



Panaga Outpost Pages
Seria, Brunei Darussalam

Sept-Oct

- › Caring For Your Caregiver
- › Taking a Break From Panaga
- › Cook Moringa

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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Facebook: Outpost Seria, Brunei

Or come visit our office!

Outpost Brunei, Seria
Panaga Club, 1st Floor
(opposite gym entrance)
Jalan Utara, KB 3534

Opening Hours

Monday - Friday: 9 - 11 a.m.

Contents

Welcome to Outpost	2-3
Caring for Your Caregiver	4
A Culinary Experience for Kids	5-6
One Year in Brunei: A Life Changer	7-8
Adventures in Aquaponics	8-13
Nature Walk in Panaga!	14
Making Your Time in Brunei Matter	15-16
Partner Development Programme (PDP)	16-18
Cooking, Culture and Friendship	19-20
Taking a Break From Panaga:	
Residence 118	20-21
Tamu Time: Moringa Leaves	21-22
Tamu Time: Okra	23-24
Hellos & Goodbyes	24-26
Notice Board	26-27
Snapshots	28-32
Language Classes	33
Brunei Public Calendar 2020	34
Panaga School Calendar 2020-2021	35
Community Events	36-42
Local Etiquette	43
Emergency Numbers	44
Panaga Health Centre	45
Outpost Brunei Team 2020	46



Editor's Note

Welcome to the September-October issue of Panaga Outpost Pages (POP) that is filled with event listings and exciting activity articles happening around Panaga. With easing restrictions, the community can enjoy more activities and events. The summer holidays have ended and a new academic year has started. We welcome all the new families that have arrived in Panaga. After the unusual travel, we hope you settle in Panaga well and enjoy this wonderful community to its fullest.

The new hobbies picked by residents such as gardening and aquafarming during the lockdown are showing their effects now. This issue brings you a wonderful article, which resulted from one of these hobbies - Aquaponics. The Green Panaga section also brings you out the details Brunei's national flower : Simpoh Air. Keep an eye out for this flower when you next walk in Panaga. Our readers also share experiences of traveling within Brunei. Bandar definitely has some good weekend getaways like Residence 118 and Eco Ponies Garden for day trips.

We are excited to announce that the Outpost office has returned to its usual opening hours. So, feel free to stop by for a chat with us in the mornings. We are looking forward to enjoying some coffee with new families arriving in Brunei. If you have any questions or suggestions, please don't hesitate to get in touch with us via email or Facebook. We would love to hear your stories about living in Panaga.

Also, if you have any ideas to serve this community better, please don't hesitate to share it with us. We are always looking for new ideas for workshops and activities.

Happy Reading!

Tripti Sharma

POP Editor



Share with the community through Outpost!



Volunteering

We would love to hear about your volunteering experiences in Brunei and 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!

Travel Stories

For many of us, living in Brunei is an opportunity to explore the region, so we're always eager to hear unique and interesting travel stories. If you have visited an unusual destination or taken part in an exciting activity in a well-travelled place we would love to hear from you.



Feature

Caring For Your Caregiver

By Tripti Sharma

One of the perks of living in Brunei is the ability to get a domestic helper (an amah). They help you settle in your new house, babysit your little ones, do your cleaning, laundry, ironing, and even take your fur babies for a walk. In no time they become a part of your everyday lives and unknowingly we start depending on them for the majority of our housekeeping work.

During the initial days of our move to Brunei, we didn't know about all the necessary documents that are required for amah transfer. With the help of an agent and friends, we got everything sorted ranging from transfer documents, stamps, renewed cards, and medical insurance. But for a long time, it was unclear for



Photo credit: Tripti Sharma

a pandemic. It is advisable to ask your agent who gets the transfer documents to arrange for medical insurance as well. Alvin, who arranges most of the documents for transfers in Panaga, can also apply for medical insurance on your behalf.

What does standard medical insurance cover?

Again, depending on what type of insurance you take, most of them cover accidents. It also includes admission to the hospital resulted from that accident. For any outpatient, the employer covers the full cost. There are certain restrictions like pregnancy or past illness, which are not covered by most insurance types. The insurance company can claim any inpatient bills.

Where to go if your amah is not well?

For outpatients, one can go to Panaga Health Center or other clinics in Seria and Kuala Belait (KB). The consultation fee may vary from 25 BND to 44 BND. Clinics like Dr. Amir's Clinic (KB) and Yong Clinic (Seria) are open almost every day. One can even go to KB hospital in severe cases.

How long is the process for medical insurance applications?

It takes approximately 30 days after submission. Due to COVID-19 it can take a few more days than usual.



Pre-Nursery kids with their Amahs. (Photo credit: Roshini Thomas)

us – what to do when your amah needs some medical treatment. Some do not prefer to go to Panaga Health Center or others have their 'preferred' doctors. With the advent of COVID-19, it was more important to know the dos and don'ts. We were told to go straight to Panaga Health Center but later we found out that there are many clinics you can go to avoid long queues, etc.

Where to get your amah's medical insurance?

There are only a few types of medical insurances that one can choose from. However, none of them covers

Feature

A Culinary Experience for Kids

By Vikas Bhushan

On Sunday, 23 August, an exciting event was held for kids at Panaga Club. It was an interactive culinary experience which brought to life four universal elements of good cooking for any cuisine from around the world: Salt, Fat, Acid and Heat. It was inspired by a best-selling book by Samin Nosrat and the popular Netflix series of the same name.

Children had the opportunity to learn more about each of the four elements in a classroom-style session. Samples of different types of salts, fats and acidic ingredients were introduced for the kids to see and taste. The session was presented by two experienced professional Serikandi chefs: Chef Joseph and Chef Hafeez. They prepared a menu of international dishes from Italy, India, Japan, France (with influences from Norway and Canada) and Holland, which were used to bring the four elements to life during a practical session. The kids had the opportunity to help in selecting ingredients and to think about the effects these choices would have on the dishes.

The practical session, which was held on the balcony, was engaging for the children, who were able to help in cooking and plating the dishes under the watchful eyes of the two chefs. They were also able to taste the outcome of each of the dishes, cooked with different combinations of the four elements, and to comment on the outcomes with reference to what they had learned during the classroom session.

The children then received a brief demo on kitchen safety from the chefs, who talked about the importance and usage of fire extinguishers and fire blankets. The session closed with the children receiving certificates from the chefs for mastering awareness of the elements of good cooking.

This event was offered free of charge for the children and was made possible with support from the outgoing BSP Managing Director, Dr. Ceri Powell. A special thanks also goes out to Serikandi Manager Mr. Imtiaz Ahmed, to the Panaga Club Social Sections Chair (Wijnand Hoitinga), to Aanchal Bhushan for supporting during the event, to Anusha Bhushan for the photography and to Agus for catering support.



Cooks and organizers from the event.
(Photo credit: Anusha Bhushan)



Chris Anand (left) and James during the event.
(Photo credit: Anusha Bhushan)

Feature



Participants and chef during the event. (Photo credit: Anusha Bhushan)



Participants and chef during the event. (Photo credit: Anusha Bhushan)



Participants and chef during the event. (Photo credit: Anusha Bhushan)



Participants and chef during the event. (Photo credit: Anusha Bhushan)



Participants at the event. (Photo credit: Sfah Cook)



Smoked Salmon Avocado Salad prepared during the event.
(Photo credit: Sfah Cook)

Feature

One Year in Brunei: A Life Changer

By **Petra Moelker-Pronk**

Some milestones are easily overlooked. Like one year in Brunei... Because there's no need to check my agenda here, I have completely lost track of time. But this summer it was actually a year ago that we traveled to the other side of the world.

