



Panaga Outpost Pages
Seria, Brunei Darussalam

March-April



- › Hornbill Hunt & Bird Race!
- › Malaysia Road Trip

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-n-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 language classes
- › ... and many more!

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

Contact us

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Website: seria.globaloutpostservices.com

Facebook: Outpost Seria, Brunei

Or come visit our office!

Outpost Brunei, Seria
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Jalan Utara, KB 3534

Opening Hours

Monday - Friday: 9 - 11 a.m.

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Welcome to Outpost

Editor's Note

Welcome to the March-April issue of Panaga Outpost Pages (POP). Firstly, I would like to thank the Outpost team for their warm welcome during my first few weeks in this new role and especially to my predecessor, Rachel for all her hard work and giving inventive insights to POP. We also welcome our new Webmaster, Savannah Jung, and Communication Coordinator, Naincy Verma, who you will be seeing a lot around on our website and Facebook page.

This issue brings you the insights from the Bird Race and Hornbill Hunt that took place in February. The enthusiastic participants bring out their versions of Hornbills made up from materials found on the beach and trashed objects. Our Career & Development section brings you the stages an expat may go through when settling in a new location. This may bring some insight for our newcomers to what to expect when settling into their new homes in Panaga. We had the pleasure of meeting some of you at our two first coffee mornings of the new year. If you have any questions please don't hesitate to get in touch with us at our office or on Facebook page.

If you plan to travel in coming months, this issue also brings you a travelogue to a road trip to Malaysia. We advise you to take all precautions and safety measure considering the situation in surrounding countries.

The residents at Panaga recently were a part of the much awaited Bollywood Night and we hope for same excitement for the upcoming Dutch night in April. On popular demand, we bring you Tamu Time where we are exploring a local vegetable and a recipe from a local kitchen. Lastly, we have various activities and workshops planned for you in coming weeks, so keep an eye on our Facebook page. If you have any activities planned up or have any ideas to serve this community better, please don't hesitate to share with us.

Happy Reading!

Tripti

POP Editor



Introducing our new team 2020!



Outpost team member (starting top left) Robbert-Jan Pierik, Tripti Sharma, Wijnand Hoitinga, (starting bottom left) Pratibha Prasad, Marleen Spaans, Savannah Jung and Aanchal Bhushan. Not pictured: Olayinka Idowu and Naincy Verma.

Stop by during office hours or contact us at outpost-brunei@shell.com to make an appointment. (Photo credit: Rachel Laramee)

Hellos & Goodbyes

Hello to Pixie Ang

By Petra Moelker-Pronk

From: Born in Singapore, lived in Australia since age 2, Perth is home.
Previous posting: Kuala Lumpur (5 years ago)

Spouse: Shington

Kids: Branton (5) and Amelia (2)
Arrived in Brunei: January 2020



Photo credit: Pixie Ang

What is your first impression of Brunei?

I am amazed by the abundance and proximity of the animals. Life is simpler here. We had to wait a while for air-freight, and now we are waiting to receive our container. In the meantime, we just live with what is there. It has made me realize how much I have taken for granted and that you don't need that much stuff to be happy. It challenges assumptions or presumptions that you did not know that you have made.

In shock about....?

The jungle. Living in the jungle took me a bit by surprise. I guess I was expecting something more urban, a bigger town. Not as big as KL, but more of a city life. Australia is famous for dangerous animals, but I didn't expect to be closer to crocodiles here in Brunei (let alone having a resident croc in the golf course) and possibly fighting off monkeys. It takes some getting used to but it's great for the kids - we see how many monkeys and lizards we can spot.

What do you like most about this place?

The community. During our 5 years in KL we did not experience much of the expat community life. In Brunei, we were made to feel welcome right from the start. In our first week we were invited to a birthday party and had offers to take us around Seria and KB to show us the hospitals, shops and other important places. We found this to be vital because most of the shops signs don't indicate what they sell, so trying to find things can be a puzzle.

How about your temporary housing?

We are at Lapan Pulu, which is comfortable and has all the basics. The staff is really friendly and helpful. It has some quirks, like the toilets tend to get blocked and the internet drops in the evening when everyone arrives home from work. These quirks can be a little frustrating, but dealing with the challenges also brings us closer as a family. Not my preferred family bonding activity, but it definitely helps to build patience and resilience!

Anything essential you wish you had packed, but did not?

A hat for myself (my freckles are multiplying) and water shoes for the kids.

How about the onboarding process? Anything you missed?

The information session at the Outpost office was very helpful, and I liked the coffee morning at 49. It was a great opportunity to meet new people who came to Brunei at the same time.

The Welcome pack from Outpost was a little late, but it was the Christmas/New Year holiday period. The kids were unwell for the first couple of weeks, and we did not know where to go and who to see. Luckily the expat community helped us to figure it out.

What are you looking forward to?

To having an amah! That will give me the time to get fit, do some volunteering and to learn or re-learn skills, like badminton or tennis. I am also looking forward to moving into our permanent housing and turning that into a home.

What will be your biggest challenge?

Preparing for life after Brunei. I have worked for over 15 years and only stopped working two weeks before we came to Brunei. This posting will take 4 years; that's a long time for me to be without work. I will have to think about what I can do to stay relevant and what will give me options at the end of this posting.

Hello & Goodbyes

What is on your travel bucket list while you are here?

Perth is one of the most remote cities in the world. It takes at least 5 hours to another country. I look forward to taking advantage of the central location of Brunei and doing more traveling. China was on my bucket list, but because of the coronavirus, we will be skipping that for now. Laos, Japan and Korea are also on the list.

When we were posted in KL, we had no kids and travelled a lot - this posting, it would be great to re-visit some of the countries as a family. And of course we will want to visit Sarawak and Sabah.

What are your hopes and dreams for the next few years?

For us to settle in and build a happy life in Brunei, to constantly learn and experience new things and to make many good memories to bring home.

Goodbye to Alvin Machia

By Rachel Laramee

From: Born in Kenya, lived in UK since age 11

Going to: Stavanger, Norway

Spouse: Morgane

Kids: Erwann (1)

What were your first impressions of Brunei? Have they changed?

One thing that surprised me is that I'd read all this stuff about how conservative it was, but that was not my experience, especially in comparison to Dubai. I'm not Muslim so

most of the things didn't affect me. I found it very welcoming, very easygoing.

What advice would you give someone who's thinking of moving to Brunei or who just moved here?

Be patient. Like anywhere you can always say, "But at home it's this way" or "But at home I can get this" or "At home I can do that." You have to think, you're in a different country for a reason, for a short time, and you have to accept the country's quirks and idiosyncrasies. There are some things that you'll expect to be done a certain way, but they're not. Just be patient.

How was your experience of caring for a newborn in Brunei? Were there any challenges or benefits specific to Brunei?

Not being able to take him out for a walk anytime is the difficult one. It's just too hot. In Panaga there are very few places for his age group; there's Jungle Tots and that's about it. There's only so many times you can go to Supa Save and make it seem like a new place. (laughs)

But then on the other side he has all this green nature that he can grow up in, and it's extremely safe. Also, though he's too young to realize it, he's experiencing many cultures in one place. I think those are the two extremes. Not being able to take him out and being able to experience lots of cultures.

