



**Panaga Outpost Pages**  
**Seria, Brunei Darussalam**

*september*

### Highlights:

- › Get to know the Outpost team
- › Interview with Kimberly Kreb
- › Learn more about our event Panaga Bazaar

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contact us on: [outpostbrunei@shell.com](mailto: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.

### Hi again,

It's the beginning of the new school semester and I believe most of you have been busy with settling with your children's schooling need. Trust you have all under control.



**Celyn Lim**  
Focal Point

At the Outpost Brunei-Seria, we are steadily picking up pace too. Firstly, the Outpost office has resumed our normal operational hours. Also, we are organizing an information (coffee) morning reception for newcomers at House 49 on the 20th Sept 2018. This is our quarterly welcoming session to introduce Outpost and brief new arrivals about living in Brunei. Invitation will be sent to participants soon. In addition, BSP is organizing "Living in Panaga" on the 18th of September, all Panaga residents are encouraged to attend.

Secondly, following my last POP message, we are progressively making preparation for the upcoming Panaga Bazaar, which will be held at House 49 as well. There will be performances, fun games, stalls selling local and foreign goods, raffles draw and much more. Tickets will be available starting September 20th, and we will have attractive prizes and gift baskets for the lucky winners. The revenue of the Panaga Bazaar will be donated to the Pusat Ehsan, a social organization for children and adults with special needs. They will use the donation to build new a classroom. So, please start blocking your calendar on the 6th of October, 10am to 2pm, to join this fun yet meaningful event. On top of that, if you would like to participate as a sponsor or are interested to set up a booth, please connect with any of the Outpost members.

Lastly, we are working closely with BSP HSSE department in organizing community awareness sessions towards clean and healthy living environment in the Panaga area. Do stay tuned to our notification broadcast through Facebook and notice boards at the Panaga Club for more details.

With that, I hope you will be joining us to the number of interesting events in coming month. See you there!

Celyn Lim

### Contact us:

Tel: +673 337 4927

Email: [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)

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

or: [www.panagaclub.com/outpost](http://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





## *Outpost Vacancy*

# Join our team!

**We are looking for two new general members for Outpost Brunei-Seria!**

**Are you an organized and positive individual looking to join our enthusiastic and welcoming team please do not hesitate to get in touch with us. A background in HR is a plus, but everyone interested is encouraged to apply!**

**You can visit the Outpost Office inside the Lapanpuluh Apartment complex or email us at [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)**



## Outpost Team Introduction

# Outpost Brunei-Seria

As you are all aware, living in our community means that you every now and then have to say farewell to old friends, but also that you get to meet new people all the time! Outpost Brunei-Seria is no exception, and because our team recently have gained some new members we thought it is time to let you know them - and the "old" ones - a bit better!



### **Celyn Lim, Outpost Focal Point**

Nationality: Malaysian

Before Brunei: I lived and worked in Sakhalin, Russia for 3 years prior to moving here.

Background: Control & Automation Team Lead

In Brunei since: I've been in Brunei for about 1 year+

Favorite thing about Brunei: My favorite thing about Brunei is the simple yet nature-rich surrounding, coupled with ever friendly people.

Fun fact about me: I am always looking out for adventurous encounter. My target in Brunei is to meet face to face, at least once, with a crocodile at the golf course.



### **Thamine M Kilbride, Outpost Public Relations**

Nationality: Brazilian

Before Brunei: For the past 7 years, we lived in Houston, USA

Background: Technical Assistant at Shell.

In Brunei since: I've been in Brunei for 1.5 years now and I'm really happy to have the opportunity to live in other countries and discover and learn about new cultures.

Fun fact about me: One of my hobbies in Brazil used to be an off-road rally navigator.



### **Mas Azny Suhana Mohamad, Relocation Advisor, Meet & Greet Coordinator**

Nationality : Malaysian

Before Brunei: Brunei is my first country as an expat

Background: Contract & Procurement

In Brunei since: This year is my 8 years in Brunei. Brunei is a great place to raise up family & kids as it is peaceful and safe country. My kids & I love Brunei and I believe you will too.

Fun fact about me: strangers thinks that I'm quiet, my friends think that I'm out-going but my best friends know that I'm completely insane.



### **Wijnand Hoitinga, Outpost Secretary**

Nationality: Dutch

Before Brunei: I lived for 39 years in Holland

Background: Computational Engineering consultant

In Brunei since: I arrived in Brunei on the 5th of June 2018.

Favorite thing about Brunei: So many things! Besides the weather and food, I like most all the people that I've met in such a short period of time.

