



Panaga Outpost Pages Seria, Brunei Darussalam

In this issue:

- › **Introducing our POP-interview series**
- › **... and the winner is:**
we present the winners of the @49 Guest Room competition

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Issue 7, July / August 2017



EXPATRIATE SUPPORT NETWORK

Outpost

Dear Reader,

In front of you lays the July/August issue of the POP. As the school holidays are getting closer, we anticipate to this period of the year by covering two months in one edition.

For your information, the school holiday will start at 12pm on July 14th and it will continue until Wednesday August 30th, which will be the First Day back at school.

The Outpost Office will amend its office hours during the school holiday so **our office will only be open on Wednesday mornings, from 9am till 11am**. Team members Ksenia and Snehal will be at the office to help you with all your non-contractual questions.

From Monday September 4th onwards, Outpost will organise new interesting events besides the usual ones, for example:

- › Fire Fighting Course for Spouses; The course leaders have recently received an award for their course;
- › Spanish Language Classes, probably every Friday morning from 10-11am;
- › Lecture about your Health Insurance, at our office, on September 13th.

Please keep your eye on our Facebook Page "Outpost Seria", at the weekly updates we send out to your email address and at the announcement board of the Panaga Club.

Before the start of the holiday, you might wish to **join our final event of the year, on Wednesday July 6th: "Dress to be Addressed"**. This course will be presented by the fashionable lady Ibiyemi Scott. I can promise this lecture will be very inspiring. Please enrol yourself at: outpostbrunei@shell.com. See flyer inside this POP.

At the end of a year, we unfortunately have to say goodbye to a lot of BSJV colleagues and friends. Outpost wishes all the best to the people who will move over this summer period. Unfortunately, the Outpost webmaster Spandana also decided to leave the Outpost team at the end of August 2017. We wish her all the best with her next challenge, and thank her for all her contributions.

Enjoy reading this POP, enjoy your holidays. See you in September 2017!

Kind regards,
Myrte Dijkman-Schouten
(Focal Point Shell Outpost Brunei-Seria)

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
- › 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.

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 during
school holiday (July
14th to Sept. 4th):
Wed: 9 - 11am

Address:
Outpost Brunei - Seria
F12 Lapanpuluh A1
Panaga KB 3534

Meet & Greet Corner

Hello Panaga People

Titi Owoyemi
Meet & Greet Coordinator



The summer holidays are here again and we are all looking forward to some much-deserved downtime. This time, we have a bumper POP edition to cover the months of July and August, so please have a look at your Meet & Greet ladies for that period.

As is customary, the end of the school year heralds the departure of a lot of BSJV colleagues and friends. Outpost offers the best wishes to all departing employees and their families. We also say goodbye and thank you to Fatima, for all her contributions to the Meet & Greet Team. She is pictured here visiting our office to receive her farewell present.

As we all embark on this wonderful period of rest and recreation, we wish you all a very enjoyable break and look forward to welcoming you back in September, fully refreshed!

Love & Light,
Titi Owoyemi



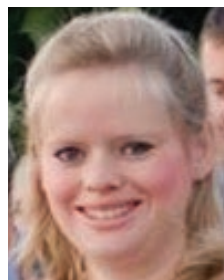
Meet & Greet team members : July & August



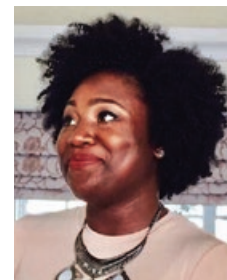
Christina



Jessica



Katrina



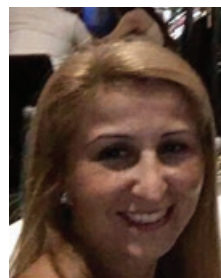
Yemi



Mas



Mirian



Sultan

Interview

Carolyn Brien

- › Amah's English teacher
- › Cultural MCM member
- › Panaga Club Children's Librarian

Welcome to our new interview series, where we will get to know a few of the people in the community. First to be interviewed is Carolyn Brien, whom many of you might know from her time in the Outpost Meet & Greet team or as English teacher for Amahs.

You have among other things been teaching the English for Amah's classes in the Outpost office, for how long have you been a part of the Outpost team?

