

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Borneo



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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 FOR AN 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
- » Immerse yourself in Borneo's rich culture and learn about the traditional way of life

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 a 21 day expedition, in addition to itineraries for expeditions of duration 14 to 28 days]

Day 1 and 2: Travel to Borneo and on to Kota Kinabalu and settle into your accommodation

Day 3: Orientation and preparation for the expedition

Day 4 to 7: Trek the Mount Kinabalu National park

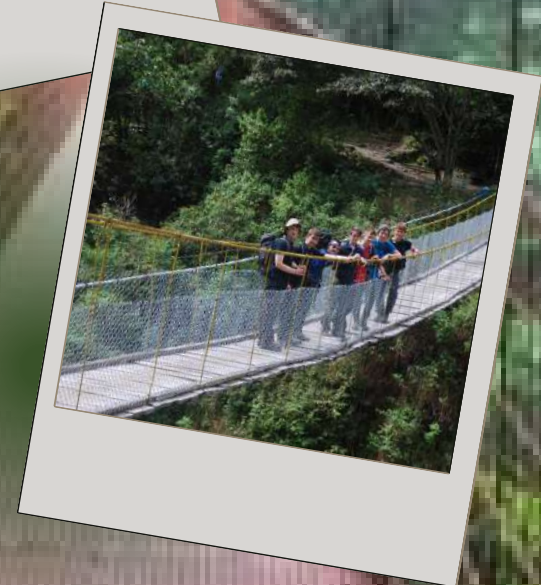
Day 8 and 9: Visit Sepilok Orangutan Rehabilitation Centre and Sun Bear Conservation Centre

Day 10 to 14: Service learning projects supporting rainforest conservation and wildlife rehabilitation

Day 15 to 17: Wildlife spotting along the Kinabatangan River

Day 18 to 20: Return to Kota Kinabalu for final activities and rest

Day 21: Departure from Borneo





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 4-7

Physical Challenge: Trekking in Kinabalu National Park

Over the next few days you may be trekking up Mount Kinabalu, the highest mountain in Borneo at 4095 metres, or exploring the valleys, ridges and trails that wind through the national park. Along the way you will experience the rich biodiversity of the region and the hospitality of the Dusun people.

The exact route, distance and accommodation will depend on the option chosen for your team, but most groups will trek for up to four days and camp or stay in mountain huts each night. This phase is focused on teamwork, resilience and experiencing the natural beauty of the park.





Day 8-9

R&R and Wildlife Visits in Sepilok

Travel to Sepilok, home to the world famous Orangutan Rehabilitation Centre. Here you can observe the important work being done to rehabilitate orphaned, injured or displaced orangutans and prepare them for release back into the wild. Across the road you will also visit the Sun Bear Conservation Centre, where the smallest bear species in the world is cared for and reintroduced into protected habitats. These days offer a meaningful insight into Borneo's conservation efforts.



Day 10-14

Service Learning Projects

During this phase you will take part in a service learning project tailored to your team's goals. Activities may include supporting rainforest reforestation, assisting with wildlife rehabilitation or contributing to community based conservation initiatives.

Your project placement will be chosen based on your Mapping Your Journey session to ensure it aligns with the aims and objectives of your group. This hands on experience allows you to make a positive impact while learning about the environmental challenges facing Borneo.





Day 15-17

Wildlife Along the Kinabatangan River

Spend the next few days exploring the extraordinary wildlife of the Kinabatangan River. This area is renowned for its biodiversity, and you may spot large lizards, orangutans, proboscis monkeys, flying squirrels and even pygmy elephants.

Guided nature walks, night jungle treks and river cruises provide opportunities to encounter Borneo's unique species and learn more about their habitats.

Day 18-20

Return to Kota Kinabalu

Head back to Kota Kinabalu for your final days in Borneo. You may choose to take the short boat trip to the beaches of the Tar Islands for a well earned rest, or opt for an adrenaline filled day of white water rafting on the Kiulu River. These days give your team time to relax, reflect and enjoy Borneo's coastline before travelling home.

Day 21

Departure

It is time to say goodbye to Borneo. Depart Kota Kinabalu and begin your journey back to the UK, returning home with unforgettable memories and new experiences.



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



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 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

CONTACT US

PHONE | 01248 672 760

EMAIL | customer.service@outlookexpeditions.com

ONLINE | www.outlookexpeditions.com

FACEBOOK | [@outlookexpeditions](https://www.facebook.com/outlookexpeditions)

INSTAGRAM | [@outlookexpeds](https://www.instagram.com/outlookexpeds)

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