



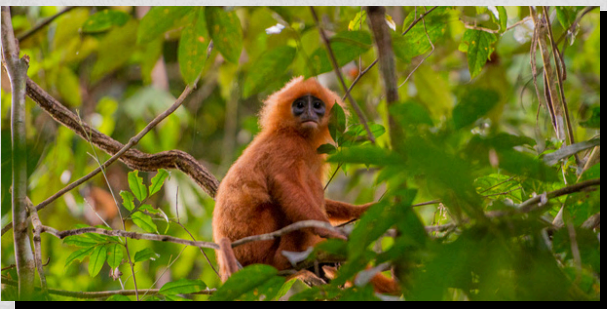
Raleigh
International

BORNEO EXPEDITION GUIDE

INTRODUCTION

Transformational. Impactful. The beginning of the rest of your life. This is how Raleigh Venturers describe Raleigh Expeditions.

This guide will give you a more in-depth description of what to expect on a Raleigh Expedition in Borneo, including the structure of your programme, the projects you will participate in and camp life. We hope it gives you a sense of life on Expedition.



“It was the most amazing experience of my life.”

Amy, Venturer

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WELCOME TO BORNEO!

SALAM | WELCOME

About Borneo

Malaysian Borneo is renowned for its cultural diversity, influenced by neighbouring Indonesia, the Philippines, and China. The island is a tapestry of tribal identities, each with its own distinct traditions and customs, with over 138 indigenous languages spoken across various ethnic groups.

Malaysian Borneo is home to a huge 6% of the world's biodiversity. Borneo's ancient rainforest is the largest example of jungle in Southeast Asia.

While Borneo is rich in biodiversity and home to many species, it also has one of the highest deforestation rates globally. Over the years rapid infrastructure development in Borneo has led to mass deforestation and habitat fragmentation. With Raleigh, you will help combat this.

TOP TIP!

A good expression to learn and appreciate is 'Jam Karat' - literally translated as "rubber time". This represents a relaxed attitude to time prominent in Borneo culture. Don't expect things to run exactly to time. In fact, try embrace the Borneo way by taking your eye off the clock and living in the moment.



NATIONAL LANGUAGE

Official language is Malay.

- **Selamat pagi** - Good morning (literally translating as 'Good day')
- **Salamat petang** - Good afternoon
- **Selamat malam** - Good evening or good night
- **Terima kasih** - Thank you

DID YOU KNOW?



- ✓ Mount Kinabalu in Sabah is one of Southeast Asia's highest mountains at 4,090 metres,
- ✓ Borneo has over 100 endemic species, such as pygmy elephants, meaning you won't find them anywhere else!
- ✓ Borneo isn't a country. It's an island shared by Malaysia, Brunei and Indonesia. Raleigh works in Malaysian Borneo.

SAMPLE TIMELINE

What will I be doing and when?

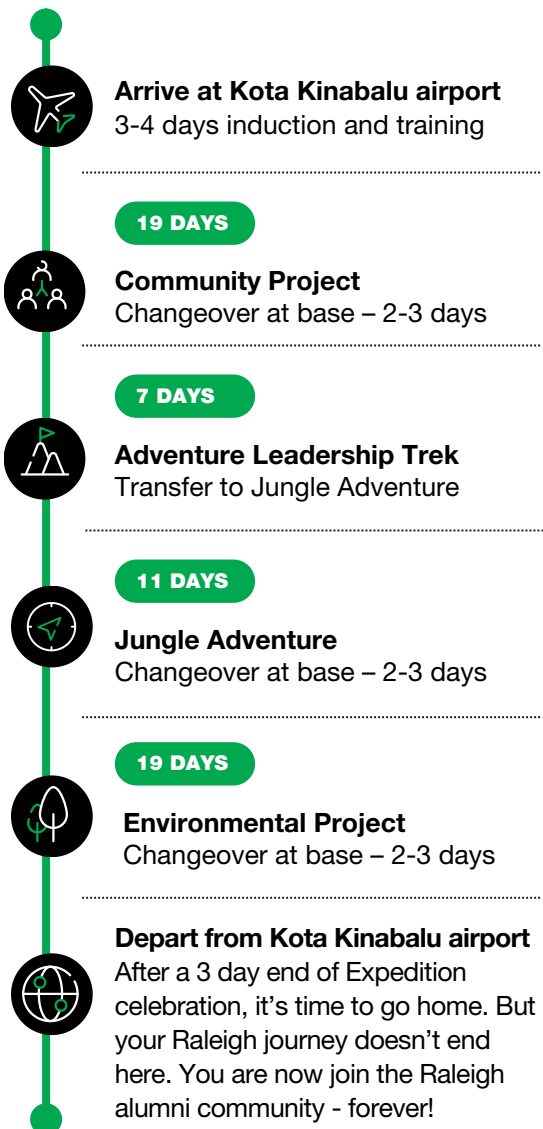
The exact order of the projects will vary. If you are taking part in a 10-week Expedition, you will do three phases. If you do 7-weeks, you will join two of the three phases. If you're on a 5-week Expedition, you'll do one full community or environmental phase and the 7 day trek.