Getting clothing for him was challenging; I don't need blue to say it's a boy and pink to say it's a girl. Going into shops and seeing things defined that way was a bit annoying. So in the end we got most of the things from Europe. Many friends also gave us stuff which were neutral. So that was fine.

On the plus side, the fact that I couldn't work meant that I could be in a position that most people aren't, though I can only speak for UK and Netherlands mostly. Most people



Photo credit: Annika Cederberg

Outpost Brunei would like to thank Alvin for all his hard work and contagious smile, and wish him, Morgane and Erwann the very best in Stavanger!

Hello & Goodbyes

wouldn't get the chance to spend a full year with their kid, due to work, especially guys. It's just not going to happen. So the beauty about not being able to work is I can spend all this time with him.

What was your favorite place to travel to in the region?

Thailand. I knew about Thailand, about the Full Moon parties and the filming of "The Beach" and all that, so I said, "We're definitely not going there." (laughs)

I did some research, and I found out about the cultural and religious place that is Chiang Mai, and there was one trip which allowed you to go from the top, Chiang Rai, to Bangkok, and you visit lots of places in between, like the old capital, different temples, the Bridge on the River Kwai. We went through Hellfire Pass, where the Japanese made the prisoners of war build the railway. So that was shocking, just knowing the history. And Thai people are very friendly, very kind; I felt very safe there, and the food is absolutely mouth-watering. We've just recently come back from Thailand again, but now doing the southern part, just to see what the beaches and everything are like. Still amazing. We did a cooking class; that was marvelous. I just really like Thailand.

Was there anything on your travel bucket list that you didn't get to?

We wanted to see more of the islands of Indonesia, but once Erwann was born, I wasn't comfy doing that. I guess it's more a personal thing. Sumatra has tigers; I'd love to see tigers, but I've no idea how tasty Erwann looks to them. I'd love to visit Komodo and, again, don't know how tasty he looks to them. Also many of these islands have volcanic activity, earthquakes and that kind of thing. Just putting Erwann in that is not necessary when there are other places we can visit.

But it would've been nice to do. And The Philippines looks quite good. We had a choice between The Philippines and Taiwan for Christmas and only eliminated The Philippines because it needed two flights, and we were trying to minimize travel time.

Why did you start working for Outpost?

To keep busy. I went there to ask for some information and, "ambush" is not exactly the word I'd use, but it was thrust upon me that they were in need of someone for the website because someone was leaving. I wasn't doing much at that time so I thought why not. Got me out of the house. Later they needed someone for the English for Spouses and Amahs course so I did that, too, for almost a year, on and off. I loved doing the English for Amahs course. They were so enthusiastic.

What else did you do with your time in Brunei?

I volunteered at the library. I did some horseback riding and was Treasurer of the BSRC Riding Club. I took private French courses in Bandar twice a week in the evening. I took part in quiz nights.

Do you have any fond memories of Brunei you'll take with you?

We were doing some trails with locals on some weekends, before Erwann was born. They just used to write a message and say, "Do you want to go walking Sunday?" We'd go to Sungai Liang or towards Labi. I loved seeing lots of fruit trees. You can see (the fruits) in the shop but to actually see them in the wild just hanging is quite interesting. We saw durian, rambutan, that kind of thing. Morgane's colleagues also invited us to numerous impromptu makan and enjoyable karaoke sessions, though the listeners might disagree.

Did you see any leeches near Labi (because I did)?

I saw one on the trail in Labi. I actually moved my hand towards it. It sensed me and started moving towards me. I moved away and it stopped. I moved towards it again and it moved towards me. And that was it.

Were you not in the brush too much?

It must've been the season we went. It was quite dry. I think we were lucky that way. I didn't even think about it when we went until I saw one on the leaf.

What are you looking forward to in Stavanger?

I'm looking forward to being able to work.

Green Panaga

In our new regular feature "Green Panaga" we bring you interviews, in-depth articles and events in celebration of the beautiful and precious jungle environment we live in. This initiative is brought to you by several BSP departments and Panaga Club sections, including the Panaga Natural History Society (PNHS), Last Straw Initiative, Panaga School, and BSP's Environmental Affairs Department.

Bird Race and Hornbill Hunt!

by Ramon Van Dijk

The much-awaited festival, the Hornbill Day 2020 got off to a spectacular start on Friday February 20th at the Panaga Club in a colorful blend of activities with a fun twist for everyone. This was the 3rd edition of celebrating Brunei Wildlife with Hornbill Day in BSP.

With the support of the Wildlife Warriors, Panaga Natural History Society, Future Energy Lions BSP, Outpost, The Last Straw, the Panaga Club and BSP, this event was organised to promote environmental conservation and increase environmental consciousness and appreciation. The event comprised a Bird Race, presentations on birds, an art activity, and a quiz and treasure hunt to locate self-made artworks of hornbills.

The Bird Race gave participants 24 hours to photograph as many different bird species as they could within the Panaga area. There were categories for families, and individual adults and children. At least 24 species were identified and photographed. The 24-hour bird race came to an exciting conclusion with a flurry of activity in the tallying of the winners at the end. Congratulations to:

- Allison Ptak – Junior Category Winner
- Akash Anand – 9-11 years Category Winner
- Millie and Rhys Taylor - Junior Family Category Winners
- Evan and Tavis Perry – Older Family Category Winners
- Allison Jones – Adult Category Winner



Akash Anand (right) won the 9-11 category for photographing the most birds and received a bird guide from Ceri Powell (left) and Steph Straatman (center).
(Photo credit: Stephanie Straatman)

The winners all received fantastic bird guides to help them learn more about Borneo's avian wildlife. Three speakers gave engaging presentations to help the audience understand more about the birds in Brunei:

- Asian Waterbird Census: Tracking the history in Brunei through the years - Alizah Ali
- Birds in Seria - Poh-Yuk Bong
- Wildlife & Hornbills in Brunei - Jungle Dave

The Last Straw organized a competition for people to make sculptures of hornbills or other birds either from new materials or trash they collected on the beach. There were more than 20 hornbills perched throughout Panaga gardens and the kids (and parents!) managed to go from F2 to E9 finding them, scanning QR codes to find answers to the quiz questions and learning more about Hornbills in Brunei! The winner of the treasure hunt was Abby Kaile.

There was also a stand by a group of P7 students who sold beautiful hand-made bracelets and similar items to earn funds for wildlife conservation in Borneo. Last year, PNHS officiated the Hornbills Nest Box

Green Panaga

conservation work to house future generations of hornbills. This year, we celebrate the collective efforts of the organizing groups and all their members and supporters in creating more appreciation for hornbills and the many other birds that live in Panaga or migrate through.

Yes! We can all contribute to their conservation.

Thank you to BSP MD Ceri Powell for support and handing out of prizes. Huge thanks to Stephanie Straatman, Wildlife Warriors, PNHS, The Last Straw, Future Energy Lions, Panaga Club Arts and Crafts section, Outpost and all the volunteers that made the Hornbill Celebration a success!



