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Travel Agents Licence No: 353944

## **Programme Proposal** **(G8-12)**

**Destination:** Sabah Sate, Malaysia

**Travel Dates:** November 17 - 23, 2019

The Kiulu Valley is the location of The Adventure Centre (TAC). TAC is 1 hour from Kota Kinabalu, 20 minutes from Tuaran Medical Centre, and 45 minutes from Sabah Medical Centre, one of Malaysia most advanced private hospitals.

Kiulu is an area of natural beauty which is developing into a rich area for adventure tourism, such as jungle trekking, biking and rafting activities. TAC is owned by Ability Expeditions.

TAC offers permanent, high quality hammocks strung above raised wooden platforms protected by mosquito nets and sturdy roof shelters. These are called 'bashers'. Males will sleep in one basher and females in another. Teachers will sleep in rooms, or in the open above the workshop area. Mattresses and bedding will be provided, as will mosquito nets.

With stunning views of the jungle across the river, the centre is a green and calm base for our adventure programmes. With spacious outdoor and indoor areas, a riverside location and proximity to the forest, TAC makes an ideal expedition training ground, while its large open grassed areas are perfect for games and group activities.

TAC also has good quality toilet and showers and facilities (with cold water I'm afraid).

Meals at TAC tend to be hot buffets style - rice noodles, fish, vegetable and meat dishes - served in an open air canteen. All food is halal.

TAC also has a zipline and climbing wall onsite. See photos here:  
<http://www.zipborneo.com/>

## **Sample Service Project**

### **Improving community facilities in a local village**

Kampung Tombung village is located 4 km from The Adventure Centre. The village is home to 425 people of the [Dusun tribe](#). About 65% of the villagers are farmers, with the remainder split between government jobs and work in the private sector.

Although very picaresque, the village is in need of support in areas where the government is slow to react. In particular, the community's kindergarten is dilapidated and lacks adequate facilities. With this in mind, you will paint two of its buildings and do repair work to its sagging veranda. You will also pour a concrete pathway to its toilet building and pour a concrete floor in a resting shelter.

Additionally, you will make improvements to an existing community hall by building a shelter area and refurnishing a badminton court. The community in general will enjoy the results of both projects. The students of the kindergarten will benefit from these improvements in particular, as all facilities will be used as educational spaces.

### **Educational Excursions' Specialised Services**

**Personal Websites:** Each client-school is presented with a personal websites displaying all programme details. Each website has an embedded Discussion Forum useful to the group before, during and after the trip.

**Visa Arrangements:** Educational Excursions can assist with the arrangement of travel visas.

**Flights and Ground Transportation:** Educational Excursions will assist with travel arrangements to, from, and within the host country.

**Ground Programme:** Educational Excursions works with its partners to assist with the arrangement of activities and accommodation in the host country.

**Risk Management:** Educational Excursions provides risk management documents covering all programme activities.

**Certificates of Appreciation:** All participants receive certificates honouring their commitment to service.

Programme T-shirts: All participants are given trip T-shirts prior to departure

Priorities: All activities are undertaken to the highest international safety standards. Experienced local and international guides, instructors and facilitators lead the groups at all times, ensuring safety, interaction with the local communities and facilitation of the personal development process. In addition Ability Expeditions provides extensive logistics and safety support at all times.

**Group Flights:** On AirAsia

Outbound: Sunday, November 17  
AK 1521 Shenzhen – Kota Kinabalu (Departs 01:15 / Arrives 04:25)

Returning: Saturday, November 23  
AK1520 Kota Kinabalu – Shenzhen (Departs 09:00 / Arrives 12:05)

**Costs**

Air fare and transportation—1900 RMB inclusive  
Tour Agency – 10000 RMB  
Insurance – included in trip cost  
Chaperone costs – 200 RMB  
Misc- transaction fees and emergency funds- 850 RMB

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Deposit and air fare – 5900 RMB paid to the Financial Office by Sep. 6<sup>th</sup>