WHAT IS 'CHANGEOVER'?

At the end of each phase, everyone returns to Raleigh Borneo Fieldbase for a couple of days. Here you'll catch up with the rest of the Expedition team, debrief from your previous phase and have time to relax. You will be allocated into new teams for your next phase.

You will have the chance to access your phone so you can get in touch with friends and family. Once recharged and energised, you'll be ready for the next phase of your Expedition!

SAMPLE 10-WEEK TIMELINE



This is a sample timeline. Your Expedition may differ.



ARRIVAL AND INDUCTION

Arrival and introduction

All Venturers will be greeted at the airport by our Raleigh Borneo team and taken to our Fieldbase at Camp Tinangol.

Before you start volunteering on projects, you'll participate in a 3–4-day induction. Expect a busy few days as you get to know your fellow Venturers and get prepared for Expedition life!

You'll receive essential training and safety briefings, find out more about the project you'll be working on and how your energy and hard work will contribute to creating lasting change.

During induction you will stay at the Raleigh Fieldbase, which will involve sleeping on roll mats in shared long houses with access to basic washing facilities and limited Wi-Fi. By the end of Induction, you will be ready for your first phase!

YOUR TEAM

The number of Venturers can vary but you will be in group sizes of between 15–20. This will include national Venturers and Venturer Managers. You change groups between each phase and will have the chance to work with many different people.

Your induction will cover:

- ✓ Introductions to the team
- ✓ Raleigh Code of Conduct
- ✓ Health & safety
- ✓ Navigation
- ✓ How to pack for each project
- ✓ Evacuation protocol
- ✓ Cultural awareness
- ✓ Getting to know your fellow Venturers and team bonding
- ✓ Project roles and schedules

The Borneo team will also help prepare you for your projects, and you may receive specialised training from our project partners, who will talk you through the specifics of your project sites.

YOUR FIELDBASE



Your Borneo Expedition will begin at Borneo Fieldbase, also known as Camp Tinangol. This will be your home for induction, changeover and relaxation time.

Our charming Fieldbase is beyond the rural Rungus community and very similar in feel, giving you an authentic experience and immersing you fully in the local culture.

Each longhouse has a corridor running the length of the structure. On one side there is communal space for chilling out and socialising, on the other are sleeping rooms. Traditionally entire families would live in a single longhouse that may be up to 100 ft long.



***Watch: Take a tour of
Raleigh Borneo Fieldbase**



- ✓ **LOCATION:**
150 km (3 hours drive) from Kota Kinabalu Airport & 40 km from Kudat
- ✓ **ACCOMMODATION:**
Traditional longhouses
- ✓ **BED TYPE:**
Basic mattress with your own bedding (ie. your sleeping bag)
- ✓ **TOILETS:**
Flushing toilets
- ✓ **HYGEINE:**
Cold water showers & sinks
- ✓ **POWER:**
Mains electricity, with British 3 pin power sockets
- ✓ **SOCIAL AREA:**
Volleyball court, badminton & board games. Small community shop nearby

COMMUNITY PROJECT

PHASE 1



In Borneo you will live and engage in development work in a Dusun native community, supporting local people on infrastructure projects which will improve lives.

Through our infrastructure projects, we aim to increase access to the facilities most needed to support welfare and growth in indigenous areas.

About one of our community projects

The Dusun people make up Sabah's largest ethnic group. With over 300,000 as part of this indigenous group, there are many Dusun communities scattered across Sabah.