I started doing Meet & Greet from 2012, then later became the co-ordinator up until maybe 18 months ago. Then the English for Amahs started at Outpost around two years ago. The classes have to run at night and the Panaga Club has kindly allowed the classes to be held there. It is pretty relaxed and others have joined us as well.

You have also worked with charity, tell us more about that?

When we arrived there was already a group set up by some Dutch ladies who were raising funds for Cambodia. As people moved on, I was given the opportunity to join. There was a little village out of Phnom Phen we supported, an orphanage and another organisation that developed sustainable business and health projects. Recently we returned and it was fan-tastic to see the progress being made. The economy has really picked up and there were even less children in the orphanage. It was really great to see.



Nationality: Australian

Have been in Brunei since: 2011

Family: Married to George, Kate (18), James (17) and William (15)

Previous postings: Cairo and Kuala Lumpur



Interview

Do you have any recommendations for people here if they want to get involved in a charity?

Helping Hands is the most obvious one, which most people know about. CAS - Care and Action for Strays, especially if you are an animal lover. I think just be aware what is happening and if you are able to help, go for it. I think there are lots of opportunities and don't be afraid to start something up.

What is your favorite travel destination in the region?

Probably Cambodia and Vietnam, I like the culture and they are so good at hospitality. Myanmar is amazing and very different to its neighbours.

What is the best way to spend a lazy Sunday afternoon here in Brunei?

Play golf and enjoy a potluck dinner with friends! Go hiking on the Labi road walking trails. Getting your teenagers organised to get on the bus to JIS usually takes a couple of hours.

Do you have any “words of wisdom” you would like to share with newcomers here in Brunei?

Make the most of your time here and keep busy! Be brave, take the opportunity to try new things. Find people that enjoy the same things you do, you never know who you might meet.

Go to the rainforest music festival in Kuching at least once!

Go quad biking at Tutong, visit Mulu, climb KK

And do your road-tax in the middle of the month.

Thank you so much Carolyn for sharing some of your insights and experiences of living here in Brunei!

Annika Cederberg, POP-editor



Studying Online Course

Studying Online Course, June 14th 2017

On Wednesday June 14th “Focus”, a local study group created in 2015 by Noortje Campman, kindly organised the annual “Studying Online Workshop”, with the help of Outpost. Margot and Annemieke, who both have a lot of experience with online studies themselves, both provided a lot of useful and interesting information.

The most important topics of the course were about:

- › where to find a suitable online course, as there are many online possibilities available;
- › the reasons why you wish to study;
- › the advantages of an online study course;
- › how to enrol in a course;
- › study strategies to stay motivated;
- › Partner Development Program, enabling you to pay for (part of) the course.

In case you are interested in getting more information about the study online topic, please contact the Outpost “Career & Development” Team member Ksenia Odintsova: outpostbrunei@shell.com

In case you lost track of your interests but wish to start studying, please contact Margot Stroeken: copatcoaching@gmail.com

In case you wish to get in touch with the “Focus” study group, please email Noortje Campman: noortjecampman@yahoo.com

All the best with your (future) Online Study.
Keep up the good work.



Beach Safety

IMPORTANT MESSAGE

Beach Safety

Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. We recommend the following safety tips:

- › Learn to swim.
- › Never swim alone.
- › Supervise children closely.
- › Always tell someone else when and where you plan to enter the ocean, whether to surf, swim, skim or boogie board or to take part in any other ocean or beach-related activities.
- › Don't rely on flotation devices, such as rafts.
- › If caught in a rip current, swim sideways until free; parallel to the beach. Don't swim against the current's pull.
- › Alcohol and swimming, surfing, windsurfing or boating don't mix.
- › Protect your head, neck and spine. Don't dive into unfamiliar waters.
- › If you are in trouble, call or wave for help.
- › Follow posted regulations.
- › Swim parallel to shore if you wish to swim long distances.
- › Report hazardous conditions.
- › Scuba dive only if trained and certified - and within the limits of your training.
- › Stay clear of coastal bluffs. They can collapse and cause injury.
- › No glass containers at the beach - broken glass and bare feet don't mix
- › Never turn your back to the ocean. You may be swept off coastal bluffs, beaches or tide pool areas and into the water by "sneaker" waves that can come without warning. Keep your eye on the surf. Avoid "Killer Surf."
- › Do not climb up onto logs on the beach. While they look heavy and sturdy when climbing on them, the smallest wave will roll it over you or a child. Killer logs are real.
- › Have your beach access available to you at all times. A big wave can come right up to a seawall, leaving you no path for safety, getting you cold, wet and possibly swimming when you don't want to do any of the three.

