

OUTLOOK



Ready For Life.

EXPEDITION GUIDE

Malaysia



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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 Malaysia

Malaysia is a vibrant mix of Asian cultures; Muslim Malays, religiously diverse Chinese, Hindu and Muslim Indians all coexist harmoniously with aboriginal groups living in rural areas. Each ethnic group has its own language and cultural practices which can be appreciated through the country's many colourful celebrations and a delicious variety of cuisines.

It's not just the culture that's mixed. People are drawn to Malaysia to experience its incredibly diverse environments and landscapes from primary jungle and eco-systems to glitzy cities with sky scrapers.

The icing on Malaysia's cake is the chance to encounter wildlife in its natural habitat. The most common sightings will be insects or colourful birdlife, but with luck you'll spot a foraging tapir, a silvered leaf monkey or an orangutan swinging through the jungle canopy. The oceans are just as bountiful with shoals of tropical fish, paint-box dipped corals, turtles, sharks and dolphins.

WHY MALAYSIA FOR AN EXPEDITION?

This is a jam-packed adventure for groups looking to experience all that Malaysia has to offer!

Discover 3 amazing areas of Malaysia from the bright lights of the capital city to an indigenous village in the majestic Belum rainforest and the paradise offshore islands.

This experience combines both physical activity, back to basics living and conservation work, with not-to-be-beaten opportunities to learn about the Malaysian culture by spending time with those that call this incredibly diverse and beautiful country their home.

A Vibrant Mix of Cultures

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 18 DAYS

SEASON: SPRING & SUMMER

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

Day 1–2: Fly from the UK to Malaysia and arrive in Kuala Lumpur

Day 3: Explore Kuala Lumpur through a cultural Amazing Race and visit Batu Caves

Day 4: Travel into the rainforest and begin jungle orientation

Day 5: Rainforest trekking and survival skills training

Day 6: Continue rainforest exploration and guided treks

Day 7: Jungle navigation, wildlife spotting and camp experience

Day 8: Final rainforest trek and group reflection

Day 9: Travel to the east coast and turtle conservation site

Day 10: Introduction to the turtle conservation project

Day 11: Beach patrols, nest monitoring and snorkelling

Day 12: Hatchery work, data collection and conservation tasks

Day 13: Continue turtle conservation and awareness activities

Day 14: Final conservation work and snorkelling session

Day 15: Reflect on project impact and coastal exploration

Day 16: Return to Kuala Lumpur

Day 17–18: Fly back to the UK





Your Expedition Starts



Day 1-2

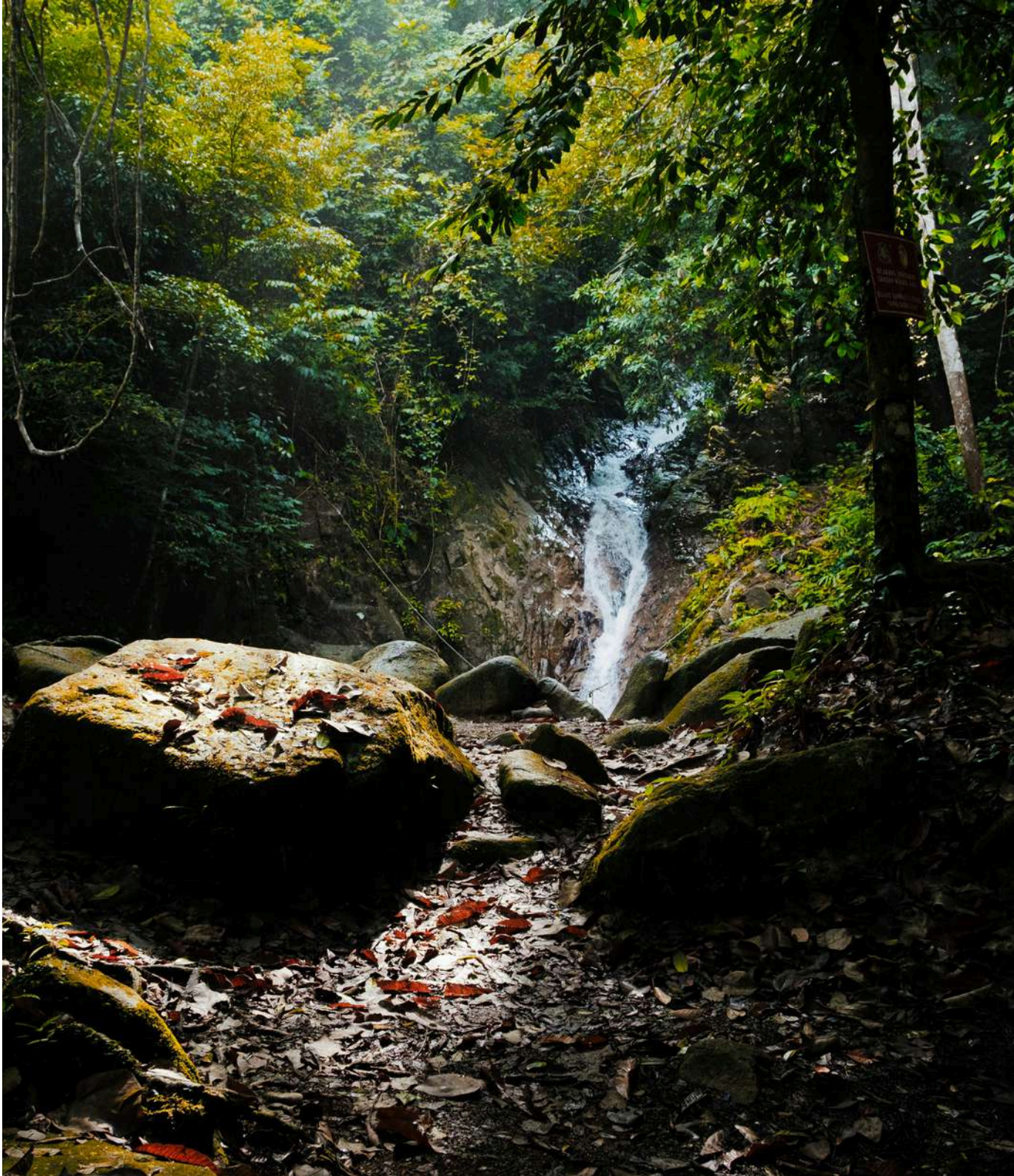
Depart the UK and Arrive in Kuala Lumpur

