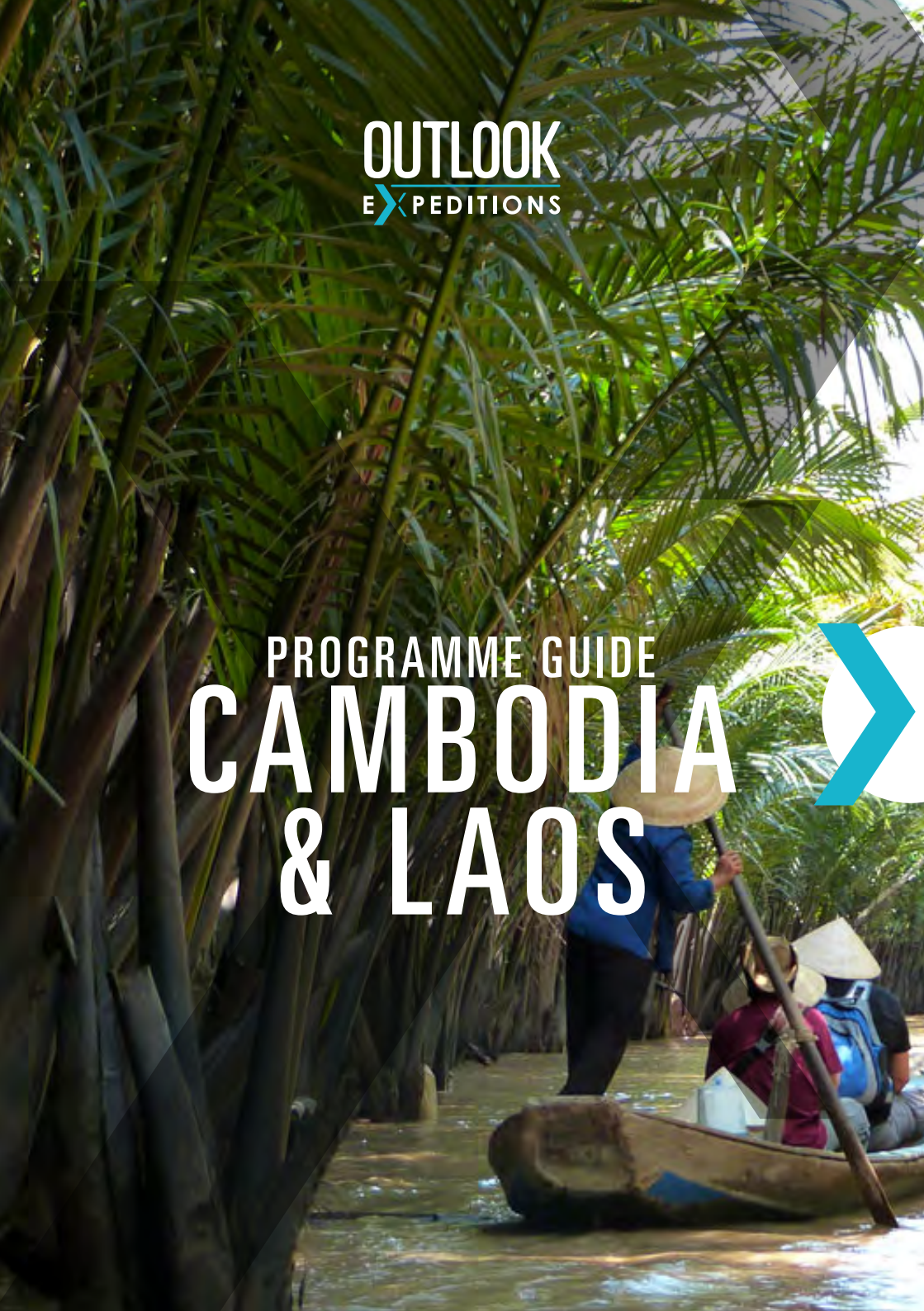


OUTLOOK
EXPEDITIONS

PROGRAMME GUIDE
**CAMBODIA
& LAOS**





Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors 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.

OUR PURPOSE

To deliver inspirational, immersive learning experiences, outside the classroom, that accelerate core skills development in young people

To empower teams to grow and learn through challenge, as they develop character, build resilience, and improve their wellbeing

To develop 'life-readiness', instilling the idea that everyone can be a leader

To encourage young people to travel responsibly and become active global citizens of the future, with an awareness of the world and their place in it

To provide long-lasting transformational benefits to our participants, the communities they're visiting, and the planet

Put simply, we exist to help young people get ready for life.



