

OUTLOOK



Ready. For Life.

EXPEDITION GUIDE

Laos



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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

EXAMPLE COMPONENTS

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.



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 FOR AN EXPEDITION?

- Explore the sights of Vientiane
- Trek through ancient forests to hidden villages
- Discover the temples of Luang Prabang
- Visit the Elephant Conservation Centre
- Contribute to a worthwhile eco tourism initiative
- Take part in the 'giving of elms'

The Land of a Million Elephants

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 14-28 Days in duration]

Day 1 - 2: Fly from the UK to Vientiane

Day 3: Explore Vientiane and visit the night markets

Day 4: Travel to Thakhek and prepare for your trek

Day 5: Begin trekking in the Phou Hin Poun Protected Area

Day 6: Continue trekking through rainforest, caves and lakes

Day 7: Trek to remote villages and stay with homestay families

Day 8: Final day of trekking in the protected area

Day 9: Return to Vientiane and take the train to Luang Prabang

Day 10: Arrive at the Elephant Conservation Centre

Day 11: Learn about elephant conservation and meet the herd

Day 12: Work alongside biologists in the forest habitat

Day 13: Take part in conservation and elephant care activities

Day 14: Continue learning about elephant biology and welfare

Day 15: Final day at the centre and return to Luang Prabang

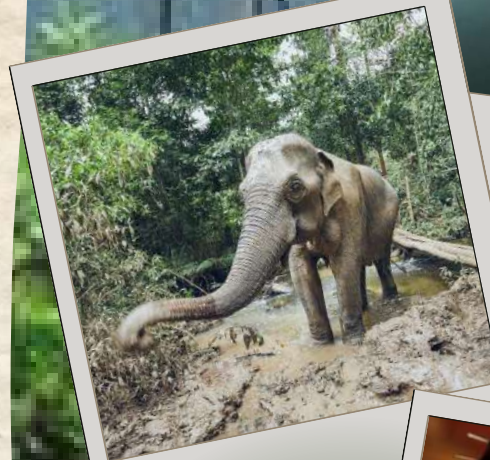
Day 16: Explore Luang Prabang and its UNESCO temples

Day 17: Visit the Kuang Si waterfalls and hiking trails

Day 18: Explore the markets or visit the bear sanctuary

Day 19: Travel back to Vientiane

Day 20 and 21: Fly back to the UK





Your Expedition Starts



Day 1-2

Arrival

Your journey begins as you board your international flight from the UK and head towards the beautiful landlocked nation of Laos. Settle in for the adventure ahead and prepare for an experience that will take you far from the ordinary.

After landing in Vientiane, enjoy a warm welcome from your in country team before settling into your accommodation. Take time to relax, adjust to the climate and get ready to explore this peaceful capital city.

Day 3

Explore Vientiane

Today you will discover the highlights of Vientiane, a quiet riverside capital known for its temples, French influenced architecture and laid back charm. Visit local markets, wander through tree lined streets and enjoy views across the Mekong River.

In the evening you may choose to explore the bustling night market, sampling traditional Lao dishes and watching the sun set over the water.



Day 4

Travel to Thakhek

After breakfast you will travel south to Thakhek, a small town that serves as the gateway to the Phou Hin Poun protected area.

On arrival you will meet your trekking team, complete preparations and receive a briefing about the days ahead.

This evening you can relax, take in the scenery and enjoy your final night before heading deep into the Lao wilderness.



Day 5

Begin Your Trek in Phou Hin Poun

Today marks the first day of your trek through one of the most untouched regions of Laos. Your route takes you through dense rainforest, limestone landscapes and traditional villages where daily life continues unchanged for generations.

You will spend the evening in a local village, getting to know your hosts and experiencing the warm hospitality that Laos is known for.

Begin your trek



Day 6

Into the Heart of the Rainforest

Your trek continues deeper into the forest. Expect towering karst cliffs, hidden caves and crystal clear pools where you can cool off along the way. The trails here are quieter and the wildlife more abundant, offering a rare glimpse into pristine natural habitat.

Another memorable village stay awaits you this evening.



Day 7

Village Life and Remote Trails

Today you will continue your journey through remote hamlets, farmland and shaded forest trails. This is a chance to learn about traditional Lao culture, observe daily routines and understand how communities live in harmony with the land.

As the sun sets, settle into your next homestay and enjoy a simple but welcoming evening with your hosts.



Day 8

Final Trekking Day

Your final day on foot takes you across varied terrain and through some of the most scenic parts of the protected area. Celebrate reaching the end of your trek and reflect on what you have achieved over the past few days.

Later you will return to Thakhek for a well deserved rest and a chance to refresh.





Day 9

Travel to Luang Prabang

This morning you will travel back to Vientiane before boarding the train north to Luang Prabang, a UNESCO listed city known for its golden temples and gentle pace of life. Settle into your accommodation and enjoy a relaxed evening exploring the night market.