Sculptures of Hornbills made from new materials or trash collected on the beach. (Photo credit: (left) Stephanie Straatman, (right) Akash Anand)



(From left) Lisa Thieme, Jungle Dave, Hershel Jude, Matthew Jackson, Ramon van Dijk, Jenna Anand, Donna Bonham, Steph Straatman, Alex Loi, Louise Cooke, Mark Walters, Ceri Powell. (Photo credit: Stephanie Straatman)



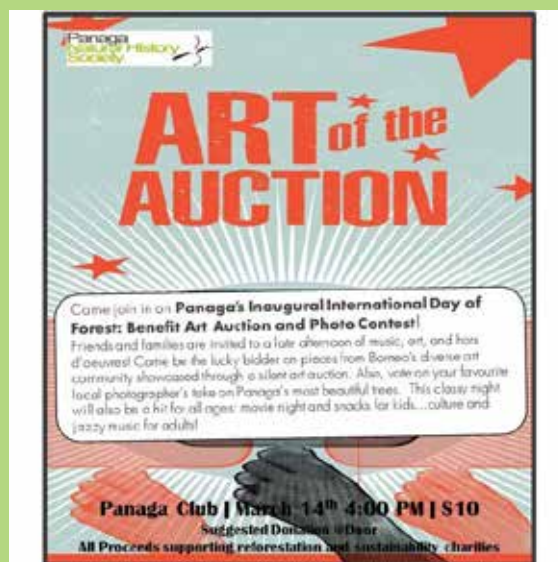
Seb Richmond, a student of P1-A during one of the activities of Hornbill day. (Photo credit: Heather Ptak)



Allison Ptak taking picture of Hornbill at kick off. (Photo credit: Heather Ptak)

Follow @panaga_environment on Instagram for more information on these and other environmental activities in Panaga!

Green Panaga



PNHS along with Last Straw, FEL, and Outpost are hosting Panaga's inaugural International Day of Forest in the Panaga Club on March 14th.

Especially exciting this year is the Benefit Art Auction featuring local artist displaying their pieces in our Silent Auction and Dr. Ceri Powell, BS MD presenting prizes to the winners of Panaga's "Most Beautiful Tree" Photography competition. Come enjoy some light bites, art, separate activities for kids, and a good time in our very own neighborhood! \$10 suggested donation at the door per adult with all proceeds going towards reforestation in the Panaga area and sustainability charities. Deadline for submission of photographs is March 10th. They can be sent to pnhs.brunei@gmail.com.

Predictable Stages Of Expat Life

By **Petra Moelker-Pronk**

After a few happy months in Brunei, something unexpected happened: a Big Dip.

I found myself at the bottom of a very deep pit that I had not anticipated at all. It took me some time to find out that there was nothing wrong with me. On the contrary: I was just going through the typical Expat Curve. Knowing that you are not alone in whatever feelings you have can be a great help. So let's have a look at these curves!

As humans, we like to think of ourselves as unique, but in many ways we are not. When faced with major changes in life, we all seem to experience more or less the same emotions. Since an international assignment is one of these big life events, there is a pretty predictable cycle of ups and downs that most expats go through. It doesn't matter if it is your first assignment or you have been all over the world. Being in a new place means you are an absolute beginner, faced with new challenges and the need to adapt. It can affect you physically, emotionally and psychologically.

There are roughly three stages people go through while moving abroad: Honeymoon, Culture Shock, and Adaptation. When displayed as a graphic model, you get a typical U-curve: high in the Honeymoon phase, low in the Culture Shock phase, and high again in the Adaptation phase.

U-curve

The U-curve of adjustment goes back to a study in 1955 by Lysgaard, who studied 198 Norwegian students who moved into a foreign community. The model became popular quite quickly in the field of adjustment theory, but it's not without controversy. Critics state the model is too simplistic and prone to generalizations.

There is some truth in that. Not every expat is going through these stages and certainly not in the same amount of time. But most of us do recognize the general pattern. Even if the model is not impeccable scientifically, it's still valuable for helping us understand the daily realities of living abroad and coping with it. Knowing what to expect and that you are in the emotional roller coaster together, can make you feel better and help you adjust more quickly.

Phase 1: Honeymoon

For most people, moving abroad begins as a big adventure. During the Honeymoon phase everything is new and exciting. You are very busy arranging housing, driver's license, school for the kids, etc. The new culture seems exotic and enchanting. People are helping you and making you feel welcome. The sun is shining all day, there's a swimming pool and you can do lots of sports. The overwhelming feeling is like being on holiday. This phase usually lasts for 3 months (the length of an extended vacation).

Phase 2: Culture shock

But somewhere along the line, reality sets in. This is not a holiday and you are not going home for a long time. This will be your home for the next couple of years. This is when the Culture Shock comes in. All of a sudden, the charming cultural differences are not so charming anymore. Nothing comes easy. Things that used to be simple, like going to the supermarket, take ages now because of the ever-changing set-up on the shelves. The funny little shops change into chaotic places with curiously illogical assortments of goods. Daily cooking turns into mission impossible because of old scrawny vegetables and absent 'must haves'.

You start missing your friends and family, some particular food, your daily routine as a city girl (or boy) and the cultural code you have always relied on. Coming from a straightforward culture, it's hard to grasp that a simple word like 'yes' can mean anything from yes (very seldom) to maybe (often) and plain no. Even the sunny climate is

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getting on your nerves. Chances are, all this is also affecting your relationship with your partner and/or children, who are probably going through their own expat curve. In this crisis you can feel homesick, lonely, unhappy, stressed or even depressed. Or you struggle with physical problems like headaches, nausea or lack of energy. It takes around 6 months to hit rock bottom.

Phase 3: Adaptation

The good thing about a serious dip is that you can only go in one direction: up! At some point you start to accept this new reality and decide you will just have to make the best of it. From that moment on, things are improving. You feel better adjusted and more integrated. You start to really enjoy time with your new friends and you develop a new daily routine. It is usually a quiet and productive phase in which you find yourself working on your goals.

Just know it's a road with ups and downs. Even when you are doing really well, you will have some occasional relapses, asking yourself 'What the hell am I doing here?' Don't worry, that's perfectly normal and usually will not last long.

Phase 4: Repatriation

When you think you have seen it all, be prepared for a nasty surprise: phase 4, Repatriation. This is an often-overlooked part of the international experience. Actually, this phase can be the hardest of all, because the place you called home all your life is not the same place you left. While you were away, your friends and family have moved on without you. And you yourself moved on without them. There is change all over the place, so it's perfectly possible your home country kind of changed to a foreign country where you don't fit in right away. So be prepared to go through the U-curve again.

What to do?

Luckily, the U-curve is not something that you are destined to sit and suffer through. Although some level of Culture Shock is inevitable, there is a lot you can do to minimize

it. The secret is not to wait for the dip but to work pro-actively and anticipate your needs.

Tips for Honeymoon phase

Use your Honeymoon phase to lay a firm foundation for your time abroad.

- Get involved with the expat community. People who have been there are an invaluable source of information and can help you settle in. Some of these people will probably be your friends, so invest in the contacts and build a support system. You will need it!
- Start activities that you like. Continue your hobbies or find new ones.
- Set some long-term goals for your assignment. Ask yourself: what do I really want to do with my time here? What do I want to do, see, learn or accomplish? What does it take for me to look back on this period with pride and joy?
- Build a routine for yourself that will help you get through the day in a way that makes you happy and supports you in achieving your goals.
- Look for things that make you happy and relieve stress. It can be anything, from a massage to a nice bookshop or a walk on the beach.