Looking back, I am amazed at how fast time has flown by. It seems so recently that we arrived in our temporary accommodation in KB Sentral, entering a whole new world. Endless days in the spacious, yet empty apartment. The short breaks (yay!!!) for arranging visa, driver's license and a proper house. Then again: entering the silence. The absence of any structure, whatsoever. Getting used to an existence in which Jalan Pretty is the center of the world and buying a light bulb or shower curtain is a serious expedition that can easily take up your morning. The strange experience of time passing by quite quickly, while you feel you are doing absolutely nothing. By the time we moved out of KB Sentral I found myself in a Zen-like state, wondering why I ever thought I needed anything apart from the bare necessities in this apartment....

The next phase (entering "ordinary life") was all about discomfort. Big time! The inconvenience of an empty agenda, the absence of a reason to get out of bed in the morning, being able to read a book during the day, not paying my own bills anymore and even a notification on Wim's phone whenever I withdraw money from the bank. Quite an uncomfortable experience when you were used to taking care of yourself all of your life. That raised some big questions like: who am I without my work? And how does being officially being "dependent" affect our marriage? Questions that I was totally unprepared for.

By now I also have to face the fact that there are things I will never get used to. The heat doesn't get more bearable - not even a little bit. Going outside remains a

daily challenge and a serious limitation.

Being an expat also means living with loss. I do miss a lot. Especially things that always seemed so small and obvious you hardly noticed them. Like modern city life. Trendy, industrial cafes and the joy of architecture. The endless choice of good restaurants. The fabulous skyline of Rotterdam. A moderate climate. Something seemingly simple like seasons. A row of tall, straight poplars in motionless clouds of morning mist. A walk along the beach on a windy day. A yellow carpet of autumn leaves in a deserted beech forest. Breathing in crisp air. The sight of playful foals next to our house. And above all: our children. For all of us, this Brunei adventure is a masterclass in letting go and growing up.

The good news is, living in this foreign country is a great adventure. Operating outside your comfort zone definitely is a highway in personal development. Over the last year I've done a lot of things I never thought I could do or would dare. Driving on the left side. Playing golf between crocodile ponds. Walking the Borneo canopy. Writing articles in a foreign language and being okay with making mistakes. Taking a plane all by myself. Giving help. Asking for it. Making friends. Not having to be liked by everyone. Adding to the community. Embracing the power of vulnerability. Exercising personal leadership. Telling the amah that I would like to make some new arrangements (reclaiming my house...). Saying no. Feeling the fear and doing it anyway. Living at a slower pace. Allowing myself to enjoy life.

At the time, I was not eager to leave the Netherlands, to say the least. Actually, my coming here involved a lot of kicking and screaming, since "adventure" is not exactly on my bucket list. But a lot has changed since then. Apparently, being an expat can be a life-changing experience. Somewhere along the line transformation set in. Far away from my home country and the people I love, I learned some important lessons about courage,

Feature

resilience, self-esteem, friendship and trust.

When we moved to Brunei, I brought a card with a motivational quote on it as a reminder of what I wanted to achieve: "Life begins at the end of your comfort zone". Here's what I learned over the past year: it does! Moving to the other side of the world is quite a challenging journey, but it's also an amazing one, since it's a window of opportunity for personal growth. I would not have missed it for the world.



(Photo credit: Laura Summers @lord_lcs taken from Unsplash website.)

Green Panaga

In our 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.

Adventures in Aquaponics

By Rachel Laramée

Because the climate, soil quality and pests in Panaga present challenges for vegetable gardening, it should not have surprised me to learn that several households are taking a crack at aquaponics, the environmentally friendly food production technique touted to work pretty much anywhere. However, what little I knew of aquaponics seemed super complicated, so I was indeed surprised. And impressed. And I had to know more.

But let me back up. You might be wondering, what is aquaponics?

Aquaponics combines aquaculture (fish farming) with hydroponics (the cultivation of plants in water instead of soil). These two activities, on their own, have some drawbacks that virtually disappear when you put them together. Fish waste and uneaten fish food release ammonium, so the wastewater from aquaculture is a pollutant. Hydroponics, on the other hand, requires fertilizers that are expensive and must be constantly replenished, and the wastewater can also be a pol-

lutant. However, in a very circle-of-life way, aquaculture wastewater is the perfect fertilizer for hydroponic gardening.

But what does it look like to put them together? Ankur Singh was gracious enough to take me on a tour of the two aquaponic gardens he's cultivated over the past few years—one in his backyard and one in his carport. There are variations on how to do it, but the concept is simple. The fish live in a tank, swimming around and producing wastewater. Water from the tank is pumped into a grow-bed for plants. Bacteria in the grow-bed turn the ammonium into nitrites and then nitrates, which are plant food. The plants clean the water as they grow big and strong and produce lots of healthy food for humans, and the clean water is flushed back into the fish tank to freshen the water for the fish.

Once I sort-of-kind-of understood the process, I had to ask what inspired Ankur to take up this somewhat elaborate hobby. He said it started with some disappointed attempts at container gardening, which he'd enjoyed in Bangalore where the weather is cooler and drier—much more conducive to gardening. After trying

Green Panaga

to grow vegetables in Panaga, he was discouraged by how much effort was required for such a paltry yield, and he decided to give aquaponics a try.

"I like fish and I like gardening," he explained, "so why not put them together?"

The first stop on my tour was the intermediate bulk container (IBC) system he has set up in his carport. It looks more like privacy landscaping than a laboratory, especially from the outside. There is a tank for the fish, some tubes pumping water into the grow-beds, and a bell syphon to flush the water from the grow-beds back into the tank. The bitter melon, cucumbers, mint and pumpkin are flourishing.

Whereas this IBC system is a relatively compact, plant-heavy version of aquaponics, his backyard set-up is much larger and, when I visited, very fish-heavy. He had recently pulled up most of the plants in an attempt to handle an infestation of ants and white flies (more on this later). Before that, judging from his harvest records, it was a veritable aquaponics farm back there. At one point he was getting 4 to 5 kg of ridge gourd EVERY DAY, which is obviously more than he and his wife and all their friends could consume. Even after pulling most of the plants, the pak choy, betel leaf and lemon balm crop make the backyard lush and green. Still, there aren't enough plants there to keep the water clean for the fish, so he transfers the water once or

For detailed information about setting up an aquaponics garden, see Ankur Singh's presentation on the Outpost Seria [website](#).

twice a week to the carport IBC system, where the plants can use the extra food.

Speaking of the fish: In the large, concrete tank in the backyard, there wasn't much to see until Ankur threw in a handful of feed. The water started churning as the fish rushed to get a snack. Though hardly cuddly, their get-up-and-go made them pretty endearing. A few minutes later Ankur threw in a scoop of duckweed ("It's their salad," he said), which didn't generate quite as enthusiastic a response. Maybe they were full.

Ankur's focus is more on the vegetables, the fish being quasi-pets, and he seems to enjoy the chemistry aspect of monitoring the levels of Ph, nitrates, nitrites and ammonium in the water. For other Panaga aquaponics enthusiasts like Shalini Lopez D'Costa, the interest is somewhat reversed.

Shalini and her family acquired their aquaponics system from a family who was leaving Panaga, and Shalini said it was simple enough to transport and set up. Their system uses both the nutrient film technique (NFT) and media beds, and they've had success growing betel leaf, two types of mint, pak choy and lettuce. They're also working on honey melon and papaya, but



Ankur's backyard aquaponics garden in its full glory, before the ants.
(Photo credit: Ankur Singh)



Shalini is growing Indian spinach, betel leaf and mint. Regular spinach and any kind of gourd should also grow well with the NFT technique.
(Photo credit: Shalini Lopez D'Costa)

Green Panaga

the family mostly enjoys the ready supply of fresh fish to eat. Of course, because this is the jungle, the family has had some competition for the fish from other local carnivores. When a monitor lizard started making itself at home in the family's garden, the family assumed it was just sunning itself. It was not.

