

Sabah Youth Conservation expedition

13th – 25th July 2010



Sabah depends on a continuously warm, wet climate. This therefore means that you need to prepare yourself in a number of ways which we hope this information booklet helps with.

Today Sabah's economy lags behind other states of Malaysia. However with ecotourism contributing to the states economy and abundant agricultural produce such as palm oil Sabah is starting to catch up. But is this sustainable and are ecosystems being conserved?

It is the catching up we will be looking at with the 'Voices of Sabah' project. We will also be looking at the conservation of ecosystems and producing educational resources based around the palm oil cultivation, logging and the conservation of the Rainforest ecosystem.

Sabah is characterised by steep mountains and narrow lush valleys teeming with magnificent wildlife and marine life, Danum Valley and the rainforest area where we spend the last five days will allow us the chance to study the biodiversity and the importance of the rainforest.

The whole aim of this expedition is to also meet and converse with Sabah students and with them to study the ecosystems and compare views on how the country should develop while protecting the natural resources and ecosystems found in the country. Economic growth is important to Sabah but so is conservation and sustainability.

We will be recording this through a variety of methods but our website will be available to all to see, we will blog during the expedition and we will with the expert help of Quintin Lake, our professional photographer and Sam Hillcox be producing for publication our educational resources and our photographic diary of the expedition.

Finally I would like to thank all who have helped with this expedition especially Smaug Abroad, Fieldskills, Royal Brunei Airlines, Nomad, The Rainforest Club, The Royal Geographical Society and the Geographical Association as well as many others who wish to remain anonymous

Paul Baker
Expedition Leader



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PLEASE NOTE

There is a second meeting for parents and children
on this expedition **on 28th May at 18.00**
in the Michael Cowan Lecture Theatre at the Dragon School

TRAVEL

The group will **meet at London Heathrow Terminal 4 on the 13th July at 0740 am** by the Royal Brunei check in desks.

Outbound flight details: Royal Air Brunei flight no.: BI098W
Departure: London (Heathrow, T4) / 13 July 2010 – 0940
Stop, 1h10m: Dubai International (30 min coffee brake)
Arrival: Bandar Seri Begawan / 14 July 2010 – 0935

Outbound flight details: Royal Air Brunei flight no.: BI825W
Departure: Bandar Seri Begawan / 14 July 2010 – 1720
Arrival: Kota Kinabalu / 14 July 2010 – 1800

Internal flight details: Malaysia Airlines flight no.: MH3015
Departure: Lahad Datu / 24 July 2010 – 1155
Arrival: Kota Kinabalu / 24 July 2010 - 1250

Inbound flight details: Air Asia flight no.: AK6212
Departure: Kota Kinabalu / 24 July 2010 – 1620
Arrival: Bandar Seri Begawan / 24 July 2010 - 1700

Inbound flight details: Royal Air Brunei flight no.: BI97W
Departure: Bandar Seri Begawan / 24 July 2010 – 2000
Stop, 1h10m: Dubai International (30 min coffee brake)
Arrival: London (Heathrow, T4) / 25 July 2010 – 0625

Those meeting us in Sabah, please meet the group at the Best Western Kinabalu Daya Hotel (Lot 3 & 4 Block 9, Jalan Pantai) at 20.00

TOUR ITINERARY

DAY 1 – 13th July. Departure day

Departure from London Heathrow, Terminal 4

DAY 2 – 14th July. Arrival

Arrive in Bandar Seri Begawan (Brunei) for a 3 hours excursion around Bandar. Evening flight to Kota Kinabalu. We will be met by your local guide and transported to our hotel in the city. Evening meal will be at the Filipino market or fish restaurant.

Accommodation (see list on next page)

DAY 3 – 15th July. Mount Kinabalu

Bus Transfer to Mount Kinabalu (2.5 hrs). There will be the opportunity for trekking around the park and a visit to the botanical gardens.

Accommodation (see list below)

DAY 4 – 16th July. Transfer to Sabah Tea Plantation

Tour around the plantation with an option to stop at Poring Hot Springs on the way to Sabah Tea plantation. Stay in traditional Rungus Longhouse with cultural performance in the evening.

Accommodation (see list on next page)

DAY 5 – 17th July. Transfer to Sepilok

Half day coach journey with lunch en route. Visit Sepilok Orangutan Sanctuary and Rainforest Discovery Centre. Visit the world famous orangutan rehabilitation centre and also the new rainforest interpretation centre nearby complete with canopy walkway.

