



Panaga Outpost Pages
Seria, Brunei Darussalam

June

Highlights:

- › Introducing Pusat Ehsan
- › May I have a straw?
How we can all help in reducing waste
- › Outpost vacancy
Are you our new colleague?

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contact us on: outpostbrunei@shell.com



Welcome to Outpost

About Outpost Brunei-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 information 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, Spanish and Malay classes

...and much more.

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

Dear Readers,

Welcome to June issue of POP. We have come to the half way point of year 2018, and I am proud to say, Outpost Brunei-Seria has accomplished some significant progress in serving the Panaga expat community.



Celyn Lim
Focal Point

Firstly, the Outpost Brunei-Seria has undergone re-structuring within its organization. We have now combined the relocation section with the meet-and-greet team. The integrated team, led by Mas, is aimed to serve new-comers and soon-leavers with better information and assistance in their transfer.

Secondly, we are bidding farewell to a few of our core team members. We will miss them dearly, and wish them best of luck in their future undertaking. With this, the Outpost Brunei-Seria is actively looking for volunteers to fill in vacancies in our organization. Do stay tuned to our “vacancy” advertisement in POP, website and Facebook.

Thirdly, we are progressively preparing for our annual event “Panaga Bazaar”, which will be held in the month of October. All profit earned from the event will be donated to local orphanage, to build an extra classroom building. More information will be available in our next POP.

Lastly, Outpost Brunei-Seria take this opportunity to wish all Muslim readers Selamat Hari Raya Aidilfitri and happy holiday to all expat families and shall you need assistance, please do not hesitate to contact us.

Regards
Celyn

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.

Address:

Outpost Brunei - Seria
F12 Lapanpuluh A1
Panaga KB 3534



Introduction of Pusat Ehsan

Pusat Ehsan Al Ameerah Al Hajjah Maryam is a non-government charity organization, which is committed to providing quality education, rehabilitation and training programmes for individuals require special needs. The main branch of the organization is located in Kampung Bengkurong, Bandar Seri Begawan. To better meet the needs of the local community, and to avoid long travelling hours for young children and their families, a branch centre was opened in Kuala Belait in the year 2009, located at No 275, simpang 141, Jalan Maulana.

When it first started up, the centre was providing specialized care and learning opportunities for 11 students. It has now grown to 5 members of staff and 53 students, age ranging from 2 to 48 years old.

The Vision of the centre is, 'to enable our special society towards a meaningful life in society.' To achieve that, the centre is offering various physical rehabilitation schemes which are aimed to restore and promote physical fitness and optimize quality of life for children and adults with disabilities.

The Early Development program (EDP) provides early intervention for special children aged between 2 and 5 years old. Under this program, the children are trained to work with sensory activities and receive physical rehabilitation education. Children aged between 5 to 11 years are put on the Early Years & Middle Class, which focuses on upfront preparing the students for eventual schooling. The consolidation class is meant for children of 12 years old and above. It is designed to help the children with their school life.

The transition program, for young adults aged 16 and above, is an essential training to help the students to prepare themselves in the next phase of adult life. Vocational skills, focusing on all aspects of adult life from home and community to leisure and work, are taught in this program. Besides academic study, the students also spend time to learn about personal care and adapting to social behavior. The career and vocational classes comprehensively include most aspects



Fine motor skills training



Swimming session for early years students

Pusat Ehsan

of development from career guidance, cultivating good work habits and developing specialized skills for specific industries. Most students enjoy the cooking, yoga, dancing, acting, outdoor activities and arts & crafts.

If you are passionate about developing young children and would like to help Pusat Ehsan, please do not hesitate to get in touch. Volunteers are always welcome.

Pusat Ehsan Al Ameerah Al Hajah Maryam embraces a progressive vision for the future in the 21st century. To help them realize their ambition of becoming a 21st century centre of excellence; to improve education, intervention and rehabilitation services for their students with special needs, and to extend their contribution to the community, they hope to continue to redevelop Pusat Ehsan. Not only will the redevelopment plans help to enhance their existing environment but



Fine motor skills training



Outdoor activity: Interacting with insects



Beach cleaning program for Pre-vocational students



Pusat Ehsan



they will also significantly upgrade the services and programmes currently being offered so 'No one is left behind'.