Tips for Culture Shock phase

- Remember: You are not alone! Now is the time to reach out to your friends. They probably have been there, so they know what you are going through. Sharing will help.
- Keep the lines of communication with your partner open. Leaving your job behind and suddenly being financially dependent can affect the balance within a relationship. Sharing your feelings and having an honest conversation is the best way to deal with it. Remember you are in this together. Being 'the supportive one' all the time is a recipe for disaster. Being a trailing spouse can be at least as challenging as being the working partner, so be honest

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about your insecurities and your needs.

- Stick to your routine and make sure you do your activities, even if you don't feel like it. Some structure will help you get through difficult times.
- Indulge yourself by doing the things that make you happy.
- If you are really having a bad day, lean into it and keep telling yourself that it will pass. The more you resist it, the more it will develop into a real problem. But if you accept it, it will fade away more easily.

Tips for Adaptation phase

- Although this is a quiet phase in which you find your

way back to the light, it's also a phase of ups and downs. If you prepare for the occasional backslide, it will not come as such a shock. Feeling terrible does not mean you are heading for another crisis. It just means you are having a bad day. No big deal. You had bad days back home too, so no need for alarm.

- If you experience another dip, don't beat yourself up. Just accept it. The more you can see it as a normal part of your journey, the sooner it will pass.
- Months before you go back, you should prepare for your Repatriation. Just think of it as another adventure and do what you did when you came abroad. Read, reach out and take a leap of faith. You know by now that eventually you will land on your feet.

Travel

Malaysia Road Trip

By Nova Dudley Gough

Once upon a time, a Malaysia road trip meant only one thing: driving from Miri to Brunei to go to the Supa Save. Years have passed, and now that we live in Brunei the urgency to get to the supermarket is not quite the same. We did, however, spend three years living in Kuala Lumpur and fell in love with peninsular Malaysia. Once we were settled in Brunei, our first real holiday (no offence to Miri Marriott) was to go back to this part of the world and to see it by car.

Our plan was to fly into Kuala Lumpur International Airport, drive north to Ipoh, on to Penang for a few days, up to Langkawi taking the ferry over, and then drive all the way back with one night in KL to wind up the ten-day-long trip. And we actually stuck to our plan.

Some people might be worried about traffic and driving in KL. Yes, it's busy and you do need Waze, but generally it's fine and quite a laid-back experience once you ignore the sheer number of cars on the road. We hired our car



Penang Hill. (Photo credit: Nova Dudley Gough)

directly at the airport, and this wasn't great. Despite renting from an international company, the car was old, dirty and bashed about. But it also meant we didn't stand out

Travel

too much and weren't too worried about any nicks that we might pick up on the way (not that we did, obviously).

Ipoh is one of those places that is signposted from the very centre of KL, so we skirted the city after leaving the airport itself, waving fondly at the tall apartment blocks that once were home, and headed north. Ipoh is a couple of hours' drive north through gorgeous limestone hills. The road - once you leave KL - is safe and easy to navigate. Ipoh has a thriving alternative culture with plenty of street art, fabulous food, and the famous narrow Concubine Lane with food stalls and plenty of souvenirs. The old Padang is lovely to walk to, and we spent hours pottering round the shophouses and lanes.

We stayed in Sarang Paloh Heritage Stay, in central Ipoh. Rooms are large and individual, named after local flora and fauna, with stained glass windows and high ceilings. There are plenty of nooks and crannies to explore with interesting artefacts from the region, and the building itself is an art deco delight, one of several in Ipoh. One of our first stops after checking in was to go to Plan B, the Ipoh outpost of one of our favourite KL cafes. The coffee is great, the food excellent with a mix of Malaysian and Western dishes, and the atmosphere is a mixture of hipster cool and relaxed. We were happy to be back and it was a great start to our trip.

After a morning wandering the streets, looking at the street art of Ernest Zacharevich and checking out Ipoh's famous flea market, we collected the car and started our drive north to Penang. The roads were quiet and easy to drive, and we were crossing the bridge to Penang only a couple of hours later. We'd only visited Penang once previously, and we weren't terribly impressed. Rather than staying in Batu Ferringhi again for the beach, however, this time we'd booked into a brand new heritage hotel: the type of building that tries to look like Raffles but was built only a year ago, with the main purpose of looking good on Instagram. Reader, it succeeded. The Prestige is in the centre of Georgetown, close to Little India, and totally gorgeous. Free parking and a great free breakfast,



Georgetown. (Photo credit: Nova Dudley Gough)

beautifully designed rooms and a fabulous location, as well as a rooftop infinity pool overlooking the sea. It was a great find and a nice taste of luxury at a bargain price as the hotel had opened only a month earlier.

We started our few days in Penang with a curry in Little India, enjoying the lights and sounds of the Deepavali celebration. There are some fabulous little boutiques near the hotel, with quirky stationery and ornaments for the home, as well as great places for coffee. We did visit the malls to get some serious shopping done, but once that was done we explored some of the history of Georgetown, with a tour of The Blue Mansion, a beautifully restored house that has been used as a film set for the classic "Indochine" as well the more recent "Crazy Rich Asians". We also braved Penang Hill, taking the funicular railway to admire the views. Well, I braved. Most other people seemed to think that taking the world's steepest tunnel track was an entirely normal thing to do, the fools. The views were worth the anxiety, however, and while we were up there we also visited The Habitat, a trail through rainforest with ziplines and swings, and enjoyed the scenery. We left Penang this time with a newfound appreciation (and much

Travel



Georgetown. (Photo credit: Nova Dudley Gough)

larger bellies thanks to all the great food).

From Penang it was a relatively short drive to Langkawi. We left our car in a secure(ish) car park for about RM10 a day (there are plenty on the road leading up to the ferry at Kuala Perlis) and took the ferry as foot passengers. The ferries run fairly frequently, and while it's advisable to book in advance for busy periods, we had no problem getting tickets. The journey takes about an hour but there isn't any food available on board (and I looked, believe me).

Recommended places-

Sarang Paloh Heritage Stay, Plan B Ipoh, Ernest Zacharevic, The Prestige Hotel Penang, The Blue Mansion, Penang Hill, The Habitat and The Westin Langkawi.

On arrival at Langkawi we were greeted by a statue of the famous Langkawi eagle and also many shops and places to buy yet more food. We booked a cab using Grab, the Malaysian taxi app, and it took us to our hotel, The Westin. I think this is the part of the article where I am supposed to describe the sights of Langkawi, but honestly we were so happy to relax at the hotel, with its pools and lovely beach, that we actually didn't see any of them. Oops. Still, it's nice to have a reason to return...

We took the early ferry back to Kuala Perlis because we

had a long drive ahead, all the way back to Kuala Lumpur. The ferry had other plans, however, because about ten minutes after leaving we realised that the engines had stopped and we were drifting around. Some tug boats and an hour or so later, we'd been rescued from our aimless bobbing and were back on a different ferry, eventually getting to our car a couple of hours later than planned. The direct drive to KL took about ten hours, not helped by terrible weather. We stopped at rest stops for dumplings and donuts and lots of Starbucks, and eventually managed to get to our hotel in the centre of KL. Rather than having a couple of hours to explore Little India, we settled for more shopping at a mall and grabbed a quick drink at another rooftop pool. Our flight left KL for



Ipoh. (Photo credit: Nova Dudley Gough)

Bandar at lunchtime the next day, just enough time for a long lie-in and a short argument with the car hire people. The trip was a great adventure for us. While not the most relaxing of holidays (Langkawi excepted), it reignited our love of Malaysia and was a welcome return to this kind of travel after four years out of Asia. It's a great way to people watch, see places outside of KL's Golden Triangle and really feel the different aspects to Malaysia's history and culture. We can't wait to do it again.