WE ARE OUTLOOK EXPEDITIONS

OUR VALUES

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

We practise what we preach; demonstrating the character and qualities that our products are designed to instil in young people, through the way we operate as an organisation.

Our core values are our guiding principles for working together internally, but also for managing customer relationships. The values are embedded into every aspect of our company culture — we call it the 'Outlook Way'

- » We have and promote a positive growth mindset
- » We work together
- » We find new ways
- » We believe in kindness

OUR RESPONSIBILITY

We understand a balance must be reached between the importance and value of international travel, against the polluting effects of aviation on the environment.

We also understand the need for self-awareness in travel, ensuring our experiences are always ethical, justified, and only ever a cause for good.

It is therefore our responsibility not only to stand up for the planet in the fight against climate change, but also to stand up for unheard voices within our global community.

It's our responsibility to educate our teams effectively about ways they can reduce their own carbon footprints, to understand the importance of meaningful travel, and have open conversations about what it means to be a responsible traveller.

UK LEADERSHIP DEVELOPMENT

When you book an Outlook Expedition, you aren't simply booking an overseas trip. You are benefiting from an in-depth, two phase programme that starts up to two years before departure.



Our UK Leadership Development Phase is unique to Outlook and is designed to develop character, build resilience, and improve well being — the tools required to be a leader and tackle life's challenges effectively. Delivered in a hybrid format of both face-to-face and interactive, online events, along with additional supporting activities, resources, and materials — this is where the journey really begins!

From engaging in meaningful discussions and activities about sustainable tourism, to immersive learning experiences in the UK's National Parks.



LEADER IN ME

The UK Leadership development phase is underpinned by Leader in Me, our Life Readiness leadership qualification.

Based on Covey's '7 Habits of Highly Effective Teens' Leader in Me is a comprehensive evidence-based learning model designed to increase effectiveness in students.

Through the completion of this online course, students will learn about character concepts and skills that they will use not only on expedition, but for the rest of their lives. Including; taking responsibility for your life, managing your time, teamwork, communication, and tools to manage your own wellbeing.

The key learnings from this award-winning leadership training programme will be drawn upon throughout both phases of the Outlook Programme and will form a framework that can be applied to any life scenario.



PAY YOUR WAY

The Outlook Programme is like a savings account for yourself and your future development. The more you put in, the more you get out! That's why self-funding is such an important part of your journey as it gives you the opportunity and experience to develop key life skills that you'll take forward into your expedition and beyond — from planning and organisation, to budgeting and communication — it's your chance to take ownership, set goals and really invest in your future!

Every year we're impressed by the innovative ways our students generate funds for their trip — from launching small businesses to providing services in the community, we love sharing self-funding success stories to inspire others on their journeys.

RESPONSIBLE TRAVEL

We know that for a lot of people, sustainable travel is a contradiction in terms. How can something that generates so much carbon possibly be sustainable long term?

We understand that aviation releases more CO2 per passenger than any other mode of transport and that put simply, travel is an incredibly carbon intensive activity.

But we also know how important it is to be part of a global community, with whole countries and communities relying on international visits for their livelihoods and well-being. We also know how essential rich, engaging overseas experiences can be in guiding personal development, empathy, and perspective.

At Outlook, we take an active role in caring for our planet — and educating our teams to do the same. From being proud members of the Tourism Declares a Climate Emergency movement, and founding signatories of the Glasgow Declaration on Climate Action in Tourism, to partnering with climate consultancy, Positive Planet, to help us to take control of our carbon footprint.

We don't believe in greenwashing, confusing jargon and labels, or claiming perfection overnight. We know the fight against climate change is a journey — the most important of all the journeys we've made. But we also know that we're in this together, and we're committed to learning and growing through the process, as we empower our students to do the same.



But being a **responsible traveller** is about more than simply caring for the planet — it's being a **Global Citizen**, someone that takes an active role in making the planet more equal, fair, and **sustainable for all**.