We would like to thank Mrs Hamimah for her time to the interview session and providing us with the valuable insight of Pusat Ehsan and to letting us understand the commendable and inspiring work that they are doing. If you would like any further information please contact oupostbrunei@shell.com.



What is Sungkai?

IFTAR or SUNGKAI

Iftar or “break fast” is the evening meal with which Muslims end their daily Ramadan fast, at sunset. Muslims break their fast at the time of the call to the evening prayer. This is their second meal of the day. The daily fast during Ramadan begins immediately after the pre-dawn meal of Suhur and continues during the daylight hours, ending by the sunset with the evening meal of Iftar.

In Brunei Darussalam, iftar is locally referred to as “SUNGKAI”. Traditionally this is held at a regional or village mosque for those who have or will be performing the evening prayers.

At the mosque, a mosque buffet is prepared by the local residents at which all are welcome to break their fast together. Before eating, the beduk (a type of drum) must be heard as a signal to begin the sungkai. In the capital Bandar Seri Begawan, the firing of several cannons at the central business district also marks the sungkai.

The sungkai is generally a welcomed time of the day, so Bruneians occasionally break their fast at restaurants along with their extended family. Additionally, only during the month of Ramadan, with the exception of Brunei and Muara district, each district will be hosting an expansive network of tamu or Ramadan stalls, where freshly cooked local delicacies are sold more than other time of the year.



What is Sungkai?

In preparation for Sungkai, locals will take this opportunity to set up a Ramadhan Bazaar throughout the country to sell foods around sundown. The Ramadhan Bazaars are open every day from 2pm. Ramadhan Bazaar can be seen in most of places in Brunei including in Kuala Belait and Seria.

In Kuala Belait, the Ramadhan bazaar is located at Tudung Saji, set up by various local vendors and entrepreneurs selling foods and drinks such as local desserts or 'kuih', grilled fish, chicken and beef, fried noodles, drinks and much more. A similar bazaar is set up but with a small numbers of stalls in Seria.

We also can see a lot of restaurants are hosting Ramadhan Sungkai Buffet with different charges per person with a variety dishes to choose from. This is something special only during Ramadhan that should not be missed!



Outpost Vacancy

Outpost Vacancy

We are looking for an organized and positive individual to join our team as Events Coordinator. We are hoping to find an excellent communicator to help schedule and facilitate all our Outpost sponsored events, from cooking classes to fire awareness. If you would like to join our enthusiastic and welcoming team please do not hesitate to get in touch.

You can visit the Outpost Office opposite Lapanpuluh Apartments or email us at outpostbrunei@shell.com



