest environment.



Day 9-10

Sepilok wildlife conservation

Travel to Sepilok for a wildlife focused recovery phase. Visit the Orangutan Rehabilitation Centre to learn about efforts to return orphaned and displaced orangutans to the wild.

Also explore the Sun Bear Conservation Centre to understand the rehabilitation of the world's smallest bear species. Gain valuable insight into conservation challenges facing Borneo's unique wildlife.





Day 11-12

Wildlife Along the Kinabatangan River

Journey to the Kinabatangan River floodplains, one of Borneo's richest ecosystems. Take guided river cruises and jungle walks to spot proboscis monkeys, hornbills, crocodiles and possibly pygmy elephants.

Experience both daytime and nocturnal wildlife excursions in this extraordinary natural habitat.

Day 13-17

Service Learning Project

Take part in a meaningful service learning initiative focused on conservation. Projects may involve reforestation efforts to combat illegal logging and unsustainable palm oil production, or supporting wildlife rehabilitation programmes.

Work alongside local partners to contribute to long term environmental sustainability while developing leadership, teamwork and global awareness.

An aerial photograph of Kota Kinabalu, Malaysia, taken from a high vantage point. The city's skyline is visible, with numerous buildings and structures illuminated by the warm, golden light of the setting sun. The sea is visible in the background, with a few small islands or peninsulas extending into the water. The sky is filled with large, dramatic clouds, some of which are lit up from below by the sun, creating a vibrant orange and yellow glow. The overall atmosphere is serene and picturesque.

Day 18-20

Return to Kota Kinabalu and adventure activities

Return to Kota Kinabalu for your final phase. Enjoy time to relax on nearby tropical islands or take part in optional adventure activities such as white water rafting on the Kiulu River.

Reflect as a team on your achievements, personal growth and the impact of your conservation work.

Day 21

Departure

Transfer to the airport for your return flight to the UK, arriving home with unforgettable memories, new skills and a deeper understanding of rainforest conservation and wildlife protection.

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way ;-)

What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

? WHY DO WE EXIST?

To help young people get ready for life.

? WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

? WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners! They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award