



Panaga Outpost Pages Seria, Brunei Darussalam

In this issue:

- › **a creative competition!**
- › **events, courses and useful information**
- › **“who you gonna call? “**

We have all the emergency numbers you need

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Issue 4, April 2017



EXPATRIATE SUPPORT NETWORK

Outpost

About Outpost Seria

Outpost is an information hub for expatriate families in all stages of their posting.

We provide services such as:

- › Meet and Greet for Newcomers
- › Networking Events including coffee mornings and boat trips
- › Workshops such as CV Writing, First Aid, How to prepare your move, Wildlife in Panaga, Third culture kids
- › Weekly conversational English and Malay classes

...and much more.

Don't forget to check our Facebook page – "Outpost Seria, Brunei" – for up to date information.

Contact us:

Tel: +673 337 4927

Email: outpostbrunei@shell.com

URL: <http://seria.globaloutpostservices.com>

or: www.panagaclub.com/outpost

Facebook Group: Outpost Seria, Brunei

Or come visit!

Opening Hours:

Monday to Wednesday, 9 - 11 am
Thursday 8.30 - 10.30am

Address:

Outpost Brunei - Seria
F12 Lapanpuluh A1
Panaga KB 3534

Dear "POP" readers,

Welcome back home after the March holiday break. The Outpost team is back in full swing!

I am happy to announce that this April edition of the "POP" would not have been possible without our new Outpost Newsletter Editor, Annika Cederberg. The Outpost team is very pleased to have her in our team.

This coming month there are lots of activities in the Panaga community. Our office will run a workshop about "How to prepare your move", hosted by Margot Stroeken.

Monday 24th April is a Public Holiday. You might wish to plan a nice trip to Bandar or abroad. Speaking about trips, our team wishes to assemble your advises about destinations, good shops and good restaurants. Please share, as "there is nothing more valuable than shared information". Send in all advises via: outpostbrunei@shell.com

Sharing information is also important for our current investigation about the first three days after arriving in Brunei. In my case all the suitcases were lost when arriving Brunei. Luckily I put some medicine and food in my hand luggage. This proved to be very practical after my arrival at Lapan Puluh.

Outpost currently checks the information of newly arrived employees to double check how we can improve our voluntary welcoming service. We are looking for any ideas to improve these very important first couple of days in Brunei. Please share via: outpostbrunei@shell.com

In the last "POP" issue we welcomed our new MD, Ceri Powell. Together with Outpost she has agreed to organise a design competition in order to re-decorate the guest-room at Empat Sembilan, number 49. Let your artistic side be challenged by this competition and read in this "POP" about how to enroll.

Have a great and enjoyable month. Enjoy reading this "POP" April 2017.

Kind regards,
Myrte Dijkman-Schouten on behalf of the Shell Outpost Brunei-Seria team.

Notice board

Design competition!

Re-decorate guest room @ 49

Mrs Ceri Powell, the new MD of BSP, asks for your creative help with the redecoration of the guest-room at Empat Pulluh 49.

How to enroll:

1. Make a group of max 4 participants.
2. Give your group a name.
3. Allocate one contact person per group.
4. Register your group and its contact person at: outpostbrunei@shell.com under the attention of Katrina Thompson, the Outpost Events coordinator.
5. After your registration, you will receive the details about the room, together with pictures, sizes and available budget.
6. Final date for the submission of the designs: Wednesday, May 24th 2017. The winning group will be announced shortly after this date by Ceri.



Special attention should be given to the use of local Bruneian design and products.

Good Luck!



Volunteering in and around Brunei

Dear POP readers,

Outpost Seria would like to ask you to share your volunteering experiences in Brunei and the nearby countries: Where have you volunteered since you moved to Brunei? How did you like it? Would you advise it to other expats living in Brunei?

Help your fellow expats find a good cause to support! Please, send your replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.

Notice board

Are you the one?

Can you teach general level English? Outpost is looking for a teacher for our English classes, held on Tuesday mornings.

Interested? Send your CV to outpostbrunei@shell.com



Tzu Chi Recycling

Tzu Chi Recycle plastic, cans, paper, card and clothes (but not glass). People are encouraged to leave their recycling in a bags or boxes and the center employees will put them in their correct sections.