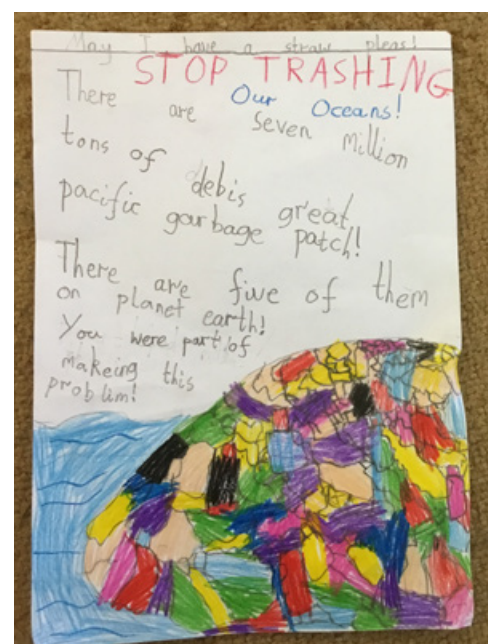
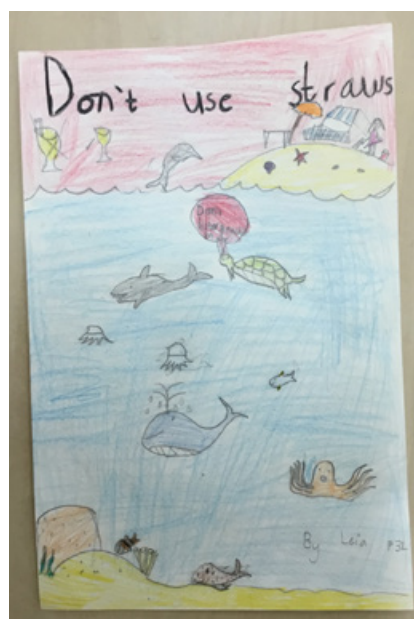
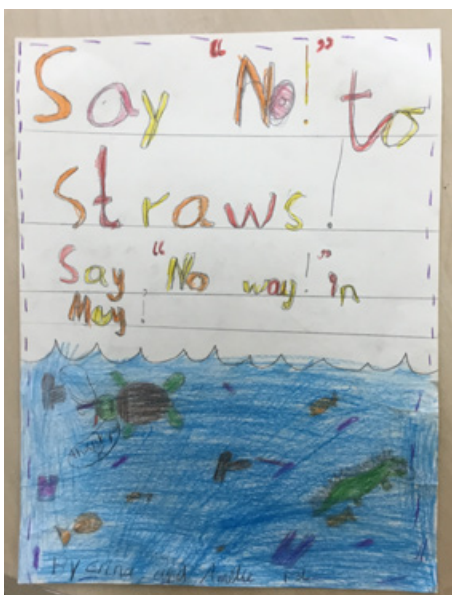
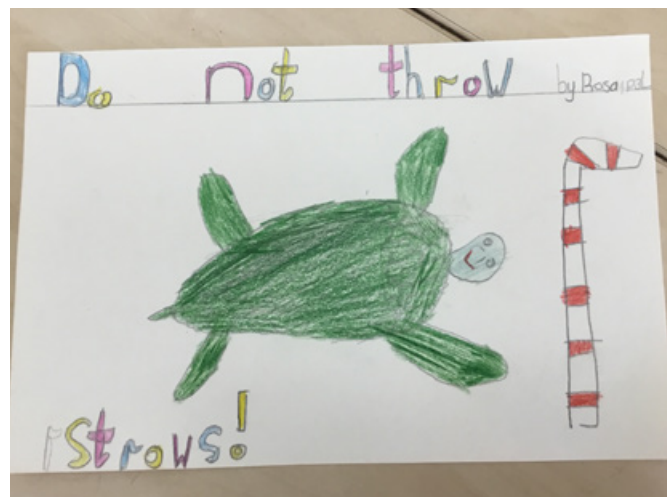
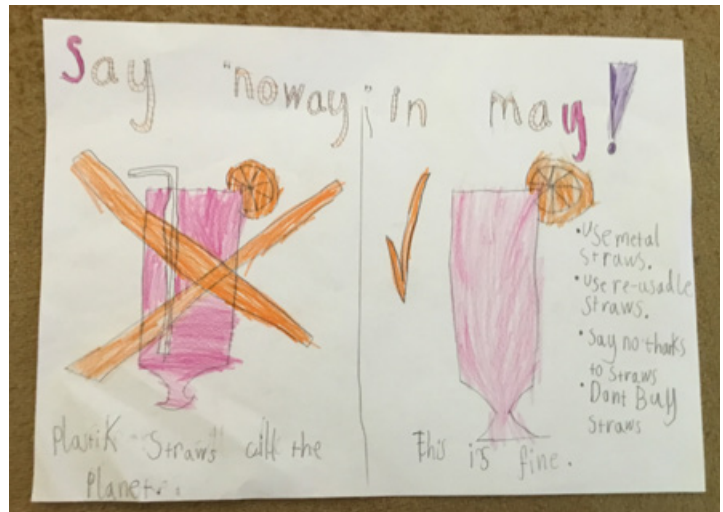
May I have a straw?

This term the children in P3, Rampayoh School, have been learning about how tourism can have a negative impact on the environment, with a particular focus on waste. On Saturday 21st April the children held a beach clean and with the help of several local schools collected a whopping 1200kg of rubbish. The children were shocked by the number of straws they found lying on the beach and were determined to do something about it. They have written letters of persuasion, created leaflets and designed posters to help promote their campaign for straws to only be given upon request. The Panaga Club were so impressed with the idea they decided to back the campaign instantly, they even took it a step further by banning the single use straw completely. Coffee Bean and Tea Leaf at BSP Headquarters are also supporting the campaign some of their persuasive work is already on display in the Panaga Club as well as in Coffee Bean outlets throughout Brunei. Well done to all the children in P3 for a great idea and all your hard work in promoting it.