Pusat Ehsan Al-Ameerah Al-Hajjah

Grand Opening Of New Pusat Ehsan Classroom

By Savannah Jung

On Monday, February 17th, students, families, volunteers and an excited community joined together to celebrate a special occasion. With balloons floating in the breeze, the sound of music and children laughing, and anticipation in the air, the new Early Years Classroom at Pusat Ehsan Al Ameerah Al Hajjah Maryam, KB was blessed and celebrated. This new addition to the school has been years in the making, beginning with the success of a 2018 fundraiser that made this dream possible.

In October of 2018, Outpost, with the help of business owners and the community as a whole, hosted a Panaga bazaar. Business owners, restaurateurs, and many others donated time, services and products to be sold at the Bazaar. Dr. Ceri Powell, BSP's Managing Director, offered her home as the location for the Bazaar to take place.



(From left) Yinka Idowu, Marleen Spaans, Naincy Verma, Aanchal Bhushan, Wijnand Hoitinga, Thamini Kilbride, Mas Aznie, Prathibha Prasad
(Photo credit: Savannah Jung)

The event was a roaring success with over 200 people participating and a total of nearly \$10,000 raised for the school, double the initial target set by the team.

Sixteen months later, the new addition is finished, ready to be blessed and shown to the community and volunteers who helped make it a reality. After the blessing, Hamimah Hj Sapar, the branch manager, gave a commemorative

speech, thanking volunteers and speaking of all the good that this classroom will provide the students and teachers. When the school started back in 2009, they had only 11



Opening ceremony. (Photo credit: Savannah Jung)

students and two teachers. Now, over a decade later, they have grown to a class size of 53 students and four teachers. This new classroom extension will be able to accommodate 20 students and includes interactive learning areas where teachers are able to work with students in more personalized and effective ways than before.

"During the completion of the classroom extension, there were challenges," Hamimah Hj Sapar said in her commemorative speech. "But that did not stop me. I received a lot of support from the government agencies, individuals, parents and guardians who helped with the completion of the extension."

This school has been a huge help to the students and their families, offering a safe space for them to grow and learn at their own pace. The story and purpose of this school touched the heart of one expat who eventually went on to volunteer as a teacher until she had to leave for her family's next assignment. Lee Moore first learned about Pusat Ehsan from an article that she read in POP where Hamimah Hj Sapar was interviewed. Lee is a qualified primary school and special education teacher and saw that her talents were needed at Pusat Ehsan. She began as a volunteer assistant for the Early Years class but soon saw that she could help even more. She became a mentor to the other teachers, created visual resources and conducted professional development for the staff, offering

Pusat Ehsan Al-Ameerah Al-Hajjah

and implementing strategies for the best ways to support the students. During her time volunteering at Pusat Ehsan, she made great memories working with Hamimah Hj Sapar and the other teachers.

One of her favorite parts of volunteering was the relationships she developed with the students in the classroom. "(They) are just so sweet," she recalled.

Since the school is a charity, they rely primarily on dona-

tions and the volunteers who work there. Monetary donations are welcomed as are educational items and everyday classroom supplies like paper, laminators and stationary. Specific resources are needed for the special education classes like sensory toys, deep pressure vests, fine motor equipment and other supportive resources. If you feel compelled to help through donations or volunteering, you can contact Hamimah Hj Sapar at her office 8670077 or 3347503.

Positive Pathways

By Yinka Idowu

In a world, swamped by the negative effects of social media, constantly barraging our young humans with pressures few of us had when we were their age, what better way to kick out of the doldrums than to give the world, a boost of positive air by practising the art of kindness through the "Positive Pathway Message".

Thursday, 6th February was a very spirit lifting morning as the children in the Panaga school came out in force and demonstrated their support for one another through an artistic show of love and care from their little corner to the

immediate community and the world at large.

They took over the pathways that connects the Teraja (the senior primary) and Rampayoh (nursery and junior primary) and turned it into a street gallery of uplifting messages. Teachers and parents were not left out, joining in to contribute their own works to the gallery.

The result was a series of edifying messages that brought smiles to the faces of all who had the chance to see the resulting vista. The Panaga School sure did make the world a better place with a simple gesture of positivity and kindness!

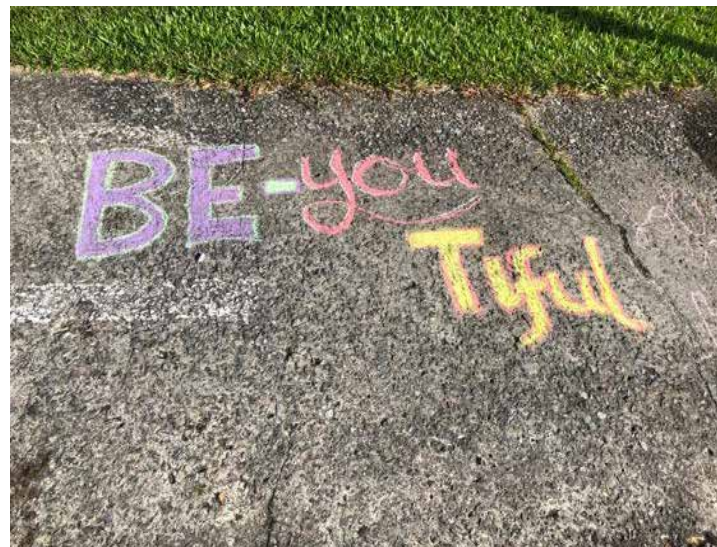


Some positive illustrations on bike path by students and teachers. (Photo credit: Yinka Idowu)

Positive Pathways



Photo credit: Yinka Idowu



Tamu Time - White Radish



Photo credit: Rachel Laramée

Tamu Time: White Radish

By Petra Moelker-Pronk

Among all the colourful vegetables at the tamu (the open-air market in Seria and KB), one stands out for its shining white colour: white radish. This long, crunchy vegetable is highly versatile. Because it is adaptable to many different cuisines, it is a star in kitchens all over the world.

White radish is known by different names. In Hindi it is called mooli, and in Chinese cuisine it is generally known as luobo. The Japanese name is the most descriptive one: daikon, which means "big root". The vegetable resembles a large, plump, white carrot. Depending on the variety, white radishes range in size from about 6 inches to the length of an arm.



White Raddish without leaves. (Photo credit: Petra Moelker-Pronk)

Edible parts

Both the roots and the leaves of white radish are edible. The greens have a quite peppery taste and can be eaten raw in salads or cooked in soups and hot dishes.

