

OUTLOOK



Ready For Life.

EXPEDITION GUIDE



Vietnam & Cambodia



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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 Vietnam & Cambodia

The breath-taking natural beauty, rich cultural history and warm friendly people, make Southeast Asia an excellent destination.

Vietnam offers perfect mountainous trekking in rainforests overflowing with flora and fauna.

Discover a variety of cultures as you journey through villages and become spellbound by Ha Long Bay!

While Cambodia is the successor to the Khmer empire, which, during the Angkorian Period, ruled much of Laos, Thailand and Vietnam. The remains of the empire can be seen at the grand temples of Angkor.



WHY VIETNAM & CAMBODIA FOR AN EXPEDITION?

- » Contribute to a community or eco tourism initiative
- » Relax in the tranquil Ha Long Bay
- » Visit the stunning lost temple complex or Angkor Wat
- » Explore the sights and sounds of Cambodia's capital city
- » Trek in Pu Luong National Reserve
- » Work with bears at a sanctuary

Land of Emerald Peaks to
Ancient Temples

WHAT TO EXPECT

	Physical Challenge	★★★★☆
	Community Engagement	★★★★★
	Activities / R&R	★★★★★
	Leadership	★★★★☆

SAMPLE ITINERARY: 21 DAYS

SEASON: ALL YEAR

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

Day 1–2: Arrive in Vietnam, settle in and adjust to your new surroundings.

Day 3: Orientation in Hanoi and preparation for upcoming travel.

Day 4–5: Cruise Ha Long Bay with an overnight boat stay among its limestone islands.

Day 6: Explore Hanoi's temples, lakes and the Old Quarter.

Day 7: Fly from Hanoi to Siem Reap, Cambodia.

Day 8: Travel to Banlung to begin your trek.

Day 9–12: Trek through Ratanakiri's forests, waterfalls and volcanic lakes, staying in hammocks and visiting minority ethnic villages.

Day 13: Return to Siem Reap and explore its vibrant night markets and riverside food scene.

Day 14: Visit Angkor Wat and other ancient temples in the Angkor complex.

Day 15: Take a boat trip on Tonlé Sap to visit floating villages and learn about life on the water.

Day 16: Travel to Phnom Penh through rural Cambodia.

Day 17–19: Complete your “Free the Bears” service-learning project at Phnom Tamao Wildlife Rescue Centre.

Day 20–21: Travel back to the UK with unforgettable memories from Vietnam and Cambodia.





Your Expedition Starts

Day 1-2

Depart the UK and Arrive in Vietnam

Fly from the UK to Hanoi and settle into your accommodation on arrival. Take time to adjust to the climate, recover from your journey and prepare for the adventure ahead. These first days allow you to ease into the rhythm of life in this vibrant South East Asian country.

Day 3

Orientation

Spend your first full day getting used to Vietnam's heat, humidity and lively city streets. You'll complete essential orientation tasks such as exchanging money, purchasing a local SIM card and confirming travel arrangements. This is also your chance to explore your surroundings and familiarise yourself with Hanoi's bustling atmosphere.



Day 4-5

Ha Long Bay

Travel to breathtaking Ha Long Bay, a UNESCO World Heritage Site made up of more than 1,600 limestone islands rising from emerald seas. Board your overnight boat and spend the next two days cruising through the bay, exploring caves, enjoying the scenery and taking part in onboard activities. This is one of Vietnam's most iconic landscapes.



Day 6

Explore Hanoi

Enjoy a full sightseeing day in Hanoi. You may choose to visit key cultural sites such as the Thang Long Imperial Citadel, the Perfume Pagoda or Hoan Kiem (Turtle) Lake.

Wander the narrow lanes of the Old Quarter, soak in the unique blend of old and new, and experience the vibrant street life that defines the capital.

Begin Your Trek

Day 1

Travel to Cambodia

Fly from Hanoi to Siem Reap, Cambodia. Settle into your new surroundings and prepare for the trekking phase of your journey.

Day 8

Travel to Banlung

Travel to Banlung in Ratanakiri province, the gateway to one of Cambodia's most remote and beautiful trekking regions. This rural town sits on the edge of volcanic lakes and dense forest, setting the scene for the days ahead.

Day 9-12

Ratanakiri Trek

Begin your multi-day trekking adventure into the forests, waterfalls and volcanic landscapes of Ratanakiri. Along the way, you may encounter minority ethnic communities such as the Tampuan or Kreung, offering a unique insight into traditional lifestyles, farming methods and forest use.

Expect a mix of:

- Dense jungle trails
- Hidden waterfalls
- Volcanic lakes
- Wildlife encounters
- Cooling swims in natural pools

Nights may be spent in hammocks giving you a deeply immersive experience of life in the Cambodian highlands.

Day 13

Return to Siem Reap

Travel back to Siem Reap and enjoy the city's lively atmosphere. Spend the evening exploring street food stalls, riverside cafés and the bustling night markets that make this destination so memorable.

Day 14

Explore Angkor Wat and Surrounding Temples

Spend the day exploring the world-famous temple complex of Angkor Wat, a UNESCO World Heritage Site and one of the Seven New Wonders of the World. You'll also have the chance to visit the Roluos Group of Temples — some of the earliest and most historically significant structures in the Angkor civilisation.