Many Dusun communities are remote and rely on small businesses and agriculture such as subsistence farming and farmers markets. This can provide challenges, resulting in many of these communities experiencing poverty and underdevelopment.

Through your project you will get involved in planning and construction work to support community initiatives. This may include working on building toilets, community halls, supporting the development of drainage systems, market stalls and other smaller projects to benefit the community.

What will I be learning?

Teamwork is essential to achieve the objectives of this project. Other skills learned or put into practice are effective communication, decision-making, conflict resolution, leadership and negotiation.

Venturers will learn about the local context of the community and school, and will take part in sessions on being active global citizens.

Where will I be staying during this phase?

You will stay in community accommodation - likely a community hall - with access to basic facilities.

PROJECT PARTNER

All our community projects support the Global Goals for Sustainable Development.



PACOS TRUST

PACOS Trust

ADVENTURE CHALLENGE PHASE

PHASE 2



In this phase you will embark on two different adventurous experiences – the Leadership Trek and the Jungle Adventure - both which will take you across Borneo’s stunning landscapes.

On this phase, every day is different, including the weather and the accommodation. Go from camping under the stars while you trek across rainforest landscapes, to embracing jungle life and becoming one with nature.

Your Leadership Trek

Your Leadership Trek will take place over 7 days, where you’ll explore the Salt Trail in Borneo’s Crocker Range. Here you will navigate and explore routes off the beaten track that tourists don’t normally experience. You will pass through rural communities along the way, where you’ll interact with them and even support in some local project work. You will be led by specialist Raleigh staff, local guides and Venturer Managers.

Your Jungle Adventure

You will spend time in Batu Puteh, a Sungai native community living by the Kinabatangan River, where you will engage in an eco-tourism and jungle restoration project. Working hand in hand with the village to maintain and re-establish the ecosystems of this important area. This phase of the adventure will give you the chance to live in the jungle, view wildlife on a river safari, and go on short night treks. You will also get to visit Borneo’s famous Orangutans at the Sepilok Orangutan Sanctuary.

Leadership and experiential learning

With all our projects, you will all take turns to lead the group for a day. This is a chance to develop your leadership skills but most importantly, to learn about the power of team-working to achieve goals.



“It forces you to step out of your comfort zone and develop as an individual, and your abilities to communicate and compromise.”

FAITH, VENTURER



ENVIRONMENTAL PHASE

PHASE 3



The whole programme is designed to bring the best in people and let them find out what really matters.

MARTIN, VENTURER

You will take action supporting conservation efforts locally, protecting Borneo’s precious and unique ecosystems.

Over 50% of Malaysian mangroves are found in Sabah, however each year thousands hectares are disappearing. Industrial level logging and local farming of the nipa plant have resulted in mangrove degradation, negatively affecting the local environment and providing cause for global concern.


Raleigh Venturers will be supporting a mangrove planting and rehabilitation project, working alongside local experts and communities living near mangrove creeks to revitalise mangrove growth.

Tasks include:

- ✓ Mangrove rehabilitation
- ✓ Reforestation and tree planting
- ✓ Biodiversity inventory
- ✓ Camera traps maintenance
- ✓ Soil maintenance
- ✓ Awareness raising activities on the importance in preserving these eco systems



PROJECT PARTNER



KOPEL Kinabatang

LIFE IN CAMP



Accommodation

Accommodation may vary. You'll wild camp in hammocks, sleep in traditional long houses and also in local community halls. No matter where you stay, accommodation will be basic and authentic to rural life in Sabah.



Meals

Raleigh provides you with dry and fresh food and a recipe. Venturers will rotate to cook for the group.

As with South Asian cuisine, the staple foods in Borneo include noodles and rice, as well as different local fruits and vegetables. Tropical fruits from the rainforests are delicious!



Time off

- ✓ Work will be done in the early mornings and late afternoons to avoid the heat of the day.
- ✓ On rest days you are free to relax, read a book and socialise with your fellow Venturers.

COMING TO A CLOSE

You've conquered your Expedition, made friends and had amazing experiences. All Expeditions end with everyone coming together for a final few days back at the Fieldbase.

This is a chance to catch up with friends and celebrate all you have achieved together.

