

## Borneo

### Flight details

Royal Brunei

	Date	Depart		Arrive	
<b>Outbound</b>	19 <sup>th</sup> February	Dubai	05:55	Brunei	17:55
	20 <sup>th</sup> February	Brunei	00:30	Kota Kinabalu	01:10
<b>Inbound</b>	27 <sup>th</sup> February	Kota Kinabalu	22:00	Brunei	22:45
	28 <sup>th</sup> February	Brunei	00:10	Dubai	04:50

\*Flight timings are subject to change dependant on flight scheduling at time of booking

### Visa

Please use the below information as a GUIDE only and refer to the Malaysian High Commission before applying for a visa

Most nationalities do not require a tourist visa not exceeding 3 months stay and can receive a stamp on arrival. Some nationalities, however, are required to apply for a visa ahead of departure, please contact the Malaysian High commission to check whether a visa is needed for the passport you are travelling on.

#### Documents needed for application;

- Passport (at least 6 months validity from date of return)
- Visa fee
- Valid confirmed return ticket
- NOC letter from sponsor or company
- Photocopy of passport and return ticket
- Two passport sized photographs

### Vaccinations

Your doctor or travel clinic is the best person to consult about vaccinations and travel health. We would recommend consulting a medical professional several months before your expedition. Make sure your GP is aware that whilst away, you will be working closely with local school children, staying and working in rural areas. The region of Borneo you will be staying in is the Sabah region.

The following vaccinations are likely to be recommended:

- Typhoid
- Hepatitis A and B
- Diphtheria/Tetanus/Polio
- Meningococcal meningitis (A&C)
- Japanese B Encephalitis

Additionally, the following optional vaccinations may be recommended:

- Cholera
- Rabies

Some vaccinations require administration up to 6 months before departure. Many vaccines have a relatively long duration of protection (3 months to 10 years) and so it is a good idea to visit the doctor to discuss what is needed well in advance of travel.

Further information about vaccinations and travel health and can be found on the NHS Fit for travel [website](#).

Please be aware that we are not medical experts, so you must seek professional advice from their doctor or a travel clinic on all the above. These medical experts will make recommendations based on your medical history, we cannot.

## **Behaviour**

### **Code of Conduct**

Due to the nature of the expedition environment it is essential you follow the instructions given by the staff accompanying you, failure to do so can endanger yourself and your team. Therefore, if there is any behaviour that breaks the code of conduct whilst abroad, then the accompanying staff do have a warning system which they will implement. This could mean that you may miss out on certain parts of the expedition – and no-one wants this to happen! If the behaviour does not improve or escalates after being administered a warning, then we do have the right to send home a student at their parent's cost.

## **FAQ's**

### **How much money do I need to take with me?**

We suggest a maximum of \$80 - \$100 spending money. This can be in US Dollars or Malaysian Ringgits.

### **What type of bag should I take?**

A backpack (around 60-80L) is best but if this is not possible a duffle bag or holdall would also be ideal. Wheeled suitcases are not ideal due to the varied terrains you will experience in our camps and as you will be moving around throughout the week.

### **What will the accommodation be like?**

Our accommodation varies from camp to camp and is designed to ensure male and female students have separate accommodation. Camps have basic but comfortable semi-permanent structures such as longhouses. You will have the opportunity to really experience what it's like to live in a rural setting without getting rid of all of life's creature comforts!

### **Will there be bugs and insects there?**

More than likely, they come with being in the great outdoors! We recommend you carry insect repellent with you that contains DEET and cover up with long sleeved tops and trousers in the evening.

### **What is the weather going to be like?**

Temperatures range from 27-32°C/81-88°F. The most rainfall comes in November – February but showers can be expected all year around. There is a relative humidity of around 80% for much of the year.

### **Is there a risk of Malaria in the area we are travelling to?**

You must check with your GP or travel nurse to get the most up to date details on the areas that are high risk as it changes regularly. You can also check on <https://www.fitfortravel.nhs.uk/destinations>

### **Is there a particular dress code I need to adhere to?**

We ask that you dress respectfully in line with the local culture's attire.

### **What kind of gloves do I need for project work?**

Your work gloves need to cover and protect your hands from the wrist to the fingers. Garden gloves are acceptable, marigolds are not suitable.

### **How much validity does there need to be on my passport?**

You need at least 6 months validity left on your passport from the date you arrive back home.

### What will the food be like?

There will be a variety of both western and Asian style dishes throughout your expedition. Breakfast usually consists of eggs, toast and noodles. Lunch and Dinner will be a nutritionally balanced meal, you can expect lots of rice throughout! Fresh fruit will be offered at every meal. Most dietary requirements can be met, but please ensure you disclose these before travel to allow our team to prepare and plan for your arrival.