Day 15

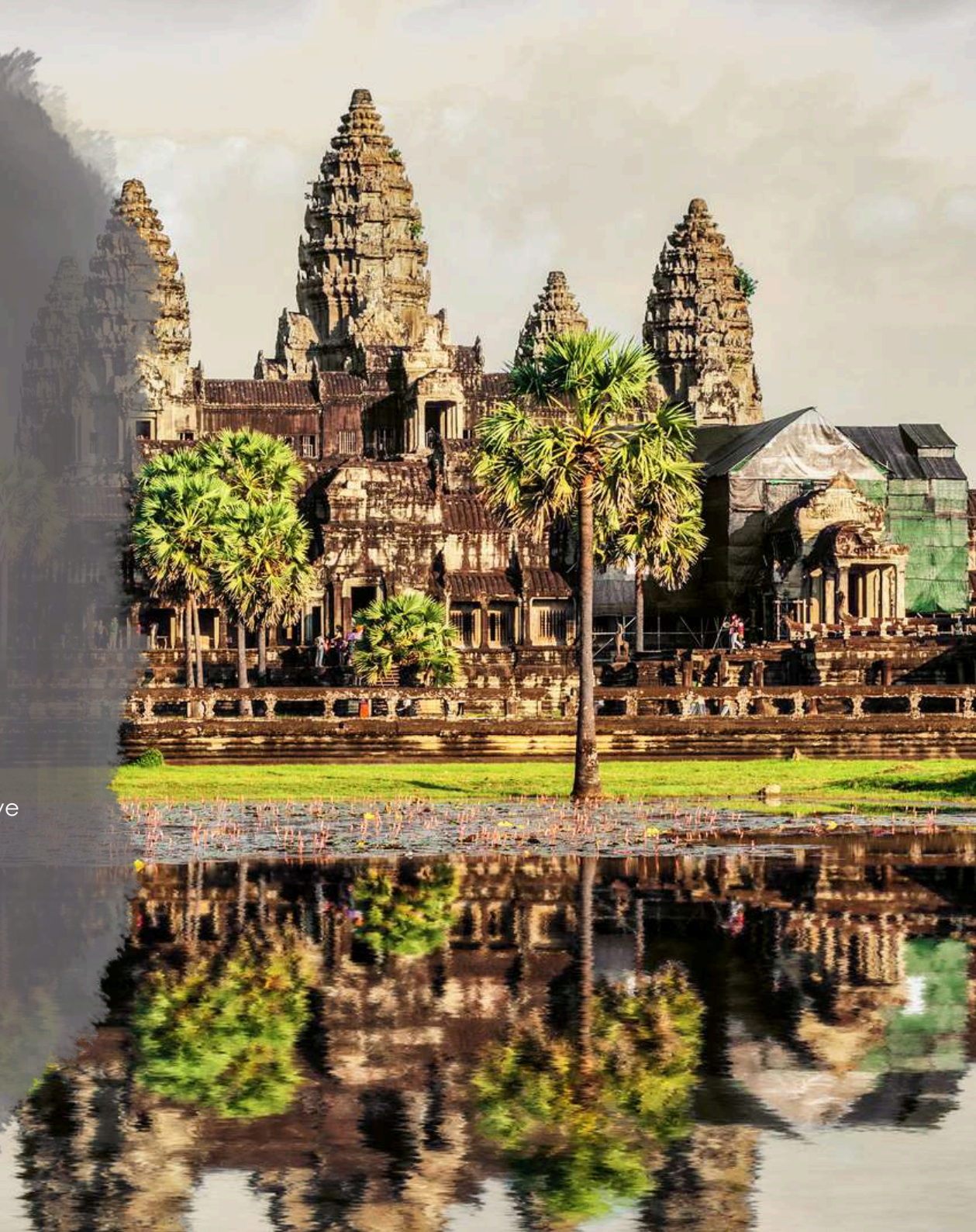
Tonlé Sap Lake

Take a boat trip on Tonlé Sap, Southeast Asia's largest freshwater lake. As you visit floating villages, meet local residents and observe life on the water, you'll gain insight into the communities whose livelihoods depend on this unique ecosystem.

Day 16

Travel to Phnom Penh

Depart Siem Reap and travel overland to Phnom Penh. The journey passes through rural Cambodia, offering views of rice paddies, stilt houses, small market towns and stretches of flat, scenic countryside.



A large brown bear with thick fur is resting on a weathered log. The bear is looking directly at the camera with a calm expression. The background is a soft-focus natural setting with green foliage and a hint of a body of water.

Day 17-19

Free the Bears – Service-Learning Phase

Free the Bears- Complete your service learning at Phnom Tamao Wildlife Rescue Centre. You will be supporting the “Free the Bears” project, caring for rescued sun bears and moon bears. Activities may include preparing food, making enrichment toys, cleaning enclosures, and assisting staff. You will also have the chance to learn about wildlife conservation in Cambodia and efforts to combat the illegal wildlife trade.



Day 20-21

Travel and Return to the UK

Begin your journey home, reflecting on your expedition through Vietnam and Cambodia — from emerald bay landscapes and cultural treasures to remote jungle trekking and meaningful conservation work. Return to the UK with unforgettable memories.

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
- ✕ 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



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.

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

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

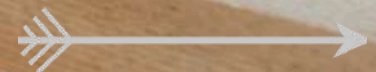
We believe that what we do and how we do it are of equal importance.

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