



Panaga Outpost Pages Seria, Brunei Darussalam

In this issue:

- › **Last chance to join our Spanish classes**
- › **Want to visit Seoul?**
Learn what you need to know here
- ...and much more!**

Welcome to Outpost	2
Meet & Greet Corner	3
Seoul travelogue	4-5
Snap Shots	6-8
Penan Settlement Visit	9-11
Notice Board	12-17
October Calendar	18
Upcoming Events	19-24
Public Holiday Calendar	25
Emergency Contact Numbers	26
Panaga Health Information	27
Outpost Seria Team 2017	28

Issue 9, October 2017



EXPATRIATE SUPPORT NETWORK

Welcome to 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 Friday, 9 - 11am

Please note: each Tuesday the office will be open for courses only, beginning from October 9th.

Address:

Outpost Brunei - Seria
F12 Lapanpuluh A1
Panaga KB 3534

Dear POP readers,

With pleasure Outpost Brunei presents the October POP, our monthly Newsletter.

In case you thought this coming month would be a quiet one, we have to correct your thoughts. October will be a very nice month as many events are about to happen. As a "Panaga citizen" I am happy to see that there will be many inter-cultural events, welcoming all nationalities to join, for example the Panaga Highland games, the Nigerian Independence Day and the Bollywood Party. Please check the Event Calendar inside this POP for more information.

Over the Summer Holiday, you might have discovered a number of new faces in Panaga. All new arrivals will be welcomed by our team on October 4th, with thanks to Mrs Ceri Powell, the MD of Shell Brunei who kindly hosts this event at her house, "number 49".

All new arrivals have also received an invitation to join the KBBC-Outpost Boat Trip, with special thanks to the KBBC Boat Club that makes this event possible.

Last but not least the team wishes to pay attention to the festivities on October 5th, as His Majesty, the Sultan of Brunei will celebrate his Golden Jubilee. We like to congratulate his Majesty, the Sultan of Brunei and wish him a very pleasant day.



Enjoy this month!

Myrte Dijkman-Schouten

(On behalf of the Shell Brunei Outpost team)

Meet & Greet Corner

Hello Panaga People

Titi Owoyemi
Meet & Greet Coordinator



It's a new month and we hope you're excited for what October has to offer. Slowly but surely, Panaga life has resumed its' usual interesting pace, so please stay plugged in for all the latest information for 'What's On' in Panaga this month.

On duty this month, to welcome our new arrivals are: Forum, Katrina, Jessica and Christina. Please don't forget, your friendly Outpost team is always on hand to offer support and local information to help you when needed, so pop into our offices during our working hours or send us an email. We are always happy to hear from you!

Warm Regards,

Titi Owoyemi
Meet & Greet Coordinator.

Meet & Greet team members : October



Forum



Christina



Jessica



Katrina

Seoul travelogue



by Ksenia Odintsova

I traveled to Seoul together with my husband and our then 8-month-old daughter in June 2017. It was one of the most interesting and memorable trips that I have ever made.

There are direct flights from Bandar Seri Begawan to Incheon International Airport. Currently these charter flights are going on Thursdays and Sundays. To book a flight to Seoul you need to contact the RBA Call Center by email or by phone. The tickets were not cheap but according to the research that I've done they were cheaper than flying to Seoul with a different airline (from Miri) and with a connection.

Upon arrival to the Incheon airport don't rush to get a taxi to Seoul as there is a very comfortable AREX (Airport Railroad Express) train that will take you to Seoul city centre in less than 45 minutes. Well, actually Seoul does not really have a city centre. It is a huge city divided into 25 districts (each with its own centre) which are then further subdivided into 522 sub-districts.

If you wish to go to the demilitarized zone (DMZ) between the Republic of

Seoul travelogue

Korea (South Korea) and the Democratic People's Republic of Korea (North Korea), there are many tour operators that offer full- and half-day tours. Tours to the DMZ can be easily booked at short notice. However, if you wish to visit the blue huts of the Joint Security Area (JSA), the part of the DMZ which is used by the two countries for diplomatic engagements, you should book your tour weeks or even months in advance. There are few companies that have a license to run the JSA tours. I've heard good things about the Koridoor Tours. I booked our tours via the Panmunjom Travel Center and I was happy with their service. Please note that children below 11 years of age are not allowed on a JSA tour.

