OUTLOOK EXPEDITIONS

PROGRAMME GUIDE
MONGOLIA

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.

1 EXPEDITION LAUNCH

2 MAPPING YOUR JOURNEY

3 LEADER MEETING

4 PRACTICAL LEADERSHIP WEEKEND

5 FINAL PREPARATION

PAY YOUR WAY / LEADER IN ME

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 **Untied 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 actionoriented 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 MONGOLIA

Step off the plane into a world of nomads and eagle hunters, where wild horses gallop across vast uninhabited deserts and grasslands. Mongolia is a place where the ancient traditions of the past are still practiced today.

Get to know the people of this magical land in the unique capital, Ulaanbaatar, before heading for the horizon on horseback across the endless steppe. Wild landscapes stretch before the hooves of your trusty steed!

MONGOLIA HIGHLIGHTS

- **Traverse the steppe by horseback**
- **Trek through one of the Earth's greatest wilderness**
- **Experience true nomad hospitality**
- **Enjoy the ultimate railway journey on the Trans-Mongolian Railway**
- **Work with a worthwhile community initiative**

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/S:** Buddhism, Islan, indigenous beliefs.
- **CULTURAL OR HISTORICAL INTEREST:** Mongolia is the world's most sparsely populated country and over a third or people are nomadic.
- **LANGUAGES:** Mongolian.
- **GEOGRAPHY:** The Gobi desert, mountains and steppe cover Mongolia.
- **CLIMATE:** Mongolia is dry with warm summers at low altitude and very cold winters at all altitudes.
- **ALTITUDE:** The expedition will not exceed 3000m.
- **VISA:** Required for British nationals*

* Please note requirements may change

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.

» Mongolia cuisine is centred around meat and dairy. Cooked meat and steamed dumplings is a staple

CHALLENGE RATING
CHALLENGING

» Altitude may at points go above 2500m

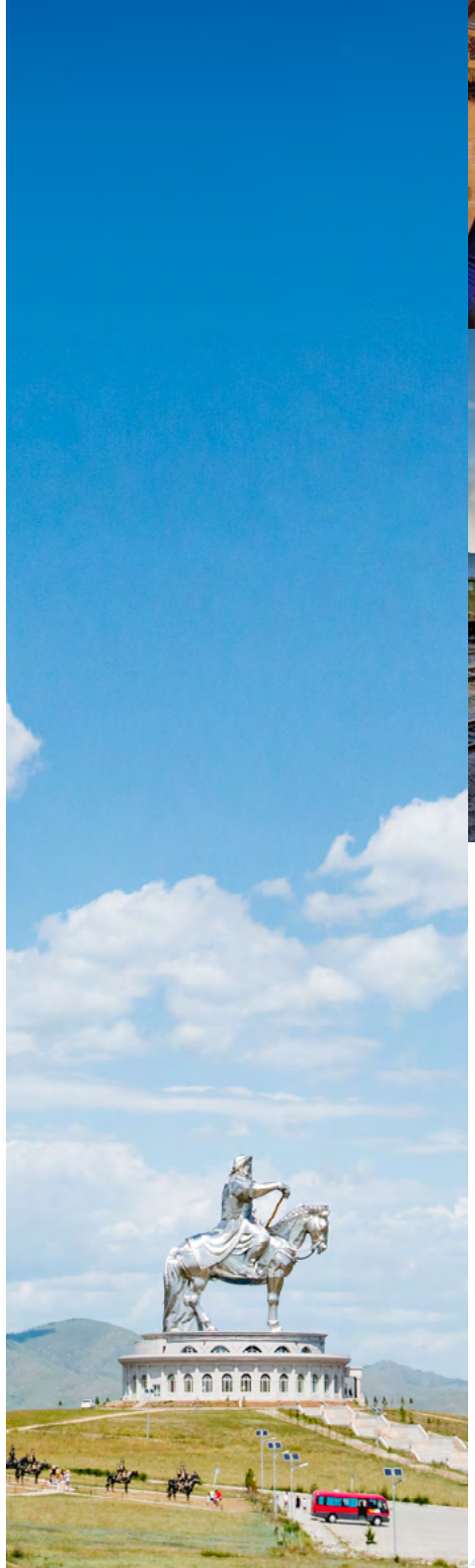
» In country support may be minimal i.e. group kit is transported

