



Panaga Outpost Pages Seria, Brunei Darussalam

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we have a vacancy!

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Issue 8, September 2017



EXPATRIATE SUPPORT NETWORK

Outpost

Dear POP Readers,

Welcome back to Brunei, to Bandar and to Panaga Seria, after a long summer holiday break.

A special warm welcome to all new arrivals. The Outpost Team hopes you all are settling in well. Please visit us each Wednesday morning from 9-11am in case you have any non-contractual question about life in Brunei. Our relocation team members are waiting for you, each Wednesday, even with coffee and/or tea.

Our team is more than ready to kick off the new school year again, with all kinds of events planned for you. These activities are mentioned and described inside this POP, so please read until the final end.

In case you are new to our community, you will soon be contacted about the newcomers' coffee morning, which will take place at the lovely house of our kind "Honorary Outpost Chairperson" and "MD of BSP", Mrs Ceri Powell. Her house is known as "Number 49". So when you see party-announcements at the Panaga Club, or inside this newsletter, you now know where to go. Number 49 lays opposite the Teraya school, next to the Panaga Club.

On October 13th Outpost organizes a boat trip for all the newcomers with the kind help of the KBBC Boat Club. New Panaga inhabitants will be invited to join this event.

With regret I have to announce that I wish to hand over my function as Focal Point at Shell Outpost Brunei-



Seria due to family circumstances. So, the team is looking for a new chairperson, in charge of the whole team. The team currently contains 23 persons, but we shall soon run our services for the Bandar area, as the Shell Outpost Bandar office will be closed.

The job concerns a voluntary job, requires commitment and enthusiasm. Please read the function description inside this POP, and apply for this interesting vacancy. Be ready to learn a lot, about Shell AND about yourself.

As a Focal Point you will be invited to interesting local events, for example the birthday of the Sultan of Brunei. This happened on July 22nd. The organization of this event contacted me to provide a special tent for Outpost. It was a lovely event and I am happy that we all got a chance to attend this special celebration. Please look at the picture attached.

It was a pleasure to work with the Outpost Team and Shell BSP HR. I truly hope my successor (male or female) will have the same experience, and am looking forward to meet this candidate.

Have a great time, enjoy the new school year and all the upcoming Outpost activities.

Kind regards,

Myrte Dijkman-Schouten

Focal Point Shell Outpost Brunei-Seria

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 - 11 am

Address:

Outpost Brunei - Seria
F12 Lapanpuluh A1
Panaga KB 3534

Meet & Greet Corner

Hello Panaga People

Titi Owoyemi
Meet & Greet Coordinator



It's good to be back, isn't it? Just like that, the summer holidays flew by, now it's time for another academic year; And of course, for your friendly Outpost Brunei-Seria to resume our services to you. We hope you're well refreshed after the break!

A hearty welcome to all newcomers who arrived during the summer holidays, we hope you're settling in ok. Do not forget, you're welcome to pop into our offices anytime during our working hours, or send us an email if you require our assistance.

For the month of September, our welcoming meeters will be Farah, Sultan and Mas ready to offer settling-in assistance to our new joiners.

We hope you're looking forward to our upcoming activities at Outpost, keep an eye on our Facebook page and join our mailing list to be kept updated.

Welcome back and hope to see you soon!

Regards,

Titi Owoyemi,
Meet & Greet Coordinator

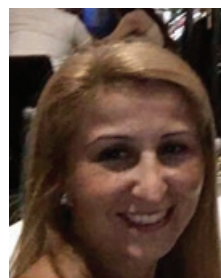
Meet & Greet team members : September



Mas



Farah



Sultan

Outpost Vacancy

Vacancy



The function of Focal Point of the Shell Outpost Brunei-Seria Team;

About Shell Outpost Brunei-Seria:

Shell Outpost offers a unique service to provide support to Shell employees and their families facing the challenges of global mobility.

The Outpost Network of expatriate partners ensures that current up to date and accurate information is exchanged to support Shell families on the move or on repatriation.

The Outpost Team provides professional information – in addition to HR services – on most aspect of living abroad, in specific locations where Shell operates. These services include “welcoming and settling-in support”, “career and personal development for partners” and many other aspects of living in one of our locations. Each Outpost location develops a personal, confidential relationship with their Shell clients.