Watch those logs!

The ocean is strong enough to pick up even the biggest log and plop it down on top of you. Some logs may look small, but even the tiny ones can be waterlogged and weigh tons. A log may look stable but they can fall over and cause severe injuries if a child is playing on it.

How to play it safe: If you see a log in the surf or on the beach, stay off it!

source: <http://visittheoregoncoast.com/beach-safety/>

BSJV Dress codes

BSJV Dress codes and etiquettes

Brunei Darussalam is a Muslim country and it is important that all staff observe and respect the local customs with regards to their dressing. While we recognise the multi-cultural environment of our work place, the expectation is that our dress code do not depart from the following dressing etiquettes.

Staff must not wear low-necked dresses, shorts, and brief mini-dresses. Specifically and as a minimum, the expectation is that official work attire for men comprise short or long-sleeved plain or striped shirts and appropriate trousers. Women wear regular and decent office attire or national dress, e.g. medium/long-sleeved dresses or blouses with knee length skirts or loose trousers.

For customer interface and periodic business meetings with Government officials and other external contacts, visits to Government offices and business centres, the normal dress code for men is long-sleeved shirt, tie and trousers. Suits are rarely required except for a minority of very formal occasions usually involving senior officials. For women, the expectation for such occasions is the national dress, a suit, long skirt and long-sleeved blouse. By this notification, supervisors must ensure that staff exhibit acceptable dressing standards and behaviors.



ISOS Update

Where to go for what...?

When you try to locate a medical provider, need medical advice or experiencing a medical emergency please call International SOS on the 24/7 Shell medical hotline:

T: +44 208 762 8497

If you have any questions regarding what is covered by GEMS, how to pre-notify medical treatment or with general questions on payment, you can still contact Cigna on their 24 hour helpline for Global GEMS members at:

T: +44 1475 492 142

E: Shell@cigna.com.

US GEMS members can contact Cigna at 1-855-279-1508 or 001-302-797-5279 or by secure email in www.CignaEnvoy.com

Where can I go for more information...?

ISOS and Cigna plan to hold an information session for spouses/partners on **September 13th** (Two options will be provided to accommodate time differences)

INTERNATIONAL SOS

From 1 April 2017 Shell has partnered with International SOS (ISOS) to provide Shell Expatriates with a 24-hour hotline for medical advice and assistance. This service is available to all Shell Expats and their eligible family members and is available 365 days of the year.

You can call ISOS if you need in-depth information about healthcare services in your host or base country or have questions specific to your personal health. While away from home, the services are for your everyday assistance needs as well as any emergency support including, but not limited to:

- If you become unwell with a cold or experience a minor cut
- If you would like to talk to a doctor or a nurse on whether you should go to a hospital or not should you or your child be sick
- You are injured in a car accident, or have concerns for your safety
- When you are looking for the right type of doctor in your host/base country for treating a medical condition

You can call ISOS with a simple medical question or in an emergency. As a member you get 24-hour expert advice and assistance, when needed provided by doctors or nurses, by calling the Shell dedicated number on +44 208 762 8497.

Calling this number you will first speak to an Operations Coordinator who will ask you the following in order to be able to reach you in case the line drops:

- Caller Name
- Relationship to Patient
- Contact number
- Location

Depending on your need you will be connected to a nurse or doctor who will be able to discuss your situation and help you address the situation.

THE DIFFERENCE BETWEEN ISOS AND CIGNA

ISOS is a global Medical Assistance company that specializes in providing medical advice and coordinating care. These Assistance Centres are staffed by doctors and nurses, multilingual coordinators, and logistics support personnel. Cigna is the administrator of Shell medical insurance cover for expats and business travellers. They handle claims and maintain an extensive global network of hospitals that provide good quality care.