Raw white radish root has a sweet and lightly spicy flavour, a bit milder than the peppery red radish. Although it is often peeled before use, the skin is perfectly edible. The flesh is very crunchy and juicy and can be served raw or cooked. It is used in salads and as a garnish, and it's frequently used to make crisp and lightly spicy

pickles. Grated and pickled with carrot, it's a common topping for Vietnamese sandwiches. Cooked, it tastes mellow and sweet and becomes very tender, a bit like turnip. It is a popular ingredient in a number of soups and stews, as well as in Chinese turnip cakes and North Indian curries.



Vegetarian Daikon Soup. (Photo credit: Petra Moelker-Pronk)

The beauty of radish is that it is very low in calories (only 18 calories per 100 grams) and is almost completely fat free. The vegetable is a good source of vitamin C too.

Storage

Always look for radish that is firm and undamaged and has fresh leaves. Because the leaves spoil faster than the root, it's best to remove the leaves and store them separately. The leaves will keep for up to 3 days, whereas the unwashed root will last 1 to 2 weeks if it's wrapped in a plastic bag in the refrigerator. Blanched and refrigerated, it can last for up to a month.

Tamu Time - White Raddish

Vegetarian Daikon Soup

(4 servings)

Ingredients

- 4 cups water
- 4 teaspoons vegetable stock power
- 2 slices fresh, grated ginger 1 large daikon, cut into thin slices
- 2 leeks of spring onions
- 1 large carrot, cut into thin slices
- 4 nests of egg noodles
- Pepper and salt to taste, fresh coriander (optional)



Method

1. Bring the water to a boil. Add the vegetable stock powder, stirring until blended.
2. Add the ginger, daikon, carrot and noodles. Stir the noodles carefully to separate them.
3. When the noodles are almost cooked, add the spring onion and pepper (and coriander, if desired).

Outpost Coffee Mornings

Newcomers' Networking Morning at 49 on 22nd January, 2020



Photo credit: Tripti Sharma



Snapshots

Coffee Morning at Outpost office on 27th February, 2020



Holly Savoie, Helena Campbell and Marleen Spaans at Outpost office.
(Photo credit: Rachel Laramée)



Savannah Jung, Aanchal Bhushan and Wijnand Hoitinga.
(Photo credit: Rachel Laramée)

Panas Eco Relay Race

By Michiel Bosch

On 1st of February PANAS the athletics club of the Panaga Club organized a new event called Panas Eco Relay.

Seventeen teams participated of different ages and composition. The fastest team was "Scrambled Legs" followed by "The Achilles Heels". Third place went to "The Purple Goats", a family team of which two of the runners were children. There were also father and son teams and a full children's team called "The Mini Lightings" who came eighth.

The Eco Relay Race is a new event is new event for Panas because we have never done a relay race before, but also, we aspired to do it waste free. Running events can be very wasteful. At water stops you are normally handed a plastic bottle or plastic cup with water, which you throw on the ground once finished, to be picked up later. This time we had water, but you had to bring your own cup or bottle. Fast runners wore hydration-vests and for more leisurely runners a handheld cup worked out fine. This concept worked out fine. We still need to test if this is also appreciated at longer distance races, but we will use this approach for all our future events.



Photo credit: Marleen Spaans



Photo credit: Marleen Spaans

Snapshots

Bollywood Night 'Love Aaj Kal'

By Vikas Bhushan

On Saturday 29th February, Bollywood Nite 2020 was held. This was the 6th edition of this event, which provides an evening of music, dance and great Indian food for the Panaga community. This year's event pays tribute to one of the most timeless Bollywood movie themes, and one that is almost synonymous with many of the most popular movies over the past decades: ROMANCE.

The theme of "Love Aaj Kal" (meaning Love Nowadays) is drawn from the 2009 romantic comedy drama film, which portrays the feeling of pure love which never changes even though the perspective of recognising one's soulmate may change over time. A sequel of the same name was released earlier this year.

It was by all accounts an amazing evening, with a stunning entrance featuring a walkway through lighting hearts leading to an entrance through a majestic Taj

Mahal and into the venue itself at the rear of House 49, which was used with the generous consent of our MD Dr. Ceri Powell. Guests at the event enjoyed themed photobooths, delicious food and drink and danced the night away on the huge dancefloor to a mix of Bollywood, English and Latin music. Many of the guests arrived in impressive outfits, and Mr. & Mrs. Bollywood prizes were awarded by His Excellency Mr. Ajaneesh Kumar, the High Commissioner of India to Brunei Darussalam, who was also in attendance. Later in the evening, a light-hearted cutest couple competition was held and a lucky couple was recognised as being the cutest in keeping with the theme of this event.

This event was the result of many weeks of hard work by the organising committee from the Indian Section of Panaga Club, lead by the Chairperson Vikas Bhushan and supported by a team of dedicated volunteers who worked tirelessly to make this event a great success.



Photo credit: Savannah Jung



Photo credit: Savannah Jung



Photo credit: Savannah Jung



Photo credit: Savannah Jung

Snapshots

Bollywood Night 'Love Aaj Kal'



Photo credit: Aanchal Bhushan



Photo credit: Savannah Jung



Photo credit: Aanchal Bhushan



Photo credit: Savannah Jung



Photo credit: Tripti Sharma



Photo credit: Savannah Jung

Notice Board

Ruby and Henry need a new home!!

Ruby and Henry are good natured dogs currently living in Panaga but in need of a new home. Both are rescues, neutered and vaccinated.

Ruby is a long haired 11 year old female and Henry a short haired 2 year old male. Very safe with kids; at the same time great for security.

Can move together or separately.

WhatsApp Liz on 895 0481.



4 little puppies (5 months old)
looking for loving home
Pls contact : 7299777

Need help with a pet or stray?



Jeremy can answer virtually any question you have about...

- ...rescuing dogs and cats.
- ...fostering or adopting dogs and cats.
- ...pet health or training issues.
- ...rehoming a pet when you leave.



He is also available to help with the logistics of catching, spaying/neutering, and vaccinating domestic animals. So if you need help with or advice about your pet or a stray, contact Jeremy (+673 896 4552)!

Notice Board

LUCKY NEEDS A NEW HOME



Lucky is a fantastic Security Dog who currently lives in Panaga but needs a new family. She is a beautiful healthy local crossbreed shorthaired female dog. She has been spayed and is fully up to date with her vaccinations. She is a large friendly dog, about 2 years old and full of life. Best suited as a single pet dog and to a family with older children.

If interested please contact;
Fraser +673 710 9342

BOTCHOY



Please contact Mye at 673 889-4361

Botchoy was a camp stay puppy 3 years ago. He was rescued as a puppy and his family had to relocate when their contract ended. He has all vaccinations and has been neutered. Very energetic, healthy, and strong. He is a sweet and gentle boy with the expat family's children, aged 2 and 5 years old, and a good guard dog. We are looking for a new loving home for him; ideally someone who loves running and long beach walks.

Thank you ☺

Community Helping Lost
and Abandoned Animals

**Canned
Food
For
CAS**

Care and Action for
Strays



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.

NIKO

Introducing NIKO! 2.5 years old, spayed, vaccinated, healthy & active; NIKO was rescued as a pup & has been cared for in a loving Panaga foster home. Sadly her family are leaving Brunei & NIKO is looking for a new foster or adoption family to love her. In return NIKO will look after the family home & take people for walks. NIKO has been brought up with children.

Contact Jean
0723 5599

Care and Actions for Strays



Notice Board



Did you know...

