

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Borneo Padi



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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 deep 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 A BORNEO PADI EXPEDITION?

- » Experience tropical island living
- » Visit a world famous orangutan sanctuary
- » Trek through the Bornean jungle & learn survival skills
- » Contribute to a worthwhile conservation project
- » Gain your PADI Open Water certification

The Land Beneath the Wind.

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY : 21 DAYS

SEASON: SPRING, SUMMER, AUTUMN & WINTER

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1 and 2: Travel to Kota Kinabalu and settle into your hostel

Day 3: Orientation and preparations for the expedition

Day 4 to 6: Trek Mount Kinabalu National Park

Day 7 to 11: Service learning project in Kudat supporting community initiatives

Day 12 and 13: Visit Sepilok Orangutan Rehabilitation Centre and Sun Bear
Conservation Centre

Day 14: Return to Kota Kinabalu and prepare for diving

Day 15 to 18: Complete your PADI Open Water Diver course in the Marine Park

Day 19: Take on the Kiulu River for an exciting white water rafting adventure

Day 20 and 21: Depart Borneo and return home





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.

Begin Your Trek

Day 4-6

Trek Mount Kinabalu National Park

Travel to the mighty Mount Kinabalu National Park and begin your three day trek.

This cultural trek follows winding trails through the hills and valleys surrounding Mount Kinabalu, travelling from Taburi to Tambatuan through a landscape shaped by both nature and tradition.

Along the way, you'll be welcomed into the hillside villages of the Dusun people, renowned for their warmth and hospitality, where you'll stay within the community, work alongside local families on their farms planting crops, and trek into the nearby jungle to learn about medicinal plants, offering an immersive insight into daily life and traditional knowledge in this remarkable region.





Day 7-11

Service Learning in Kudat

Journey to Kudat on the northern tip of Borneo to begin your service learning project. Here you will work alongside a local community to support a variety of tasks which may include reforestation initiatives, environmental maintenance or assisting with community building projects.

This phase gives you the chance to learn new skills, contribute to meaningful work and develop a strong understanding of local culture. Evenings provide time to relax, reflect and enjoy the quiet pace of life in this beautiful coastal region.



Day 12-13

Visit Sepilok and the Sun Bear Conservation Centre

Head to Sepilok where you will visit the famous Orangutan Rehabilitation Centre and observe the important work being done to return orphaned or injured orangutans to the wild. You will also have the opportunity to visit the Sun Bear Conservation Centre or the Rainforest Discovery Centre to deepen your understanding of Borneo's wildlife and ecosystems.

These days offer a unique insight into conservation efforts and the challenges facing endangered species.





Day 14

Return to Kota Kinabalu

Today you will travel back to Kota Kinabalu and prepare for the next phase of your expedition.

Use this time to rest, organise your equipment and get ready for your upcoming PADI diving course.

Day 15-18

PADI Open Water Diver Course

Spend the next four days completing your PADI Open Water Diver certification in the crystal clear waters of the Tunku Abdul Rahman Marine Park. This marine environment is rich with colourful coral and vibrant marine life, offering the perfect conditions for learning to dive.

You will cover theory, pool skills and open water dives under the guidance of qualified instructors. By the end of this phase you will have gained a globally recognised diving qualification and unforgettable underwater experiences.

A group of four people are white water rafting on a river with rapids. They are wearing red helmets and life jackets. The person in the front left is raising their hand. The raft is white with orange straps. The water is turbulent and white with foam.

Day 19

White Water Rafting on the Kiulu River

Experience an exhilarating day on the Kiulu River, known for its scenic rapids and lush jungle backdrop. This is an exciting and refreshing final adventure, giving you the chance to celebrate your achievements as a team before your return home.

Day 20-21

Departure

Your expedition comes to an end as you depart Borneo and begin your journey back to the UK. After weeks of challenge, discovery and hands on learning, you will arrive home with new skills, new friendships and memories that will stay with you for years to come.

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, supported by an Assistant 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



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



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

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

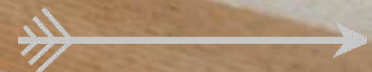
We believe that what we do and how we do it are of equal importance.

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 expeditionary! 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