Job Purpose of the Focal Point:

The Outpost Focal Point develops, delivers, sources and monitors a sustainable range of high quality and cost effective services locally which will have a significant impact on the attraction and retention of international employees and their families.

Accountabilities:

- › Ensure that Outpost operates as a satellite of the larger Outpost Network and follows the mission and vision of Global Outpost.
- › Maintain a close working relationship with the local HR and with Global Outpost Services.
- › Ensure that Outpost gives honest, reliable, confidential and non-contractual advice on the realities of assignments without compromising the reputation of the Shell organisation.
- › Keep abreast of changing business and client needs and adapt the team activities to the local and global trends.

Special Requirements:

- › Enthusiasm and commitment.
- › Excellent communication, engagement and diplomacy skills in dealing with clients and an ability to deal with people of various cultures and various levels.
- › Preferably a member of the expatriate community with an appreciation of the

Outpost Vacancy

Outpost Network and cultural sensitivity.

- › Leadership qualities with the ability to create good team spirit.
- › Honesty, integrity and total confidentiality in dealing with clients and in all aspects of the Outpost activities.
- › Ability to work independently.
- › Ability to read, write and speak English fluently.
- › Computer literate (Internet, Outlook, Word, Excel and Power Point)

Tasks & Duties:

- › Promote Outpost across the businesses, in the community and throughout the network.
- › Maintain regular contacts with Global Outpost Services (GOS) and the Outpost Network and visit GOS if possible when in The Hague.
- › Cooperate and liaise with local HR department through regular meetings with HR contact to discuss current issues and scope of services.
- › Recruit and appoint suitable Outpost team members in a professional way.
- › Manage, motivate and develop an effective and diverse team which reflects the community, composed of different nationalities, cultures and skills. Allocate specific tasks and projects related to the Outpost activities to Team Members.
- › Train the team in cooperation with GOS. Training involves: how to answer/advise clients, where to find information, how to improve computer skills, the Global Outpost Services website functionalities, the Global Application Database etc).
- › Organise and coordinate arrival support activities in agreement with HR to provide location specific services, e.g. a Meet & Greet service, welcome package, familiarisation visits.
- › Develop a Quarterly Report and an Annual Report to summarise the activities and achievements of the past quarter/year including statistics, successes, possible concerns.
- › Create an Annual Business plan for the coming new year to present the activities and commitments of the Outpost, for discussion with Local HR (and Committee of Advisors if present)
- › Prepare an annual budget in cooperation with HR (including acknowledgement of all team members) to support the proposed business plan.
- › Participate in the bi-annual Outpost Global Learning Event.
- › (The new Focal Point will receive the on-boarding programme with her/his GOS Advisor, including completion of the compulsory training in using the Global website and Global database).

Please apply for this function by emailing your CV to: myrteschouten@hotmail.com
or outpostbrunei@shell.com

Please note that this function concerns a voluntary position.

Closing date: Wednesday, September 27th, 12pm.

Taiwan travelogue

TAIWAN



by Ksenia Odintsova

I visited Taiwan together with my husband and our then 6-month-old son. It is a great holiday destination off the beaten track but still quite easy to get to from Brunei. We took AirAsia flights from Bandar Seri Begawan to Taoyuan International Airport in Taipei with a connection in Kuala Lumpur.

As a Russian citizen I needed to obtain a visa to visit Taiwan; My husband and son are citizens of the Netherlands and could enter the country without a visa. I got in contact with the "Taipei Economic and Cultural Office" by email (twncrobr@gmail.com) and they sent me quite a long list of documents required to request a visa. Once I had all the documents ready I submitted them together with my passport in their office in Gadong and after about 30 minutes of waiting I got my passport back with a 14 days visa.

We spent 7 full days in Taiwan out of which for 6 days we stayed in Taipei and 1 day we spent visiting Tainan, the oldest city in Taiwan and its former capital. Taipei is a very developed, modern city easy to visit with a small baby.

Taiwan travelogue

There is enough to see and do there both for a family with children and for a solo traveller. In my view 5 full days in Taipei are enough to get a good impression of the city.

Taipei is home to the largest collection of Chinese art which you can see in the National Palace Museum. This museum is very big but it still felt very cramped inside due to large numbers of tourists from mainland China. To have a panoramic view of the city go to the Taipei 101 tower. It has an interesting feature inside - a massive iron wind damper that keeps the tower stable during earthquakes and typhoons. If you visit Taiwan make sure you try some local teas - they are amazing! We took a gondola ride to Maokong, one of the biggest tea growing areas of Taipei, which offers both great views of the city and wonderful locally grown tea.