ISOS and Cigna coordinate their support for Shell staff and their families closely to provide effective care to you. This partnership enables ISOS to direct you to the most appropriate medical provider for ease and efficiency of seeking the best medical support where ever you, or your family are.

When in doubt who to call for what, please call ISOS in the first instance.



Panaga Outpost Pages

Notice Board

Settling in Sessions

These informal information mornings are held every Wednesday morning, from 9:30 until 11:00, at the Outpost office. They are designed to answer any questions regarding relocating to Brunei and settling into the community.

Please register at outpostbrunei@shell.com



EXPATRIATE SUPPORT NETWORK

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

If you would like to be a guest speaker or know someone that would be interested in speaking with us, please contact outpostbrunei@shell.com or Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice Board

Amah Database at Outpost

Did you know that we can help you find an amah or help your amah find a new employer when you leave?

Come to our office to leave your amahs resumé, or to have a look through the database of resumé we allready have!



Tzu Chi Recycling

Tzu Chi Recycle plastic, cans, paper, card and clothes (but not glass).

New info:

Users are kindly asked to sort their items themselves before dropping them off. In other words, keep plastic, cans, clothes and paper in separated boxes.

Here is what they DO NOT accept:

- › 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

English classes

We are happy to announce that we again will offer classes in English for non speakers. These classes will be held by our new volunteer Alvin.

Classes will be held at the Outpost office every Tuesday morning from 8-9am.

Please register at outpostbrunei@shell.com

ENGLISH



Volunteering in and around Brunei

Dear POP readers,

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

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

Notice Board

Please be advised: Malay Classes during Panaga Summer break

During the Summer Holiday there will be NO Malay classes at the Outpost Office.

In case you wish to contact the Malay teacher, please email her via oshinchin@hotmail.com

Or via What's App: +673 8966030

At the beginning of the new school year, the lessons will continue as usual, each Tuesday morning from 9.30-10.30am.

Recognition



Thank you to the HSE/113 team for conducting a Fire Safety Awareness Training for the Panaga Camp house maids

Pictured (L-R):

Ruzaini Hj Ariffin HSE/11321, Md Zamri Hj Sapor HSE/1132, Noorshazarienna Baizura Azman Irrawady HSE/11311.

Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com

Notice Board

Do you want to discover the hidden gems of Miri? Go on a half day tour!

MIRI RESORT CITY – HALF DAY TOUR

Starts at 9am / Ends at 3pm

Places of Interest:

- Tamu Muhibbah – a local & native market
- Artisan Gallery – furnitures & home deco from Bali
- Miri Handicraft Center in China Street
- Batek Craft Gallery – paintings drawn on silk batek
- Alijon Collection – costume jewellery made from sterling silver

- › Lunch is provided (Chinese/Vietnam/Thai/Malay)
- › B\$50 per person (maximum 3-4 person per group)
- › B\$70 per person (if only 1-2 person per group)
- › Available only on Monday, Wednesday & Thursday
- › Contact E/Mail: oshinchin@hotmail.com

**** Transport NOT provided ** Meeting point in Miri**



Photo credit: Fabio Lamanna via Shutterstock

Guest room competition

Guest Room Competition The Winning Team

As announced in the previous "POP", Outpost hereby announces the name of the team that won the GUESTROOM COMPETITION at number 49, the house of Ceri Powell.

On May 25th, Ceri invited all five participating groups to come to her house to present their designs. These five groups did amazing jobs, making it really hard to choose a winning design. In the end the group that used a lot of Bruneian arts and crafts in their work, won the competition.

The name of the winning group is: "Style my Space".

The ladies who form this group are:

- › Marloes Stigborg;
- › Miranda Horchler;
- › Firi Kamson;
- › Emilia Tang.

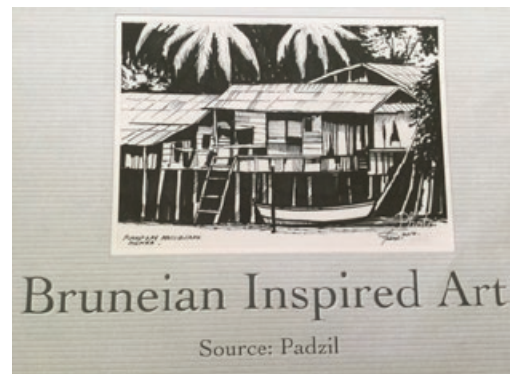
Their design style is Mid-Century Modern.