If you decide to go to Seoul make sure you take time to visit the Gyeongbokgung and the Changdeokgung palaces - they are amazingly beautiful! Huwon, a secret garden in the Changdeokgung palace is truly enchanting. To see traditional Korean houses, called hanok, head to the Bukchon hanok village. You will see many Korean girls dressed up in a traditional Korean dress, called hanbok, taking photos in the picturesque streets of Bukchon.

Seoul is quite an expensive city. We found that everything (service, food, clothing, cosmetics, etc.) was high quality but came at a high price. The good news is that street food in Seoul is fantastic so one can save some money by eating at the Gwangjang market or by getting a bindaetteok or a mandu from one of the street food vendors.

Visiting Seoul with a baby is not difficult. All restaurants have high chairs. Most subway stations and all underpasses are equipped with elevators and escalators. We had no issues going around with a stroller. Searching for an elevator in a crowded subway station does take time though, so traveling with a baby carrier would certainly be less time-consuming.

In my view 5 full days in Seoul are enough to get a relatively good impression of the city. 1 more day can be devoted to a tour to the DMZ / JSA.



Snap Shots

Fire Fighting Mini Course

The second mini fire fighting course by BSP Bomba and Outpost was organized on 30th September 2017. 12 participants attended this sessions and the class was conducted in Malay language due to some attendees being from Indonesia.

The 2 hours course was about basic fire prevention and fire fighting.

Some useful tips shared from the course:

- › Identify fire Hazard around the house. Do and don't s to prevent fire hazard.
- › Type of fire extinguishers (dry powder, CO2) and how to operate these extinguisher.
- › How to use fire blanket.
- › Emergency contact number was made available to all participant.

Overall, all the participants were happy with the course and they were given the opportunity to look inside the fire engine.



Snap Shots



Snap Shots

How to Start an Online Business workshop

On 21 September Outpost Seria held a How to Start an Online Business workshop. The workshop was hosted by Farah Anwar who shared with the participants her experience of setting up and developing an online furniture and home decor shop. Many thanks to Farah for preparing and holding this informative and interesting workshop!



Penan Settlement Visit

Penan Settlement Visit

by Ann Wong

Prelude

A lot of us associate the Penans with their fight to protect their land from the savage of timber and palm oil companies, the blockade erected to block these companies and with the late Bruno Manser. Here we present to you the plight of the Penans stripped bare from all the poms of media-attention and headlines. Relaying their actual day-to-day need and their cry for help and why we visited the Penan villages on 22nd September 2017.

Report

Report of activities by groups of volunteers from Penan Women Project, International Medical University and Volunteers from Shell Brunei spanning 3 days from 22nd September to 24th September 2017.

This project is a collaborative project between Penan Women Project, International Medical University and Sarawak State Health Department.

Villages visited:



Location of villages visited during the trip
(Map source: Sarawak Geoportal, Bruno Manser Funds).

22nd September 2017, Friday

The team, consisting of a doctor, a pharmacist, three researchers, 5 volunteers of the Penan Women's Project (NGO), our lead drivers and five voluntary 4x4 from Miri & Brunei to help bringing in rations & preloved clothing collected from public departed Miri at 6.30 am.

We reached Long Lama at 9 am. An hour after breakfast, we left Long Lama for Long Siang

Penan Settlement Visit

keeping our fingers crossed that the Tutoh Bridge will be completed by the time we reached there. It was raining the night before and the timber road to the bridge was muddy. Our first target village was Long Siang.