Tainan has a totally different vibe from Taipei: It is much smaller, more quiet and more cozy. In Tainan there is an old temple at every corner, and in general the architecture is more traditional. It is quite easy to get to Tainan from Taipei. We took a High Speed Rail train ride from the centre of Taipei which lasted about 1 hour and 45 minutes.



I've read that Taiwan is a hiking paradise. It boasts 9 national parks some of which are home to flora and fauna indigenous only to Taiwan.

Cyclists might want to explore Taiwan by bicycle: It takes about 10-12 days to cycle around the island. The breathtakingly beautiful scenery of Taiwan is one more reason why it should be on your bucket list!

Snapshots from workshop

Dress to be addressed workshop, July 6th 2017

Thank you Ibiyemi Scott for hosting such a vibrant and interesting workshop providing the participants with useful tools for effective image management.



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/>

Notice Board

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.



Notice Board

Information for any US expatriates still living overseas

Do you have a storage unit at Graebel Van Lines?

If any US expatriate (most likely pre 2009) still living overseas has a storage unit at Graebel Van Lines, located at 10901 Tanner Road, Houston TX please get in touch with Belinda at 281-249-1084 or email at Belinda@kcsalley.com of KCSalley Relocation

On behalf of Susan Haswell - Outpost

Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com



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

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



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

Malay lessons for Beginners

Date: every Tuesday

Place: Outpost Office, Lapanpuluh Apartment 1a-b

Time: 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

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!

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

Notice Board

Reminder from Panaga Club:

Please make sure that infants and toddlers wear swim-nappies when using the Panaga swimming pool.



Is there something you would like to learn with Outpost?
Email us! outpostbrunei@shell.com

Study or Work Space

Dear POP readers,

Are you currently working from home? Do you need a quiet working space away from your house? 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 your replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice Board

RECYCLE



Community Helping Brunei's Environment and Care and Action for Strays (CAS)

Location: Simpang 316, E8/4. Phone: Jeremy Ptak at 673-896-4552

PAPER



Separate magazines and break down your cardboard boxes.
(NO wax coated products.)

We accept the following:

- Newspaper
- Printer paper (shredded or whole)
- Books
- Etc.
- Cardboard boxes

PLASTICS



ALL must be Clean and Rinsed with water and segregated form other recyclables.
(NO automotive plastic containers or plastic grocery bags.)

We accept the following:

- Water/soda bottles
- Shampoo bottles
- Etc.
- Rinsed take a way containers

ALUMINUM



ALL aluminum items must be segregated form other recyclables.
(NO food tin cans.)

We accept the following:

- Soda/drinking cans
- Baking dishes
- Etc.
- Frames

Reduce, Reuse, Recycle

Notice Board

SPANISH CLASSES

Hosted by Carla and Yumaira



Starting in October 2017

Wednesdays & Thursdays, 8.00 - 9.15am

Outpost office, Lapanpuluh 1 A-B



Register via **outpostbrunei@shell.com**

Please indicate whether you are a beginner or already have some experience in learning Spanish

Sponsored by Outpost

September/October Calendar

Outpost Calendar

Thursday Sept. 21st

Wednesday Sept. 13th

Wednesday Sept. 27th

Wednesday Oct. 18th

How to start an online business, page 17

Health Insurance Lecture, page 18

Resume Writing Workshop, page 19

Interview Workshop, page 25

Community Calendar

12-13th of September

Sunday Sept. 17th

Friday Sept. 29th

2nd to 15th of October

Saturday 7th of October

Seussical the Musical auditions

TSB Golf Tournament

Comedy Night

Yoga teacher trainings and workshops

Panaga Highland Games

Save the Date

Saturday 14th of October

Saturday 11th of November

Saturday 18th of November

Bollywood night

Latino Night

St Andrew's Ball



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

HOW TO START AN ONLINE BUSINESS

Hosted by Farah Anwar

Date: Thursday, September 21

Time: 9.30 - 11.00

Place: Outpost office, Lapanpuluh 1 A-B



Do you want to start your online business but have no idea where to start? Farah will tell about her path of setting up and developing an online furniture and home decor shop. Please join us and find out how to get started!