During our UK Leadership Development Phase we provide an **educational framework** for students to better understand the impact of their travels on the communities they visit. From discussing ways to contribute towards the **United Nation's Sustainable Development Goals**, to understanding responsible travel do's and don'ts regarding photography, shopping, and respecting different cultures.

Through **service-learning opportunities** overseas, students work in partnership with local community and environmental initiatives, to gain a **unique insight** into some of the world's biggest issues.

It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child welfare**, ensuring we take best practice actions linked to child protection in the workplace, in our supply chain and in the communities, we operate in.



WELCOME TO CAMBODIA & LAOS



A land of rainforests, wooden villages and meandering rivers, misty mountains and tropical islands – Cambodia and Laos combine for an intoxicating, beautiful and adventurous destination.

Explore ancient temples and trek through jungles, visiting local villages along the way to discover a variety of cultures and traditions.

Cambodia is the successor state to the Khmer empire, which, during the Angkorian Period, ruled much of what is now Laos, Thailand and Vietnam. The remains of this empire can be seen at the grand temples of Angkor. Together, Cambodia and Laos deliver some of the best travel experiences in Southeast Asia!



CAMBODIA & LAOS HIGHLIGHTS

- » Experience the amazing Angkor Wat
- » Trek through deep jungle
- » Visit stunning temples and monuments
- » Work with bears at a sanctuary



The purpose of this brief is to introduce you to your destination and the types of activities that you might do in-country. We hope this brief snapshot will leave you feeling inspired and wanting more!



DESTINATION FACTS

- » **RELIGION:** Buddhism
- » **CULTURAL OR HISTORICAL INTEREST:**
Cambodia is home to many ancient and sacred temples; Buddhism is thriving once more after 20th century oppression.
- » **LANGUAGES:** Lao in Laos, Khmer in Cambodia.
- » **GEOGRAPHY:** Tropical lowlands with lush vegetation, several large mountain ranges, expanses of flat grasslands with large rivers. Generally sandy coastlines.
- » **CLIMATE:** Tropical with seasonal rainfall (monsoon in late summer).
- » **ALTITUDE:** N/A
- » **VISA:** Required for Cambodia & Laos*

* Please note requirements may change



CAMBODIA & LAOS



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WHAT YOU CAN EXPECT



CULTURE SHOCK HIGH

- » English not widely spoken
- » Signage unlikely to be in English
- » Transport is less reliable with 'as and when' schedules
- » Amenities such as hot water and Wi Fi are less common outside large cities.
- » Cuisine is similar to Thai but less spicy with lots of pickled and tangy flavours. Rice is a staple and is eaten with most meals.



CHALLENGE RATING CHALLENGING

- » Altitude may at points go above 2500m
- » In country support may be minimal i.e. group kit is transported
- » Distances covered are sometimes more than 10km per day
- » Height gain and loss is moderate per day
- » Challenging terrain in places (boulder fields etc.)
- » Where kayaking activities are undertaken, distances covered can be up to 10km per day and water conditions can be tricky i.e. tidal bays, wind etc.



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
- » Strengthen friendship bonds and make new connections
- » Build character, resilience and the confidence to face life's challenges
- » Boost your CV for university and job applications



SERVICE-LEARNING



This phase is not only one of the most valuable but often the most memorable parts of the expedition experience for our teams, as it's where you gain unique insights and perspectives on the world through providing a meaningful service to one of our overseas partners.

With all the organisations we partner with, we're committed to ensuring that our presence never disrupts, strains or negatively impacts the communities we're visiting. Instead, these are opportunities for students to be empowered and educated by our partners in a way that is mutually beneficial for all.

PHYSICAL CHALLENGE



For many students, the physical challenge of a trek is a really important part of their expedition, as this it's where you can push yourself — physically and mentally — as you take a step outside of your comfort zone. It's also a great opportunity to connect with nature and one another in some incredible landscapes.

From summiting a mountain peak to exploring rural life and remote villages, the duration and challenge level of your trek will be dependent on the team's aims and objectives.

LEADERSHIP



Equipped with your Leader in Me toolkit, your expedition is an opportunity to put your leadership skills to the test. Not only will the 7 Habits form part of your team culture while away, you'll also have an active role in the team's management each day.

One day you could be the team coordinator, the next taking charge of the budget. An expedition is all about putting you in the driving seat and giving you ownership of your adventure!

R&R/ACTIVITIES



Your itinerary will also include time to explore your destination, engage with fun activities, and take some time for a well-earned rest!