Day 10

Arrive at the Elephant Conservation Centre

This morning you will travel back to Vientiane before boarding the train north to Luang Prabang, a UNESCO listed city known for its golden temples and gentle pace of life. Settle into your accommodation and enjoy a relaxed evening exploring the night market.

Day 11

Meet the Herd and Learn About Conservation

Spend time observing the elephants in their natural forest habitat. Experts will explain the biology, social behaviour and cultural significance of the species. This is a unique opportunity to witness the herd interacting freely without performance or work.

Day 12

Work With Biologists and Explore the Forest

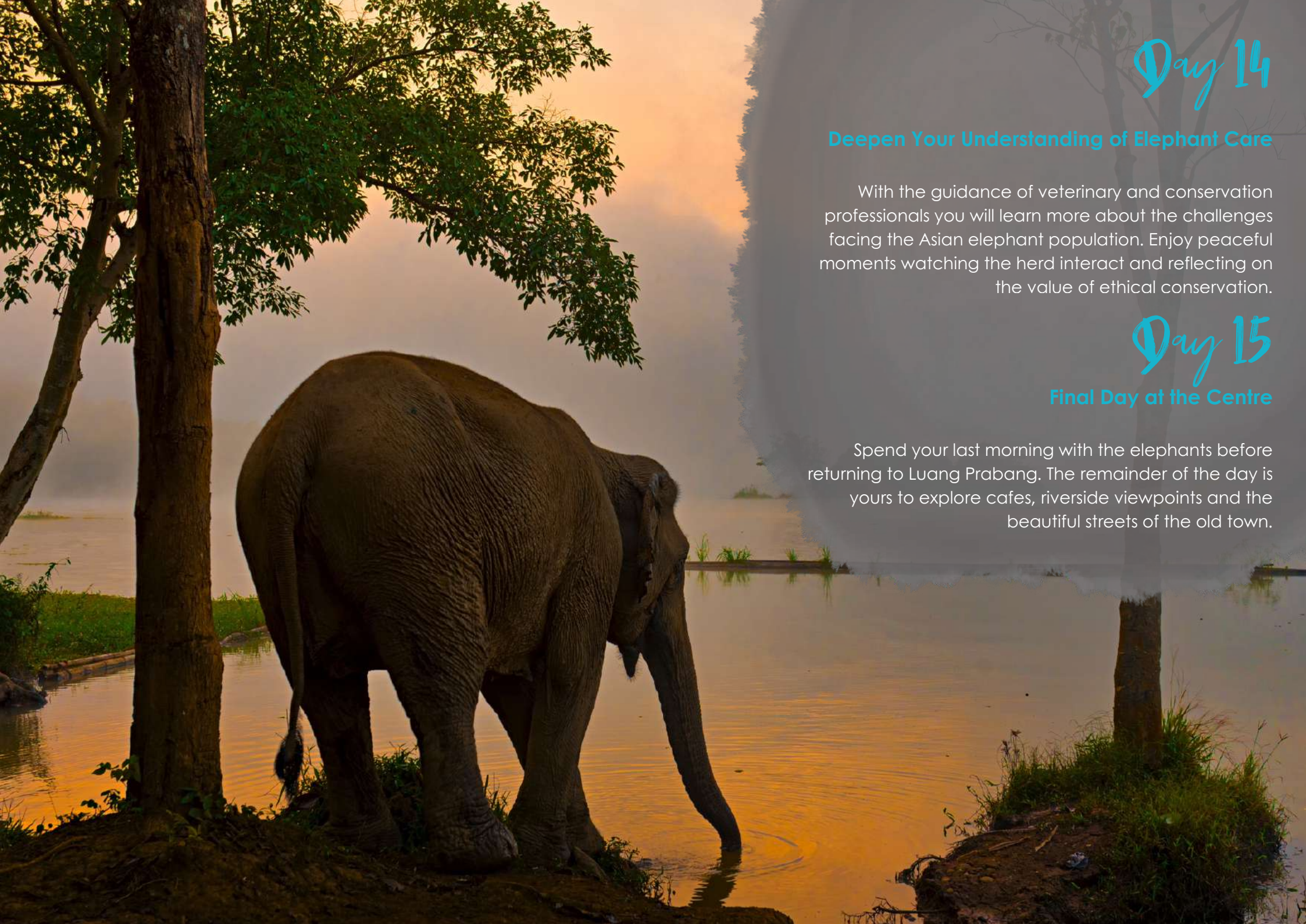
Today you will join conservation staff as they monitor the elephants, study forest conditions and support essential welfare tasks. Gentle walks through the forest offer the chance to see elephants roaming and foraging as they would in the wild.

Day 13

Hands On Conservation Activities

Continue your involvement with the centre's programmes. Activities may include habitat maintenance, behaviour observations or helping prepare feed. These tasks support the long term sustainability of the herd and the surrounding ecosystem.





Day 14

Deepen Your Understanding of Elephant Care

With the guidance of veterinary and conservation professionals you will learn more about the challenges facing the Asian elephant population. Enjoy peaceful moments watching the herd interact and reflecting on the value of ethical conservation.