**To register email outpostbrunei@shell.com
by Monday, September 18**

Sponsored by Outpost

Upcoming Event



INTERNATIONAL SOS WEBINAR

Save the date!

The Webcast 'International SOS' – Important Changes for Healthcare Services if you are on a Shell Assignment'

This Web event is open to Shell employees and their partners.

Content of the Webcast:

An Introduction to Shell's global partnership with Cigna and International SOS
How and when to use international SOS' services that are available to you through your membership?

- Advise
- Assess
- Assist

Partnership with your insurer Cigna
Travel tips

There are two sessions on Wednesday the 13th below are the joining details.
Please note all times are UK (BST)

September 13th 8:30 – 9:30 (BST)

[Join WebEx meeting](#)

Meeting number: 626 107 138

Meeting password: Devon2017!!

Join by phone

Call-in toll-free number: 1-8003942691 (US)

Call-in number: +44-2076600029 (United Kingdom)

Participant access code: 460 722 6213

Upcoming Event

RESUME WRITING WORKSHOP



Date: Wednesday, September 27

Time: 9.00 - 11.00

Place: Outpost office, Lapanpuluh 1 A-B

Do you feel unsure about the information to include in your resume? Haven't created a resume or cover letter before? Join us to learn how to make your resume stand out to a potential employer.

To register email **outpostbrunei@shell.com**
by Monday, September 25

Sponsored by Outpost

Upcoming Event

MAD ABOUT COMEDY

8pm 29th Sept
One Night Only!

COMEDY NIGHT



DEEPAK CHANDRAN
SINGAPORE



AIDAN KILLEAN
IRELAND



SAM CHEE
SINGAPORE

Very Limited Tickets:

Early Bird: \$20 (until 22 Sep)

Normal: \$25

To reserve a ticket, email:

PanagaComedyNight2017@gmail.com

VENUE: Rooftop
W1 Apartments
spg 485 Jin Mualana

Parking is limited so
please carpool and
park on the service
road at Pandan 8



Usual Ozsportz Refreshments Available or BYO!

Supported by:



26th Panaga Highland Games

Saturday 7th October 2017

Venue – Panaga, Padang

Time: 9am – 5pm

Everyone Welcome.



For more information please contact
panagahighlandgames@gmail.com

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



Please contact the Panaga Yoga Section at yogasection.panaga@gmail.com or Outpost Seria at outpostbrunei@shell.com if you want to register or have questions regarding the course or regarding the allowance for financing it.

NB: The course is NOT sponsored by either the Panaga Yoga Section or Outpost.

Upcoming Event

DIVINE LIGHT YOGA CHILDREN'S YOGA TEACHER TRAINING 2-DAY COURSE

OUR PROGRAMME

- * Creative Yoga Poses, Sequences & Flow
- * Partner & Group Yoga
- * Pranayama, Relaxation & Meditation
- * Yoga Philosophy for children
- * Incorporating Story-telling, Games, Play, Art & Music
- * Mindfulness & Self-Regulation Techniques
- * The Child's Developing Mind & Body
- * Understanding Learning Styles & Somatic Cycles and Incorporating This Into Children's Yoga Classes
- * Planning & Sequencing Children's Yoga
- * Techniques to Incorporate Yoga into Home, School & Therapeutic Settings

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.

14TH & 15TH OCTOBER 2017



Please contact the Panaga Yoga Section at yogasection.panaga@gmail.com or Outpost Seria at outpostbrunei@shell.com if you want to register or have questions regarding the course or regarding the allowance for financing it.

NB: The course is NOT sponsored by either the Panaga Yoga Section or Outpost.

Upcoming Event

DIVINE LIGHT YOGA

PRE-NATAL YOGA & BABY BONDING WORKSHOP

A Therapeutic, Holistic Approach to Pre-Natal Yoga with Valuable, Practical Techniques in Baby-Bonding, Yoga & Massage to Use at Home

OUR PROGRAMME

- * Pre-Natal Yoga & Meditation
- * Breathing Techniques for Pre-Natal Care & Labour
- * Baby-Bonding Techniques for Newborn-2 years
- * Baby Yoga & Massage Techniques for Newborn-2 year olds
- * Understanding the Developing Mind & Body of Babies

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

8TH OCTOBER 2017



Please contact the Panaga Yoga Section at yogasection.panaga@gmail.com or Outpost Seria at outpostbrunei@shell.com if you want to register or have questions regarding the course or regarding the allowance for financing it.