Fun fact about me: I'm an awesome singer but for some reason really nobody seems to appreciate it. I also played the saxophone for 16 years.



## Outpost Team Introduction

**Ksenia Odintsova, Outpost Career and Development Advisor**

Nationality: Russian, Dutch

Previous posting: Moscow

Background: HR Manager

In Brunei since: Almost 4 years

Favorite thing about Brunei: Kindness and courtesy of the Bruneian people

Fun fact about me: I don't watch TV and I haven't seen a TV show in more than 5 years.

**Olayinka Idowu, Outpost Treasurer**

Nationality: Nigerian

Before Brunei: I lived in Lagos Nigeria all my life until 2006 when I relocated to Bonny Island

Background: Human Resources

In Brunei since: I've been in Brunei for about six months now and gradually easing into the culture.

Fun fact about me: I'm really a kid at heart!

**Pratibha Prasad, Outpost Events Coordinator**

Nationality: Indian

Before Brunei: I was in Lagos (Nigeria) for four years before moving here.

Background: Geologist

In Brunei since: I am here in Brunei since February 2018.

Favorite thing about Brunei: I Love the greenery, hornbills and of course the big community here!!

Fun fact about me: I am an adventurer! Like to go out of my comfort zone! Love to visit volcanoes and places with different rock formations!!

**Alvin Machia, Outpost Webmaster**

Nationality: British

Before Brunei: I Lived and worked in the UK with a short stint in NL.

Background: Processing Geophysicist

In Brunei since: it will be 2 years in October

Favorite thing about Brunei: People, nature

Fun fact about me: pick one! I've done a 15000ft skydive and used to check under my bed after watching the film anaconda

**Annika Cederberg, Outpost Newsletter Editor**

Nationality: Swedish

Before Brunei: I lived in Norway for eight years before moving here.

Background: architect

In Brunei Since: I've been in Brunei for a bit more than two years, since June 2016

Favorite thing about Brunei: is the people, both expats and locals.

Fun fact about me: I used to play roller derby for a while back in Norway so I'm actually pretty good at roller skating!



## Interview

### Interview with Kimberly Krebs

By Thamine Kilbride

**At Outpost Brunei-Seria we believe that the best way to get to know a community is to talk to the people who have lived in it for a while. In order to help newcomers get to know Brunei and the Panaga area a bit better we will every now and then share interviews with people who have experience from living here and letting them share their best advice and memories!**

**In this issue we will get to know Kimberly Krebs who recently left Brunei after having lived here since 2011.**

#### **Tell us a little bit about yourself and your family!**

Keith and I are from the USA. We lived in Houston, TX before moving to Brunei in August 2011, which was our first and only expat assignment. We just moved from Brunei to New Orleans, Louisiana in July. We have 4 children: Natalie (15), Harton (14), Landon (11), and Lacy (8).

#### **How was the transition period until you were all adjusted to Brunei?**

Luckily, it's all a blur after 7 years! We were in Lapanpuluh for a couple of weeks, then moved into a temporary home in G10 for awhile before getting our permanent home on camp. I think it was a good 3 months before we felt somewhat settled. The kids adjusted fairly quickly to the wonderful schools, and of course I adjusted to having an amah to clean my house and do the laundry!

#### **Tell us about a typical weekend for you and your family in Brunei**

Friday night was usually our Panaga Club night. The kids had swimming lessons in the afternoon, so we'd just hang out at the pool and have dinner there. On Saturdays we would sometimes go to Bandar to do an Escape room, go to Jerudong Park, go to a movie, or the kids would just get together with friends in Panaga to play. There was almost always a birthday party for the kids, or a big party for the adults on a Saturday night. On Sundays we would do our own thing for "church" at home, and then often went to the beach. Keith was the head of the kayak and SUP section, so we enjoyed taking those out on most Sundays when the sea wasn't too rough. Favourite restaurants would have to be Zaika, Just Momos (the new-ish Nepali restaurant in KB which is a must-visit!), Sweet Lemongrass Thai, and of course Kaizen Sushi!



## Interview

### **Any advices to new families in Brunei?**

Enjoy it despite the frustrations that will come, and know that the Brunei bubble is a wonderful, peaceful, and safe place to live. Be patient, and have the mentality that if something actually happens as it should, that's a small miracle! Get involved in Panaga, but also get out and about to see the country. Temburong is a highlight of our time in Brunei. I also highly recommend walking the beach as many evenings as you possibly can to enjoy the beautiful sunsets over the South China Sea. Usually from about 6:15-6:50pm it's gorgeous, just beware of the sandflies!