Day 15

Final Day at the Centre

Spend your last morning with the elephants before returning to Luang Prabang. The remainder of the day is yours to explore cafes, riverside viewpoints and the beautiful streets of the old town.

Day 16 -18

Explore Luang Prabang and Surrounding Highlights

Spend the next few days exploring Luang Prabang, a UNESCO listed city filled with golden temples, peaceful streets and riverside views. You may choose to to awake early and take part in the giving of the elms, you may visit the Kuang Si waterfalls, where turquoise pools and forest trails offer great photo stops, along with a nearby bear sanctuary.

In the evenings, wander through the vibrant handicraft market to pick up souvenirs and enjoy local street food.

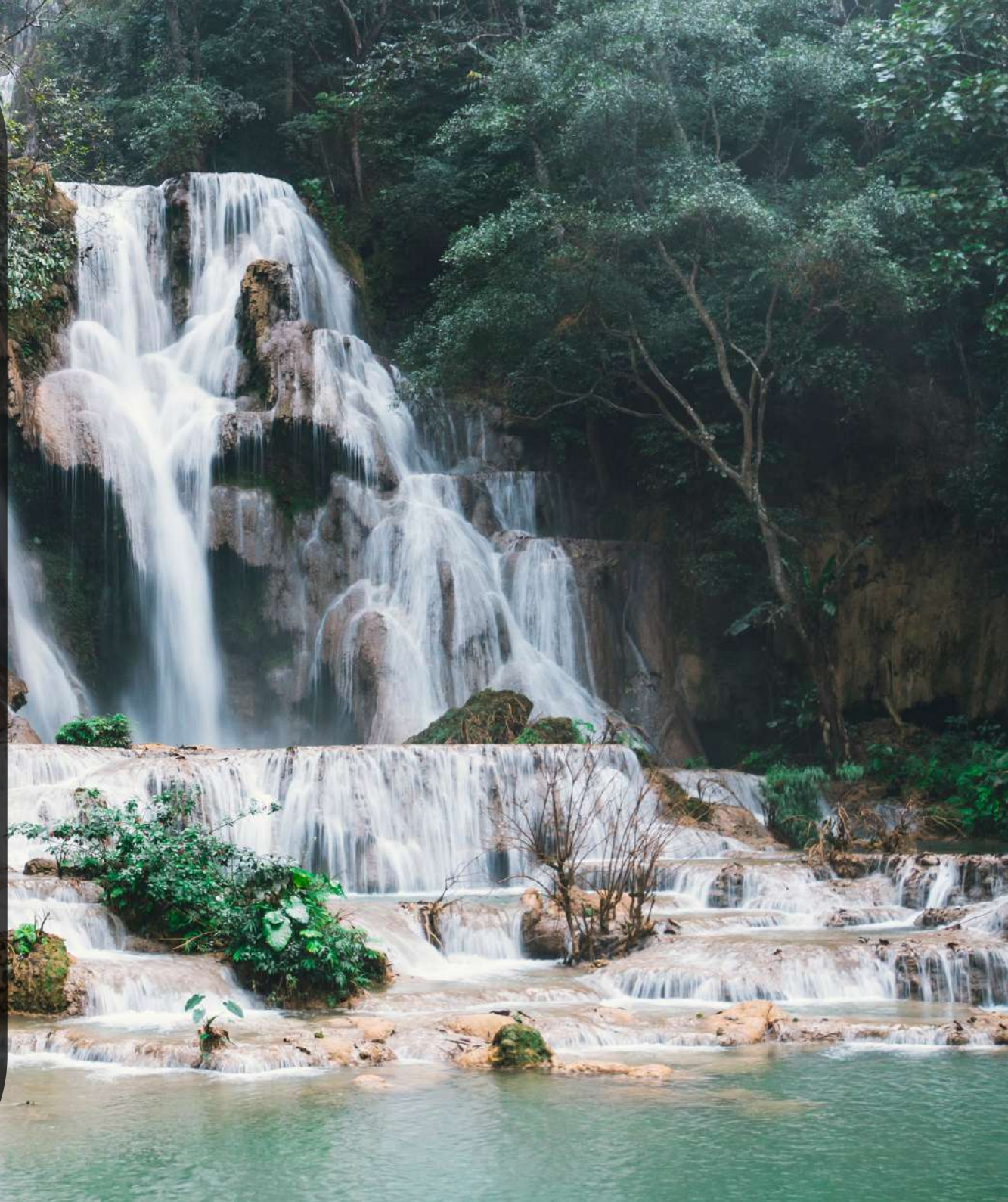
Day 19 -21

Return to Vientiane and Departure

Travel back to Vientiane by train or bus and enjoy a final evening in the capital. Spend your last moments soaking up the relaxed riverside atmosphere before preparing for your journey home.

Over the following days you will catch your flight back to the UK, returning with unforgettable memories and new experiences to share.

 Home...



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

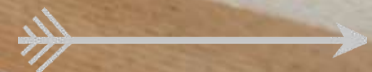
We believe that what we do and how we do it are of equal importance.

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 recce, 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