From sight-seeing in the city and visiting must-see attractions, to taking part in adventure sports and reading a book in a perfectly placed hammock.

This is the time to rest and recuperate while experiencing local culture and seeing more of the destination!

EXAMPLE ITINERARY

The duration and number of phases included in your final itinerary will be dependent on the length of your expedition.

DAY	PHASE	SUMMARY
1-2	Depart UK/ Arrive Laos	Depart from the UK and fly to Vientiane in Laos.
3	Orientation	It will take some time to recover after the long flight and adjust to your new surroundings, the heat and humidity. Vientiane is also known as 'Sandalwood City'. The city is a place of stark contrasts, with tree-lined boulevards squeezed up against ancient temples.
4	Travel	Take the train from Vientiane to Luang Prabang
5-7	Service- Learning	The Elephant Conservation Centre is world-renowned. Here you can learn all about the endangered Asian elephant and the work being carried out by the centre to help protect the last remaining wild elephants in Laos. Get involved and support the conservation team working on current projects and with the operation of the centre.
8-9	Activity	Travel to Paske and Si Phan Don (meaning 4,000 islands) is an archipelago in the Mekong River. Take your time here to relax and explore the islands, scattered across a wide delta
10	Travel	Head to the capital of Cambodia and familiarise yourself with the sights and sounds of one of SE Asia's most fascinating cities
11	Activity	Outlook are proud partners of ChildSafe – an award-winning advocacy and action-oriented child protection movement based in Cambodia. During your visit you'll learn about the important work of the organisation and bring their 7 Tips for Travellers to life with a 7 Tips Tour of Phnom Penh. The tour will illustrate the main risks faced by children in the city, and actions you can take, as travellers, to protect and support children everywhere you go. It will give you an opportunity to understand the social context of children's issues in Cambodia, and that solutions do exist!
12-15	Trek	Your trek phase begins with a boat trip to Koh Pong villages before embarking on foot through farmland and rice paddies towards the jungle. Each night, you'll set up hammocks and bamboo structures in the wild landscapes of the National Park.
16	Travel	Today, you will leave the jungle behind and return to Phnom Penh.
17	Activity	Get behind-the-scenes access on a Bear Care Tour, where you'll not only learn about the rescued bears at the centre, but also support the conservation team in preparing food and enrichment treats.
18	Travel	Travel onwards to Siem Reap – the home of Angkor Wat!
19	Activity	Spend the day exploring the spectacular temple complex of Angkor Wat, a UNESCO World Heritage Site boasting the world's largest religious building and one of the new 'Seven Wonders of the World'. Explore the different temples including The Bayon decorated with 216 gigantic faces, Ta Prohm where the trees intertwine with the stone and Angkor Wat, the largest temple ever built on earth.
20-21	Travel	Return home



ADVENTURES & EXPERIENCES

At the Itinerary Development Session, with guidance from one of our destination experts, you and your team will shape your own expedition itinerary. You'll be given a selection of treks, global citizenship initiatives and activities to choose from that suit your expedition duration and desired challenge level.

Here are some examples of the adventures and experiences on offer in Cambodia & Laos.

VISIT THE SPECTACULAR ANGKOR WAT:

This mysterious temple complex is hidden in the jungle and is famed for being the largest temple ever build on Earth. Angkor Wat is visually, architecturally and artistically breathtaking and a must for any visitor to Cambodia. If you are really keen you might even want to get there for a truly unforgettable sunrise!

TREK IN VIRACHEY NATIONAL PARK

Trek through farmland, rice paddies and the jungles of Ratanakiri province. Look out for diverse wildlife including gibbons, macaque monkeys and wild jungle cats. At night, you'll set up camp in hammocks and bamboo structures, immersing yourself in the wild landscapes of the National Park.

EXPLORE VIENTIANE & PHNOM PENH:

Take some time to explore Laos' intriguing capital city. Located on a bend of the Mekong River bordering Thailand, the city is home to an abundance of temples and Buddhist monuments.

Cambodia's vibrant capital, Phnom Penh boasts a wealth of historical sites such as the Royal Palace and Silver Pagoda. You will learn about the dark days of the Khmer Rouge, the ancient past, prospering present and optimistic future.