### **Place you liked the most visiting in Asia?**

This is a hard one after 7 years of traveling to so many different places in SE Asia, and liking them all for different reasons! We loved Cambodia for the people, the culture, the history, and the food. We loved Lankayan Island for the remoteness, swimming with sea turtles, and a quite unique and special experience off the coast of Borneo. Our top pick, however, would probably have to be Boracay (Philippines), which unfortunately was recently shut down to tourists. The two times we went there (yes, we liked it enough to go twice, and had actually planned a 3rd trip that we had to cancel when they shut down), we found White Beach Station 1 to be beautiful, relaxing, friendly, and just easy for our family. Making 6 people happy when we travel is difficult, but in Boracay everyone was glad to be there!



**Thank you so much Kimberly for sharing your experience with us!**

## Recycling

# Recycling in Kuala Belait

## Tzu Chi Recycling Centre

### Recycling Centre Info

#### Where can I recycle in KB?

Tzu Chi Recycle, Lot 4341, Simpang 34, Jalan Jaya Negara.  
This is a family business and all proceeds go to charity.

#### How do I find the place?

From Jalan Maulana turn into the road with the big sign which points to the hospital (Jalan Panglima). Go through the roundabout and straight past the Shell station. Turn into the next left (Jalan Jaya Negara) and then into the fourth right (Simpang 34 – DZ vets is at the corner). Turn into the first left (Simpang 34-9). Go to the end and pull into the long driveway of the last house on your right. You are there!

#### What do they accept for recycling?

- › Plastic\*
- › Cans (both aluminium and steel)
- › Paper
- › Cardboard (including egg cartons and tetra paks\*\*)
- › Clothes

#### \*What types of plastic are accepted?

Hard plastics:

- › Packaging from grocery items
- › Takeaway containers
- › Water bottles
- › Juice bottles
- › Shampoo-type bottles
- › Detergent bottles
- › Yogurt and dip/hummus containers
- › Other similar items

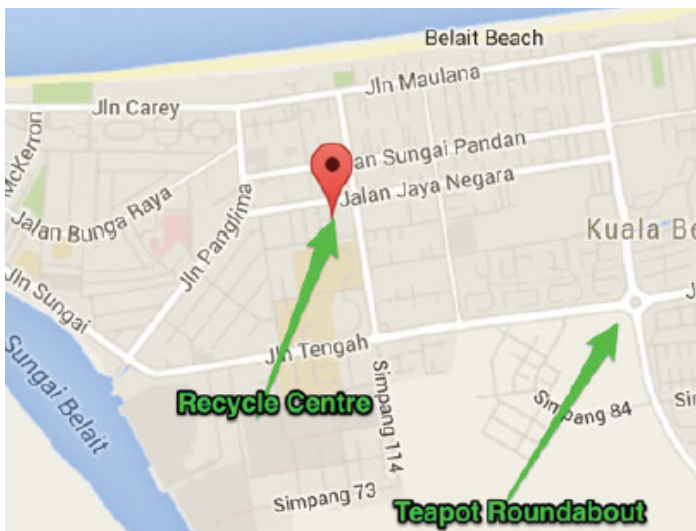
Soft plastics:

- › CLEAR PLASTIC ONLY. A variety of bags and packaging from grocery and other items.
- › NO COLOURED PLASTICS
- › Clean plastic supermarket-type bags (of any colour) for the centre to use in their sorting and processing





## Recycling

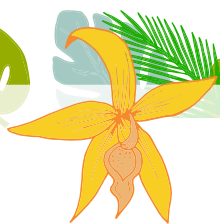


### What they don't accept

- › Computers
- › Photostat machines
- › Thermo Flasks
- › Microwave
- › Air-cond plastic cover
- › Tomato/Chili sauce bottles
- › Wine bottles
- › Coloured plastics
- › Broken items
- › Religious artefacts
- › Car tyres



## Notice Board



### Panaga Bazaar RAFFLE

**Join the raffle contest of Panaga Bazaar!**

Join the draws on the 6th of October  
to have the chance to win attractive  
**grand prizes** and **gift baskets!**

Tickets will be available by September 20th at Panaga Club  
or from Outpost personnel. Cash payment only.