Here is what they DON'T take:

- › Computers
- › Photostat machines
- › Thermo flasks
- › Microwave
- › Air-con plastic cover
- › Tomato/ Chili Sauce bottles
- › Wine bottles
- › Colored plastic
- › Broken items
- › Religious artefacts
- › Car tyres

Address:

Jalan Jaya Negara, Kuala Belait.
Turn into Simpang 34 and again
into Simpang 34-9, Lot 4341



Notice board



Be a Guest Speaker at Outpost

Do you want to share your experience of setting up an online business? Do you want to help other expats build a portable career? Do you want to inspire others to follow their passions? Be our guest speaker!

Outpost Seria is searching for guest speakers who could tell their stories of becoming an expat-preneur.

If you want to be a guest speaker or know someone that would be interested to be one, please contact Outpost Seria at outpostbrunei@shell.com or Ksenia Odintsova at ksenia.odintsova@gmail.com.

Is there something you'd like to learn with Outpost?

Email us! outpostbrunei@shell.com

Study or Work Space

Dear POP readers,

Do those of you who currently study or work at home need a quiet space for it outside of your homes? Which kind of requirements should it meet: Location? Working hours? Internet?

Outpost Seria would like to understand if there is a need for a designated study or work space. Currently the Outpost office is open for you on Friday mornings to come and work or study undisturbed.

Please, send you replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice board

MALAY LESSONS

Beginner Level

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

Tuesdays

9:30 - 10:30 am

Register : outpostbrunei@shell.com / oshinchin@hotmail.com



One Session (1 hour)

Once a week

4 or 5 Sessions per month

New opportunity!

Extra Malay classes, on Friday Evenings

Our Malay teacher Adriana currently tries to organise a Friday evening Malay class, but only when enough people will join. In order to register for this specific class, and to hear about the course conditions plus location, interested persons have to contact her directly: oshinchin@hotmail.com

April / May calendar

Outpost calendar

Thursday April 13th

How to Prepare for your move?

Monday May 1st

Third Culture Kids

Wednesday May 3rd

Resume Writing Workshop

Community calendar

Saturday April 8th

KBBC Family Fun Day

Thursday April 13th

BSRC Riding Stables, coffee morning

Friday April 28th

Dutch Night, Wicked Wonderland

Sunday April 30th

Kinderfeest

Tuesday May 2nd

Out for Lunch



More information on the following pages
and on the Facebook pages

Want to see your event advertised here?
Email us! outpostbrunei@shell.com

Upcoming event

How to prepare your Move?

- Margot Stroeken

Thursday 13 April, 2017

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

9:00 - 11:00 am

Max. 10 persons

Register : outpostbrunei@shell.com by 10 April, 2017



Our transition workshop will help you to understand the psychosocial process of transition. It will help you get emotionally sorted with your upcoming/recent move. It will help you understand the process of moving in perspective of an employee, trailing spouse and child. You will acquire strategies to cope with transition and enjoy your move. It's also an opportunity to discuss the logistics of moving.

Upcoming event

Third Culture Kids

- Rubina Anis

Monday 1 May, 2017

Outpost Office,
Lapanpuluh,
Apartment 1 a-b

9:30 - 11:00 am

Max. 15 persons

Register : outpostbrunei@shell.com by 28 April, 2017



Our Third Culture Kids workshop will help you understand the explicit adventure, challenges and hidden grief that accompanies a third culture kid and adult. It will also help you understand the identity development stages from early childhood to adulthood, stages of cultural integration, meaning of culture and the interaction of all the above elements that goes in making of a TCK.

It will be an interactive workshop that will help you understand and analyze the explicit fun and hidden funeral aspect of living outside your passport country.

Upcoming event

Resume Writing Workshop

Wednesday, May 3

9.15-11.00 am

Location: Outpost Office, Lapanpuluh, 1 a-b

Want to improve your resume? Come to this workshop and get help to create a first impression that lasts!

Registration: Email outpostbrunei@shell.com
by Monday, May 1st

Sponsored by Outpost



Upcoming event

KBBC Family Fun Day

Saturday, April 8th

9.00-12.00 am

Location: Panaga beach Shelter

With the monsoon almost gone, the KBBC will kick off the season with a Fun Day at the Beach for Panaga members.

It will be held in front of the beach shelter. Different boats (Topaz, Hobies, Lasers), kayaks, SUPs and wind surf boards will be available and ready for use on the beach.

Party tents will provide shade for the kids to play in the sand. And the power boats will be available to make a small tour.

For more info contact Lieuwe Nas or any of the other committee members.