"A few days in," Shalini remembered, "I noticed it carrying away one of the large tilapia. That's when we realised it was there for the fish... He probably managed only two large fish over two days, but we had a few fish that were traumatized by the whole thing and died a few days later or committed suicide by jumping out."

Undeterred, Shalini and her family figured out how the lizard was getting at the fish and took measures to deny access. Still, Shalini said, "it took a lot of scares from the children, amah, Louis and myself to get them to realise that the fish weren't theirs!"

My takeaway is that cages or screens might be necessary to protect the fish from predators and the vegetables from monkeys, but Shalini also had some advice for handling the smaller, insect-level pests that can harm the plants. Because the three systems—fish, bacteria and plants — are interconnected, pesticides on the plants will harm the other systems and are, perhaps, against the spirit of things. (This is also true of conventional food production methods, but in those, it's easier to ignore the literal and figurative downstream effects of pesticides and fertilizers.) There are some solutions for handling some pests, but in aquaponics, there's always the nuclear option: "submerging the media beds in water for a day or so... and repeating if necessary," Shalini suggests. This is what Ankur had to do, though he didn't sound too upset about taking a break from ridge gourd.

This might sound intimidating and complicated, but cultivating fresh food at home is viscerally appealing, and apparently it's catching.

After seeing Shalini's set-up, Thomas Lassaigue was intrigued by the elegant simplicity of the system, especially its low-tech gizmos like the bell syphon. Earlier this year, he found himself in possession of a pile of wood from a house extension he'd had dismantled, which was perfect material for building the tank and grow-bed. The final push was a batch of tilapia babies that Shalini's family was looking to off-load, which roughly coincided with the borders being locked down due to COVID-19.

Thomas acknowledges that the weekends at home, which if not for COVID would probably have been spent traveling, gave him more time for the project. And though the initial outlay of effort might seem onerous to some, Thomas got a lot of satisfaction from building the structure, especially because it was a family affair. His kids, Louis and Alice, along with some of their friends, made the fish tank their own by painting sea creatures on the sides. They also have a couple of pet koi living among the tilapia.

Thomas is still in the early stages of setting up the system, which gave me the opportunity to see the different components before they became hidden by flourishing plants. It also offered a different perspective on the whole process. Rather than focusing on the chemistry of the operation, Thomas is hedging his bets. When I visited, half of his fish were living in the outdoor tank and the other half in an aquarium in the living room. He had the grow-bed half full of gravel and was waiting a bit before pouring the rest. A few days later, he had some seed starters ready to go.

He said that sourcing the materials for the system was pretty straightforward. The tubing (food-grade PVC), the water pump, the air diffuser (or bubbler), the fish, the food, the seeds, and the testing kits are all available locally at various shops in KB and Bandar. Thomas ordered the fish tank liner from China because he couldn't confirm that the used ones sold here were

Green Panaga



Ankur's carport IBC system. (Photo credit: Rachel Laramée)



Shalini's set-up uses both NFT and media beds. (Photo credit: Shalini Lopez D'Costa)

not contaminated with chemicals. (Brand-new fish tanks are available in Bandar, but they are, obviously, more expensive than reclaimed wood and elbow grease.)

Though Thomas still has a bit of work ahead of him, Ankur explained that most of the effort and expense of aquaponics is frontloaded, during set-up. It takes about two months for the necessary bacteria colony to develop, and after that, the system is about as hands-off as a garden can be. The two main inputs are food for the fish and water to replace what is lost to evaporation through the plants' leaves. (Ankur uses tap water, which he keeps in tubs so the chlorine can evaporate.) The electricity required to pump the water is roughly the amount used by a light bulb or two, which is negligible compared to the energy required to cultivate and ship conventionally grown produce. You have to monitor the Ph, nitrate and ammonia levels monthly or as needed, and, of course, you have to plant and harvest the produce, but that's about it.

As with any elaborate project, the devil is in the details, and mistakes are inevitable. Ankur admitted if he could do it again, he would reverse the position of his backyard fish pool, which gets a lot of light, and

the grow-beds that are in the shade. This is obvious only after the fact, and he got so many vegetables anyway that he seemed not at all regretful. Even Shalini's monitor lizard episode seems more like an amusing anecdote than a cautionary tale against the whole endeavor.

Unsurprisingly, aquaponics is not an instant-gratification pastime, though neither is conventional gardening. However, the paradigm for how we spend our time has definitely shifted. Thomas reflected that his folks at home in France were also getting a bit more "back to basics", with hobbies like gardening, as a result of the pandemic. For us here in Panaga, where traveling was a way of life, it made little sense to invest time and money in projects that would surely be neglected before they even got off the ground. Now that travel options are limited for the foreseeable future, the weekends ahead might look like a protracted yawn. But maybe there's some crazy undertaking, like aquaponics, that can provide the satisfaction of putting down roots, even if those roots happen to be in water.



Japanese Koi. (Photo credit: taken from Unsplash.com Daniel @grounded)

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

Green Panaga



Ankur's simple solution to the pest problem plaguing his bitter gourd is a plastic bag fastened the top of the fruit as it grows. (Photo credit: Rachel Laramée)



Ankur got his tilapia from a fish farm close to Temburong Bridge. Tourist boats out of Bandar can take you to a tilapia fish farm upon request. (Photo credit: Rachel Laramée)



When the water in the grow-bed rises to a certain level, the bell syphon automatically opens a valve to flush the water back into the fish tank. (Photo credit: Rachel Laramée (RL))



Water from the Thomas's fish tank flows into the half-filled grow-bed. (Photo credit: Rachel Laramée)



Tilapia grow according to the size of their tank and how much they're fed. These small ones await dispatch to Thomas' larger fish tank. (RL)



Thomas' aquaponics set-up, in progress. (Photo credit: Thomas Lassaigne)

Green Panaga



Adam Eli paints a turtle for the fish tank.
(Photo credit: Thomas Lassaigne)



Carlos poses with his crab painting.
(Photo credit: Thomas Lassaigne)



Thomas help Elsa paint a starfish for the fish tank.
(Photo credit: Thomas Lassaigne)



Mimi paints a dolphin for the fish tank.
(Photo credit: Thomas Lassaigne)



Louis paints his octopus for the fish tank.
(Photo credit: Thomas Lassaigne)



Alice puts her mark, a shark, on the fish tank.
(Photo credit: Thomas Lassaigne)

NEW

Nature Walk in Panaga!

Environmental enthusiasts are joining forces to create a detailed listing of common plants found in Panaga. Starting from Panaga Club, 'Nature Walk' sign boards are placed on a 3 km loop along the bike path. In this new section of POP we will explore many different aspects of the wonderful biodiversity in Panaga Camp. Keep an eye on our Facebook page, "Outpost Seria, Brunei", for more updates.

Simpoh Air

by Ratna Arif-Powell

Local name: Simpor and Simpoh air

Scientific name: *Dillenia suffruticosa*

- › Brunei's national flower.
- › A commonly seen shrub with large glossy green leaves, cheery yellow flowers and pink star-shaped "fruits".
- › A plant of enormous vigour that blooms every day of its life - which may be fifty if not a hundred years!
- › The bud of a flower swells visibly and turns yellow on the morning before the day it would bloom. The next day around 3 a.m., the flower starts to open becoming fully bloomed about an hour before sunrise. The petals drop off by 4 p.m. and the sepals fold back on the young fruit in the evening.
- › The fruits take exactly five weeks to set and open at 3 a.m.. Each pink star-shaped fruit capsule is fully expanded long before sunrise, with 7-8 "rays" displaying purple seeds that have a fleshy bright red aril. These are eagerly eaten by birds and monkeys. So much so that it is difficult to come across an open fruit with the seeds still



Photo credit: Ratna Arif-Powell

present.

Plant parts and uses:

Leaves

- › Used as plates and for wrapping and packing food.
- › For aiding in wound healing, relieving rheumatism and treating fever.

