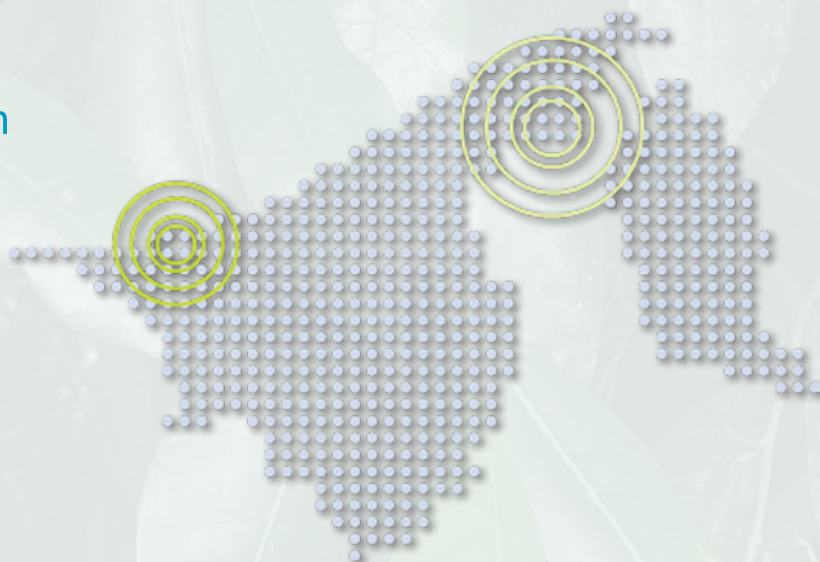




Panaga Outpost Pages
Seria, Brunei Darussalam

May



Highlights:

- › Ramadan Has Begun
- › Meet Our New Focal Point
- › Sightseeing in Cambodia

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Contact us at 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 the following services:

- › Meet and Greet for newcomers
- › Networking events including information mornings
- › Workshops on topics like CV writing, first aid, how to prepare for your move, wildlife in Panaga, and third-culture kids
- › Weekly Spanish and Malay classes
- › ... and many more!

Check our Facebook page (Outpost Seria, Brunei) for up-to-date information.

Contact us

Tel: +673 337 4927
Email: outpostbrunei@shell.com
Website: seria.globaloutpostservices.com
www.panagaclub.com/outpost
Facebook: Outpost Seria, Brunei

Or come visit our office!

Outpost Brunei, Seria
Lapanpuluh A1
F12, Panaga, KB 3534

Opening Hours

Monday: 9 - 11 a.m.
Tuesday: Open only for courses
Wednesday: 9 - 11 a.m.
Thursday: 9 - 11 a.m.
Friday: 9 - 11 a.m.

Editor's Note

Welcome to the May issue of POP! First and foremost, Ramadan has arrived, so please be considerate of your Muslim colleagues and neighbors who are fasting this month. A more detailed explanation of this important celebration can be found in this issue.

In Outpost news, it's my pleasure to introduce myself as the new POP Editor. I moved with my husband and toddler son to Panaga in June 2018 after four years in Muscat, Oman. I was born and raised in Philadelphia and consider myself a city person, but I've been pleasantly surprised at how much I enjoy the small-town feel of Panaga. My professional background is in writing and editing, so I'm excited for this opportunity to use these skills again.

The last few months have seen a changing of the guard here at Outpost, and it's a credit to the efforts of our outgoing staff members that the transition has been smooth. Celyn, Thamine and Annika were patient, cheerful and supportive as they handed over their roles, giving us newcomers the confidence to take on our new responsibilities. Our predecessors have been an example to me of how a community is what we make it: When people contribute their time and skills, their generosity of spirit is contagious—an encouragement to others to get involved—and this involvement makes a place feel like home.

On that note, we're eager to hear what you, POP readers, would like to see and share in these pages. If your organization wants to attract new members or spread the word about an event, do let us know. If you have visited someplace interesting, people would love to read about it and see your photos. And if you have a question about living in Brunei, you're probably not the only one with that question, so drop us a line and we'll see what we can find out.