The design methodology:

- › Blend dark and light pieces of furniture;
- › Incorporate metals and textured elements;
- › Include local Bruneian arts and crafts;
- › Keep the entire room airy, spacious and functional;

The vendors they used:

- › Ashley's Furniture, Jerudong, Brunei;
- › SSF, Boulevard Shopping Mall, Miri, Malaysia;
- › Frame Shop, Seria, Brunei;
- › Penan Helping Hands bags: Helping Hand Shop, Seria, Brunei;
- › Local Artists, like "Hadji Padzil" and "Emilia Tang";
- › Chemiland, Kuala Belait, Brunei.



On behalf of Outpost, I wish to congratulate the winning team but I also wish to thank the participants of the other teams for all their beautiful and creative work plus effort. I also have a guestroom that needs some "redecorating".

Kind regards,
Myrte (Focal Point Shell Outpost Brunei-Seria)

Guest room competition



July/August Calendar

Outpost Calendar

Thursday July 6th

Wednesday Sept. 13th

Wednesday Sept. 27th

Wednesday Oct. 11th

Dress to be addressed Workshop

Health Insurance Lecture

Resume Writing Workshop

Interview Workshop

Community Calendar

Sunday July 23rd

Sat-Sun August 5-6th

2nd to 13th of October

Hari Raya Golf Tournament (mixed)

51st Panaga Amateur Open

Children's Yoga Teacher Training



More information can be found
on the following pages and
on our Facebook page

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

Upcoming Event

DRESS TO BE ADDRESSED WORKSHOP

Key steps to effective image management

Inside every person is a desire to present the right image and project self confidence wherever they go; be it in professional or social gatherings. This workshop is designed to help you find your unique and individual style, how to interpret it through what you choose to wear on the outside and how to build confidence through your personal style elements.

There is no wrong style. Everyone is capable of being stylish and this workshop aims to burst the myth; by equipping you with the basic tools to effective image management.



Date: July 6th, 2017

Time: 9:30-11:00am

Place: Outpost Office – Lapanpuluh, A-B

Register via outpostbrunei@shell.com by July 3rd

Presenter: Ibiyemi Scott

Sponsored by Outpost

Upcoming Event

DIVINE LIGHT YOGA CHILDREN'S YOGA TEACHER TRAINING (RCYT 95-HOUR)

OUR PROGRAMME

- * Creative Yoga Poses, Sequences & Flow
- * Partner & Group Yoga
- * Pranayama, Relaxation & Meditation
- * Yoga Philosophy for children
- * Incorporating Story-telling, Games, Play, Art & Music
- * Mandala Art Meditations
- * Mindfulness & Self-Regulation Techniques
- * Yoga for Children with Special Needs
- * Behaviour Management
- * Working 1:1 with Children
- * The Child's Developing Mind & Body
- * Understanding Learning Styles
- * The Business of Children's Yoga I

LEAD TEACHER, LAURA IS AN EXPERIENCED RYT 500- HOUR & RCYT 95- HOUR WITH OVER 15 YEARS INTERNATIONAL EXPERIENCE IN YOGA, EDUCATION & COMMUNITY WORK. LAURA'S APPROACH IS INSPIRING, PLAYFUL & EMPOWERING FOR ALL.

2-13TH OCTOBER 2017



Upcoming Event

CHILDREN'S YOGA TEACHER TRAINING (RCYT 95-HOURS)

We focus on the **therapeutic, creative approach** to children's yoga & mindfulness so that our trainee teachers will be inspired to create yoga classes that are a **holistic experience** for **children of all ages and abilities**. Our unique and original programme, combines yoga philosophy and practices with music, dance, art, story-telling and play.

OUR CURRICULUM

We are **passionate and dedicated** to sharing the gift of yoga to children of all ages & abilities. Our **experiential & interactive** programme is designed to teach trainees how to creatively explore yoga for 3-18 year olds in a range of settings, cultures & communities.