Remaining Amount-7050 RMB paid to paid to the Financial Office TBD

**Total –12950RMB**

\*excess funds will be returned to the student’s family

## **Day 1.**

Travel Day ~ Camp Orientation ~ Student Foremen Meeting

### **Morning**

- 10:15 Meet at airport and complete checkin

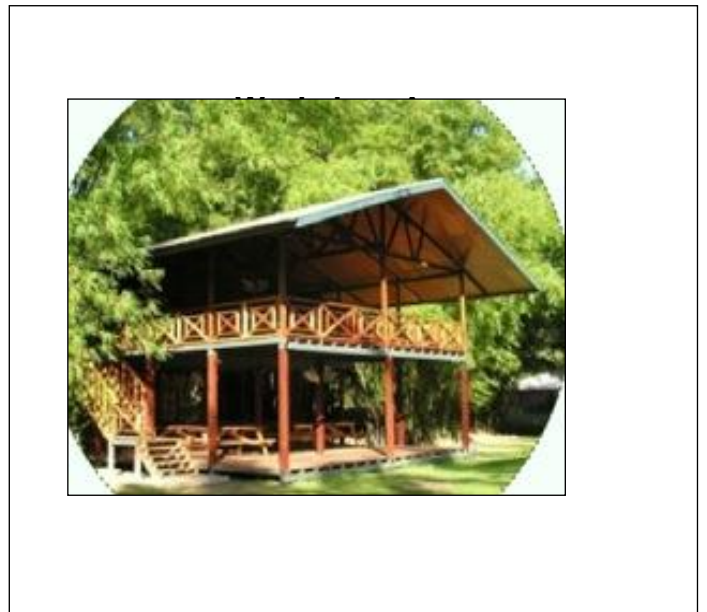
### **Afternoon**

- 01:15 Depart Shenzhen
- 04:25 Arrive in Kota Kinabalu
- Bus transport to The Adventure Centre (TAC)
- Welcome, Camp orientation and briefing (Mobile phones will be taken from students)
- Overview of the week ahead (Q&A)
- Settle in.

### **Evening**

- A meeting between Student-Foremen, teachers and a local guide will be held to discuss the role of Student-Foremen on the worksite. (The EdEx binder/folder contains a document that will be useful here).
- Service project overview

Overnight at The Adventure Centre



## **Day 2.**

Community Development Project ~ Prepare for Community Interviews

### **Morning**

- Breakfast at TAC
- Morning Energizer Activity
- Begin the transportation of materials to site and begin community development project in one of the local villages located close to The Adventure Centre.

### **Afternoon**

- Packed lunch on site
- Continue community development project

### **Evening**

- Hot buffet Dinner at TAC
- Day leader allocations
- Review of the day
- Prepare for Community Interview activity that will take place the following day. The EdEx Programme Booklets contains 3 pages that will be useful here – Language Essentials, Cultural Etiquette and the Community Questionnaire.
- Traditional games / Free time

Overnight at The Adventure Centre

### **Day 3.**

Community Development Project ~ Community Interview ~ Traditional Games

### **Morning**

- Breakfast at TAC
- Morning Energizer Activity
- Continue community development project

### **Afternoon**

- Packed lunch on site
- After lunch spend time talking with villagers. The EdEx Programme Booklets contains 3 pages that will be useful here – Language Essentials, Cultural Etiquette and the Community Questionnaire. Your guides will help with translation.
- Continue community development project

### **Evening**

- Hot buffet Dinner at TAC
- Day leader allocations
- Review of the day
- Group Discussion led by teachers, followed by journalling
- Traditional games / Free time

Overnight at The Adventure Centre

**Day 4.**

Community Development Project ~ Handover Ceremony ~ Jungle Survival School

**Morning**

- Breakfast at TAC
- Morning Energizer Activity
- Continue community development project

**Afternoon**

- Packed lunch on site
- Wrap up community development project
- After lunch, enjoy the project Handover Ceremony. Don't forget to present your hosts with a thank you certificate (see the EdEx binder/folder).

**Evening**

- Hot buffet Dinner at TAC
- Day leader allocations
- Review of the day
- Jungle survival school
- Full Jungle briefing with issue of jungle equipment and rations
- Pack for trek
- Group Discussion led by teachers, followed by journalling
- Traditional games / Free time

Overnight at The Adventure Centre

**Day 5.**

Jungle Trek ~ Strike Camp ~ Fireside Review

**Morning**

- Breakfast at TAC
- Morning Energizer
- Final kit check and then teams will head off on the 24 hour Jungle phase. Each team will trek to its own overnight camp.

### **Afternoon**

- Lunch on the trail
- Teams will trek until mid afternoon. Once at camp the teams will collect fire wood, water, light and sustain fires and prepare and cook dinner.
- They will set up sustainable camps with hammocks, kitchens and long drop toilets.