Thanks for reading!



Rachel Laramee
POP Editor



Pusat Ehsan

Pusat Ehsan Completes First Phase of New Classroom Construction

By Wijnand Hoitinga

Remember the Panaga Bazaar that was held on Saturday, October 6, 2018? Outpost Brunei-Seria organized the event to raise funds for Pusat Ehsan Al-Ameerah Al-Hajjah Maryam – Kuala Belait branch – a non-governmental organization that provides education, rehabilitation and training programs for children and adults with special needs. The bazaar was a great success, and \$9,000 BND was collected to help Pusat Ehsan.

Pusat Ehsan had several options to spend the raised funds, from educational materials to a newly constructed classroom, depending on the total amount



raised. Although \$9,000 BND is not sufficient to build a completely new classroom, it is enough to make a good start. Several contractors were approached and Tiong Yon Fung Construction was selected to do the job. In the last 6 weeks a large part of the new classroom has been finished.

The KB branch of Pusat Ehsan is always happy to receive financial aid, and finishing the classroom is their highest priority. Outpost Brunei-Seria and the students of Pusat Ehsan would like to thank the Panaga community for their contribution at the bazaar. Without your generosity this would not have been such a success! Terima kasih!



Stay connected!

Are you a member of our Facebook group, Outpost Seria, Brunei? Join us there for info about upcoming Outpost events.

Also please register and check out our website: <https://seria.globaloutpostservices.com/>

It will take a community effort to keep the content accurate and relevant, so let us know if you find outdated info or if you have suggestions for what to include.



Ramadan



Ramadan 2019 Begins

Ramadan begins in May this year, and non-Muslims in Brunei are obligated to respect this holy time by refraining from eating, drinking or smoking in public during daylight hours. (Children are exempt from this obligation.) Many restaurants will be closed during the day or will only serve takeaway. Also, shops may change their opening hours to accommodate Muslim employees and customers. The month lasts 29 to 30 days based on visual sightings of the crescent moon.

Ramadan is the ninth month of the Islamic calendar and is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Mohamed. The common practice during Ramadan is fasting from sunrise to sunset. Muslims refrain from eating, drinking, smoking and engaging in sexual relations. This annual observance is one of the Five Pillars of Islam. Fasting is fard (obligatory) for adult Muslims except those are ill, travelling, elderly, pregnant, breastfeeding, diabetic or menstruating. Ramadan fasting is safe for healthy people, but those with medical conditions should seek medical advice.

Muslims are also instructed to refrain from sinful behavior that may negate the reward of fasting, such as false speech (insulting, backbiting, cursing, lying) and fighting except in self-defense. Spiritual rewards (thawab) for fasting are believed to be multiplied within the month of Ramadan. Muslims also increase their offering of salat (prayers), their recitation of the Quran, and their good deeds and charity.

The pre-sunrise meal before the fast is called suhur; the meal at sunset that breaks the fast is called iftar. Family and friends gather to enjoy these meals together and to strengthen community bonds. Restaurants often have special menus and deals to attract people breaking their fast, so it is a great time for Muslims and non-Muslims alike to enjoy some local specialties.

The celebration at the end of Ramadan is Hari Raya (also known as Eid al Fitr), a three-day public holiday. During this festival, Muslims and non-Muslims, Bruneians and tourists alike are invited to visit Sultan Haji Hassanal Bolkiah in person. The royal family of Brunei opens the palace to visitors every year to celebrate Hari Raya. If you go, be prepared to wait in long lines!



Focal Point Q&A

Outpost Brunei-Seria's New Focal Point

Marleen Spaans was appointed Outpost Brunei's Focal Point in May 2019, after first joining the Outpost Brunei Team as Career & Development Coordinator in January. As a third-generation expat, she has experienced both the challenges and advantages of living abroad. After spending her childhood and teenage years abroad as a Dutch diplomat's daughter, she embarked on her first "own" posting when she joined her husband in Dubai in 2015. She spent three years at Outpost Iraq Dubai as Editor and arrived in Brunei in November 2018.