Fruit

- › For treating cancerous growths.

Roots

- › Studies have suggested anticancer, antiviral, antidiabetic, antiaging, neuro-protective, cardio-protective and atherosclerotic plaques disrupting properties. Also suggested to have beneficial effects towards asthma, osteoporosis, bone loss, skin damage and mineral absorption in intestines.



Photo credit: Ratna Arif-Powell

Career and Development

Making Your Time in Brunei Matter

By **Petra Moelker-Pronk**

In many ways, moving abroad is a life changer. For spouses, one of the biggest challenges is to cope with the fact of not having a job. When your partner goes to work in the morning there lies a whole day ahead of you that is no longer automatically filled with work. Your known routine has disappeared. This raises the question: what do you do with your time?

For me that was a completely new question, because my life has always been dominated by work.

And I underestimated how drastic the loss of it can be. In the beginning there was no problem, since it felt like a holiday. But after a while, not working started to feel pretty uncomfortable.

Suddenly I was no longer Petra, but "the wife of Mr. Moelker..."

No longer a journalist, but "unemployed..."

No longer financially independent, but officially "dependent..."

It felt like I had lost my identity. Who was I without my job? Although I was busy all day, everything I did seemed to be completely meaningless. On top of that, the loss of my income also harmed my self-confidence. Not contributing to the household made me feel useless.

I now know that I am not the only one struggling with this. Many partners have difficulty leaving their jobs behind. It's quite logical, because work is much more than just a way to make money. It offers a daily routine, structure, pleasure, pride, self-confidence, social contacts, purpose and meaning.

There are people who no longer want their partner to ask "what did you do today?" because they feel they have done nothing. That is fairly intense, because you



Taken from Unsplash.com, Green Chameleon, Bristol, UK.

probably will spend a few years of your life here...

For me, change started with awareness. Awareness of my own position, which led to its revaluation. Supporting your partner and ensuring that everything runs smoothly at home is not nothing. Without your support, your partner would not be able to do his or her job.

So, you are in this together! Realizing that helped me regain my confidence and made me see I did have a choice.

Life is not something that "happens" to you but something that you can actively shape - also here in Brunei. Perhaps especially here in Brunei, because here we have something special in abundance: time. That's a tremendous gift. A rare opportunity to do something you are really passionate about or have dreamt about for a long time. All you need is to ask yourself a simple but fundamental question: "What do I want?". What does it take to ensure that one day you will look back on your time in Brunei with satisfaction? Or, in the larger perspective, on your life?

Maybe you want to pursue a new hobby, take a work-related course or start your own business.

Maybe you dream of developing your creative side or your social skills.

Whatever the answer is, it's all about doing something

Career and Development

that is valuable to you.

Don't listen to the little voices in your head that tell you:

"I can't do that..."

"It is far too difficult to organize..."

"I can't combine studying with caring for the kids..."

"I'm too old for that..."

We are not defined by our work or the work of our partner, by children, by an international move or by past choices. There's only one person who holds the key to your future and can allow you to grow and develop: you! When it comes to purpose and meaning, the most important thing you can do is take your deepest wishes deadly seriously. So, take a leap of faith and ask yourself "How can I make my time in Brunei matter?" – and then go for it!

Partner Development Programme (PDP): Questions & Answers

By Petra Moelker-Pronk. Sourced from HR manual, BSP website.

As part of moving abroad for a longer period of time Shell recognises the need for non-working spouses to maintain their professional competence or even start a new development. This is captured under the Partner Development Programme. It might be interesting to take a look at it if you are thinking about taking up a course.

The following questions will be answered below:

- 1 What is the PDP?
- 2 For whom is the PDP?
- 3 How much will the PDP reimburse?
- 4 How about repatriation?
- 5 Which costs are allowable?
- 6 Which cost are non-allowable?
- 7 How to apply?

Q: What is the PDP?

A: The Partner Development Programme (PDP) is a provision which offers financial assistance to help partners to find a job, start a new career or maintain and transfer employment-related skills from one country to another (whether moving to the Host Country or repatriating).

Q: For whom is the PDP?

A: PDP only applies to Recognised Partners on a Long Term International Assignment (LTIA). If you choose the Unaccompanied Basis, your partner is not eligible, as it is assumed that he or she remains in the Base Country.

Q: How much will the PDP reimburse?

A: 80% of eligible and receipted costs will be reimbursed, up to a maximum reimbursement of Euro 6,500 per expatriate assignment for the first four years of the assignment.

For each Service Year in the Host Country after the initial four-year period—and while remaining on expatriate terms, even though it may be a new assignment—the partner will be eligible for an additional PDP budget of Euro 1,625 per year, even if the last year on assignment is a partial Service Year. If the partner has not used all of the Euro 6,500 during the first four years, it will be carried forward to subsequent years and the additional annual amount of Euro 1,625 added to it as set out above.

Q: How about repatriation?

A: If the partner incurs a cost after repatriation, (whether or not s/he made a PDP reimbursement claim during the international assignment) that cost can still be reimbursed. The maximum reimbursement will be Euro 6,500, also on the basis of 80% of eligible and

Career and Development

receipted costs (to be claimed within the first two years following the repatriation). The Employing Company will pay any tax due on the reimbursement. Unused PDP budget during the expatriate assignment will not be carried over in this case.

Q: Which costs are allowable?

A: Professional skills and qualifications.

Study for professional-level qualifications is eligible, including short professional courses (e.g., existing qualified accountant taking extra taxation qualification) and professional conferences.

Allowable-

- › Professional refresher courses aimed at those re-entering a profession (e.g., returning teacher programmes); may also include courses specifically related to change of career, e.g., Teaching of English as a Foreign Language (TEFL).
- › Computer/website/internet skills, software or word-processor training courses.
- › Required books, CDs and/or software uniquely related to covered courses (e.g., Windows XP for a home PC would not be unique to a specific course and, therefore, would not be covered).
- › Courses that lead specifically to eligibility to operate a commercial enterprise.
- › Leisure and hobby courses for professional or personal development.

Tertiary/higher education

Tertiary or other higher education costs are allowable. Courses and resulting qualifications must involve significant study and assessment and must not be obtainable on the basis of previous qualifications, experience or payment of a fee.

Allowable-

- › Degree or MBA courses, Open University-type courses giving credits towards tertiary qualifications.
- › Professional refresher courses aimed at those re-entering a profession.
- › In all cases, the educational establishments and the qualifications obtained should be nationally recognised, e.g., by government regulatory bodies such as the Ministry of Education or Industry or by national professional institutions.

Professional membership fees

If the partner was practicing in a profession that required fees to be paid to a Base Country organisation before the assignment, and it is necessary to continue paying these fees so s/he can continue practicing in that profession upon repatriation, these will qualify for reimbursement. If the partner is practicing in the same profession in the Host Country it is assumed that any fees required in the Host Country will be paid by the employer and will not be reimbursed under PDP.

Allowable-

- › Registration with a general medical council that is required in order for a doctor to practice, e.g., the General Medical Council in the UK.

Language training

- › If the partner wants to take advanced language lessons (or any language training that is not covered by the language training policy), the PDP may be used for this purpose.

Job search

- › Costs associated with searching for a job in the Host or Base Country will be reimbursed, the latter within a period of six months prior to repatriation so that the partner can begin the re-integration

Travel

process prior to leaving the Host Country or within two years after repatriation.

Allowable-

- › CV preparation, translation, evaluation and legalization of certificates.
- › Job market 're-entry' programmes, career re-orientation programmes.

Cultural training

- › Unless provided directly by the Host Company, cultural training for the Recognised Partner will be covered under PDP.

Q: Which costs are non-allowable?

A: Costs that are considered as non-reimbursable under the PDP provision include costs of computer hardware, communication links, books and software unless they are required for a course. The costs of obtaining a work permit are also non-allowable under PDP.