### **Evening**

- Dinner cooked over open fire
- Day leader allocations
- Interactive review of how the trek felt and the challenges faced

Overnight at Jungle camp in expedition hammocks

### **Day 6.**

White Water Rafting ~ BBQ Lunch

### **Morning**

- Jungle breakfast
- Take down the camp, trek out to TAC
- Zip Borneo activities: climbing, abseiling, high-ropes and Zip-lining!
- The group will be divided into four teams. All will then be briefed regarding skills and safety drills before completing Sport climb, High tower Abseil, High and low ropes.

### **Afternoon**

- Lunch at TAC
- Transfer to Rafting put-in point
- Begin rafting on the grade 1 & 2 Kiulu River. After a safety brief and equipment check the group will be then divide in to small boat teams (6 per boat) and will navigate their way back to the Adventure centre.

### **Evening**

- Hot buffet Dinner at TAC
- Day leader allocations
- Review of the day
- Free time after packing completed

Overnight at The Adventure Centre

**Day 7.**

Depart from Malaysia

**Morning**

- 6:00 transfer to the airport
- 9:00 Depart Malaysia

**Afternoon**

- 12:05 Arrive in Shenzhen



## 旅行方案 (G8-12)

目的地：马来西亚沙巴州

旅行日：2019年11月17到23号

Kiulu 山谷是探险中心（TAC）的所在地。TAC 距离 Kota Kinabalu 1 小时，距离 Tuaran 医疗中心 20 分钟，距离马来西亚最先进的私立医院之一沙巴医疗中心 45 分钟。

Kiulu 是一个自然风景区，正在发展成为探险旅游的丰富区域，如丛林徒步旅行，骑自行车和漂流活动。TAC 归 Ability Expeditions 所有。TAC 提供永久性，高品质的吊床，处在高处木制平台上方，有蚊帐和坚固的屋顶保护。这些被称为'basher'。男性将睡在一个 basher 中，而



女性将睡在另一个 basher 中。教师将睡在房间内，或在工作区的开放区域里。TAC 将提供床垫和寝具以及蚊帐。

TAC 河对岸可看到丛林的壮丽景色，是我们探险计划的理想基地。

TAC 拥有宽敞的室内和室内区域，位于河畔，靠近森林，是一个理想的探险训练场，而其大型开放式草地区则非常适合游戏和团体活动。

TAC 还有优质的卫生间和淋浴设施（但并不能保证热水供应）。

TAC 采取在露天食堂供应自助餐 - 米粉，鱼类，蔬菜和肉类菜肴。所有的食物都是清真的。

TAC 还设有滑索和攀岩墙。看这里的照片：<http://www.zipborneo.com/>

## 公益服务例子

### 改善村庄设施

Kampung Tombung 村距離 The Adventure Centre 中心有 4 公里。這個村莊是 Dusun 部落的 425 人的家園。大約 65% 的村民從事農民工作，其餘的是政府工作和私營部門的工作。

雖然勞動力富足，但在政府工作反應不及時的地區，還需要得到支持。特別是，社區的幼兒園破舊不堪，缺乏足夠的設施。考慮到這一點，您將重新為其兩座建築物上油漆並對其下垂的陽台進行修復工作。您還將為其廁所建築修一條混凝土路，以及一條混凝土路到休息的避難所。此外，您將通過建造一個避難區和重新裝修的羽毛球場來改善現有的社區大廳。整個社區將享受這兩個項目的成果。幼兒園的學生將受益用作教育空間的改進。

## 百思游学中心服务领域

**个性化网站:**每个学校都会建立一个关于旅行计划细节的自己的网站。每个网站都有一个嵌入式讨论论坛，可用于旅行之前，期间和之后。

**签证安排:**百思游学中心会协助所有的签证。

**交通:**百思游学中心会协助所有的交通安排。

**活动安排:** 百思游学中心会协助合作学校安排所有的行程和住宿。

**风险管理:** 百思游学中心为所有项目活动提供相关风险管理文件。

**旅游保险:** 百思游学中心可以为所有参与者安排所有活动的保险。

**旅行证书:** 所有参与者旅行结束后将授予公益服务证书。

**活动 T-shirts:** 在出发前，每位参与者将派发一件活动 T-shirts，增加认同感和提高团队精神。

**優先事項:** 所有活動均按照最高國際安全標準進行。經驗豐富的當地和國際導遊，講師和輔導員一直陪同，確保安全，帶領團隊與當地社區互動以及促進個人發展的進程。此外，Ability Expeditions 始終提供廣泛的物流和安全支持。

## 交通:

亚航

**出发:** 11月17号周日

AK 1521 Shenzhen – Kota Kinabalu (出发 01:15 / 到达 04:25)

