



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

*october*

**Highlights:**

- › All about Panaga Bazaar
- › Curious about travelling in Mongolia?  
read all about it in the travelogue
- › More upcoming events!

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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.

### What do you want to read about?

**Do you have an event or activity you want us to promote in the next Panaga Outpost Pages? Or do you know an interesting and inspiring person in our community you think the rest of us should get to know better? Maybe you have some good advice or recommendations for newcomers you would like to share?**

**Please feel free to contact us on [outpostbrunei@shell.com](mailto:outpostbrunei@shell.com) !**

### 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 - 11 am

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

Address:

Outpost Brunei - Seria  
F12 Lapanpuluh A1  
Panaga KB 3534





## Welcome to Outpost

### Hello to all,

We are coming to the last quarter of 2018. Things are moving at a fast pace and a number of you are probably busy planning for the end of year holidays.

A number of activities occurred within Panaga camp over the last month; The Panaga Festival and the Bollywood Night were the key highlights. Another event, The Panaga Bazaar, organised by the volunteers at Outpost was held on the 6th Oct 2018. The aim of the event was to raise funds for Pusat Ehsan, a local NGO, to build additional classrooms for their children and adults with special needs. The Bazaar was a great success. The high turnout rate by both Panaga and local Belait residents was inspiring. There were fun activities such as, hit the goalie, bouncy castle and face painting. Additionally, a number of stalls were set up to sell food and goods. The crowds loved the performance shows by the Pusat Ehsan children, Panaga School children and Panaga Dance Centre. The Casual Ceilidh Band and DJ Kip Green were fabulous. They kept everyone entertained throughout.

I would like to take this opportunity to express our extreme gratitude to the sponsors of the Panaga Bazaar. They are The Face Shop, L'Occitane, Nanyang, Sutera Biru Bowling Centre, Coffee Bean & Tea Leaf, BSRC Riding Club and Marriott Resort Miri. I cannot forget to mention the vendors, performers, volunteers and helpers who joined forces to make this event a successful one. Last but not least, I thank Ceri and Ajay for letting us use their residence @49 to host the event and to my wonderful Outpost team, we have done it again, let's get the momentum rolling! We have placed some photos in our Facebook page. Please feel free to visit us.

Looking forward to the coming months, we will continue to receive a handful of new arrivals and we are planning for our next Information Coffee Morning soon. Please check our calendar for details.

Thank you once again for reading the POP and do connect with us if you need any assistance or advice with regards to moving in or out of Brunei.

Best regards,  
Celyn  
Focal Point, Outpost Brunei-Seria



**Celyn Lim**  
Focal Point



## Panaga Bazaar

### FUNDRAISING EVENT FOR Pusat Ehsan Al-Ameerah Al-Hajjah Maryam

By Thamine Kilbride

Panaga Bazaar, a fundraising event promoted and organized by Outpost, took place last Saturday 6th Oct 2018. This meaningful event intended to raise funds for Pusat Ehsan Al-Ameerah Al-Hajjah Maryam - Kuala Belait branch - a non-government organization, which provides education, rehabilitation and training programs for children and adults with special needs.

Pusat Ehsan needed funds to build a new classroom to improve education, intervention and rehabilitation services already offered by the center including various physical rehabilitation schemes aimed at restoring and promoting physical fitness.

The Outpost Focal Point, Celyn Lim together with her team of volunteers from the Panaga community managed to attract a crowd of more than 200 participants including local Belait residents to the occasion. With strong support from Dr. Ceri Powell, BSP's Managing Director, who opened her residence to host the event, the afternoon was filled with live music by The Casual Ceilidh Band and DJ Kip Green, prize draws from sponsors and performances from children from Panaga School and Panaga Dance Centre (PDC). Several vendors from the Belait district co-sponsored the event and offered their products for sale. Pusat Ehsan students performed a special song under direction of Hjh Mimah (Pusat Ehsan's person in charge) to the arriving guests.

With the support of the Panaga communities, sponsors, tickets and raffle ticket sales by the Outpost team and all guests who visited the event, the total raised for Pusat Ehsan reached \$10K, double of the target initially set by the team.





## Panaga Bazaar

We would like to thank all the communities in Panaga that joined us for this event, including Dutch, Indian, Malaysian & Singaporean, Indonesian and Latino. The Jugle Tots, Panaga Dance Centre and Yoga sections at the Panaga Club and all guests who helped us to make a difference for Pusat Ehsan. Our sincere gratitude and see you next time!