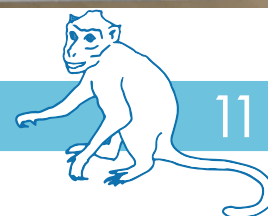
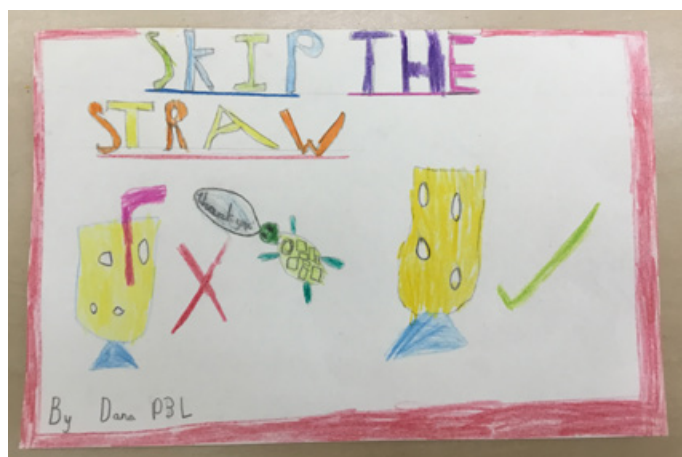
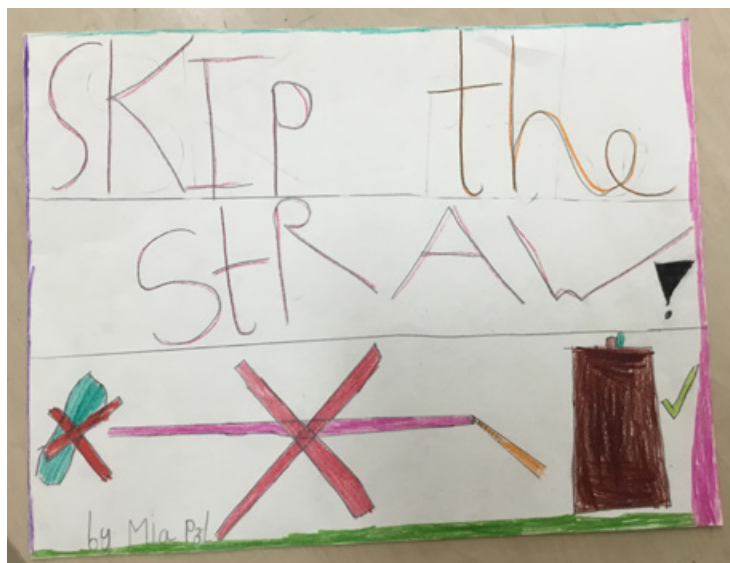
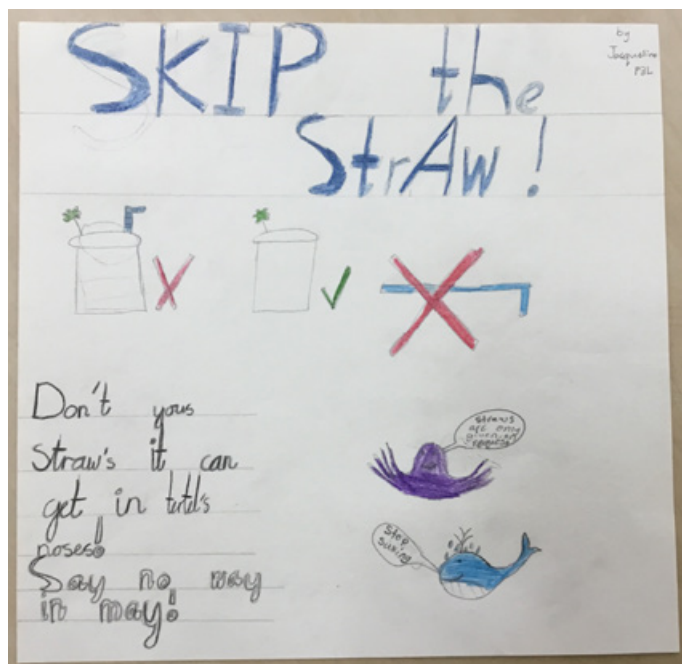


Photo by Miss Jesmin

May I have a straw?



May I have a straw?