Travel costs to the training establishment, courses or seminars will not be reimbursed and will be on own account. Accommodation costs are not allowable unless integral to the course, e.g., Open University Summer School, and should then be limited to modest, student type accommodation.

Q: How to apply?

A. Applications go through the employee i.e., your working spouse: HRO/2, BSP expat services, BSP-Expat-Services@shell.com.

The Global Expatriate Policy team makes the ultimate decision whether an expense is an allowable cost.

Participant Melodie Price

"PDP gave me the option to continue my career"

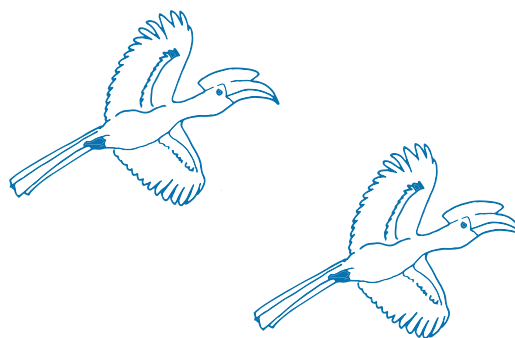
Melodie Price, a Radiology Technologist from Canada, is one of the partners who applied for the PDP. She has been a participant for almost two years and is about to

get her degree. Melodie is happy to share her experience with the program.

"I applied for the Partner Development Programme when we first arrived here to Brunei almost two years ago", she says. "My husband and I had just moved from the Netherlands, where I was working full-time as a radiological technologist in Rotterdam. As the accompanying spouse in Brunei, I knew that it may be difficult finding employment. Therefore, I decided that I would use the PDP to my advantage in keeping up to date with my career by completing a Bachelor of Health Science degree via Dalhousie University in Canada. It has been very convenient, as all my studies have been completed through an online platform. The online method offers flexibility, so that I can access my work from anywhere, whether at home or on the go, any time – day or night."

According to Melodie the lifestyle in Brunei is very enjoyable, flexible and accommodating for studies. However, in her experience it also can be tricky juggling homework, kids and things around the house. "But I enjoy having structure in my days and was able to manage everything fine. I will be graduating in the fall of 2020. The plan is to use this for my career development in global health radiology initiatives."

Based on her own experience, Melodie can fully recommend the PDP to other spouses. "It allows you to do something that maybe you are passionate about. In my case, it was important for me to continue my career development when arriving here, and this gave me that option."



Travel

Cooking, Culture and Friendship

By Nova Dudley Gough

Have you ever wondered what on earth some of those vegetables are at the local tamu? Looking for a fun activity out of the Panaga bubble that you can do with your friends? Why not try both - and go on a cookery course?

A group of six friends ventured to Lamin Warisan, a historic site only 47 km drive away from Panaga, to enjoy the day-long cookery course run by Eco Ponies Garden. Situated on the bank of a river, the day began with a foraging trip to the chef's farm, where different plants were identified and collected in local baskets for preparation in the kitchens. While some of the attendees were familiar with the different vegetables and plants, such as pekis and tagari, others had never used them before. The trip happened while some restrictions were in place because of COVID-19. When restrictions are relaxed, instead of foraging, a market trip is usually arranged and the cooking class is held in the tranquil surroundings of Eco Ponies in Lamunin.

After the plants had been collected, it was back to the kitchen to learn how to prepare four dishes. The chef also explained how the ingredients could be used in different ways and also talked about the other plants and vegetables that are available locally, including which flowers are edible.



Residents from Panaga at Eco Ponies Garden.
(Photo credit: Katharine Miles and Claire Wodtke)

The dishes were:

Tagari Cucumber Salad - absolutely delicious and very fresh. And you can make it as spicy as you want.

Maies Ayam Serai - similar to chicken skewers but instead of being cooked on a wooden stick, it's barbecued on lemon grass stalks.



One of the dishes cooked at Eco Ponies Garden. (Photo credit: Katharine Miles and Claire Wodtke)

Udang Kucai - delicious prawns cooked with local herbs and spices.

Stir Fried Pekis - a little like medin, this fern-type plant was picked in the morning.

Umbut Rotan Salad - a staple of kampong cuisine made from the umbut rotan palm, found growing in the jungle in Brunei. Chef made this particular dish and it was somewhat of an acquired taste!

Seeds for butterfly pea plants and galangal roots were also given, so a little kitchen garden could be grown at home.

A great, different, yet still very Bruneian activity - good value and even worth repeating. Just make sure to wear comfy shoes and clothes as you will be on your feet all day.

You can find contact information for Eco Ponies Garden on their Instagram page: [@eco_poniesgarden](https://www.instagram.com/eco_poniesgarden) or by telephone +673 8913811.

Cost for this course was around \$80 per person and lasts for about five hours.

Travel



Residents from Panaga at Eco Ponies Garden.
(Photo credit: Katharine Miles and Claire Wodtke)



An Eco Ponies Garden staff member showing locally grown greens.
(Photo credit: Katharine Miles and Claire Wodtke)

Taking a Break from Panaga: Residence 118

By Nova Dudley Gough

Camp life has so many benefits, but after the last few months of social restrictions it's good to get away from Panaga and have a break, even if proper escapes are curtailed by border restrictions. Like lots of people I'd seen pictures of Residence 118 on Instagram and was intrigued by the rooftop pool, large apartments and views over the bright lights of Bandar. After hearing lots of positive things from friends we booked a two-night stay.

We booked via the website, and there are deals depending on which days you decide to stay. It's cheaper to stay during the week, and it's certainly cost-beneficial for larger families, as all apartments are three bedrooomed. Parking is included—you are allocated a place on arrival—and breakfast (a basket of pastries) is delivered to your apartment every morning.

The apartment has a lounge/dining area, small kitchen (with a large fridge/freezer) and two bathrooms. The AC is efficient and there is plenty of hot water in the bathrooms with great showers. The rooms are light and breezy and simply decorated, with super-comfy beds. It all has a brand-new feel to it, and with that is a bit of

a lack of personality. The kitchen could have few more items included (glasses, etc.) and while the large windows bring in lots of light they also let in lots of noise. Who knew Bandar had some many street-racing aficionados? Me, after staying awake for hours hearing them. Yawn.

Out of the apartments though, the Residence has so much going for it. The pool has a jacuzzi area and is large and really lovely. There are a few sun loungers, but it's definitely a pool for being in rather than sitting beside. The views over the city are nice, and at sunset it's great to be more than one or two floors above sea level. There is a well-maintained kids playground, seating areas and other facilities all on the top floor. We arranged for take-away food to be delivered and sat around while the kids had space to run and enjoy themselves.

Just across the main road is part of the Kiulap commercial area. There are some great shops and cafes—we liked Bananarama for smoothies and Crema Cafe for very good coffee. It was actually also really nice to be able to walk to places like this. Slightly further on is a small bridge over to the Riverside retail area. The location of 118 also makes it very easy to get a taxi to other

Travel

parts of Bandar without having to drive. We headed out to the Royal Brunei Yacht Club at Kota Batu and really appreciated having someone else drive us all there and back.

Residence 118 might suffer from a few teething problems: rooms weren't ready when we arrived (despite being after check-in); it was a bit of a lottery as to when breakfast would be delivered; and did I mention the noise from crazy drivers? Lack of sleep has fogged my memory...

But generally it was a great city break. It's not luxe with lovely service like the Empire, but it has space and good facilities and is perfect for a group stay. The pool and proximity to other parts of Bandar really make it worth a visit.