Upcoming event

BSRC Riding Stables Coffee morning

On Thursday April 13th, the BSRC Riding Stables will host a coffee morning from 9.30 am till 11 am.

The stables are situated next to the BSP Building, alongside Jalan Utara. Please come over to have a coffee or tea and discover what kind of activities the stables currently organise.

For example:

- › **Discount packages for new riders**
- › **Pony Club for children**
- › **Jumping clinics**
- › **A jumping competition against the BEQ stables**

Find us on Facebook: "bsrc.ridingclub"



Upcoming event

Dutch Night Wicked Wonderland

April 28th 2017.

Location: @49

**For all Panaga Club
Members and their
guests.**



Kinderfeest

April 30th

Location: @49

Lots of activities for the children.

**Everybody, Panaga Club Member or not, is welcome to
join us from 9am until 12pm.**

Upcoming event

Out to lunch?

Date: Tuesday May 2nd, 2017

Place: Kaizen Sushi, Jalan Pretty, Kuala Belait

Time: 12 - 2pm - drop in when you can

In an effort to boost the local economy we are organizing a get together on the first Tuesday of every month at a different restaurant around town.

Please bring your own money to pay for your lunch.

If you'd like more information please email: outpostbrunei@shell.com

All welcome!



Date: Tuesday May 2nd, 2017

Place: Kaizen Sushi, Kuala Belait

Time: 12 - 2pm - drop in when you can

Out to Lunch

Public Holiday Calendar

Brunei 2017

Date	Weekday	Holiday Name	Holiday Type
Jan 2	Monday in lieu of Sun 1st	New Year's Day	
Jan 30	Monday in lieu of Sat 26th	Chinese New Year	1st day of lunar month
Feb 23	Thursday	National Day	Independence from the UK in 1984
Apr 24	Monday	Isra and Mi'raj	The Prophet's Night Journey and Ascension
May 29*	Monday in lieu of Sat 27th	Ramadan begins	
May 31	Wednesday	Royal Brunei Armed Forces Day	RBAF formed 1961
Jun 12*	Monday	Nuzul Al-Quraan	Revelation of the Quran
Jun 26*	Monday	Hari Raya Aidil Fitri	End of Ramadan
Jun 27*	Tuesday	Hari Raya Aidil Fitri	
Jun 28*	Wednesday	Hari Raya Aidil Fitri	
Jul 17	Monday in lieu of sat 15th	H.M. Sultan's Birthday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Sep 1*	Friday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep 22	Friday	Al-Hijra	Islamic New Year 1439
Dec 1	Friday	Maulud	Prophet Muhammad SAW's Birthday
Dec 25	Monday	Christmas Day	

* date may vary due to the lunar calendar

Emergency numbers

Emergency numbers

Ambulance: 991

Fire Brigade: 995

Police: 993

Shell Security: 337 2999

Panaga Health Emergency: 337 2999

Panaga Health Appointment: 337 2306

Removal of Pests: 872 3006



why not hang these on your
fridge for easy access?