## Panaga Bazaar

# Thank you!



Casual Ceilidh Band - the entertaining group together with our lovely MC Suzanne provided free live music throughout the event. Besides the musical entertainment, the band made an extremely generous donation of B\$1000 to Pusat Ehsan.



Panaga Yoga club set up a booth at Panaga Club separately on the same day and they donated all fund raised of B\$526 to Pusat Ehsan.



The Dutch community contributed resources and fun games on the event day, in addition - they generously donated their full revenue on the event day, B\$260, to Pusat Ehsan.



RYS of Ming sponsored the entire Panaga Bazaar venue by providing the tents, fans, coolers, walkways and power supply. Furthermore, several of RYS electricians were on hand to ensure a day without issues. This was all done free of charge, thereby saving thousands of dollars!

**... and thank you all who came to support the event!**



## *Outpost Vacancy*

# Join our team!

**We are looking for new 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!**

**We are currently looking for:**

- › **a Career and Development Advisor**
- › **a Special Project Coordinator**
- › **two General Members**

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





*Travelogue Mongolia*

# Exploring Mongolia

by Annika Cederberg



As I'm sure most of you would agree, one of the best things about living in South East Asia is the proximity to so many fantastic travel destinations. When my husband and I were looking into possible destinations for our next trip back in the spring of this year, I can't say that Mongolia was on the top of my list. But we were looking for an exotic place to go, and we wanted to spend our time away doing something active and outdoorsy, and after some research of places to go that would tick all of the boxes Mongolia is where we ended up!

We spent approximately two weeks in the Mongolian "wilderness" in the end of June. The trip did take some preparation, a lot of it being preparation of the mental variety, as it - at least for me - felt a bit strange travelling to such a remote location. It did however turn out to be one of the best travel experiences ever. There are a few tour operators specializing on adventure trips in Mongolia. We travelled with the tour operator Mongolia Fixers, a small but very professional and engaged team, which we really recommend.





## Travelogue Mongolia

Our trip was divided into two parts and was all pre-planned with the help of a tour operator. During the first part we spent the days kayaking down the long, beautiful river Delger Murun in pack rafts, together with two guides and one other tourist. We kept to a leisurely pace and in this way really had time to take in the fantastic landscapes. We hardly ever saw any people, except for the occasional herder tending his cows, yaks or sheep. We spent around five to six hours in the rafts each day, only stopping for lunch by the river side. At the end of the day we met up with the two drivers and the cars carrying the bulk of the gear and set up camp for the night. The camping experience in itself turned out to be a lot more comfortable than we had expected, as the tour included - besides the two guides - a chef and two drivers. This very friendly and helpful team made sure that we had nice hot meals every night, plus cooked breakfast every morning. Apart from the one night when temperature sank below freezing and the two evenings where strong winds made the tents fill up with sand the camping was truly enjoyable.

The second part of our trip started with the whole group driving up to Lake Khövsgöl to enjoy a few days in relative civilization. Lake Khövsgöl is one of Mongolia's biggest tourism attractions, both for local and foreign visitors. It holds almost 70% of Mongolia's fresh water and 0.4% of all the fresh water in the world. The water is amazingly clean - but cold! We stayed in traditional (however probably a bit more lavish than normal) yurts, and among other things went scuba diving on a wreck.

After the stay at lake Khövsgöl my husband and I continued with only one driver - the forever smiling Bagi, and the chef - Jagi, to explore a bit of the countryside by ourselves. The fact that we brought the tents made sure we were very flexible on where we could go, and Bagi's four wheeled truck could handle all the roads and - lack thereof - we encountered. We spent days on the road back to Ulaan Baatar. During





## Travelogue Mongolia

these final days of our trip we – among other things – stayed in a ger, ate traditional food and went sheep herding on horseback, we hiked up the dormant volcano Khorgo Mountain and stopped by the Terkhiin Tsagaan Nuur Lake, also called “White Lake”. We also spent many hours in the cars, just driving through expanses of relatively empty landscape. To be honest, that part was probably one of my favorites, as this landscape is just fantastic and driving through it meant that we really could appreciate how vast it is. Hour after hour of big sky, rolling hills and never ending grass. And an enormous amount of livestock!

Due to some delay in our flights we didn’t end up spending a lot of time in the capital, Ulaan Bataar, but I don’t think that was a huge loss, to be honest. If you want to visit Mongolia you should do it because of the nature, and the silence and calm you can experience there.