**回程:** 11月23号，周六

AK1520 Kota Kinabalu – Shenzhen (出发 09:00 / 到达 12:05)

## 花费

飞机票和其他交通费—1900 RMB 含税

旅行公司— 10000 RMB

保险 – 旅费已包含

陪同老师花费— 200 RMB

其他- 交易费 和应急基金- 850 RMB

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定金和交通费用—5900 RMB 请于 9 月 6 号前交至财务室。

余额 7050 RMB 请于 10 月 18 号 前交至财务室。

**总价—12950 RMB**

\*excess funds will be returned to the student's family

多余费用将退还给家长。

## 第一天.

闲逛~ 营地指导~ 学生会议

### 早上

– 10:15 机场集合和完成登记手续

### 下午

- 01:15 离开深圳

- 04:25 到达 Kota Kinabalu

– 乘坐巴士前往探险中心 TAC

– 欢迎仪式，营地指导（学生手机需上交）

– 一周活动预告

– 休息

## 晚上

- 学生代表、老师和当地导游讨论学生代表的职责
- 公益服务预告

探险中心留宿

## 第二天

社区发展任务~ 为社区访谈做准备

## 早上

- TAC 享用早餐
- 晨练
- 准备材料前往服务社区

## 下午

- 盒装午餐
- 继续社区服务

## 晚上

- TAC 享用晚餐（热餐）
- 每日学生代表任命
- 回顾
- 为明天的社区访谈做准备（熟读提供的指导书）
- 传统游戏/自由时间

探险中心留宿

## 第三天

社区发展项目~ 社区访谈~ 传统游戏

## 早上

- TAC 享用早餐
- 晨练
- 继续社区发展项目

## 下午

- 盒装午餐
- 与村民对话，当地导游翻译
  
- 继续社区发展项目

## 晚上

- TAC 享用晚餐（热餐）
  
- 每日学生代表任命
- 回顾
- 由老师带领小组讨论，然后写日记
- 传统游戏/自由时间

探险中心留宿

## 第四天

社区发展项目 ~ 移交仪式~ 丛林探险

## 早上

- TAC 享用早餐
- 晨练
  
- 继续社区发展项目

## 午餐

- 盒装午餐
- 完成项目
- 午餐过后，移交仪式

## 晚餐

- TAC 享用晚餐（热餐）
- 每天学生代表任命
- 回顾
- 丛林探险

- 全面的丛林介绍，分发丛林装备
- 由老师带领小组讨论，然后写日记
- 传统游戏/自由时间

探险中心留宿

## **第5天.**

丛林跋涉~ Strike Camp ~ Fireside Review

### **早上**

- TAC 享用早餐
- 晨练
- 装备检查，准备前往丛林露营

### **下午**

- 沿路午餐
- 继续前往营地，到达营地后，团队需合作收集木头起火，水源等准备晚餐
- 建立有吊床、厨房和洗手间的营地

### **晚餐**

- 营火晚餐
- 每日学生代表任命
- 回顾

营地吊床留宿

## **第六天**

漂流~ BBQ

## 早上

- 丛林享用早餐
- 收拾，返回 TAC

- Zip 活動：攀岩，繩降，高繩索和拉鍊
- 該小組將分為四個小組。在有關技能和安全演習的簡要介紹后完成運動攀爬，高塔 Abseil，高低繩索。

## 下午

- TAC 享用午餐
- 前往漂流点
- 在 1 號和 2 號 Kiulu 河上開始漂流。在進行安全簡報和設備檢查後，小組將分成小隊（每艘船 6 人）並將返回探險中心。

## 晚上

- TAC 享用晚餐
- 每日学生代表任命
- 回顾
- 收拾行李，自由时间

探險中心留宿

## 第 7 天

离开马来西亚

## 早上

- 6:00 前往机场
- 9:00 离开马来西亚

## 下午

- 12:05 到达深圳