» Distances covered are sometimes more than 10km per day

» Height gain and loss is moderate per day

» Challlenging 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:

» Experience tropical island living

» 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 summitting 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 Mongolia	Depart the UK and start your Mongolian adventure!
3	Orientation	On your first full day in-country, you'll need to take some time to recover form your travels and adjust to your new surroundings. On this day you'll also undertake orientation tasks including purchasing sim cards, exchanging currency and organising onward transport.
4	Travel	Today you will travel to your service-learning phase of your expedition
5-8	Service-Learning	You will be supporting World Garden Mongolia where you will learn all about the ecology of the Mongolian/Steppe ecosystem. You will be supporting with tree planting and spending each night in a traditional Ger.
9	Travel	Today you will leave your service-learning partnership behind, and travel onwards to your trekking phase
10-14	Trek	Spend your trekking phase in the stunning north-eastern slopes of the Khangai Mountains, around Tsetserleg in the province of Arkhangai. Here, magnificent valleys nestle between rolling hills and rugged mountains, with crystal clear lakes and rivers meandering through the landscape.
15-16	Travel	After spending a few days in the mountains you will head to Zuunmod for your next phase of your expedition
17-18	Activity	You will trek with your horses through the Bohog area, before you head off over the open steppe, passing mountain landscapes. You will have several local guides with you, but for the full experience, you should offer to help out as much as you can, with cooking, preparing food, cleaning up, helping out with the horses, setting up camp etc.
19	Travel	Today had back to the city of Ulaanbaatar
20	Activity	Naadam Festival is a sophisticated and eloquent expression of nomadic culture which celebrates national independence through an outstanding combination of arts and sports. This has resulted in it being recognised by UNESCO on their list of culturally significant events. Naadam demonstrates traditional Mongolian sports, with a particular focus on three key disciplines wrestling, archery and horse racing in which participants compete. The event is packed with parades, concerts, theatre and food which make for an incredibly immersive, cultural experience.
21	Depart Mongolia, arrive UK	It's time to say your goodbyes and head home with lots of stories and memories to share

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 Mongolia:

TSETSERLEG TREK:

Take a trek in the stunning north-eastern slopes of the Khangai Mountains, around Tsetserleg in the Arkhangai province. Journey through magnificent valleys nestled between rolling hills and rugged mountains where crystal clear lakes and meandering rivers cut through the landscape. End your trek at the Tsenger Hot Springs where the waters of the spring flow remarkably hot, but are cooled by attending staff using a system of gates and water from the nearby river.

HORSE RIDING:

Experience the life of a Mongolian nomad with a horseback ride through the open steppe in the Bohog area, passing stunning mountain landscapes on the way. You will be accompanied by English speaking guides who will assist you with riding the horses as well as giving you an in-depth insight into the history, culture and landscape of Mongolia.

TRANS-MONGOLIAN RAILWAY:

Enjoy the ultimate train journey across central Asia to Beijing! Spend the day watching the Mongolian landscape rush past the windows, and watch as the landscape changes from dusty plains to soaring mountains and lush green valleys as you journey across China.

NOMADIC LIFESTYLE EXPERIENCE:

This experience gives you an insight into what life is like for a nomadic family in the modern day. You will travel out to the Steppe to meet the famiy who you will be staying with for the next two days. Learn about the families traditional customs and etiquettes by involving yourselves in day to day tasks such as animal husbandry and food preparation. The night will be spent in a traditional nomad ger. On your way back to Ulaanbaatar you will visit the Ungut, a historic stone monument and the Hustai National Park, home to wild Tustai horses. Overall this is a unique experience where many memories will be made.

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 Mongolia.

WORLD GARDEN MONGOLIA:

World Garden Mongolia aims to plant a tree for every Mongolian, and every citizen of the world, who supports their work. The area of Zaamar was badly effected by the Goldrush with companies from all over the world digging up the land to find gold.

As a result, the soil, water and lakes are polluted making the area unhabitable to humans and wildlife alike. World Garden Mongolia is hoping to change that, by recultivating the area with meadows, shrubs, bushes and trees.

You will be supporting World Garden Mongolia, and will learn all about the ecology of the Mongolian/Steppe ecosystem. You will be supporting with tree planting and spending each night in a traditional Ger.

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

WHAT'S INCLUDED:

UK LEADERSHIP DEVELIOPMENT

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

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

OUTLOOK Ready. For Life.

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