If you are interested hiking and other outdoors activities I would highly recommend Mongolia. The nature is stunning, and a lovely contrast to the lush jungle we are used to here in Brunei. When we were there, in June, the temperature was mostly pleasant, ranging from 20-30 Celsius degrees during the days, but far lower temperatures in the nights. We experienced only a few hours of rain during our stay - generally the summers in Mongolia are very dry. I would highly recommend traveling with a tour operator rather than going by yourself, as there are several areas where you need permits to visit and camp, and that whole business didn’t seem to be all that straight forward to arrange if you are not used to the Mongolian bureaucracy or if you don’t know the language. At the least I think traveling with a Mongolian speaking guide is advised.





*Snap Shots*

# Bollywood nite 2018



The Outpost team wants to thank the Panaga Indian Section for hosting such a lovely party!





## *Snap Shots*

### Outpost Farewell Lunch

This month Outpost says thank you and farewell to three valued members! Ksenia, Anya and Cyrielle have done an amazing job with us and now we wish them good luck with their future plans!



**Interested in joining our multi-cultural, multi-talented and vibrant team? We are looking for new members!**





## Notice Board

### Outpost opening hours:

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

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



### 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)

### 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)



### 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](mailto:outpostbrunei@shell.com)



## Notice Board



We are a friendly group who enjoy badminton sessions in the mornings (8am-10am) and evenings (5pm-6:30pm) from Tuesday to Friday (except Thursday evening) and on Saturday (4pm-8pm) at Panaga Club (MPH)

\*Friday evening slot from 5pm-9pm\*

All Panaga members are welcome to join - ALL LEVELS!

**FIRST TRIAL IS FOR FREE!**

If you enjoyed your first session and want to come more often, you only have to fill in the form to join the badminton section (cost only \$40 per family and \$20 for single membership PER YEAR)

Join our facebook group @ PANAGA CLUB BADMINTON for updates and hope to see you all at the court! 😊



The POP Editor would like to extend a huge congratulations to Outpost Focal Point for finally encountering the elusive golf course crocodile!  
Well done Celyn, hard work pays off!

## 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.





## Language Classes

# Language classes sponsored by Outpost

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

### English

Hosted by Alvin

Day: Mondays

Time: 08:30 - 09:30am

### 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





## *Community Calendar*

### Community Calendar

**Saturday, Nov 3rd**  
**Wednesday, Nov 14th**  
**Sunday, Dec 2nd**

**Halloween trick or treat**  
**Get to know Essential Oils**  
**Santa's Grotto**

### Miri Event

**Saturday, Nov 24rd**

**Live Jazz Night**

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



## the American Club Presents:

THE AMERICAN CLUB PRESENTS

# Halloween

## TRICK OR TREAT

Saturday 3 November



**Cost: \$7 per child**

REGISTER YOUR GHOSTS & GOBLINS AT  
[WWW.PANAGA CLUB.COM/AMERICAN](http://WWW.PANAGA CLUB.COM/AMERICAN)  
OR THE TRICK OR TREAT BOX IN PANAGA CLUB LOBBY  
questions? [americanclubbrunei@gmail.com](mailto:americanclubbrunei@gmail.com)

BIKE & PEDESTRIAN FRIENDLY EVENT





## Upcoming Event

### F.U.N Presents:

**Get to know Essential Oils**

**Date: 14th Nov**

**Time: 9:30am**

**Venue: @Panaga Camp.**



Creating new experience!

*You are cordially invited to...*

*An introduction to ESSENTIAL OILS*

*Learning about the uses and benefits of  
Essential Oils*

*14 Nov '18 Weds*

*F7/2 , Simpang 391, Panaga*

*9:30-11am*

*Entry fee Bnd 5*

*Refreshments will be served. Limited seats only*

*Please like our Facebook page..*

*F.U.N. PANAGA  
and join the FUN!*

Panaga F. U. N. (Friends United Network) is a dynamic and Fun section under the Panaga Club, which organizes monthly events and activities, and its members are a group of multi-cultural volunteers. We create opportunities for Panaga community to meet new friends and to catch up with each other.

**Creating new experiences is our Motto!**

Some "sweat" memories with FUN Sept event, Hit & Fit Tour @ Pusat Insani.



