



All costs, including food, accommodation, and transport, are fully covered in Raleigh Expeditions. Therefore, the amount of spending money you bring is entirely a personal choice and would cover optional snacks, supplies, and souvenirs.

You will be working with a variety of people from different backgrounds, including rural and disadvantaged communities. Because of this, we need to be sensitive. We encourage you to be considerate and respectful—spending minimal amounts while on the project will allow for a fully immersive experience.

You will need to withdraw cash at the airport, and our team will assist you upon arrival. Please note that access to ATMs around Sabah is limited, and where they are available, they don't always accept Mastercard and/or VISA. The majority of places in rural areas of Sabah only accept cash.

### **Spending opportunities**

Throughout the expedition, there are various opportunities to buy additional snacks, souvenirs, or top up on extra kit and toiletries. Opportunities to visit a supermarket and a pharmacy are likely when travelling to/from Fieldbase at the start/end of each Phase. Access to a small community shop is a 30-minute walk from Fieldbase.

Please note there is very limited opportunity to purchase additional kit items, so it is essential that you ensure you have all essential items in the packing guide.

Venturers will be briefed upon arrival in the country regarding the limited opportunity to access an ATM and spending money throughout the expedition

### **Suggested Amounts**

Raleigh covers everything you need throughout expedition[PA1], so spending money is an optional extra and entirely down to personal choice. Remember, we recommend only travelling with a maximum of RM1000 in cash. As a general rule, RM100 per week of travel is sufficient for any optional extras. Venturers are advised to keep a credit/debit card with them during Phase also for back-up purposes.

## **Opportunities for personal spending during Expedition**

### Induction/Changeovers

There will be an opportunity for a trip to the community shop, you will need cash for this.

There is also an opportunity to buy a few kit items from the Raleigh shop.

Optional amount: RM 100 max. per trip depending on what you buy, cash is what is accepted.

- 5 weeks, one trip;
- · 7 weeks, two trips;
- · 10 weeks, three trips

### **Adventure Challenge**

#### 7 and 10 weekers

Food resupply drops occur every 8-10 days. Throughout the trek, you will pass through a few small communities where you may be able to buy a couple of treats. During the Jungle phase (the second half of the Adventure Challenge phase), you will visit The Sun Bear Conservation Centre (BSBCC) and Sepilok Orangutang Rehabilitation Centre, there are a few shops where you can buy snacks or souvenirs.

### **Community Projects**

#### 7 and 10 weekers

You may get the chance to visit a local shop buy this is not guaranteed.

As a group, you might decide to organise an optional trip out of the community. This will be an additional cost to Venturers / Venturer Managers for transport and any expenses incurred. You are likely to need about RM100 for a day trips.

Optional amount: max. RM300 – this is cash only.

### **Environmental Projects**

#### 7 and 10 weekers

You may get the chance to visit a local shop buy this is not guaranteed.

Optional amount: max. RM300 - this is cash only.

As a group, you might decide to organise an optional trip out of the community. This will be an additional cost to Venturers / Venturer Managers for transport and any expenses incurred. You are likely to need about RM100 for a day trips.

### **5 Week Expedition Venturers**

#### Community/Environment Project:

You may get the chance to visit a local shop buy this is not guaranteed.

Optional amount: max. RM300 – this is cash only.

#### **Adventure Challenge:**

You will carry all your food for your 8-day trek (with 1 x resupply). Throughout the trek, you will pass through a few small communities where you may be able to buy a couple of treats.

#### **Medical Insurance:**

All Venturers and Venturer Managers should carry their specific medical insurance excess amount in cash with them at all times. This money is in addition to your optional spending money and should not be spent. It is only to be used in the event you require a visit to a medical clinic for treatment. Without this money, access to medical treatment could be refused or delayed. Please keep in mind that should you require medical attention you may need to pay with card / cash first and then claim back from insurance.

# **Summary**

5 weekers

Optional spending money: RM500

7 weekers

Optional spending money: RM700

10 weekers

Optional spending money: RM1000



#### **PLEASE NOTE:**

This is just a spending guideline, as our projects and project sites do change depending on what work is needed when and where. Therefore the suggested spending budget may change depending on what's available at/near that project location.





questions please get in contact.

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