Coming from the world of civil service, dangerous criminals, and scientific research, joining Outpost in Dubai was quite a career change. Such a change is, however, very similar to the twists and turns many spouses' career paths take due to overseas adventures. Marleen

is looking forward to helping the Outpost community find fulfilling activities and enhance their personal and professional development during their time in Brunei.

Although Marleen already gets plenty of exercise chasing after her hyperactive toddler, she is also keen to take advantage of the various sports facilities and classes on offer in Panaga.

Let's get to know our new Outpost Focal Point, Marleen!

Where are you from? Where have you lived?

I am from Utrecht in the Netherlands. As a diplomat's daughter, I was born in Bangkok and lived in the Netherlands, the U.S. and the U.K. before I moved back to the Netherlands to go to university. My parents lived abroad for another 15 years after that.

(continued)



Marleen with her husband Marten and her son Olly in the desert just outside Dubai

Focal Point Q&A

What was your previous role at Outpost Iraq Dubai?

What did you learn there?

The Outpost Team in Dubai has three desks right in the middle of the HR floor at the Shell office. Coming from a job as a civil servant for the Ministry of Justice in the Netherlands, I learned that the oil and gas industry moves fast!

The Dubai spouse and employee community was easy to reach and meet with. Outpost in Dubai also provided services for the spouse and employee community of those working in Iraq. This was a bit of a unique case as employees are only in Iraq during the working week or during their rotation and the spouses are spread out all over the world in their base countries. We never met these spouses in person but still did our best to keep them as informed about Iraq as possible.

As Editor I was in charge of all publications. This included our weekly publication to the employee and spouse community with classifieds, events within Outpost and throughout the city, and any important announcements from Shell Dubai. We also published a quarterly newsletter with a different theme for every edition. We featured in-depth articles about the United Arab Emirates, and interviews with the many Shell employees and spouses that had special talents and passions besides oil and gas.

What have you found different or surprising about Brunei?

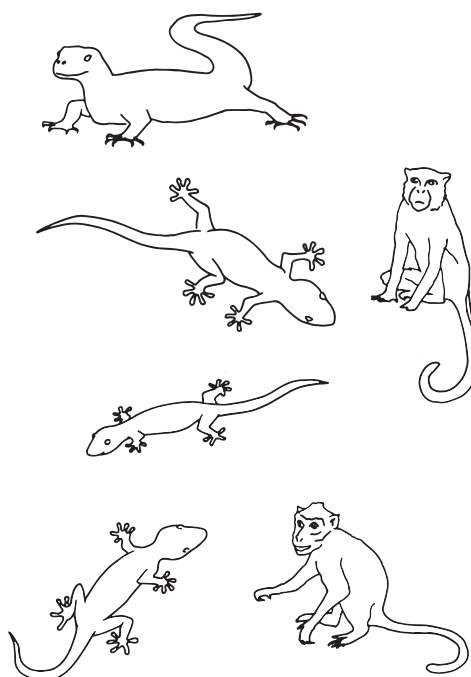
Coming from the desert, it took me a while to get used to so much green everywhere! There are so many animals everywhere, even in my garden. Now instead of skyscrapers I see Hornbills from my window. It is also a relief to not have a layer of sand on all my outdoor furniture. I have seen more rain in the past months than in all my time in Dubai.

What is your favorite place to visit and why?

During our time in Brunei we plan to travel a lot in the region. I feel a close connection with Southeast Asia because it's where my family's expat history started. I love visiting museums and seeing old pictures of now-modern cities. I can only imagine what it was like to be an expat in those times, without Skype, Whatsapp or relatively short flights home. They were the real adventurers.

Having been an expat for so much of your life, what advice would you give new expats?

Having moved around a bit, I always try to remind myself that the beginning in a new posting is the hardest, but also the bit you luckily forget about. Moving is a stressful life event and one you unfortunately just have to ride out. Once you are in your new location, my advice would be to be open to anything and everything. Your activities and the people you meet in the beginning might not be the activities and the close friends you end up with but just start somewhere! Before you know it you'll feel settled in. And in the event that you don't feel settled in – Outpost is there to help!