To our dismay the bridge was not completed by the time we were there at 2 pm. Our plan B was to detour to Long Kevok with a promise by the bridge foreman that the bridge will be ready before nightfall. We reached Long Kevok at 2.30 pm. The doctor and health screening team started their work at 3 pm with the help of the Medical Assistant in Long Kevok Mr Alex and SK Long Kevok school teacher Mr Garfield. The screening activity lasted for 2 hours. The team collected thick and thin blood smear, faecal and urine samples from 33 participants. There were a few cases of hair lice amongst school children and they were given permethrin. The team left Long Kevok with the news that the Tutoh Bridge was finally operational.

We reached Long Siang at around 9.30 pm due to an electrical fire in the vehicle's engine. The vehicle was fixed on the spot nevertheless by our volunteer from Brunei. Hooray!

23rd September 2017, Saturday.

The health screening team set up booth at Long Siang by 9 am and at the same time the Penan Women Project group (PWP) was distributing rations and simple first aid kits with basic medical supply for 12 families and additional two families came all the way from Ba Marong which was a good half day walk or 2hrs motor ride on logging road. The health screening team collected thick and thin blood smear, faecal and urine samples from 20 participants. All villagers present were given a single dose anthelmintic. A patient with hepatosplenomegaly was reported to the team and we made the plan to send him to Miri General Hospital for a CT scan on our way to Miri the next day.

Lunch was bread on the go as the team set off from Long Siang at 11.20 am arriving at our next planned village of Ba Selulong at 11.45 am. The screening booth was up by 12 noon. The health screening team collected thick and thin blood smear, faecal and urine samples from six participants. All villagers present were given a single dose anthelmintic. PWP distribute rations, first aid kits, preloved clothing to 24 families and a boxful of wound cares for their village use. We left Ba Selulong at 1.45 pm heading towards our last planned village of Long Meraan. The team arrived at 2.50 pm and made it across the suspension bridge by 3.30 pm. The screening team set up booth at the church compound at 4 pm but reception was poor because most villagers were out in the field working. The team decided to call it a day by 5 pm. We went for a swim and relax at the beautiful river by the village. At night we mingle with the local to find out more about their village and a good chat session with our foreigner volunteers to understand more about Sarawak. On behalf of PWP our 4x4 drivers send rations and clothing to Long Lesuan (7-9 families) while we over night at Long Meraan.

24th September 2017, Sunday.

The team was up by 6.30 am , after a quick simple breakfast, the screening booth was up by 7.30 am. The health screening team collected thick and thin blood smear, faecal and urine samples from 24 participants. All villagers present were given a single dose anthelmintic. The Penan

Penan Settlement Visit

Women Project distributed rations and first aid kits to all the 33 families in Long Meraan and a boxful of wound cares to the Chief for their village use. The team bid farewell to the village Chief and residents of Long Meraan at 10 am. Driving towards Long Siang to pick up the patient for his CT scan in Miri General Hospital. The team arrived at Long Lama by 2 pm and subsequently at Miri by 6.30 pm. The screening team proceeded to prepare urine and faecal samples until 11.30 pm with an hour dinner break in between.

Conclusions:

The trip went well and was successful. The team worked well together and were dedicated. We are planning for the next trip and will be aiming for villages that are less accessible. Additional support in terms of medical expertise and resources will be needed. A more wide ranging medication and health care including dental care will be needed for the next trip.

The Team at Long Siang



IMU : Dr Ivan K. S. Yap, Dr Stephen Ngo, Kho Mee Teck, Jocelyn Teh, Sharon Ding,
 PWP : Ann Wong, Winston K. H. Yap, Lim Beng Guan, Helmi Ramlan & Sandra (Netherlands)
 Voluntary 4x4 : Miri : Niels de Pril Brunei: Jonathan Corcutt, Darren Kilbride , Joshua Gossanyi & Mark Easterbrook.
 Hired 4x4 : Tan Wei Kheng & Jonathan Atan

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 on-line 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



Date: Tuesdays

Time: 9:30-10:30 BEGINNER level

10:30-11:30 INTERMEDIATE level

Place: Outpost Office, Lapanpuluh 1 (A-B)

Instructor: Adriana

Register via outpostbrunei@shell.com

Sponsored by Outpost

Notice Board

English Classes



**DO YOU SPEAK
ENGLISH?**



BEGINNER & INTERMEDIATE / ADVANCED levels

Date and Time: To be determined

Place: Outpost office, Lapanpuluh 1 (A-B)

Instructor: Alvin

Register via outpostbrunei@shell.com

Sponsored by Outpost

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



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 your replies to Outpost Seria at outpostbrunei@shell.com or to 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 resume, or to have a look through the database of resumes we already have!