Accommodation (see list on next page)

DAY 6 – 18th July. Turtle Island Park

Visit the Turtle Island Park, famous for the endangered green and hawksbill turtles. We will visit the park's headquarter and the turtle hatchery on Selingan Island.

Accommodation (see list on next page)

DAY 7 – 19th July. Into the rainforest, Transfer to Kinabatangan River.

Morning transfer to Kinabatangan River with wildlife spotting boat trips along the river including the chance to see the rare Proboscis monkey. Evening river cruise.

Accommodation (see list on next page)

DAY 8 – 20th July. Jungle Trek

Jungle trek to Oxbow Lake. In the evening we will transfer to Danum Valley

Accommodation (see list on next page)

DAYS 9 to 11 – 21st – 23rd July. Danum Valley Conservation Area

Three days to explore the Rainforest Park; well known for its rainforest research centre. While in the Valley, we will trek in the rainforest where we are likely to see a variety of rainforest animals, birds, reptiles, such as Sumatran rhino, banteng, Asian elephant, clouded leopard, orang utan, proboscis monkey etc. We will have the chance to learn about the conservation of rainforest, study the wildlife and learn about the medical use of rainforest plants.

Accommodation (see list on next page)

DAY 12 - 24th July. Flight back to Kota Kinabalu

Morning flight to Kota Kinabalu followed by a flight to Brunei where we board our international flight to London.

DAY 13 – 25th July. Arrival in the UK

Arrive early morning in London Heathrow

ACCOMMODATION AND CONTACTS

Date	Hotel Name and Address	Contact Details
Wed 14 July	Best Western Kinabalu Daya Hotel Lot 3 & 4 Block 9, Jalan Pantai Kota Kinabalu, Sabah 88000	Tel: (006) 088 240 000 Fax: (006) 088 263 909 Email: info@kkdayahotel.com
Thu 15 July	Kinabalu Pine Resorts Kampung Kundasang Kundasang Ranau Highway Kundasang, Ranau	Tel: (006) 088 889 388 Fax: (006) 088 889 288
Fri 16 July	Sabah Tea Plantation KM17, Jalan Ranau / Sandakan Kg. Nalapak, 89309, http://www.sabahtourism.com/sabah-malaysian-borneo/en/destination/district/16-ranau/ Ranau	Tel: (006) 088 440 882 Fax: (006) 088 423448 Email: info@sabahtea.net
Sat 17 July	Sepilok B & B To be confirmed	Tel: (006) 089 354 050 Fax: (006) 089 675 109
Sun 18 July	Accommodation on Turtle Island Crystal Quest Sdn. Bhd Sabah Park's Jetty Jalan Buli Sim-Sim Sandakan	Tel: (006) 089 212 711 Fax: (006) 089 212 712 Email: cquest@tm.net.my
Mon 19 July	Nature Lodge Kinabatangan Kampung Bilit Kota Kinabalu Office: Nasalis Larvatus Tours Sdn Bhd Lot 226 2nd Floor, Wisma Sabah, Jalan Tun Abdul Razak 88000 Kota Kinabalu, Sabah	Tel: (006) 088 230 534 (KK office) Fax: (006) 088 258 263
Tue 20 July	Borneo Rainforest lodge Kota Kinabalu Office: Block D, Ground Floor, Lot 10 Sadong Jaya Complex P.O.Box 11622 88100 Kota Kinabalu Sabah, Malaysia	Tel: (006) 088 267 637 (KK Office) Fax: (006) 088 251 636 Email: info@borneonaturetours.com

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The UK tour operator's office can be contacted on 01865 315 441, Mon-Fri, 9am – 5pm.

THE GROUP

1 Alexander-Sinclair, Maxim	10 Mitchell, Thomas
2 Allan, Rupert	11 Omell, Alison
3 Allan, Rory	12 Rakova, Natasa
4 Blanchard, Charles	13 Riley, Jessica
5 Bowers, Alice	14 Sandison, Dughall
6 Bowers, Samuel	15 Sandison, Hamish
7 Callender, Alexander	16 Sandison, Harriet
8 Hanson, Sholto	17 Tighe, Catherine
9 Haylor, Eloise Tatiana	

Staff Members:

- 1 *Baker, Paul – expedition leader*
- 2 *Halcin, Stanislav – expedition administrator*
- 3 *Hillcox, Samantha – expedition medical officer*
- 4 *Lake, Quintin – deputy expedition leader and official expedition photographer*