Views from Residence 118 rooftop. (Photo credit: Nova Dudley Gough)

Tamu Time



(Photo credit: Rachel Laramée)

Tamu Time: Moringa Leaves

By Tripti Sharma

Walk into the tamu (the open-air market in Seria and KB) and you will come across numerous unfamiliar leafy greens, purple roots and shoots. I sometimes wish that there was only there was a Google app to scan and know the recipes and names of all. One day during one of my tamu visits, I found a familiar bunch of green moringa leaves. It was a large bunch for only 1 BND. As a child, I remember eating moringa drumsticks but was clueless to what to do with the leaves. Upon my research I found out that the moringa (*Moringa Oleifera*) plant is very nutritious and almost all parts of the tree are consumed in one form or another. Its capsules and powders are sold in "organic" and "super foods" sections in supermarkets. I'm amazed

that there is a super food that's locally grown, organic, freshly harvested and available to us so easily. For this recipe we use fresh moringa leaves found in tamu.

According to the Asian Pacific Journal of Tropical Medicine, 2017, research, its different parts are sources of proteins, vitamins and minerals and present different pharmacological and biotechnological potential. In addition, due to its high nutritional value and several medicinal properties, this tree may act as a nutritional and medical alternative for socially neglected populations. My amah, Miriam Bacate Dela Cruz shared some of her recipes using moringa. The Chicken Moringa Lentil stew is perfect to go for a lazy dinner, best paired with toasted bread. Add cream or top with a poached egg for extra heartiness.

Tamu Time

Chicken Moringa Lentil Stew

Ingredients

- 1 small diced onion
- 2 small diced tomatoes
- Salt and black pepper to taste
- 2 teaspoon oil
- 2 boneless chicken thighs, chopped
- 1 cup moringa leaves
- 1/4 cup chicken stock (optional)
- 1 cup mung beans, soaked overnight
- 1 bay leaf

Method

1. Heat the oil in a thick-bottom pan; add bay leaf and onions and cook on a medium flame.
2. Sauté onions and add tomatoes and stir for 2 minutes.
3. Add chicken thighs and cook chicken until half done.
4. Add soaked mung beans, 3 cups of water and moringa leaves.
5. Add salt, crushed black pepper (to taste) and chicken stock (optional).
6. Cook until mung beans are well done. Keep stirring the stew in between. It takes about 30 minutes on a medium flame to cook.
7. Add more hot water if required.
8. Serve hot and serve with some cream or poached egg.



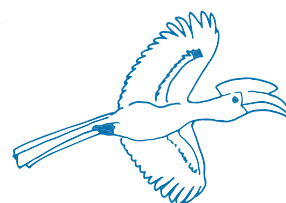
Plucked moringa leaves. (Photo credit: Tripti Sharma)



Chicken moringa lentil stew with cream on top. (Photo credit: Tripti Sharma)



Bottom left. Green mung beans used to cook chicken moringa lentil stew. (Photo credit: @david_gabriel, Unsplash.com)



Tamu Time

Tamu Time: Okra

By Naincy Verma

The slimy green beauty, okra, is back on Tamu Time. This local vegetable can be found in the tamu, Supa save, Jaya Supermarkets, and other vegetable shops around KB and Seria. These long finger-like vegetables can be cooked in various forms ranging from sautéed, stewed, fried and baked.

Benefits:

Okra is also known as lady finger. Okra comes in two colors, green and red. Both look and taste the same. The red okra turns green when cooked completely. Okra is a nutritious food with many health benefits. It's rich in magnesium, folate, fiber, antioxidants, and vitamin C, K1 and A. Okra may benefit pregnant women, heart health and blood sugar control. It may even have anticancer properties.

Additionally, okra is low in calories and carbs and contains some protein and fiber. Most fruits and vegetables lack protein, which makes okra somewhat unique.

Edible parts:

Okra is a flowering plant known for its edible seed pods. It's cultivated in warm and tropical climates, such as those in Africa, India, Morocco, Egypt, the Caribbean, South America, the Middle East, as well as South Asia and the southern parts of the United States.

Storage:

After washing and cutting, the okra become a little sticky so you can't store it like that. After washing and cutting it's better to cook the okra. After it's cooked, you can keep it in the refrigerator for two days. It will give you a good taste.

Deep-fried Okra

Ingredients

424g okra, rinsed and dried
1 cup/240ml self-rising cornmeal
Less than 1/2 cup all-purpose flour
1 tsp salt
1/2 tsp to 1 tsp black pepper
1 cup buttermilk or milk
1 egg, beaten
1 tbsp water
Vegetable oil for frying (Canola oil is good)

Method

1. In a mixing bowl, add buttermilk, egg and water. Whisk until well blended. Set aside for 5 minutes.
2. In another mixing bowl, add cornmeal, all purpose flour, salt, and black pepper. Mix until dry ingredients are well blended. Set aside.
3. Take the okra pods and cut the top and ends off. Then slice them into 1/4" to 1/2" pieces.
4. Add the okra slices to the buttermilk mixture. Give it a little toss and soak for 5 minutes.
5. With a slotted spoon, remove 8-10 slices of okra at a time and drain them well. Add okra pieces into dry cornmeal mixture. Shake until okra is well coated. Transfer okra to cooling rack. Continue until all the okra is coated.
6. Now take a deep pan and add vegetable or Canola oil. Add okra to the pan one by one. Fry okra until it's golden brown. Drain fried okra on paper towels.
7. Serve warm, adding your favorite dips like tomato sauce or mayonnaise, if you wish!!

Tamu Time



Ingredients for deep fried okra. (Photo credit: Naincy Verma)



Deep fried okra. (Photo credit: Naincy Verma)

Hellos & Goodbyes

Hello to Maryam

By Petra Moelker-Pronk

Name: Maryam Chakkouri
Laroussi-Ougajou

From: The Netherlands

Spouse: Noureddine
Chakkouri Laroussi

Kids: Zaineddine (5 years)
and Nia Eliza (1,5 years)

Occupation: Business Controller & Analyst and Deputy
Finance Director

Arrived in Brunei: 2 July 2020

What is your first impression of Brunei?

Friendly and helpful people, beautiful nature, delicious food and of course a nice climate.

Rough start, arriving in the corona crisis?

I guess all things are relative, especially in the current global COVID-19 situation. I think we should be



Photo credit: Noureddine
Chakkouri Laroussi

grateful that we were still able to travel in these times, although the circumstances were not ideal. We had a non-standard travel route and had to go through two weeks of mandatory quarantine in a hotel, which was quite challenging, especially with two little children. Thankfully, after two weeks we went immediately to our permanent house. Because of that we were able to settle down quickly.

What was the best decision you made during your preparation for Brunei?

We packed a lot of toys for the children, that was a life-saver during the quarantine, and also in our new house. Everything is new for the children, so it is nice that they have toys they know and love to play with.

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

Because we were accommodated directly in our permanent house, we wished we had packed some household/ kitchen items, linen and blankets.

What do you like most about this place? And what do you miss most?

I like the spirit of the people; everyone is welcoming and open. That is very nice when you just moved to a

Hellos & Goodbyes

new country. What we miss most is of course our family and friends. We are very thankful for video calling.

Biggest surprise up till now?

Even though this is our first expat posting, I have not really been surprised up till now. I think I have prepared well back home and we have some experience in the region as well. Maybe the surprise is yet to come.

How about the onboarding process?

Onboarding was very good. We were surprised by Outpost with a goody bag on the first day of quarantine. That was a nice surprise. Also, Outpost helped us to connect to people already living in Brunei. This was very helpful getting to know the community at Panaga while settling in.

What will be your biggest challenge?

Coming from a country without dangerous animals, the challenge will be to make sure we find a way with our little children to live side by side with all the habitants of the jungle.

What are you really looking forward to?

First of all, having a better work life balance within our family. Also looking forward having time to explore and learn some new sports like tennis, golf and advanced swimming. Broadening my current profession knowledge and skills. And learning and seeing more of the people and cultures in this part of the world.