*Upcoming Event*

**Miri Event:**

**Piasau Boat Club Presents**  
**ROZZ RITZMANN**  
**SATURDAY 24 NOVEMBER 2018**  
*live* **JAZZ NIGHT**



**With Ismet Ulam Raya Band**



**START: 8 PM**  
**TICKETS:**  
50 RM FOR PBC MEMBERS  
60 RM FOR NON MEMBERS  
(INCL SNACKS AND BITES)  
FOR TICKETS GO TO:  
[WWW.PIASAUBOATCLUB.COM](http://WWW.PIASAUBOATCLUB.COM)  
OR CALL 019-499-1603



ISMET ULAM RAYA





## *Upcoming Event*



**Santa's Grotto**  
**Sunday, 2nd December @ 49**  
Two Sessions: 10am–12pm and 2pm–4pm

***Ticket price \$20***  
(includes gift from Santa, \$10 with no Santa)  
Tickets go on sale Sunday, 4th November  
**Arts & Crafts • Entertainment • Carol Singing**

for further information please email  
[santasgrottopanaga@gmail.com](mailto:santasgrottopanaga@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**

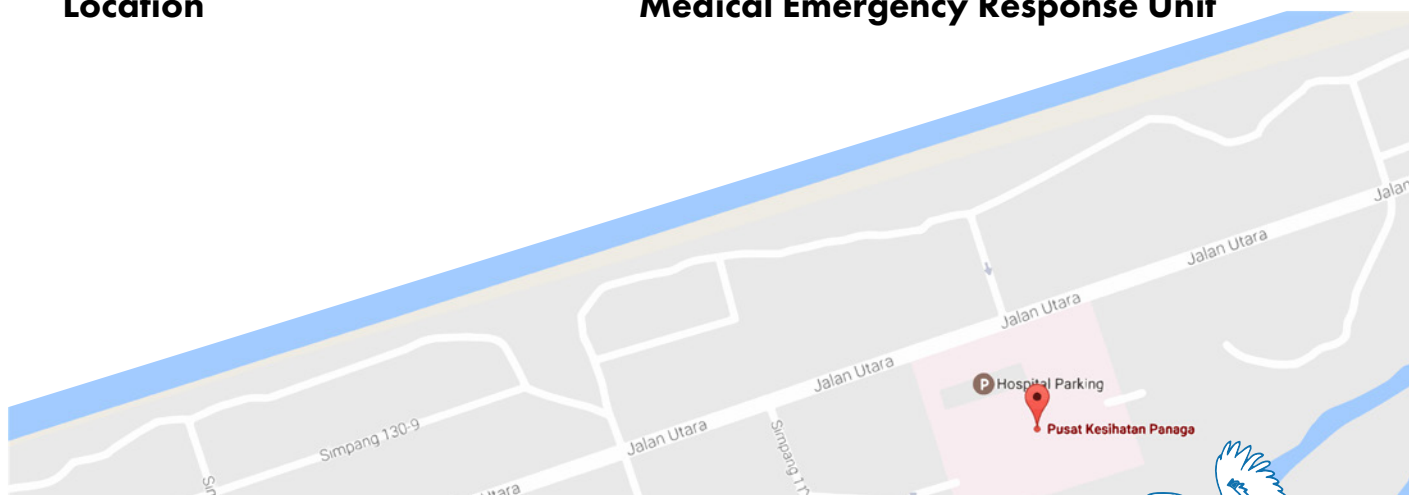
**Friday**                                        **7.00 am - 11.30 am**  
   **2.00 pm - 3.30 pm**

### **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



**Olayinka Idowu**  
Treasurer



**Mas Azny Suhana  
Mohamad**  
Relocations Advisor



**Wijmand Hoitinga**  
Secretary



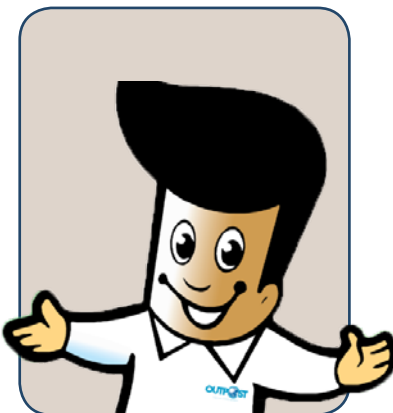
**Alvin Machia**  
Webmaster



**Annika Cederberg**  
POP Editor



**Pratibha Prasad**  
Event Coordinator



**Mr. Outpost**  
Online Promoter