Cambodia

A Visit to Cambodia

By Aanchal Bhushan

We flew to Phnom Penh from Kuala Lumpur by Air Asia. The visa for Cambodia is available on arrival; you just need to have two passport pictures and \$30 USD. We were then welcomed by a local guide and transferred to the hotel to check in. That afternoon we toured the Royal Palace where the current king lives. It is home to examples of Khmer architecture such as the throne hall, the silver pagoda and the old compound of the old painting of Ramayana story. (Here you need to cover your knees and shoulders.) It is a beautiful site, though we were boiling. We then continued to the National Museum to see Khmer artifacts and statues.

On Day 2 we set off with a traditional mode of transport called a "cyclo." It is a Khmer rickshaw that has been around since colonial times. We spent about an hour on this grassroots transportation going through the interior of the town, and we ended up at the Central Market. This was the most fun part of the trip for the kids - shopping time!

In the afternoon after lunch we continued our journey to a memorial place from the Khmer rouge time. It is the largest



killing field where the Khmer rouge soldiers took prisoners to kill. You can still see the bones and skulls coming out from the grounds after every rainy season.

On Day 3 we started early for a five-hour drive to Battambang. We headed north to Udong Hill where the capital of Cambodia was before Phnom Penh and to the Stupa of several of Khmer kings. Here we hiked up 620 stairs. Then we continued to the small riverside town of Kampong Chhnang, which is famous for its beautiful landscapes and local pottery in the midst of the rice fields. We learned how the community makes pottery the traditional way and observed how sugar is collected from the palm trees. We

(continued)



Cambodia



stayed one night in Battambang and then continued towards the countryside to try authentic local products such as rice pepper, rice wine, sticky bamboo rice and dried banana. The highlight of the day was the Bamboo Train - the oldest means of transport. Then we headed off to Siem Reap, which took three hours. We visited the Silk Museum on the way.

On Day 5 we started very early at 5:30 a.m. to see a spectacular sunrise behind the famous temple, Angkor Wat. After eating breakfast we explored Angkor Wat, the world's largest religious temple and the most marvelous architecture ever. Then we pointed the tour to the archaeological park. We continued to the South Gate of Angkor Thom and Bayon Temple with the gigantic smiling faces and other ruins in the compound.

On Day 6 we started our day by visiting the exquisite temple of Banteay Srei, the citadel of women. This is the most intricate temple that earns its name.

(continued)



Cambodia

On the way back we stopped at the jungle temple known as "Ta Prohm", which is overgrown by gigantic trees.

This city is the gateway to the famous temples but still offers more than just stone. We also went to see the famous acrobatic performances of talented Khmer youth, followed by the wood carving museum where all the workers are disabled but very talented. We then headed to Pub Street to see the nightlife lovers and street

food along with massage places. Our tour guide also arranged a very nice buffet dinner with a traditional show at the Koulen restaurant, which was the cherry on top of a long, wonderful day. We had a fantastic trip and covered every aspect of Cambodia, guided by a local who was fluent in English. We were dropped off at the airport the next day, sad to leave this beautiful place.