M&S delivers to Brunei?

To find out what other online shopping options are available, join the "Online Delivery to Brunei" Facebook group!



Want to hire an amah?

At the Outpost office we keep amahs' CVs on file for your perusal. Stop by during office hours or contact us at outpostbrunei@shell.com to make an appointment.



ARE YOU LOOKING TO

- ▶ Build your confidence?
- ▶ Grow as a leader?
- ▶ Improve your communication & public speaking skills?

TOASTMASTERS INTERNATIONAL

visit **OTTERS Toastmasters Club** – it will change your life

Every Wednesday 7:30 PM | Panaga Club Teratai Room | Ph: 8651669

Now located at Panaga Club!

Language Classes

Language Classes at Outpost

Malay - Beginner

(Starting September 2020)

Tuesdays with Adriana

9:30 - 10:30 a.m.

Malay - Intermediate

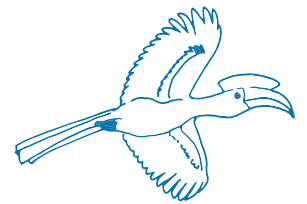
Tuesdays with Adriana

8:30 - 9:30 a.m.

Mandarin - Beginner

Wednesdays with Nancy (and others)

9:00 - 10:00 a.m.



All language classes are held at the Outpost office (Panaga Club, 1st Floor).

To register, send an email to outpostbrunei@shell.com.

Would you like to teach English?

We are looking for someone to teach an English class for amahs. Get in touch if you're interested!



Brunei Public Calendar 2020

Date	Weekday	Holiday Name	Holiday Type
1 January	Wednesday	New Year's Day	
25 January	Saturday	Chinese New Year	1st day of lunar month
27 January	Monday	Chinese New Year Holiday	
23 February	Sunday	National Day	Independence from the UK in 1984
24 February	Monday	National Day Holiday	
22 March *	Sunday	Israk and Mikraj	Prophet's Night Journey and Ascension
23 March *	Monday	Israk and Mikraj Holiday	
24 April *	Friday	Ramadan begins	
10 May *	Sunday	Nuzul Al-Quraan	Revelation of the Quran
11 May *	Monday	Nuzul Al-Quraan Holiday	
24-27 May *	Sun - Wed	Hari Raya Aidil Fitri	End of Ramadan Festival
31 May	Sunday	Royal Brunei Armed Forces Day	RBAF formed 1961
1 June	Monday	Royal Brunei Armed Forces Holiday	
15 July	Wednesday	H.M. Sultan's Birthday Holiday	
31 July *	Friday	Hari Raya Aidil Adha	Festival of the Sacrifice
20 August *	Thursday	Al-Hijra	Islamic New Year 1441
29 October *	Thursday	Maulud	Prophet Muhammad SAW's Birthday
25 December	Friday	Christmas Day	

* Date may vary due to the lunar calendar.

Panaga School Calendar 2020

PANAGA SCHOOL ACADEMIC YEAR 2019 – 2020					
	PUPIL DAYS			CPD & TEACHER PREPARATION DAYS	
	PUBLIC HOLIDAY *Are subject to change			SCHOOL HOLIDAY	
JANUARY	30	31	1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
FEBRUARY	27	28	29	30	31
	3	4	5	6	7
	10	11	12	13	14
	17	18	19	20	21
MARCH	*24	25	26	27	28
	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
APRIL	30	31	1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	*24
MAY	27	28	29	30	1
	4	5	6	7	8
	*11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29
JUNE	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
	22	23	24	25	26
JULY	29	30	1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	31
AUGUST	3	4	5	6	7
	10	11	12	13	14
	17	18	19	20	21
	24	25	26	27	28
	31	1	2	3	4

Community Calendar

Panaga Events

Thurs., 12 March	Outpost Career & Development Workshop: Your Career as an Expact Partner
Sat., 14 March	International Day of Forests
Sat., 14 March	Art of the Auction (see p. 9)
Mon., 16 March	Feel Better with Massage
Thurs., 19 March	Outpost Career & Development Workshop: Understanding Migration Success
Thurs., 9 April	Outpost Ramadhan Awareness Session
Fri., 17 April	Dutch night



Want your Panaga picture featured
on our next cover page?
Email us at outpostbrunei@shell.com
by 15th April, 2020



Settling in Sessions

When: Every Wednesday morning from 9 - 11
a.m.

Where: Outpost office (Panaga Club, 1st Floor)

What: Outpost volunteers are available to
answer newcomers' questions about relocating
to Brunei and settling into the community.

Event Information

Seria, Brunei Darussalam




Career & Development Workshop

Your Career as an Expat Partner



Moving abroad with our family often means leaving behind a career we love; because we don't get a work permit, do not speak the language or it is hard to find a job that can be combined with your family's needs.

Is this the end of the professional you? Would you still like to pursue your own career some day? How to go about this? In this workshop we look at what possibilities there are in Brunei and beyond to keep developing yourself professionally abroad.

Our facilitator Margot Stroeken is a Life and Career Coach and an Associate at Clarity Brunei.

Date: Thursday, 12th March 2020

Time: 9.30 – 11.00 a.m.

Location: Outpost Office, Panaga Club first floor

Register by emailing OutpostBrunei@shell.com by March 10th



INTERNATIONAL DAY OF FORESTS 2020

PANAGA CAMP TREES & WILDLIFE HABITAT

Saturday March 14th



PHOTO CONTEST FOR PANAGA'S BEST TREES

Two Categories:

1) **Panaga Camp's Most Beautiful Tree**
Adults (18+) | Juniors (12-18) | Kids

2) **Panaga Camp's Most Interesting Tree**
Be creative- it could be the tree or anything with/around the tree to make it "interesting"
Adults (18+) | Juniors (12-18) | Kids

Winners to be awarded prizes by Cent Powell, BSP MD on March 14th 2020 16:00 at the Panaga Club during the International Day of Forest 2020 Event hosted in partnership with PNHS, Future Energy Lions, Last Straw, and Outpost.

Entry Rules:

1. Send your photos to pnhs.brunei@gmail.com by Friday March 13th noon with the title "Photo Contest Entry - [Your Name]"
2. Maximum 8 entries is 3 per category
3. Include name, phone number, email, name of each photo, and GPS tag/description of the tree's rough location.
4. Tree must be located within the Panaga Camp boundaries shown below.








Event Information

F.U.N Event...
Upcoming fun event to
know more about the
healing massages and
exercises with so
many benefits...



DATE-
16TH MARCH
TIME-
9:30-11:30 AM
VENUE-
F4-24

Session led by- Linda
Marie Christie

Feel better with Massage
MASSAGES ARE MORE THAN
JUST INDULGENCES. THEY'VE
PREVENTED HEALTH AND MIND
TREATMENTS.

Neck pain
Ten best massages since 1990... Swedish massage...
People with chronic neck pain reported a 50 percent
improvement after six sessions, according to a 2009
study in the *Clinical Journal of Pain*. They even scored
30 percent better on the pain-relieving test than the
back Disability Index (DI assesses the pain's impact).

Depression
Take your pick: Swedish, Shiatsu, and other massage
types may ease depression, a 2010 meta-analysis in
the *Journal of Clinical Psychology* found. How?
Massages reduced stress hormone levels, heart rate,
and blood pressure, and eased stress and relaxation
by triggering the release of dopamine and serotonin.