#### 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.



## 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](mailto:outpostbrunei@shell.com) or to Ksenia Odintsova at [ksenia.odintsova@gmail.com](mailto: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](mailto:outpostbrunei@shell.com) or Ksenia Odintsova at [ksenia.odintsova@gmail.com](mailto: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 travelled place we would love to hear from you. Please email Outpost for further information on [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com)





## 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

Beginner class:

Day: Tuesdays

Time: 8:30 - 9:30am

Intermediate class:

Day: Tuesdays

Time: 9:30 - 10:30am

### Spanish

Hosted by Carla

Intermediate class:

Day: Wednesdays

Time: 8.15 - 9.15 am

Beginner class:

Day: Thursdays

Time: 8.15 - 9.15 am

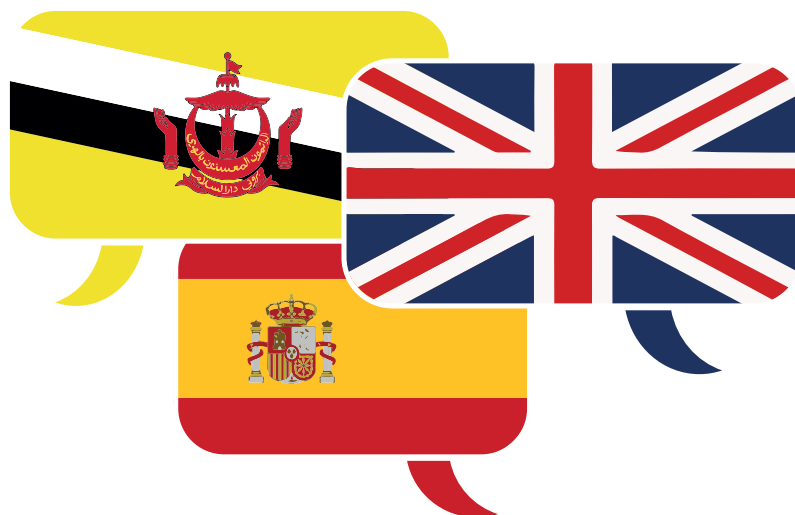
Held in the Annex room  
at Panaga Club:

### English for Amahs

Hosted by Alvin

Day: Friday Evening

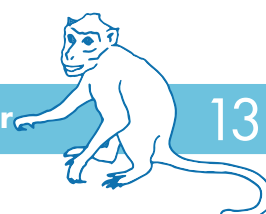
Time: 7:30 - 9:30pm



## Brunei Public Calendar 2018

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

\* date may vary due to the lunar calendar



## *September / October Calendar*

### Outpost Calendar

**Saturday, Oct 6th**

**Outpost presents: Panaga Bazaar**

### Community Calendar

**Tuesday, Sept 18th**

**Wednesday, Sept 19th**

**Saturday, Sept 22nd**

**Saturday, Sept 29th**

**Saturday, Oct 13th**

**Living in Panaga - session**

**Muay Thai and Circuit training**

**Panaga Club Festival**

**Bollywood Nite 2018**

**Flamenco Night**

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





## Upcoming Event



presents:

# Panaga Bazaar

Panaga Bazaar is intended to help raise awareness and funds for **Pusat Ehsan**, a non-government charity organization which provides education, rehabilitation and training programs for children and adults with special needs.

**Date:** October 6th  
**Time:** 10am - 2pm  
**Venue:** House 49

Live Performances from: ◀ ▶ Up to \$1600BND in prizes  
Casual Ceilidh Band ◀ ▶ Food and souvenirs  
Panaga Dance Centre ◀ ▶ Bouncing castles  
Pusat Ehsan ◀ ▶ Games and face painting  
...and more!

Thank you to our sponsors!



THE FACE SHOP



Outpost Brunei-Seria  
in support for Pusat Ehsan

# **LIVING IN PANAGA SESSION**

## ***Are you new in Panaga?***

**Date: Sep 18th**

**Time: 2:30-4:30pm**

**Where: Panaga School**

A team consisting of BSP employees and Outpost advisors created “Living In Panaga” sessions, with a purpose to inform newcomers in Brunei about living in the Panaga camp. The session is facilitated by BSP representatives from the Medical, Security and Safety departments who give presentations and answer questions from the participants.

This workshop will help you settle in the camp and get a full understanding of the services that are available to you.

During the session you:

- ☐ can ask questions to BSP Security and HR personnel, as well as Panaga Health Centre Specialists.
- ☐ have an opportunity to hear about new developments in the areas of PHC, Security and the camp directly from BSP staff.
- ☐ will receive feedback from previous sessions.

Also, a representative from BSP-HR Services will give a presentation about the Bruneian culture.

*Newcomers will receive an e-mail invitation from BSP-HR.  
If you would like to join the session please, contact us at  
[outpostbrunei@shell.com](mailto:outpostbrunei@shell.com).*



## Upcoming Event

### Children's Yoga Teacher Training

**Panaga Club Yoga Section are hosting the following in September:**

- › 95-hour Children's Yoga Teacher Training (Certification)
- › 2-day Children's Yoga Teacher Training (non-certified. Great for Teachers, childcare workers, working parents etc)
- › 3-hour Yoga and Mindfulness for Parents Workshop.