Snapshots

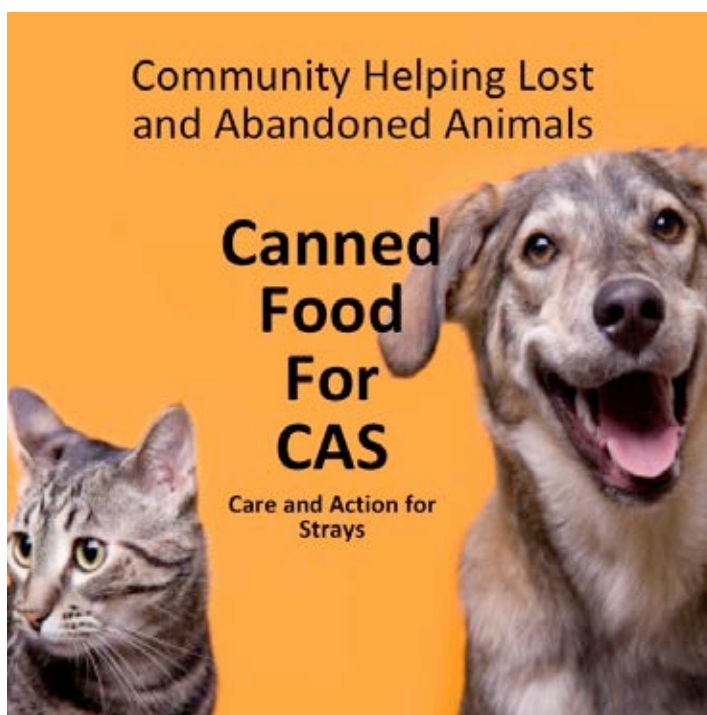
Indian Cooking Class



Snapshots



Notice Board



**Please donate canned cat and dog food to:
E8/4, SPG 316.**

WhatsApp: 673-896-4552

Your donations will go to Care and Action for Strays, foster homes, and local people known for distributing food to lost, abandoned, and stray domestic animals.



Notice Board

Settling in Sessions

These informal information meetings are held every Wednesday morning from 9 - 11 a.m. at the Outpost office. They are designed to answer any questions newcomers may have about relocating to Brunei and settling into the community.



Volunteering in and Around Brunei

Dear POP readers,

We would love to have you share your volunteering experiences in Brunei and the nearby countries: Where have you volunteered since moving here? How did you like it? Would you recommend it to other expats?

Help your fellow expats find a good cause to support! Please send your replies to Outpost Brunei-Seria 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 to 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.



Share your travel stories!

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



Language Classes

Language Classes

sponsored by Outpost

Would you like to learn Mandarin?

If there is enough interest, Outpost will start a Mandarin class. Let us know!

**Held in the Outpost office
Lapanpuluh Block A, 1 & 2:**

English

Teacher needed! Please contact us if you're interested in teaching an English class.

**Held in the Annex room
at Panaga Club:**

English for Amahs

Teacher needed! Please contact us if you're interested in teaching an English class.

Malay

Hosted by Adriana

Intermediate class

Day: Tuesdays
Time: 8:30 - 9:30 a.m.

Beginner class:

Day: Tuesdays
Time: 9:30 - 10:30 a.m.

Spanish

Hosted by Carla

Intermediate class

Day: Wednesdays
Time: 8:15 - 9:15 a.m.

Beginner class

Day: Thursdays
Time: 8:15 - 9:15 a.m.



Brunei Public Calendar

Date	Weekday	Holiday Name	Holiday Type
Jan. 1st	Monday	New Year's Day	
Feb. 5th	Tuesday	Chinese New Year	1st day of lunar month
Feb. 23rd	Saturday	National Day	Independence from the UK in 1984
Feb. 25th	Monday	National Day Holiday	
April 3rd*	Wednesday	Israk and Mikraj	The Prophet's Night Journey and Ascension
May 6th*	Monday	Ramadan begins	
May 22nd*	Wednesday	Nuzul Al-Quraan	Revelation of the Quran
May 31st	Friday	Royal Brunei Armed Forces Day	RBAF formed 1961
June 5-7th*	Wed - Friday	Hari Raya Aidil Fitri	
July 15th	Monday	H.M. Sultan's Birthday Holiday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Aug. 12th*	Monday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep. 1st	Sunday	Al-Hijra	Islamic New Year 1441
Nov. 9th*	Saturday	Maulud	Prophet Muhammad SAW's Birthday
Dec. 25th	Wednesday	Christmas Day	

* Date may vary due to the lunar calendar.