GLOBAL CITIZENSHIP

A Global Citizen is aware of and understands the wider world — and their place in it. They take an active role in their community and work with others to make our planet more equal, fair and sustainable.

Here are some examples of initiatives we work with in Cambodia & Laos.

THE ELEPHANT CONSERVATION CENTER (LAOS):

The aim is to start a new era for Asian elephant conservation and offer a unique experience to visitors wishing to help protect an endangered species. The center is managed by a team of specialists running welfare, vetcare, breeding and mahout training. Rather than taking elephants from their natural home, they're visited in their undisturbed natural environment. Elephants are here to rest, often recovering from a life in logging or mass tourism. The work includes feeding, maintenance, cleaning, painting, gardening, observing and recording elephant behaviour.



KACHAK COMMUNITY PARTNERSHIP

This service-learning phase is located in Banlung Ratanakiri, where you will be supporting Kachak Indigenous people of Koh Piek. Though the exact tasks you will be completing won't be clear until closer to your departure, you can expect to complete maintenance and repair work of community buildings and take part in agricultural activities such as planting rice, and building/repairing paddy dams



FREE THE BEARS

At Phnom Tamao Wildlife Rescue Centre, you'll have an amazing and unique opportunity to join an experienced team as they support the sun and moon bears rescued from the illegal wildlife trade. During your visit, you'll be helping the bear care team look after rescued bears and maintain the sanctuary. From food preparation and providing sensory enrichment, to general maintenance and improvements to the centre.



PAY

YOUR WAY

Every family's financial situation is different so self-funding is a great way to enable every young person to experience the adventure of a lifetime!

Not only is self-funding one of the most rewarding and valuable elements of participating in an Expedition or Explore trip, but universities and employers respect the commitment and entrepreneurship that a young person demonstrates in this phase. For these reasons we encourage our participants to self-fund the majority, or if not, the entirety of the amount.

It's about putting students in the driving seat so that they develop skills for life; managing money, record keeping, self-motivation, goal setting and target achievement.

PAYMENT OPTIONS

Your bespoke payment plan will be created based on the launch dates of your expedition. However, there are two options available for you to choose from, so that you can pay your way. Please find the example formats below — your actual payment plan will be provided to you separately based on the dates of your launch and expedition:



STANDING ORDER

Spread your payments evenly by setting up a monthly standing order, up to the final balance date

DEPOSIT	PAYMENTS
DATE	X PAYMENTS
£TBC	£TBC



INSTALMENTS

Instalments: Settle your balance across a number of instalments. Payments can be made through debit card, bank transfer or cheque

DEPOSIT	PAYMENTS 2	PAYMENTS 3	PAYMENTS 4
DATE	DATE	DATE	DATE
£TBC	£TBC	£TBC	£TBC

Payments can be made via Basecamp or by contacting our Customer Support Team. Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants



UK LEADERSHIP DEVELOPMENT

Fully guided programme including;

- » Pay Your Way support
- » Map Your Journey Session
- » Leader Meeting
- » Final Preparation Day
- » 7 Habits of Highly Effective Teens (accredited online learning course)
- » Regular communications and online resources to inform and inspire
- » Team t-shirt



LEADER TEAM

- » Up to 2 travelling teachers and a highly qualified and experienced Outlook Expeditions Leader



INSURANCE & 24-HOUR SUPPORT

- » Comprehensive overseas medical insurance and 24-hour Operations Room to support teams in country



IN DESTINATION

- » All food and accommodation
- » All group equipment including tents, stoves, communication devices, and safety gear
- » All group activities and entrance fees
- » Contribution to support sustainable service-learning partners



OUTLOOK  Ready. For Life.



✓ FLIGHTS

- » Return international flights

✓ PRACTICAL LEADERSHIP WEEKEND

Training event to prepare you for life on expedition, and beyond, including;

- » Putting the 7 Leadership Habits into action
- » Food budget management and cooking safety
- » First aid and equipment testing
- » Orienteering, trekking and campcraft

EXCLUDED:

- » Vaccinations and visas
- » Personal belongings insurance & costs incurred by loss of passport
- » Pre-departure cancellation insurance (should you need to cancel your place on the team)
- » Personal equipment
- » Spending money for souvenirs
- » UK transport (to/from UK training venue, Final Preparation Day and airport collection)
- » Food & accommodation while travelling to and from UK airports

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