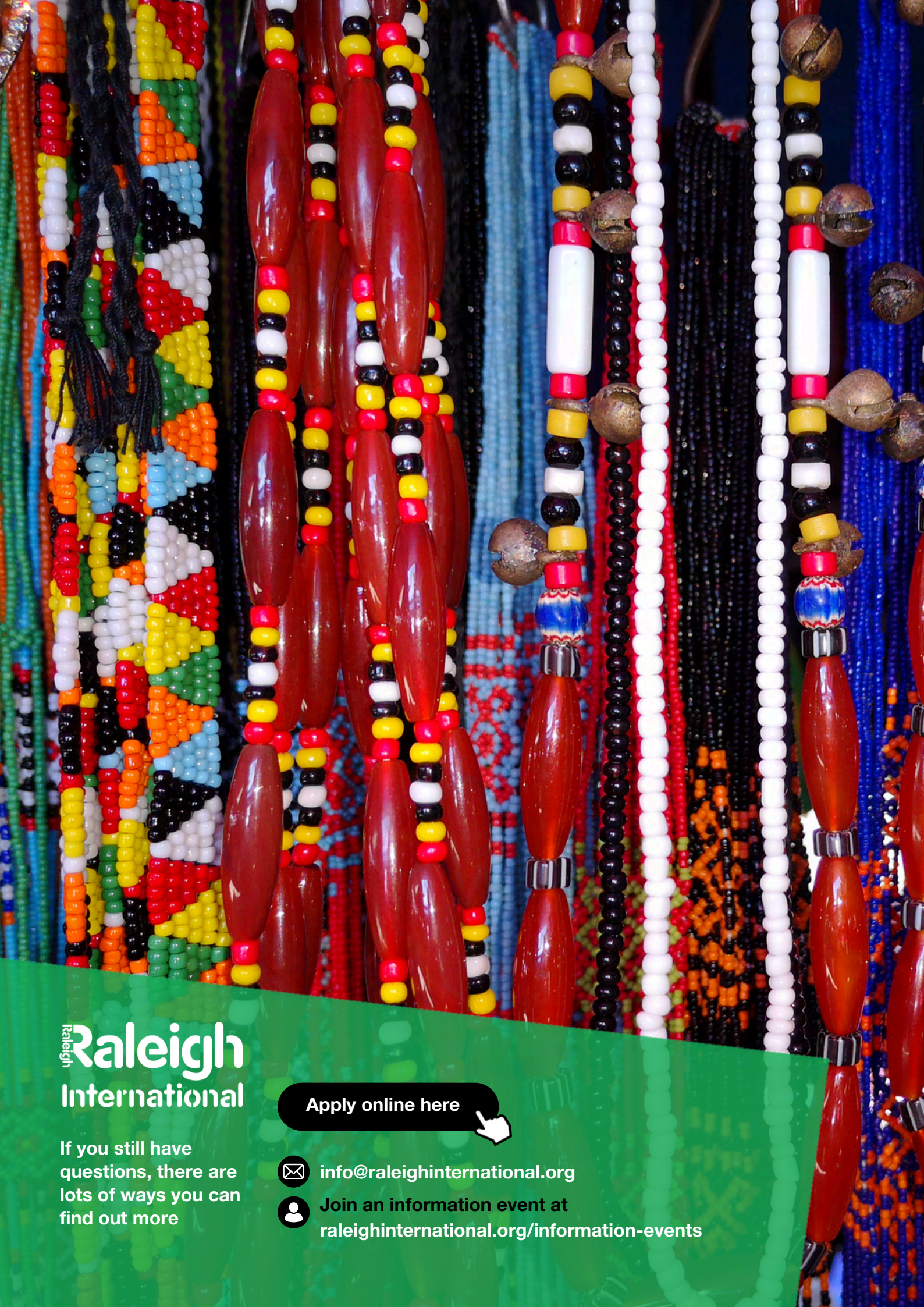
Your journey doesn't end with Expedition!



You will be to be part of a global movement of over 55,000 alumni.



Join a Raleigh International alumni society full of Venturers dedicated to taking action towards a fair, inclusive, and green world.



Raleigh International

If you still have
questions, there are
lots of ways you can
find out more

Apply online here



info@raleighinternational.org



Join an information event at
raleighinternational.org/information-events