NB: The course is NOT sponsored by either the Panaga Yoga Section or Outpost.

Upcoming Event

DIVINE LIGHT YOGA YOGA & MINDFULNESS FOR CHILDREN

OUR PROGRAMME

- * Creative Partner Yoga Poses for Children & Parents/Carers
- * Pranayama, Relaxation & Meditation Techniques to Use At Home
- * Mindfulness & Self-Regulation Techniques
- * Techniques for Common Childhood Difficulties Including Sleep Difficulties, Asthma, Anxiety, Exam Stress
- * Specific Techniques for Special Needs including ADHD & Autism
- * The Child's Developing Mind & Body
- * Understanding Children's Learning Styles, Behaviour Patterns & Somatic Cycles

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

8TH OCTOBER 2017



Please contact the Panaga Yoga Section at yogasection.panaga@gmail.com or Outpost Seria at outpostbrunei@shell.com if you want to register or have questions regarding the course or regarding the allowance for financing it.

NB: The course is NOT sponsored by either the Panaga Yoga Section or Outpost.

Upcoming Event



INTERVIEW WORKSHOP

Date: Wednesday, October 18

Time: 9.30 - 11.00

Place: Outpost office, Lapanpuluh 1 A-B

Are you going for your first interview in ages? Come along to our interview workshop to brush up your technique and practise getting your skills across.

To register email **outpostbrunei@shell.com**
by Monday, October 16

Sponsored by Outpost

Upcoming Event



KUALA BELAIT
SCOTTISH COMMUNITY
proudly presents

St. Andrew's Ball 2017

At the
SARAWAK
GRAND BALLROOM
MIRI MARRIOTT

Saturday 18th November

Contact:
KBScottishCommunity@gmail.com

By 7th September 2017
to register your interest or for more details

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

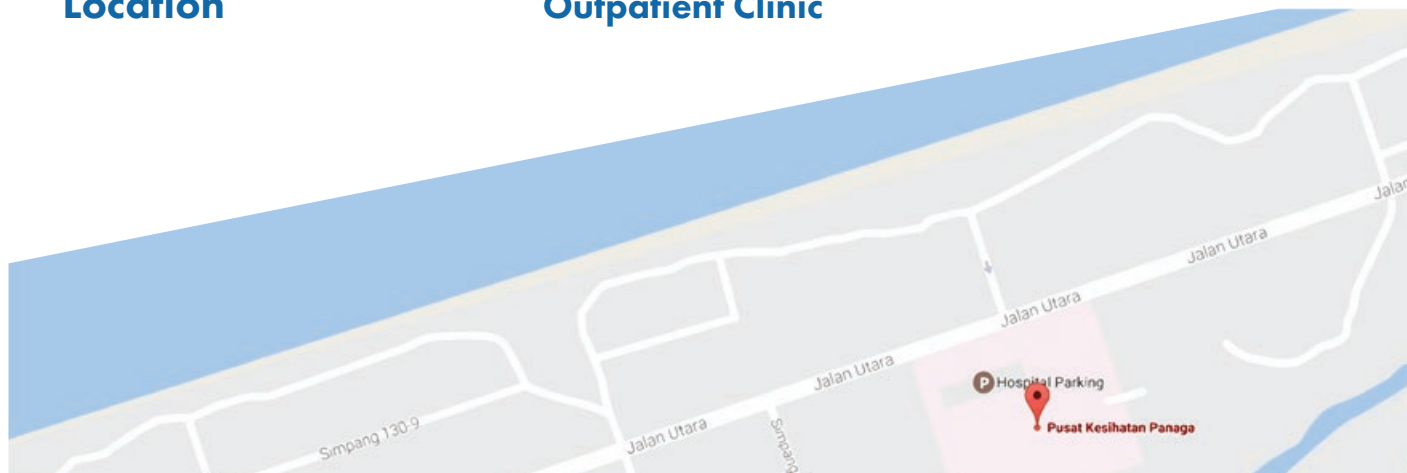
EXTENDED HOURS CLINIC

Monday to Friday 7.30 pm to 8.30 pm

Location **Medical Emergency Response Unit**

Saturdays 9.00 am to 10.00 am

Location **Outpatient Clinic**



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