- * Creative Yoga Asana Poses, Sequences & Flow
- * Partner & Group Yoga
- * Pranayama, Relaxation & Meditation
- * Yoga Philosophy (including the 4 Paths of Yoga, The 8 Limbs, Hindu Mythology & The Energetic Body)
- * Incorporating Story-telling, Games, Play, Art & Music
- * Mandala Art Meditations
- * Mindfulness & Self-Regulation Techniques
- * Yoga for Children with Special Needs
- * Behaviour Management in the Yoga Space
- * Working 1:1 with Children
- * Creating a Therapeutic Yoga Space
- * Understanding the Child's Developing Mind & Body
- * Tailoring Yoga Classes to Each Type of Learner
- * The Business of Children's Yoga
- * Theming, Planning & Sequencing Yoga Sessions
- * Incorporating Yoga into Children's Every Day Life (Home, School, Community)

LEAD TEACHER-LAURA

LAURA IS AN EXPERIENCED RYT 500-HOUR & RCYT 95-HOUR WITH OVER 15 YEARS INTERNATIONAL EXPERIENCE IN YOGA, EDUCATION & COMMUNITY WORK. LAURA'S APPROACH IS INSPIRING, PLAYFUL & EMPOWERING FOR ALL.

FOR WHOM?

We appreciate that our teacher trainees have a range of valuable experiences, whether you're an **educational professional, health coach, yoga teacher, child psychologist, therapist, health care professional, social worker, parent or a curious yogi**, we want YOU to join our trainings to **share your insights** and learn how to use your prior experiences to share the principles and practices of yoga with children across the Globe.



www.divine-light-yoga.com
info@divine-light-yoga.com

Outpost will not sponsor the costs of this course, which will be BND 1000,- per person. However, in case you wish to gain information about the "Partner Development Procedure" to possibly finance this course, please contact us via outpostbrunei@shell.com

Upcoming Event



The poster for the Hari Raya Golf Tournament (Mixed) is set against a green background with a large, stylized green ribbon bow on the right side. The text is arranged in a clear, hierarchical manner. At the top left is a small logo with the words 'Selamat Hari Raya Aidilfitri'. The main title 'HARI RAYA' is in large, white, outlined letters, followed by 'GOLF TOURNAMENT (MIXED)' in red. Below this, it says 'ORGANISED by CLUB STAFF' and 'VENUE: PANAGA GOLF CLUB'. The date 'SUNDAY, 23rd JULY 2017' is prominently displayed in large, orange-outlined letters. To the left of the bow, there are four tilted white boxes containing the text: 'FORMAT SYSTEM 36', 'HOLE-IN-ONE NO. 9', 'NEAREST TO THE PIN ALL PAR 3', and 'LUCKY DRAWS'. To the right of the bow, under the heading 'PRIZES', are the prize categories and winners: 'Gross Category' (Winner, Runner-Up, 1st Runner-Up, 2nd Runner-Up, 3rd Runner-Up), 'Nett Category' (Winner, Runner-Up, 1st Runner-Up, 2nd Runner-Up, 3rd Runner-Up, 4th Runner-Up, 5th Runner-Up, 6th Runner-Up), and 'Ladies Nett Category' (Winner). At the bottom right, it says 'FOR MORE INFORMATION CALL: 337-3142/5958'.

HARI RAYA
GOLF TOURNAMENT (MIXED)
ORGANISED by CLUB STAFF
VENUE: PANAGA GOLF CLUB
SUNDAY, 23rd JULY 2017

ENTRY FEE
B\$30.00 – PGC & RECIPROCAL
B\$35.00 – NON-RECIPROCAL

PRIZES

Gross Category
Winner
Runner-Up
1st Runner-Up
2nd Runner-Up
3rd Runner-Up

Nett Category
Winner
Runner-Up
1st Runner-Up
2nd Runner-Up
3rd Runner-Up
4th Runner-Up
5th Runner-Up
6th Runner-Up