Goodbye to Sucheta

Name: Sucheta Guleria

Occupation: Geoscientist, Tea and Yoga Entrepreneur

Spouse: Geomatics Engineer

Kids: 1 (8 years)

Arrived in Brunei: Jan 2017

Leaving for: The Netherlands



Looking forward to leaving? What's the overwhelming emotion?

Yes, I am ready to move now to live in a different part of the world, meet and greet new people, new culture.

How do you look back on your time in Brunei?

Brunei is one of the most beautiful countries I have visited so far. I love the way most people greet here (always have a smile on their face, which is sometimes hard to find in some other places), clean fresh air, dense forests, Borneo snakes and extreme inner peace which I figured out here only.

What will you miss?

Green Panaga community with lots of happy moments. My early morning walks on the empty streets of Panaga camp, talking to my inner self while walking and listening to the birds, sound of the air coming through the trees, silent beach walk without any talking.

What was the best decision you made here?

Decision in terms of how to live life peacefully without having much in hand. Not to worry too much for the things that you cannot control and keep working towards your goal or passion so that you feel really satisfied internally, not just to show to the world.

Did living here change you, professionally and personally?

Yes, a lot. My background is geoscientist and I have more than 11 years experience in oil and gas in the management sector. Coming from such a busy schedule and a fast-paced life and then joining Brunei life, initially was quite challenging. So, living here was a complete transition both from a professional and personal point of view. Slowly I figured out how to utilize my time and environment on doing something that I really want and never did before, and how I can turn my passion into a professional career in the future. So, on a professional level I developed my passion towards making different types of tea. On a personal level I was working on Yoga Spiritual Aspects to find complete inner

Hellos & Goodbyes

peace with myself by not getting too much attached with the physical world.

What's the most important lesson you learned?

You may have found my words a bit philosophical and insane, but I found it very relaxing. Now I appreciate what I have, live peacefully and don't worry on unnecessary things, forgiving myself first for the things which are already done by mistake. As soon as I have food, shelter, safety and security in the current living moment, I am extremely lucky.

When you look back at your time here, what are you most proud of?

My most proud moment here is to be working on Yoga, mindfulness and inner contentment path. I am really grateful to Brunei and the universe for giving me the opportunity to find my personal goal on purifying my body, my thoughts and now I need to see how I can

improve this physical body on the mindful journey by completing my worldly responsibilities.

What is your advice to newcomers?

As per my understanding and experience, we learn by our own good and bad experiences. Not sure how much I am in a position to advise others. People will have different opinions on my advice. I simply want to say that Brunei is a very beautiful, kind, peaceful and relaxing place to live. So, enjoy this beautiful opportunity to live calmly, not rushing to unwanted things which we always do, as we may or may not get it again in lifetime.

What will be your next step?

Once we moved to our new location, after settling house and school things....my next professional step is to establish my tea business. So, I am looking forward to it.

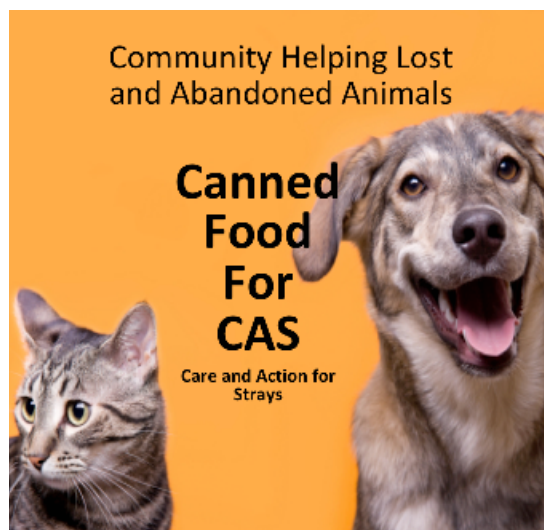
Notice Board

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**



**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

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 ☺

YOGA TEACHERS WANTED

Panaga Yoga is looking for new volunteer-teachers to keep Panaga Yoga thriving!

For more Information please contact

yogasection.panaga@gmail.com



We are looking for volunteers for animal rescue and care. Please contact Outpost if you want to volunteer for animal care in Panaga.



Snapshots

Jungle Tots Summer Survival 2020

The Jungle Tots Section ran their annual Summer Survival Activities over the seven-week Panaga School Summer holidays this year. We had a wonderful team of volunteer session leads who offered a total of 31 sessions including a teddy bears picnic, pizza making, bubbles, scavenger hunts, yoga, baby massage, cookie decorating, fitness fun, Zumba, nature art and gardening, messy play, beach and sandcastle fun, scavenger hunt, singing and music, a taekwondo demonstration, arts and crafts, water play and more! The Committee is also very grateful to the Panaga School who allowed us to use their Early Years environments to host a number of these sessions. We hope all our members enjoyed the sessions! Our term time sessions have now resumed in Jungle House for children aged 0-5. Please contact us at jungletotspanaga@gmail.com if you are interested in coming along to the sessions. We look forward to seeing you soon!



Top right: Zumba Summer Survival session at school hall.

Left: Kids playing with bikes in Pre-Nursery playground during one of the sessions.

Above: A jungle tots member during a bubbles play session.

*(*All photo credit belongs to Jungle Tots Committee.)*

Snapshots



Building blocks session at Jungle House.



Cookie decoration at one of the Summer Survival sessions.



Kids playing at the mud kitchen.



A child busy with messy play at Jungle House.



A participant making art using natural objects.



Nature crown made by one of the Jungle Tots members.

Snapshots



Pizza making in progress.



Children enjoying sand pit.



A child enjoying nature scavenger hunt activity.



Water tray activity at pre-nursery playground.



Bubbles session.



Bubbles session.

Snapshots



Children involved at sensory play.



Swings at pre-nursery playground.



Water play at pre-nursery playground.



Activity with bricks.

Plogging with @fel.bn and Panas!



July plogging at the beach. (Photo credit: @fel.bn)



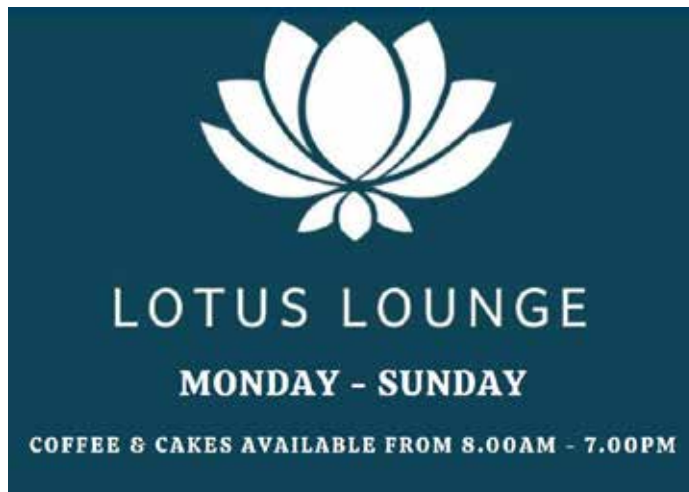
July plogging at the beach. (Photo credit: @fel.bn)

Snapshots

Lotus Lounge by Panaga Club



Lotus Lounge. (Photo credit: Tripti Sharma)



Lotus Lounge. (Photo credit: Panaga Club website)



Lotus Lounge. (Photo credit: Tripti Sharma)



Lotus Lounge. (Photo credit: Tripti Sharma)



Lotus Lounge. (Photo credit: Tripti Sharma)



Lotus Lounge. (Photo credit: Tripti Sharma)

Language Classes

Language Classes at Outpost

Malay

Adriana, our lovely Malay teacher, is resuming intermediate classes online from her home in Miri. We will let you know when we are able to offer new beginners' classes.

Keep an eye on our Facebook page for more updates.



Mandarin - Beginner

Wednesdays with Nancy (and others)
8:15 - 9:15 a.m.