#### 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

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.

24 SEPTEMBER - 05 OCTOBER, 2018



##### 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.

6, 7 October, 2018



#### 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.

29 September, 2018





## Upcoming Event

### F.U.N Presents:

**Panaga F.U.N. (Friends United Network) is a dynamic and fun section under the Panaga Club, which organizes a series of monthly events and activities and its members consists of a group of multi-cultural volunteers. We create opportunities for Panaga community to meet new friends and to catch up with each other. Of course, trying out new FUN things is our motto.**

**A NEW venture is waiting for you in Sept! FUN Hit & Fit Tour!**



**Muay Thai  
Circuit Training**

19<sup>th</sup> Sept'18  
Wednesday; 9:30 – 11:00am  
@ Pusat Insani

**HIT & FIT TOUR**, BY 

Secure your seat through F.U.N. Facebook or any F.U.N. committee.  
2 hours tour, \$15/pp including lunch



## Upcoming Event

### Indian Section Presents:



### Latino Community Presents:



## 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**

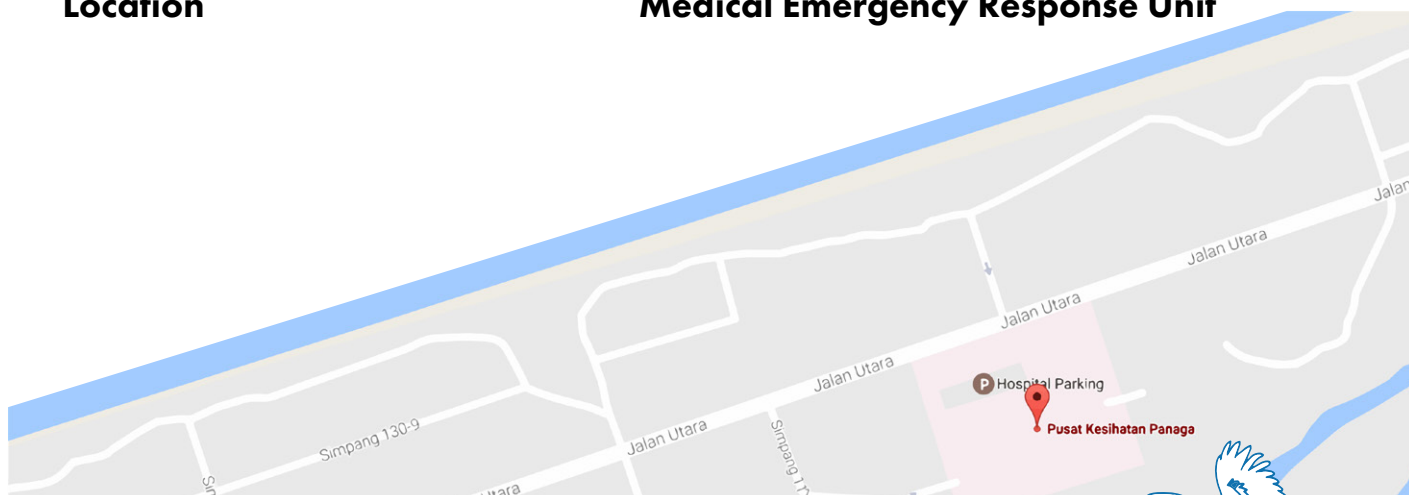
**Friday**                                        **7.00 am - 11.30 am**  
   **2.00 pm - 3.30 pm**

### **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



**Olayinka Idowu**  
Treasurer



**Mas Azny Suhana  
Mohamad**  
Relocations Advisor



**Wijanand Hoitinga**  
Secretary



**Alvin Machia**  
Webmaster



**Ksenia Odintsova**  
Career Development  
Advisor



**Pratibha Prasad**  
Event Coordinator



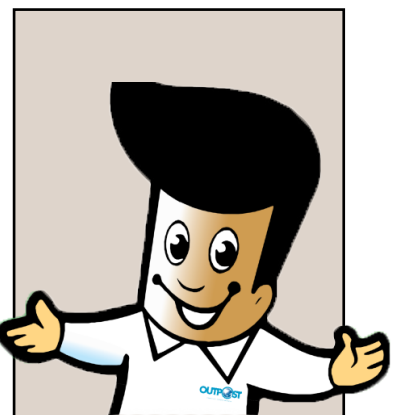
**Annika Cederberg**  
POP Editor



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Project Coordinator



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