Ladies Nett Category
Winner

FORMAT
SYSTEM 36

HOLE-IN-ONE
NO. 9

NEAREST TO
THE PIN ALL
PAR 3

LUCKY
DRAWS

FOR MORE INFORMATION
CALL: 337-3142/5958

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
Okt 5th	Thursday	Golden Jubilee	of Sultan Hassanal Bolkiah's accession to the throne
Dec 1	Friday	Maulud	Prophet Muhammad SAW's Birthday
Dec 25	Monday	Christmas Day	

* date may vary due to the lunar calendar

Emergency Contact Numbers

Emergency Contact Numbers

Ambulance: 991

Fire Brigade: 995

Police: 993

Medical Emergency Hotline 337 2200

Panaga Health Emergency: 337 2999

Panaga Health Appointment: 337 2306

Removal of Pests: 872 3006

Shell Security (Emergency): 337 2999

24 hours Security 337 4292

or 337 4296



why not hang these on your
fridge for easy access?

Panaga Health Centre Information

Panaga Health Centre

Out Patient Department

Service hours

Monday to Thursday 7.00 am - 12.00 pm
1.00 pm - 4.00 pm

Friday 7.00 am - 12.00 pm
2.00 pm - 4.00 pm

Registration to see doctor

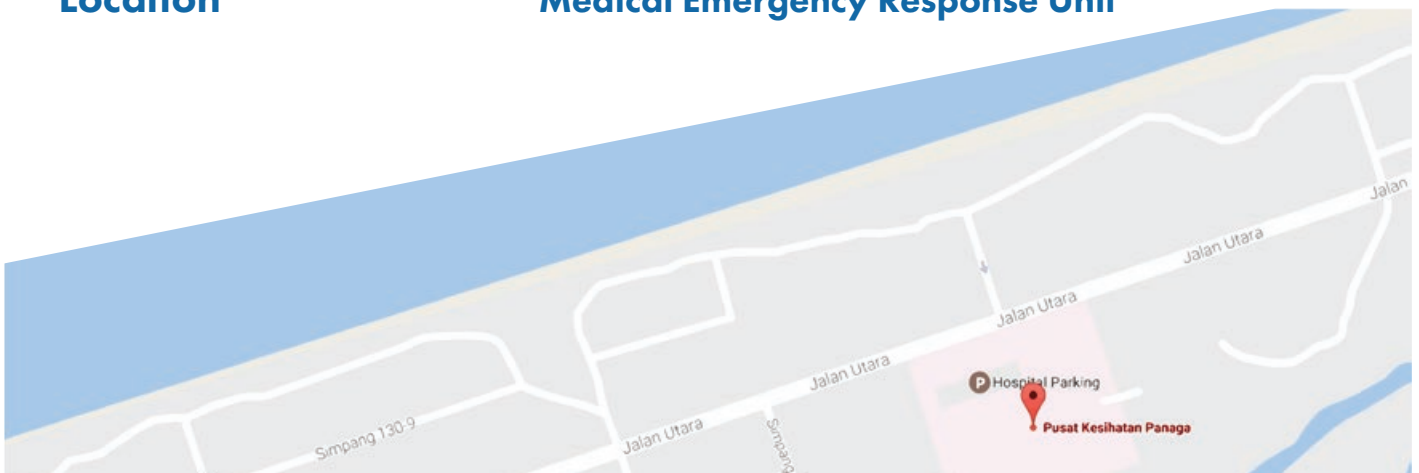
Monday to Thursday 7.00 am - 9.00 am
9.30 am - 11.00 am
1.00 pm - 3.00 pm

Friday 7.00 am - 11.30 am
2.00 pm - 3.30 pm

EXTENDED HOURS CLINIC

Monday to Friday 7.30 pm to 8.30 pm

Location Medical Emergency Response Unit



Outpost Seria Team 2017



Myrte Dijkman
Focal Point



Kerry Smillie
Secretary



Christina Suglia
Treasurer



Snehal Tiwari
Relocations Advisor



Titi Owoyemi
Meet and Greet
Coordinator



Spandana Chivukula
IT Member



Ksenia Odintsova
Career Development
Advisor



Thamine M. Kilbride
Public Relations



**Mas Azny Suhana
Mohamad**
Event Coordinator



Annika Cederberg
POP Editor



Cyrielle Sosso
General Member



Mr. Outpost
Online Promoter