Travel from the UK to Malaysia and arrive in the vibrant capital city of Kuala Lumpur. You will be met by local staff and transferred to your accommodation, giving you time to rest, settle in and prepare for the adventure ahead.

Day 3

Kuala Lumpur Exploration

Spend the day exploring Kuala Lumpur through a team-based city challenge. Travel by public transport, visit key cultural landmarks including Batu Caves, sample local food and learn about Malaysia's diverse cultures including Malay, Chinese and Indian influences.



Day 4

Travel to the Rainforest

Leave the city behind and journey north into rural Malaysia. Arrive at the rainforest base and take part in an orientation walk to familiarise yourself with your surroundings and prepare for the days of jungle exploration ahead.

Day 5

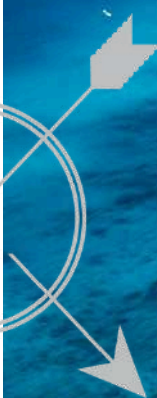
Rainforest trekking and survival skills

Begin trekking through dense rainforest with experienced local guides. Learn essential jungle skills including navigation, safe water collection, fire lighting and shelter building while spotting wildlife and learning about rainforest ecosystems.

Day 6

Jungle exploration and camping

Continue guided rainforest treks, crossing rivers and navigating jungle trails. Spend time learning about plant life and animal tracks before settling into camp, cooking together and sharing stories under the forest canopy.



Day 1

Advanced jungle skills and final trek

Build confidence as you tackle longer treks and apply the survival skills you have learned. The day ends with a final trek out of the rainforest and a group reflection on what you have achieved so far.

Day 8

Travel to the east coast

Travel across Malaysia to the east coast, where the landscape changes to white sand beaches and turquoise waters. Arrive at your coastal base and receive an introduction to the turtle conservation project.

Day 9

Introduction to turtle conservation

Learn about marine ecosystems and the threats facing sea turtles. Take part in coastal walks, snorkelling sessions and training for conservation work including nest monitoring and data collection.



Day 10 -14

Turtle conservation project

Spend several days supporting hands on conservation efforts. Activities include night beach patrols to protect nesting turtles, monitoring nests, assisting at the hatchery and releasing hatchlings when conditions allow.

You will also snorkel reef sites, help with daily camp tasks and take part in small awareness projects to support marine protection.

Day 15

Final conservation activities and reflection

Complete your final conservation tasks before enjoying time to reflect on the impact of your work. A final snorkel offers the chance to appreciate the marine environment you have been helping to protect.





Day 16

Return to Kuala Lumpur

Say goodbye to the coast and travel back to Kuala Lumpur, Malaysia's vibrant capital. The journey offers a final chance to reflect on the expedition as rural landscapes give way to the buzz of the city. On arrival, enjoy a relaxed final group meal and time to unwind, explore nearby shops or cafés, and soak up the atmosphere of this modern, multicultural city. It's a well-earned opportunity to rest and celebrate the experiences shared after an action-packed adventure.

Day 17-18

Depart Malaysia and return to the UK

Travel home to the UK with new skills, confidence and a deeper understanding of conservation, teamwork and global cultures.

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

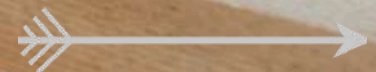
We believe that what we do and how we do it are of equal importance.

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





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