Hari Raya in Brunei

Hari Raya Aidilfitri 2018

Hari Raya Aidilfitri is one of the biggest holidays in Brunei. Hari Raya means “celebration day” and Hari Raya Aidilfitri is the day that marks the end of Ramadhan, the Islamic holy month of dawn-to-sunset fasting.

Year	Date	Day	Holiday
2018	15 Jun to 19 Jun	Fri to Tue	Hari Raya Aidil Fitri

Many Muslims and non-Muslims return to their family home for a few days prior to Hari Raya Aidilfitri so that they can celebrate the holiday with family and friends. While together, family and friends seek forgiveness from each other. Many say prayers at the mosques of relatives and enjoy meals with family or friends that consist of traditional food and drink. Children are often given token sums of money by parents and elders.

On the eve of Hari Raya Aidilfitri, families busily prepare and cook food for the day. No one leaves home the night before, but gather to talk, eat and drink. The next day, people leave home to visit relatives and friends which continues throughout the fourth day of the festival. On the first day of the festival, homes are opened in order to share food and drink with others.

During Hari Raya Aidilfitri, Istana Nurul Iman Palace is opened to the public for two days and the Royal Family welcomes visitors. Bruneians dress in their best clothing in order to meet the royals.



text and image from: <https://publicholidays.asia/brunei/hari-raya-aidilfitri/>



Pet Page

PET RE-HOMING,

We understand that it is difficult to re-home your beloved pet(s) when you have to leave Brunei. Please contact outpostbrunei@shell.com with your pet posting and we will help you advertise your pet.

Kona Needs A Dog Walker.

Please contact me, Jeremy, at 673-896-4552

Kona was found on camp possibly abandoned by a family that had children. He found his way to E8. Kona takes a leash and goes happily for walks anywhere. Happy to meet other dogs and people. He needs a friendly person, for physical and mental exercise. Kona is the perfect companion to get some exercise with on the beach or bike trail. If you want to walk or even just miss the pet you could not bring to Brunei, please contact me (on WhatsApp) at 673-896-4552. I hope to hear from you.

Thank you,

Kona is also available for foster or adoption, has full vaccinations (standard and rabies), monthly heart and other wormer prevention medication, monthly flea/tick/mite prevention medicated, and just neutered.



Notice Board

Correction corner!

In the May issue of POP you could read an article on snakes and snake antivenin. One keen eyed reader spotted a mistake in the article that we now wish to correct: The Python we had pictured was actually a Burmese Python which does not occur naturally in Brunei. Brunei has got the reticulated Python which can be seen in the photo below.

Thank you Oliver for noticing this, and while on the topic, thank the BSP-HML team for putting together such an informative and important article for us!



Outpost opening hours:

Visit us on Monday, Wednesday - Friday, 9am - 11am

Please note: each Tuesday the office will be open for courses only.

Settling in Sessions

These informal information mornings are held every Wednesday morning, from 9 am until 11 am, 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



Notice Board



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.

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.



Share your travel stories!

Outpost is looking for people who would be willing to share their unique and interesting travel stories. If you have visited an unusual destination or even taken part in an exciting activity in a well traveled place we would love to hear from you. Please email Outpost for further information on outpostbrunei@shell.com



Study or Work Space

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.



Snapshots

Outpost team building event

On May 14th most of the current Outpost team met up and spent a beautiful afternoon on the Belait river, enjoying a fantastic meal together. The purpose of the event was to get to know the new members better and talk about how we can **GROW TOGETHER** as a team.



Language Classes

Want to learn a new language?

Outpost Brunei-Seria is honored to offer a range of language classes here in Panaga. With us and our fantastic team of teachers you can practice your English, get familiar with Malay and even study Spanish!

During the month of May, the Spanish language students had the chance to practice and interview native speakers from Spain, Venezuela, Mexico and Colombia during an exciting session. Students were also able to learn about the difference and similarities between these countries. Thank you Evelyn from Colombia, Natali from Venezuela, Inma from Spain and Juls from Ecuador for joining us for this class!

Next semester there will be one beginner and one intermediate class. So, what are you waiting for? Sign up for next semester!