ROOMING LIST**Singles**

- 1 Lake, Quintin
- 2 Baker, Paul

Doubles

- 1 Halcin, Stanislav
Rakova, Natasa

Twins

- | | |
|--|--|
| 1 Hillcox, Samantha
Omell, Alison | 4 Alexander-Sinclair, Maxim (15)
Allan, Rory (15) |
| 2 Allan, Rupert (13)
Sandison, Dughall (13) | 5 Blanchard, Charles (16)
Mitchell, Thomas (17) |
| 3 Callender, Alexander (13)
Hanson, Sholto (13) | 6 Sandison, Hamish (18)
Bowers, Samuel (17) |
| | 7 Haylor, Eloise Tatiana (18)
Riley, Jessica (18) |

Triple

- 1 Bowers, Alice (19)
Tighe, Catherine (19)
Sandison, Harriet (19)

INOCULATIONS AND PERSONAL MEDICAL KIT

These notes do not replace advice from your GP, but are intended to help inform your planning for the Sabah expedition. Pre-trip preparation includes inoculations and getting together a personal medical kit and other materials which will help keep you healthy during our expedition. Take the time to read this document carefully, and if you have any questions, please contact me direct on eagles.office@wanadoo.fr

Prevention is far preferable to cure on any expedition, so we will be taking lots of precautions: **Malaria** occurs throughout Malaysia, and the type is very likely to be the Falciparum malaria which is the most serious form of the disease. Chloroquine resistance occurs in Malaysia, and so the type of **anti-malarial medication** which can be taken is limited. Most important is not to be bitten by mosquitoes at all! All participants must use a **good insect repellent (minimum 50% DEET)** and this must be applied frequently according to the instructions (between every 1 and 4 hours). The best way to reduce the risk of being bitten is to present a physical barrier to the mosquitoes – ie. Wear long sleeve shirts/tops and trousers. Some types of mosquitoes bite at dawn and dusk, or at night, others during the day – we'll be careful all the time! We will always be sleeping under mosquito nets – it is a good idea to bring your own (in case those in hotels are ripped) and best to use one treated with a contact insecticide (such as permethrin). If your mosquito net was bought several years ago, you'll need to re-treat it. Buy treatment from good outdoor suppliers and do this just before the expedition. You may also like to treat your clothing – treatment lasts 2 weeks.

Heat-stroke and **dehydration** are dangerous and in a hot, humid country it is easy to get dehydrated without realising it. Bring **water bottles** which will enable you to carry at least **2 litres** of water with you for the day. Don't share water bottles between you – it is a quick way of spreading germs. It will be hot, sticky and uncomfortable, but wearing long sleeves and trousers also helps prevent dehydration, as well as helping protect from mosquitoes.

Sunburn can ruin your trip, and you will need to wear a **high factor sunscreen**. A waterproof one is probably a good idea.

Wounds can get infected quickly in the rainforest. Everything is moist and warm, and covered in a layer of bacteria, which can enter wounds on contact and cause infection. Clean any wound, from the smallest scratch immediately with some **anti-septic liquid** (wipe on thoroughly with cotton wool) and cover with a plaster.

Personal medication that you normally take (such as inhalers for asthma) may not be available in Malaysia! Bring everything that you would normally take with you, plus a spare in case you lose it.

Inoculations:

Inoculations are recommended for everyone against:

Hepatitis A, typhoid, tetanus, polio, diphtheria.

If you are planning to stay in the area for longer, you may also consider inoculations against rabies and Hepatitis B (if staying for more than 3 months) and Japanese encephalitis (if staying for more than one month).

You only need to have the yellow fever vaccine if coming into Malaysia from a country where it is endemic – so your previous travel plans for the summer may affect this – if you have a yellow fever card (and so have had the vaccine) bring it with you.

Malaria:

Due to Chloroquine resistance, the anti-malarials advised are:

Regimen 1	Mefloquine one 250mg tablet weekly . OR Doxycycline one 100mg capsule daily . OR Malarone one tablet daily .
Length of Prophylaxis	
Mefloquine (Lariam)	Start two and a half weeks before travel, throughout your stay in an endemic area and continue for four weeks after return.
Doxycycline	Start two days before travel, throughout your stay in an endemic area and continue for four weeks after return.
Malarone	Start two days before travel, throughout your stay in an endemic area and continue for one week after return.
IMPORTANT! Take the tablets absolutely regularly, preferably with or after a meal.	