Panaga Health Info

Panaga Health Centre

Out-patient department

Registration to see doctor

Monday to Thursday 7.00 am - 11.00 am
1.00pm - 3.00 pm

Friday 7.00 am - 11.30 am
2.00 pm - 3.30 pm

Panaga Health Centre

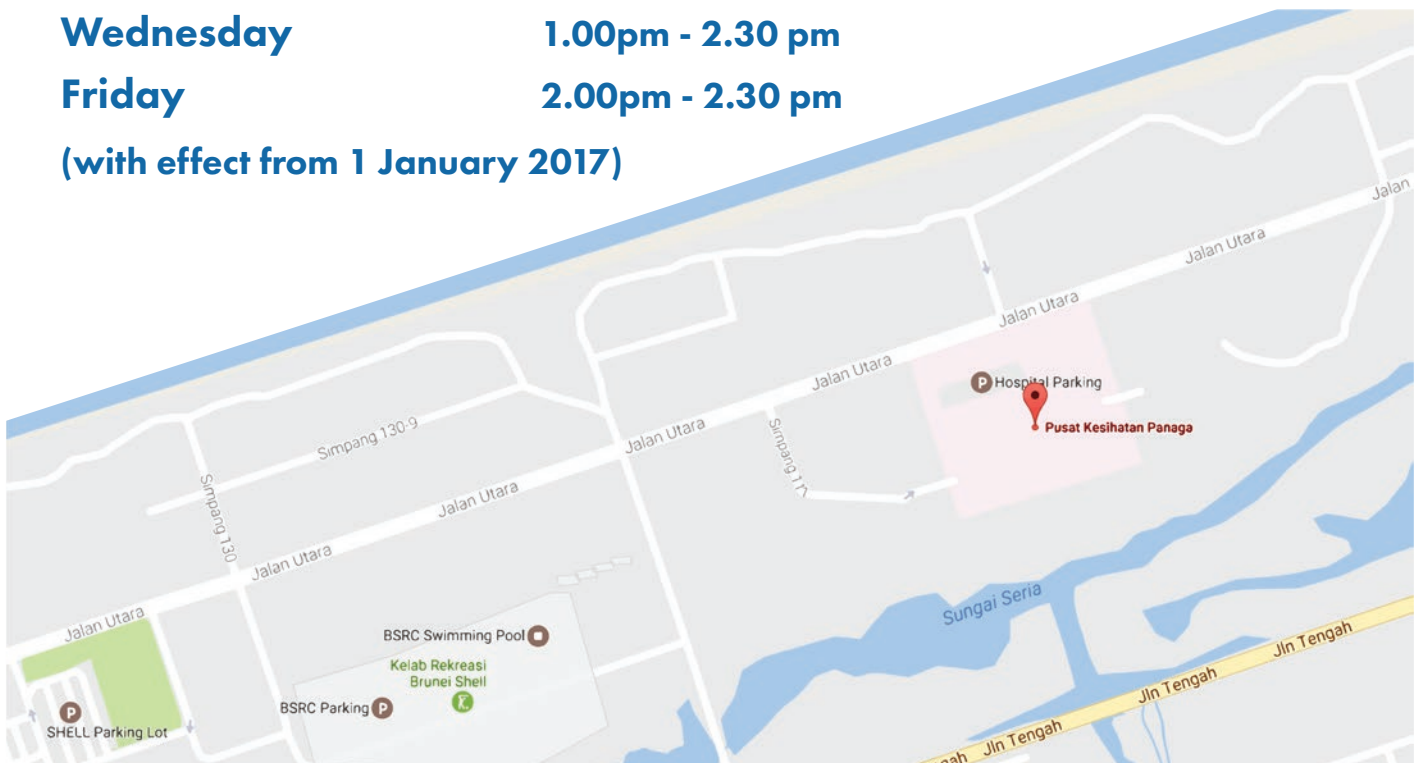
Immunization Clinic

The registration times are as below

Wednesday 1.00pm - 2.30 pm

Friday 2.00pm - 2.30 pm

(with effect from 1 January 2017)



Outpost Seria team 2017



Myrte Dijksman
Focal Point



Kerry Smillie
Secretary



Christina Sugila
Treasurer



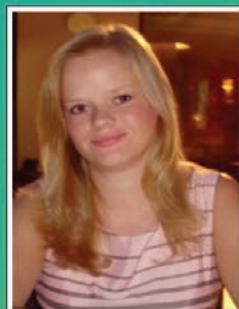
Snehal Tiwari
Relocations Advisor



Titi Owoyemi
Meet & Greet
Coordinator



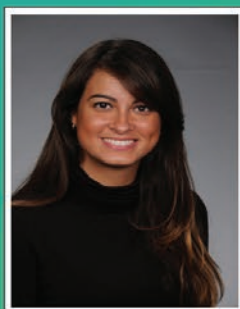
Spandana Chivukula
IT Specialist



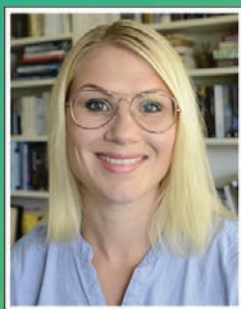
Katrina Thompson
Event Coordinator



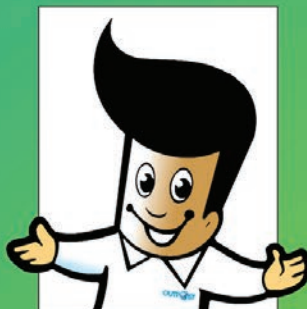
Ksenia Odintsova
Career & Development
Advisor



Thamine Kilbride
Public Relations



Annika Cederberg
Newsletter Editor



Mr. Outpost
Online Promoter