Emergency Numbers

Government Hotlines (24Hrs)

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

BSP Emergency Contact Numbers

BSP Emergency	337 2999
BSP HQ Security (24 hours).....	337 4292 / 337 4296
BSP HSE Duty Security	873 0905 / 872 1041

Medical & Health Services

Ambulance (24 hours).....	337 2200
Panaga Health Centre Outpatient Reception	337 2306 / 337 3033
Dental Clinic (office hours)	377 2540
Animal And Vector Control (24 hours):.....	872 3006

Integrated Facilities Management

Housing Gen. Civil & Electrical Maint. (24 hours)	719 3547
Camp Services.....	874 2034

Others

Panaga School Hotline (office hours)	337 2139
Panaga School Hotline (after working hours)	877 7028
BSRC Hotline (office hours)	337 3503
BSRC Hotline (after working hours).....	337 4091
Panaga Club Hotlines	337 2265 / 337 5754 / 337 2234



why not hang these on your fridge for
easy access?



Panaga Health Centre

Outpatient Department

Service hours

Monday to Thursday 7:00 a.m. - 12:00 p.m.
1:00 - 4:00 p.m.

Friday 7:00 a.m. - 12:00 p.m.
2:00 - 4:00 p.m.

Registration to see doctor

Monday to Thursday 7:00 - 9:00 a.m.
 9:30 - 11:00 a.m.
 1:00 - 3:00 p.m.

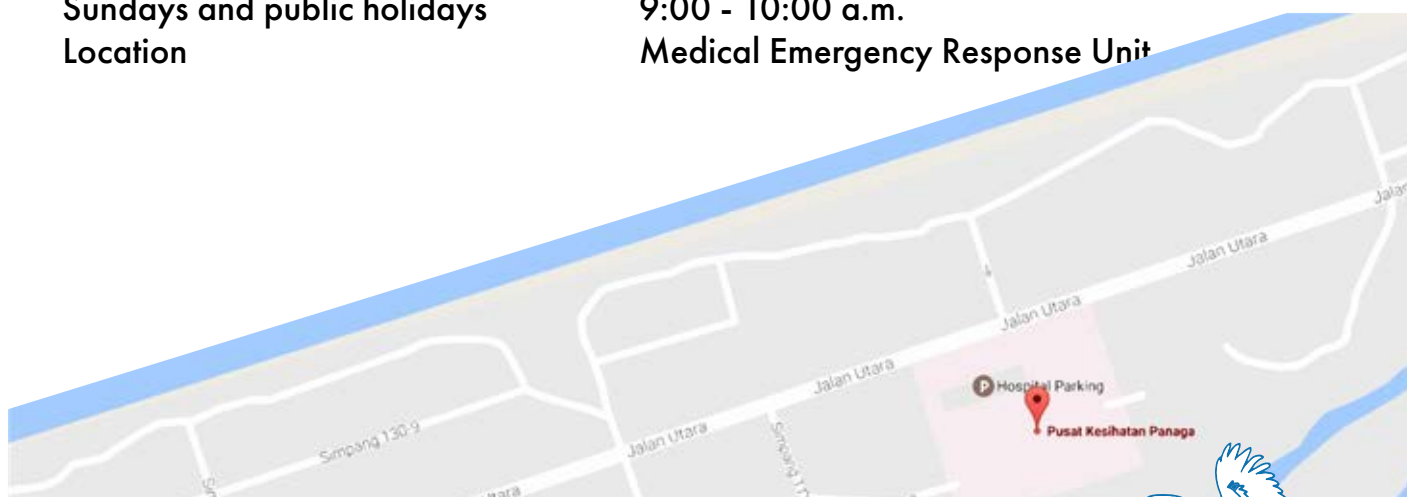
Friday 7:00 - 11:30 a.m.
2:00 - 3:30 p.m.

Extended Hours Clinic

Monday to Friday	7:30 - 8:30 p.m.
Location	Medical Emergency Response Unit

Saturdays	9:00 - 10:00 a.m.
Location	Outpatient Clinic

Sundays and public holidays	9:00 - 10:00 a.m.
Location	Medical Emergency Response Unit



Outpost Team Seria 2019



Marleen Spaans
Focal Point



Wijnand Hoitinga
Secretary



Olayinka Idowu
Treasurer



Aanchal Bhushan
Relocation Advisor



Robbert-Jan Pierik
Public Relations



Pratibha Prasad
Event Coordinator



Alvin Machia
Webmaster



Rachel Laramée
POP Editor