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



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

VERY FEW SPOTS LEFT!

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

sponsored by Outpost

October Calendar

Outpost Calendar

Wednesday Oct. 18th

Interview Workshop

Community Calendar

Friday 6th of October

NIAC dinner

Saturday 7th of October

Panaga Highland Games

Saturday 14th of October

Rugby Festival

Saturday 14th of October

Bollywood night

Save the Date

Saturday 4th of November

Trick or Treat

Saturday 11th of November

Latino Night

Saturday 18th of November

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



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

26th Panaga Highland Games
Saturday 7th October 2017
Venue – Panaga, Padang
Time: 9am – 5pm
Everyone Welcome.



For more information please contact
panagahighlandgames@gmail.com

BOLLYWOOD NITE 2017 presents

Action Replay

REWIND YOUR LIFE



14th October 2017 7:30pm - 1:00am @49

For tickets visit www.panagacub.com or email: indianactionpanaga@gmail.com or call/whatsapp 8926954/8789240/8370283/8134369/8230637

Upcoming Event



OCTOBER 14TH 2017

FOOD

DRINK

Games for minis (3-5 yrs)

PRIZES

RUGBY

Tag Rugby from U7-U12

Contact Rugby from U9-Adults

WANT TO KNOW MORE or PUT IN A TEAM?

CONTACT: rugbybrunei@hotmail.com

Upcoming Event



Upcoming Event



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
Oct 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 Hot-line 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

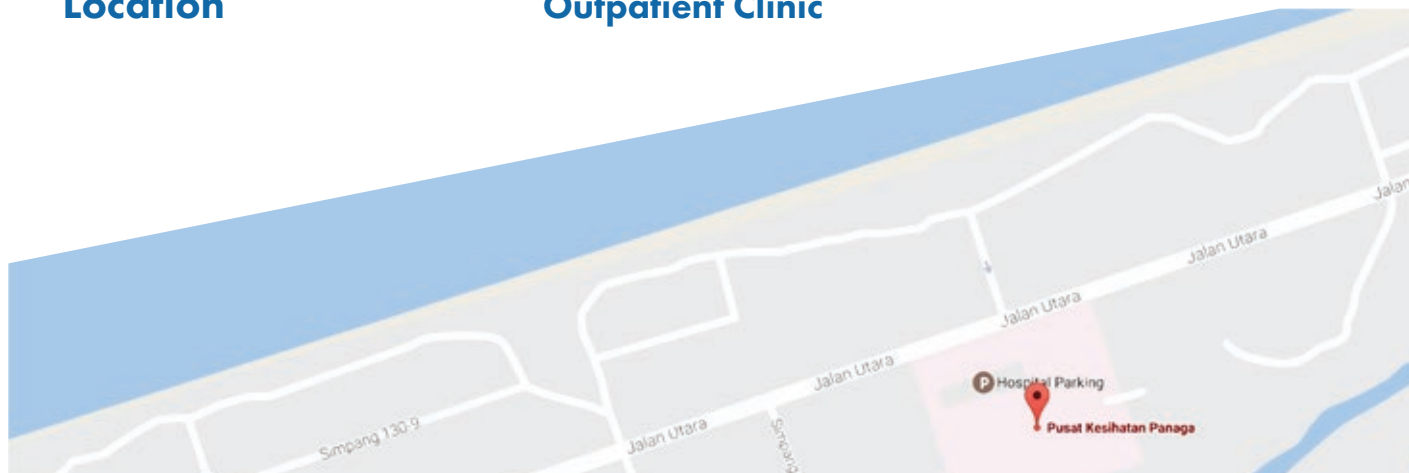
EXTENDED HOURS CLINIC

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