Long Term Use of Anti-Malaria Drugs	
Mefloquine	Can be taken for periods up to one year.
Doxycycline	Can be taken for periods up to six months.
Malarone	Can be used for travel periods up to one year.

Compatibility of Anti-Malaria Drugs				
	Epilepsy	Psoriasis	Altitude	Scuba Diving
Mefloquine	NO	OK	NO	NO
Doxycycline	OK	OK	OK	OK
Malarone	OK	OK	OK	OK

NB Some anti-malarials are not recommended during pregnancy – talk to your GP if there is any chance you could be pregnant.

Vaccination against Hepatitis A, typhoid, tetanus, polio and diphtheria.

Whilst you can't be vaccinated against malaria, you must be vaccinated against several other diseases before travel:

Hepatitis A

Associated with poor hygiene and sanitation. Transmitted by infected food and drink, personal contact and by the faecal oral route. Depending on the vaccine, this must be done **2-4 weeks before the expedition** to give effective protection. Immunity lasts one year. A booster given 6-12 months after the original gives immunity for up to 10 years, effective immediately.

Typhoid

Associated with poor hygiene and sanitation. Transmitted by infected food and drink and by the faecal oral route. Depending on the vaccine, this must be done **2-3 weeks before the expedition** to give effective protection. Immunity lasts up to 3 years. After three years a booster is required which is effective immediately and lasts for another three years.

Diphtheria, Tetanus, Polio

Diphtheria is transmitted through respiratory droplets, personal contact, contaminated clothes, bed linen, etc. Tetanus spores are present in the soil worldwide, and the disease is caused by contaminated wounds. Polio is transmitted through the faecal/oral and oral routes. Depending on the vaccine, **immunity is usually immediate** and lasts for 10 years.

Personal Medical Kit:

Everyone must bring the following items with them:

Your **anti-malarial tablets** – enough for the whole trip

Insect repellent (minimum 50% DEET) – enough to last the trip!

High Factor **Sunscreen**

Water bottles (enough to hold 2 litres of water) Put your NAME on them!

No-water **anti-bacterial hand gel**

Personal medication normally taken such as asthma inhaler, etc.

Anti-septic liquid – in a dropper bottle, ready-diluted and ready to use, such as TCP, Savlon.

Cotton wool balls or pads

Anti-septic cream such as savlon

Plasters of various sizes and compeed **blister plasters**

Rehydration sachets x10 (eg Dioralyte)

(Girls also remember to bring sanitary protection)

(NB. Advice must also be sought from your family GP, and consult www.traveldoctor.co.uk and www.nathnac.org for updates before travel. This advice is correct at 14/03/10).

Sam Hillcox.
Expedition Medical Officer

TRAVEL INSURANCE

The following people will be covered by the Smaug Abroad Travel Insurance. If your name is not on the list and you want Smaug Abroad to organize your travel insurance, please let us know.

Alexander-Sinclair, Maxim
Allan, Rupert
Allan, Rory
Blanchard, Charles

Callender, Alexander
Haylor, Eloise
Hillcox, Samantha
Lake, Quintin

Mitchell, Thomas
Omell, Alison
Rakova, Natasa
Tighe, Catherine

If you have your **own travel insurance**, please make sure to **bring your documents with you**.

Note that personal equipment like ipods or digital cameras are not covered by the travel insurance. These must be insured under the all risks section of a household insurance policy.

VISAS

British nationals do not need a visa to enter Malaysia as a visitor. You will normally be given permission to stay for three months on arrival. Visas for longer stays or for non-tourist purposes must be obtained from the nearest Malaysian diplomatic mission before travel.

Entry to Malaysia is normally refused to visitors holding passports with less than six months' validity.

Dual nationals should also be aware that Malaysia does not recognise dual nationality, so technically you can be refused entry if you are found to be holding two passports of different nationality. If you are a dual national it is advisable to enter Malaysia on the passport on which you exited your last country of departure.

Source: Foreign Commonwealth Office

TIME DIFFERENCE

The time will be 8 hours ahead in Borneo

MONEY FOR TRAVELLING

This tour is fully inclusive and you will only need to bring money for your personal expenses (telephone calls, gifts, extra evening drinks etc).