High blood pressure
A study in the *Journal of Alternative and
Complementary Medicine* found that
after people with normal blood pressure
had deep tissue massage for 45 to 60
minutes, their BP fell—specifically, by
an average of 20 mmHg systolic and 10 mmHg diastolic.
applies, and 5.3 mmHg diastolic.

Lower back pain
Back problems can be
complex. One solution is
simple: Swedish massage.
Swedish massage can help you
relax, and trigger an
endorphin release that makes your
muscles feel good. And that
might help create with all
sorts of lower back pain,
notes a 2008 meta-analysis
in the *Journal of Spine*.

Athletic performance
"Massotherapy" massages target muscle tension
and stress, and a 2013 study in the *Journal of Strength
and Conditioning Research* found that even a 30-minute
massage improved leg muscle range of motion, leg 6-foot
vertical jump, and 100-yard sprint time. Try it: Find
where muscle tension and stress are and stroke your
fingers, and rub the spot in small circles with your thumb.

Stress
You don't need a full body
massage to feel good. In a
2008 study from Sweden,
one 10-minute Swedish massage
improved people's heart rate, cortisol
levels, and blood pressure—all
of which help ease stress.

**Many common massage
types reduce your stress
hormone levels, blood
pressure, and heart rate.**

Constipation
Would you like an abdominal massage with that
Lemon? Yes, you would. A 2008 Swedish study found that
people who received a massage along with a laxative
constipation treatment had significantly better results
than those who took only the laxative.

Seria, Brunei Darussalam

OUTPOST

NEW SERIES
Research presentations!

Career & Development Workshop

Goal pursuit and acculturation:
a fruitful novel approach to understand
migration success



Did you know that so many accompanying spouses in Panama and all over the world are currently conducting meaningful research, or have done so in their "previous" life? Outpost Brunei is starting a new series in which we want them to tell us all about it, in layman's terms!


Kicking off this series is **Agnes Toth-Bos**, who finished her PhD in November 2019 on **the role of motivation and goal pursuit in acculturation among first-generation migrants**. Besides her research she taught at the Organizational Psychology departments of a Dutch and Hungarian University, worked as a psychologist in The Netherlands, and trained as a family therapist in Budapest.


Her thesis title is a mouthful, but migration is a topic that unites us expats. For this presentation Agnes will tie her research findings in with her own experience as a self-initiated migrant from Hungary to the Netherlands. Please join us!

Date: Thursday, 19th March 2020
Time: 9.00 – 10.30 a.m.
Location: Outpost Office, Panama Club

Register by emailing OutpostBrunei@shell.com
by March 17th
Want to present your own research? Email us!

Event Information

Seria, Brunei Darussalam




Ramadhan Awareness Session


Date: Thursday, April 9th 2020

Time: 9:45 – 11:00 a.m.

Location: Auditorium, Panaga Club

The holy month of Ramadhan is set to start on April 24th of this year, depending on the moon sighting. Whether this will be your first Ramadhan in Brunei or you have been here for a while, take the opportunity to ask any questions you may have to BSP's Employee Relations Advisor during HR's Ramadhan Awareness Session for spouses.

Coffee, tea and light snacks will be available from 9:45 a.m. The session will start at 10:00 a.m. sharp. Please register by emailing outpostbrunei@shell.com by Tuesday, April 7th.





Local Etiquette

Behaviours to be mindful of when in Brunei

Dear New Arrivals and visitors to Brunei,

Welcome to Brunei. Bruneians and the Bruneian culture is warm, hospitable and welcoming. Bruneians value family, community, respect, honour and care. In the context of these values and their strong Islamic beliefs there are several behaviors that are deemed not acceptable which we urge everyone entering Brunei to be aware of.

While residing in Brunei or visiting Brunei, be mindful of the following behaviours that are not culturally accepted and can be misunderstood. It is important not to underestimate the potential legal consequences resulting from these behaviours. Anyone who gets into legal difficulties in these areas should report them to Legal Team in BSP. Please take some time to review the list and keep in mind that anyone detained or questioned by officials should remain calm, polite and cooperative.

As Islam is the official state religion of Brunei Darussalam, with its political system governed by the constitution and national tradition of the Malay Islamic Monarchy ('Melayu Islam Beraja' or MIB), there are strict rules and behaviors that everyone is expected to adhere to. The role of face, shame and honor is crucial to Bruneians, emphasizing the importance of respect and manners. Homosexuality is not condoned.

Please refrain from:

- Making disparaging comments about (i) His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam; (ii) The Government of His Majesty The Sultan and Yang Di-Pertuan of Brunei Darussalam; and (iii) the Royal family of Brunei Darussalam
- Making public anti-Islamic/blasphemous statements
- Gifting religiously inappropriate presents to Muslims (e.g. toy dogs, anything made of pigskin and non 'halal' foods)
- Failing to cooperate with the police or armed forces
- Swearing or using obscene language and gestures in public
- Pointing with the index finger is considered extremely rude in Bruneian culture
- Public displays of affection (kissing, hugging etc.)
- When meeting locals of the opposite sex, it is inappropriate to have any physical contact and it is not customary to shake hands (you can nod your head in greeting and wait for them to extend their hand).
- Non-Muslims in the company of a Muslim of the opposite sex in a secluded place is considered inappropriate.
- Wearing clothes that are revealing or not conservative in the office, public and government offices (bare shoulders, low cut blouses, shorts or skirts above the knee etc.) are not acceptable
- When entering a Bruneian person's home, it is recommended to take off your shoes
- If you own a dog, please keep it out of the way if you expect Muslim visitors to your home
- Entering someone's private property without formal permission
- Possession and/or use of illegal drugs
- Possession of fire-arms
- Being intoxicated in public, drinking alcohol in a public place and offering alcohol to a Muslim
- Don't eat and drink in the presence of Muslims during the month of Ramadan
- Disseminating false information on social media
- Proselytizing (i.e. trying to convert Muslims)
- Failing to inform the Police if a person you sponsor, such as a maid, goes missing

If you have any questions or require further information, please contact any of:

outpostbrunei@shell.com: Outpost Focal Point;

Kannan.Govindasamy@shell.com: Head of Ethics & Compliance, BSP;

Beverley.Ogbaide@shell.com: Lead Policy & ER/IR, BSP HR;

Ivo.I.Verstralen@shell.com: Shell Shareholder Representative, Upstream

Emergency Numbers

Government Hotlines (24 hours)

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

BLNG Security.....	337 8247 / 337 8248
BSM Security.....	337 6820 / 277 3715 / 277 4277
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 Clinic

Service hours

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

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



New timings to see the doctor! If this is on your fridge, don't forget to replace it.

Extended Hours Clinic

(Medical Emergency Response Unit)

Monday - Friday 7:30 - 8:30 p.m.

Saturday, Sunday 9:00 - 10:00 a.m.

Public holidays 9:00 - 10:00 a.m.



Outpost Brunei Team 2020



Marleen Spaans
Focal Point



Wijnand Hoitinga
Secretary



Olayinka Idowu
Treasurer



Aanchal Bhushan
Relocation Advisor



Robbert-Jan Pierik
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