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

If you are interested in learning other languages such as Arabic, please let us know.

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



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 2020-2021

PANAGA SCHOOL ACADEMIC YEAR 2020 – 2021					
	PUPIL DAYS			CPD & TEACHER PREPARATION DAYS	
	PUBLIC HOLIDAY *Are subject to change			SCHOOL HOLIDAY	
2020	Mon	Tues	Wed	Thurs	Fri
AUGUST	24	25	26	27	28
SEPTEMBER	31	1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
	21	22	*23	24	25
OCTOBER	28	29	30	1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	26	27	28	*29	30
NOVEMBER	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
DECEMBER	30	1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
2021	21	22	23	24	25
JANUARY	28	29	30	31	1
	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29
FEBRUARY	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
	22	23	24	25	26
MARCH	1	2	3	4	5
	8	9	10	*11	12
	15	16	17	18	19
	22	23	24	25	26
APRIL	29	30	31	1	2
	5	6	7	8	9
	12	*13	14	15	16
	19	20	21	22	23
MAY	26	27	28	*29	30
	3	4	5	6	7
	10	11	12	*13	*14
	*17	18	19	20	21
	24	25	26	27	28
JUNE	31	1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
	21	22	23	24	25
JULY	28	29	30	1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	26	27	28	29	30
AUGUST	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31	1	2	3

Community Events

Panaga Events



Soap Making Workshop

Make your bespoke soap using your choice of fruits and herbs. You will be making and taking home with:

- 8 bars of your choice
- Start your own soap business in the comfort of your home

WE'RE FULL

If you are interested in joining, don't delay! Contact us at outpostbrunei@shell.com

Date:	Thursday, September 24
Time:	9 - 12 a.m.
Cost:	\$50
Location:	G4/22, Panaga




 Seria, Brunei Darussalam

This workshop is full. Keep an eye on our Facebook page for the next one.



Coffee Morning

Whether you've been in Brunei for three days or three years, please join us for a cup of coffee and an informal chat! If you're new here, we'd love to introduce ourselves and answer any questions. If you've been in Brunei a while, we'd love to see how things are going for you.

Working and non-working spouses are both welcome. Keep an eye on your inbox and our Facebook page (Outpost Seria, Brunei) for more details. Hope to see you there!





Date:	Monday, 28 September
Time:	9 - 11 a.m.
Venue:	To be confirmed.

Community Events



Ceramic Painting



Learn ceramic painting with Emilia! Bring your own ceramic pieces like mugs or plates to decorate, or buy them at the workshop.

Space is limited, so if you're interested in joining, don't delay! To register, contact us at outpostbrunei@shell.com

Date: Tuesday, October 6

Time: 9 - 11 a.m.

Cost: \$25 for workshop and \$4 for paints

Location: Emilia's shop in Kuala Belait
(Address will be provided to participants.)



Seria, Brunei Darussalam



STARTS FROM YOU

19th SEPTEMBER 2020

7AM - 10 AM

SMR, JALAN MAULANA, KB

REGISTRATION DEADLINE:

12TH SEPTEMBER 2020



SCAN ME

SCAN FOR LOCATION



SCAN ME

SCAN TO REGISTER

ORGANIZED BY:

SUPPORTED BY:

EVENT SPONSORS:







For more info, FOLLOW us on  @beachcleanupbrunei

(Right) Every year on the third Saturday of September, BSJV and BGC come together to take part in International Coastal Clean-Up Day to clear our beaches of trash, ensuring sustainability of our beaches and creating awareness on the importance of a healthy ocean and coastline. This year BSP is supporting RYS Entertainment's campaign "Starts from You" - a five month long initiative to keep our beaches clean which began in July 2020. The events is held in conjunction with the 35th International Coastal Clean-up Month.

Community Events



Indian Cooking Class



Learn how to make a sweet and a savory Indian snack - ring samosas and crispy Jalebi from Naincy!

Space is limited, so if you're interested in joining, don't delay! To register, contact us at outpostbrunei@shell.com

Date: Tuesday, October 20

Time: 9 - 11 a.m.

Cost: \$10

Location: Panaga

(Address will be provided to participants.)

OUTPOST
INTERNATIONAL MOBILITY NETWORK
Seria, Brunei Darussalam



ARE YOU LOOKING TO

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



Visit OTTERS Toastmaster Club – it will change your life!

Everyone welcome !

Every Wednesday 7:30 – 9:30PM | Contact: +673 718 8363

PELANGI ROOM – PANAGA CLUB

Community Events



INTERNATIONAL COASTAL CLEANUP DAY 2020

18 SEPTEMBER 2020 • 3:30PM - 4:30PM
VENUE: E5 PANAGA CLUB

JOIN US TO CLEAN E5 BEACH AS PART OF A
WORLDWIDE EFFORT TO SAVE OUR OCEANS.

GARBAGE BAGS AND GLOVES WILL BE PROVIDED.

YOU ARE MOST WELCOME TO BRING YOUR OWN
GARBAGE BAGS AND GLOVES TOO!

LET'S KEEP OUR BEACH CLEAN AND BEAUTIFUL

ALL ARE WELCOME TO JOIN!

NON-MEMBERS ARE REQUIRED TO HAVE A DAY PASS.



Want to see your Panaga photo on
the next cover of POP?

Email us at outpostbrunei@shell.com
by 19 October, 2020.

Community Events

CAR BOOT SALE



Sunday, 27 September 2020
8:00am to 5:00pm
Venue: Panaga Club Main Car Park



Those interested to join may register with Member Service's Office no later than 21 September 2020. Registration form can be found at www.panagaclub.com.

For more inquiries, you may contact:
Shaeyna - Shaeyna.khan@panagaclub.com
Salami - Salami@panagaclub.com
Hafizah - Hafizah.Suhaidi@panagaclub.com

Contact Info:
337 1761 / 8760455 (whatsapp only)
337 5958
337 2265

FUN WEEK 2020

12 - 20 SEPTEMBER 2020
4:00PM - 8:00PM



KITE SELLING AND KITE FLYING BY THE BEACH!



TRISHAW ON THE ROAD!



BUBBLE BLOWERS AT THE PLAYGROUND!

ALL ARE WELCOME TO JOIN THE FUN!
NON-MEMBERS ARE REQUIRED TO HAVE A DAY PASS!



Panaga Club is organizing Fun Week from 12 - 20 September 2020. It will run from 4:00pm to 8:00pm and we will have bubble blowers, kite selling and kite flying by the beach and trishaw! Non-members are required to have a day pass.

Community Events


LOTUS LOUNGE


LIVE MUSIC AFTER 4PM

Saturday Performance
12 SEPTEMBER 2020



PAF1811
Genre:
70's/80's English Songs
Malay Songs
Tagalog Songs
Ballad Slow Rock Jazz
Easy Listening

Open to Members only
Non-members are required to purchase day pass


LOTUS LOUNGE

LIVE MUSIC AFTER 4PM

Sunday Performance
13 SEPTEMBER 2020



CHILL PILL
Varieties of Genre

Open to Members only
Non-members are required to purchase day pass

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!



Community Events



Jungle Tots Party Day!!

Sunday, 25th October, 2020

Time to be confirmed. Keep an eye on "Jungle Tots Panaga" Facebook page for more information.



Want to donate your unused lanyards (with safety clips) to Panaga Club to help conserve resourced? Just drop them into a box at the club foyer security. Donated lanyards will be offered for sale for \$2.00 by the Club.

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
Travel Application Hotline.....	223 5962 / 223 5963
BSP Immigration Hotline.....	729 7788
PHC COVID-19 Hotline.....	337 3902



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
Public Relations



Naincy Varma
Comms Coordinator



Pratibha Prasad
Event Coordinator



Savannah Jung
Webmaster



Tripti Sharma
POP Editor