Our advise is to bring no more than £150 in pounds or in Malaysian Ringgit which you can buy from any high street Bureau de Change (£1 = c. 4.69 MYR)

Under current Malaysian exchange control rules, you may import or export up to 1,000 Malaysian Ringgit per person without prior approval. There are no limits on the amount of foreign currency (notes and or travellers' cheques) you may import.

ELECTRICAL GOODS

Voltage is 220-240 Volt AC at 50 cycles per second. Standard 3 - pin square plugs and socket (**same as in the UK**). You can bring electrical equipment (laptops, iphones etc) into the jungle; pack it in some sort of waterproof container with silica gel packages to stop it from being affected by the humidity.

READING LIST

Here are some suggestions that you might like to read before you go on the Expedition.

- THE ENCHANTED CANOPY – Andrew Mitchell
- A TROPICAL RAINFOREST – The Nature of Biodiversity in Brunei- Earl of Cranbrook and David Edwards.
- MULU- THE RAINFOREST – Robin Hanbury -Tenison

- RAINFORESTS – Dr John Feltwell – if you can get this from a Library - expensive to buy.
- Geographical Magazine February 2010 – THE BROKEN HEART OF BORNEO
- LIFE OF PLANTS AND OTHER BOOKS IN THE LIFE SERIES – David Attenborough
- LONELY PLANET OR OTHER BORNEO/ MALAYSIA TRAVEL GUIDE BOOKS

Also if you want a good book to read about Rainforest Journey although based on the Congo I would suggest 'CONGO JOURNEY' by Redmond O'Hanlon

It would also be an excellent idea that you have some background knowledge on Palm Oil Production and I hope you were able to see the Panorama programme.

KIT / PACKING LIST

Please see the enclosed Personal Jungle Kit on next page

Note that you will need the jungle equipment only for 4 days starting from day 7.

Don't forget

- Soft bag or rucksack – no hard suitcase
- Day / Cabin bag
- Personal medicine (to be handed in to the medical officer)
- Spare shoe laces
- Sunglasses
- Energy bars, rehydration powder
- A book to read at leisure time

Essential equipment

- Digital camera with video recording as possible
- Binoculars
- A5 notebook
- Pens and pencils

Provided by us:

- Diary for records

Please be in touch if you have any questions

info@smaugabroad.com

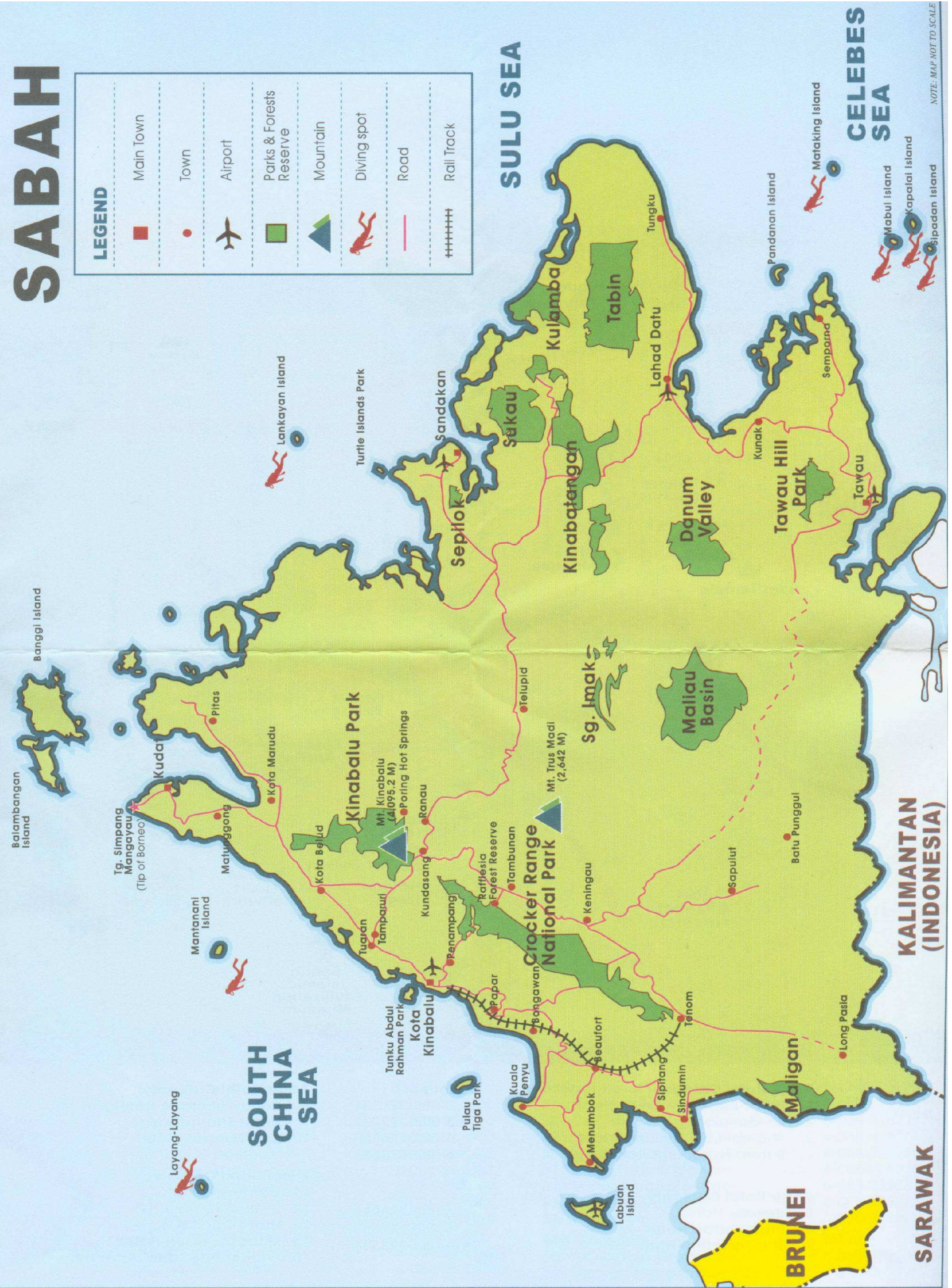
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PERSONAL JUNGLE KIT			SABAH 2010				
	What I Need	What I Have	Packed		What I Need	What I Have	Packed
BAGGAGE				CLOTHING			
Rucksack				Shirt longsleeve x 2			
Holdall				T shirt x 2			
Day Sack				Sweatshirt/ light fleece			
Shoulder Bag/waist pouch				Trousers x 2			
Dry bag for day sack				Shorts			
SECURITY				Swimwear			
Hideaway pouch				Underwear x 3			
SLEEPING				Socks x 3			
Sleep bag liner				leech socks <i>optional</i>			
Tropical quilt <i>optional</i>				Waterproofs/poncho			
Pillow/pillow case <i>optional</i>				Boots - walking/jungle			
Neck cushion (inflatable) <i>optional</i>				Boots - desert/travel			
Mosquito net + treat.				Boots - wellies <i>optional</i>			
LIGHT/FIRE				Sandals/flipflops/jellies			
Torch x 2				Hat			
Lighter				Large cotton scarf			
ESSENTIALS				gloves			
Gaffa Tape				EATING			
Cord				Cup <i>optional</i>			
Washing line				Spoon <i>optional</i>			
Sewkit + strong thread				Rations/energy bars			
Safety pins				WATER			
Ear plugs <i>optional</i>				Water bottle 1 litre			
Maps <i>optional</i>				Water bottle 2 litre			
Books <i>optional</i>				Water purification chem			
Guide books <i>optional</i>				HYGEINE			
Pocket dictionary <i>optional</i>				Toothpaste			
Note book & pen				Foldup toothbrush			
Compass				Razor + cream			
Transparent wallets				Wash bag			
Playing cards/games <i>optional</i>				Travel towel			
Watch				Shower towel			
JUNGLE S.O.P kit				Shower gel			
compass				Wet ones			
whistle				Toilet paper/tissue			
mini medical kit				All purpose soap			
toilet paper/tissue				No water anti bacterial soap			
water purification				Shampoo			
water bottle & cup				Sanitary protection			
10m. paracord				HEALTH			
torch				Insect repellents (DEET)			
brew kit				Insect killer (Permethrin)			
mosi repellent				Medical first aid kit			
emergency money				Malarial tablets			
sunscreen				Immunisation (inc. certs)			
candle				Sun screen			
storm matches				Moisturising lotion			
				OTHER			
				Camera			
				Batteries			
				Sunglasses			
				Swimming goggles			
				Walking pole <i>optional</i>			

FOR MORE CHECK LISTS VISIT: www.nomadtravel.co.uk

SABAH

LEGEND	
	Main Town
	Town
	Airport
	Parks & Forests Reserve
	Mountain
	Diving spot
	Road
	Rail Track



NOTE: MAP NOT TO SCALE