Language Classes

Language classes sponsored by Outpost

Held in the Outpost office,
Lapanpuluh 1 (A-B):

English

Hosted by Alvin

Day: Mondays

Time: 10:00-11:00am

Malay

Hosted by Adriana

Day: Tuesdays

Time: 9:30 - 10:30am

Spanish

Hosted by Carla

Day: Wednesdays

Time: 8.00 - 9.15 am

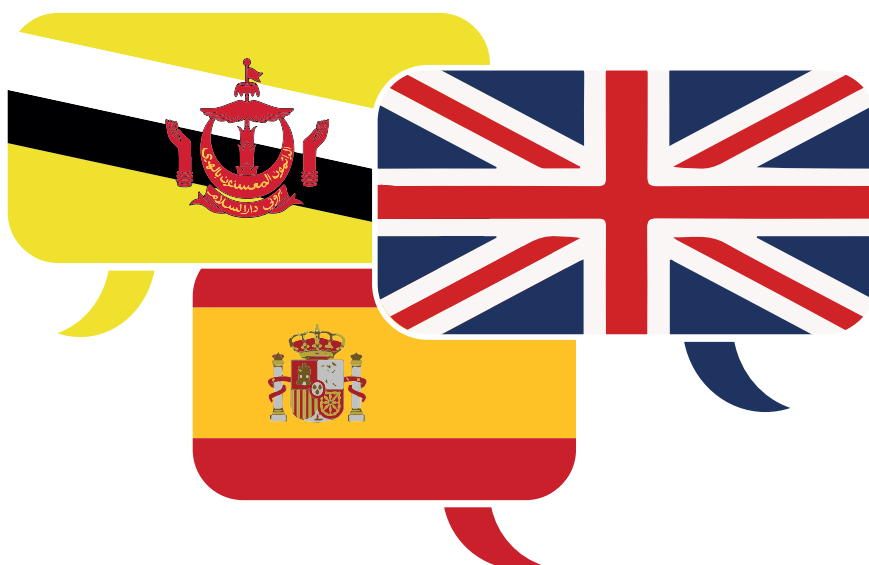
Held in the Annex room
at Panaga Club:

English for Amahs

Hosted by Alvin

Day: Friday Evening

Time: 7:30 - 9:30pm



Brunei Public Calendar 2018

Date	Weekday	Holiday Name	Holiday Type
Jan 1	Monday	New Year's Day	
Feb 16	Friday	Chinese New Year	1st day of lunar month
Feb 17	Saturday	Chinese New Year Holiday	
Feb 23	Friday	National Day	Independence from the UK in 1984
Feb 24	Saturday	National Day Holiday	
Apr 16	Monday In lieu of Sat 14th	Israk and Mikraj	The Prophet's Night Journey and Ascension
May 17*	Thursday	Ramadan begins	
May 31	Thursday	Royal Brunei Armed Forces Day	RBAF formed 1961
Jun 4*	Monday In lieu of Sat 2nd	Nuzul Al-Quraan	Revelation of the Quran
Jun 15*	Friday	Hari Raya Aidil Fitri	End of Ramadan
Jun 18-19*	Mon-Tuesday In lieu of Sat 16 - Sun 17th	Hari Raya Aidil Fitri	
Jul 16	Monday In lieu of Sat Sun 15th	H.M. Sultan's Birthday Holiday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Aug 22*	Wednesday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep 11	Tuesday	Al-Hijra	Islamic New Year 1440
Nov 20	Tuesday	Maulud	Prophet Muhammad SAW's Birthday
Dec 25	Tuesday	Christmas Day	

* date may vary due to the lunar calendar

May Calendar

Community Calendar

Saturday, June 30th

**27th Panaga Highland Games
KB Scottish Community**

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



Upcoming Event



KBSC Proudly presents

The 27th Panaga

Highland Games

Sat. 30th Jun. 2018

9am-5pm @Panaga Padang (field)

FREE ENTRY

ALL WELCOME

Kids Games and Activities from 9am
See traditional Scottish field events like
Caber Toss, Welly Throw, Shot Put, Tug o'War
Food Vendors, Market Stalls and Entertainment
FUN FOR ALL THE FAMILY!

email: panagahighlandgames@gmail.com



Emergency Numbers

Government Hot lines (24Hrs)

Ambulance:	991
Police:	993
Fire & Rescue:	995
Search & Rescue:	998

BSP Emergency Contact Numbers

BSP Emergency:	337 2999
BSP HQ Security (24Hrs):	337 4292
or	337 4296
BSP HSE Duty Security:	873 0905
or	872 1041

