

OUTLOOK 

Ready. For Life.

EXPEDITION GUIDE

Laos: Elephants



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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 an 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 Laos

Traversed by the Mekong River, Laos is known for mountainous terrain, French colonial buildings, hill tribes and Buddhist monasteries.

It's a land of pristine jungles, ancient cultures, vast temples and amazing wildlife.

Explore the city of Vientiane before heading into the tropical heartlands. Trek through remote villages and cascading waterfalls. See majestic elephants in their natural habitat and learn about a new era of elephant conservation, before exploring the colourful UNESCO World Heritage site, Luang Prabang.



WHY LAOS ELEPHANTS?

- Volunteer at a leading Elephant Conservation Centre
- Learn about elephant behaviour, welfare and enrichment
- Support ethical conservation and rehabilitation initiatives
- Explore the UNESCO listed town of Luang Prabang
- Visit the turquoise falls of Kuang Si
- Experience traditional Lao crafts at Ock Pop Tok

The Land of a Million Elephants

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 14 DAYS

SEASON: ALL YEAR

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

Day 1: Depart the UK

Day 2: Arrive in Luang Prabang

Day 3: Cultural exploration of Luang Prabang

Day 4: Travel to Elephant Conservation Centre and begin introduction

Day 5: Elephant education and observation

Day 6: Elephant enrichment activities and volunteer work

Day 7: Volunteer work at Elephant Conservation Centre

Day 8: Continued conservation and enrichment support

Day 9: Final day of volunteering and project reflection

Day 10: Return to Luang Prabang

Day 11: Visit Kuang Si Waterfalls

Day 12: Giving of the elms and Ock Pop Tok Craft Centre cultural experience

Day 13: Final reflections and preparation for departure

Day 14: Depart Laos and arrive back in the UK





Your Expedition Starts



Day 1-2

Depart the UK and arrive in Luang Prabang

Travel from the UK to Luang Prabang, a UNESCO listed town nestled between mountains and rivers. On arrival, settle into your accommodation and take time to rest after your journey. Begin soaking up the relaxed atmosphere of this culturally rich town.

Day 3

Explore Luang Prabang

Spend the day discovering Luang Prabang. Walk through historic streets, visit temples and markets, and gain an introduction to Lao culture and traditions. In the evening, explore the vibrant night market and sample local cuisine.



Day 4

Travel to the Elephant Conservation Centre

Transfer by minibus and boat to the Elephant Conservation Centre, located beside Nam Tien Lake.

Receive an introduction to the centre's mission and the important work being done to protect and rehabilitate elephants in Laos. Meet the team and begin learning about elephant welfare and conservation challenges.



Day 5

Elephant education and observation

Spend the day learning about elephant behaviour, biology and daily care. Observe elephants bathing and socialising in their natural forest environment.

Accompany the team as they monitor the herd and learn how enrichment supports both physical and mental wellbeing.

You may also observe veterinary checks and training sessions from a safe distance.

Day 6-9

Volunteer work and enrichment activities

Over several days, take part in meaningful volunteer work at the centre. Support enrichment activities such as preparing food puzzles and creating hidden treats to stimulate natural behaviours.

Contribute to the maintenance and development of facilities, including planting trees, constructing or repairing enclosures, and assisting with general upkeep. You may also support nursery and reforestation initiatives that contribute to long term sustainability.

Work alongside the centre team, gaining a deeper understanding of ethical elephant conservation while developing teamwork and practical skills.



Day 10

Final volunteering session and return to Luang Prabang

Complete your final volunteering activities before travelling back to Luang Prabang by boat and road transfer. Spend the afternoon relaxing and reflecting on your experiences at the Elephant Conservation Centre.



Day 11

Kuang Si Waterfalls

Visit the stunning Kuang Si Waterfalls, where turquoise pools cascade through the forest. Enjoy time swimming, exploring forest trails and relaxing in one of Laos' most beautiful natural settings. Visit the nearby Asian Black Bear Rescue Centre to learn about additional wildlife conservation efforts.

Day 12

Giving of the elms and Ock Pop Tok Craft Centre

Start your day by waking up early for the giving of the elms to monks in Luang Prabang. Visit the Ock Pop Tok Living Crafts Centre to learn about traditional Lao weaving and sustainable artisan practices. Try your hand at silk weaving, natural dye techniques or bamboo crafts under the guidance of master weavers. Return to Luang Prabang for a final celebratory meal.

Day 13-14

Reflect, unwind and depart for the UK

Spend your final hours soaking up the atmosphere of Luang Prabang before transferring to the airport. Depart Laos and arrive back in the UK with unforgettable memories and a deeper understanding of conservation and culture.



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

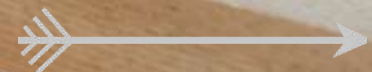
We believe that what we do and how we do it are of equal importance.

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 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