Medical & Health Services

Ambulance (24Hrs):	337 2200
PHC Reception (Office Hours):	337 2306
or	337 2709
Dental Clinic (Office Hours):	377 2540
Animal And Vector Control (24Hrs):	872 3006

Power & Amenities (24Hrs)

General Building /Civil /Cooker:	875 6953
Air Cond/Fridge:	871 0714
Electrical:	877 3832
Estate (Tree Cutting):	871 0492
Smoke Detector:	872 0547
External Sewerage:	873 0095

Housing and Services (24Hrs)

Housing:	873 3670
Camp Services:	874 2034



Panaga Health Centre

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

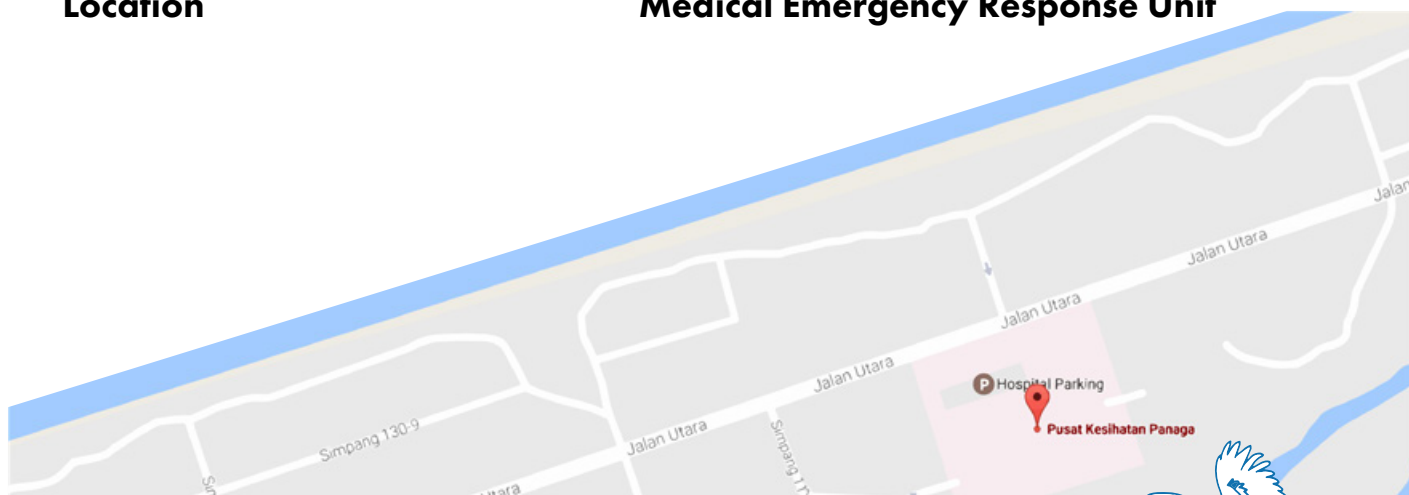
Friday **7.00 am - 11.30 am**
 2.00 pm - 3.30 pm

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**

Sundays and public holidays **9.00 am to 10.00 am**
Location **Medical Emergency Response Unit**



Outpost Team Seria 2018



Celyn Lim
Focal Point



Thamine M. Kilbride
Public Relations



Christina Suglia
Treasurer



**Mas Azny Suhana
Mohamad**
Relocations Advisor



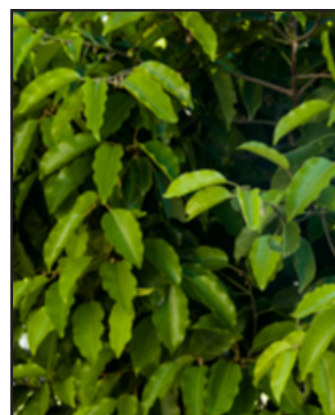
Anna Ross
Secretary



Titi Owoyemi
Meet and Greet
Coordinator



Ksenia Odintsova
Career Development
Advisor



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Event Coordinator



Annika Cederberg
POP Editor



Cyrielle Sosso
Project Manager



Alvin Machia
Webmaster



Mr. Outpost
Online Promoter

