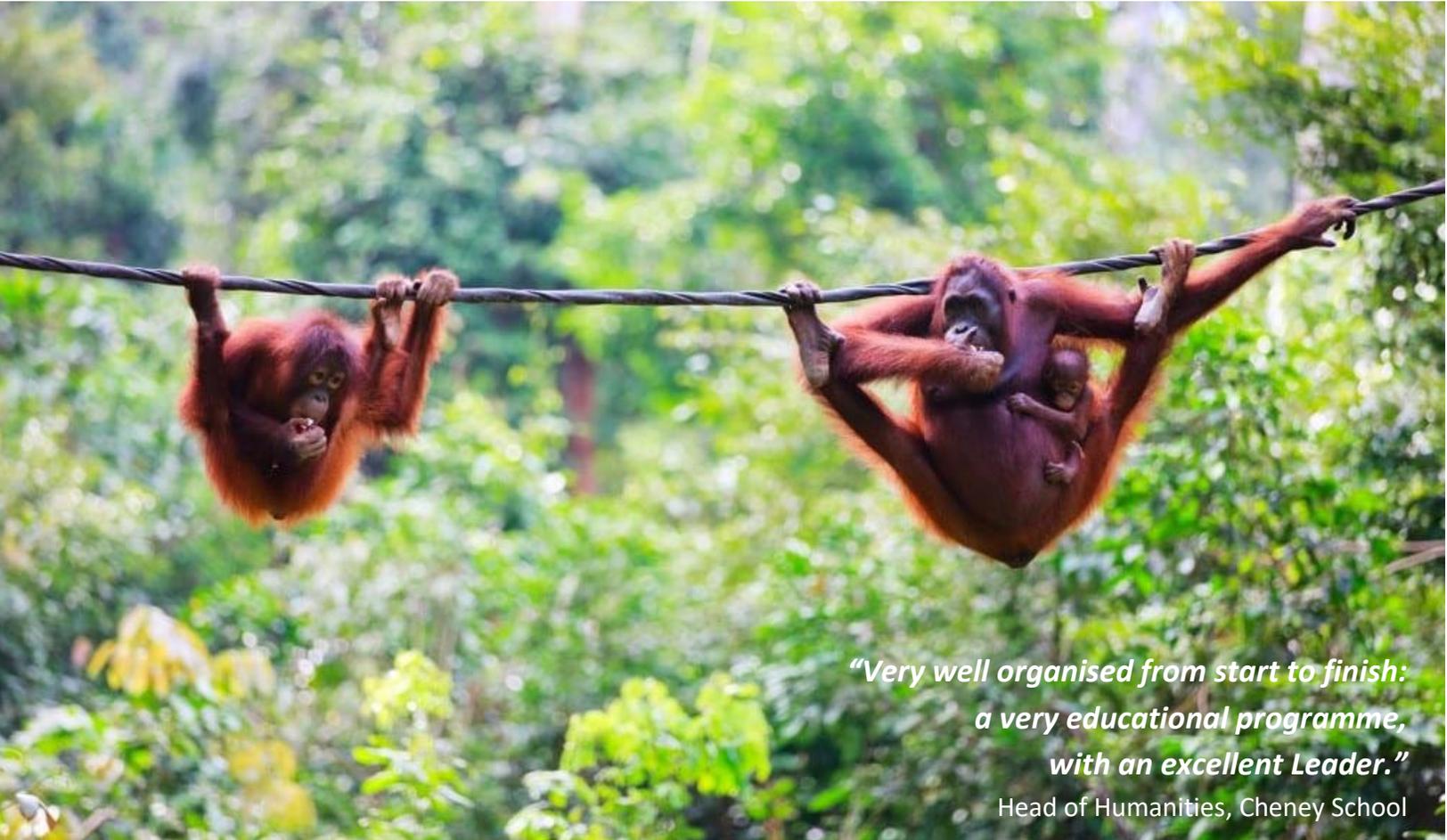




global learning for positive change



*“Very well organised from start to finish:
a very educational programme,
with an excellent Leader.”*

Head of Humanities, Cheney School

Malaysian Borneo

Summer 2021



Your Global Action Programme

At Global Action, we believe in engaging young people in Global Learning about poverty reduction, environmental issues and social justice. This develops Global Citizens, able to effect positive global change for the future.

Global Action programmes engage students with global issues, carefully designed around the UN agreed Sustainable Development Goals. Your trip will explore how these goals are being achieved on an international scale, and what still needs to be done.

Support Raising Funds



- ✓ Raising funds support
- ✓ Ideas and resources on webpage



- ✓ Destination Handbook
- ✓ Discount codes for kit
- ✓ Fitness advice



- ✓ Global Learning Workshop
- ✓ Resources and further reading on webpage

Trip Preparation



- ✓ Meet your Global Action Leader and kit preparation evening
- ✓ Leaders' Safety Management Workshop
- ✓ Training Day (if applicable)



- ✓ Exposure to local and global development
- ✓ Visits to international agencies
- ✓ Participation in practical projects



- ✓ Empowered and engaged global citizens
- ✓ ASDAN Universities Award



"It has been a once in a lifetime opportunity, that has given me the confidence to travel everywhere. I have had an amazing time."

Student, Saffron Walden High School

Why Malaysian Borneo?

Borneo is the perfect destination for anyone interested in a life-changing educational experience, environmental issues and adventure!

Borneo has the world's oldest primary rainforests, dating back 140 million years, that are home to 200 species of mammals, 400 species of birds and 15,000 species of flowers. Many of these can only be found on Borneo, and are instantly recognisable, including: the endangered Bornean Orangutans, Proboscis Monkeys, with their bulbous noses, the Pygmy Elephant, and distinctive Hornbill.

As well as its spectacular beauty and extraordinary biodiversity, Malaysian Borneo is known for being one of Asia's mostly culturally diverse nations, with influences from several surrounding countries, including Indonesia, the Philippines and China. There are strong tribal identities here, each tribe having distinct traditions and culture.

Our Borneo Programme takes you from the bustling capital state of Sabah, Kota Kinabalu, to the tropical rainforest of the Kinabatangan on the east coast.

Learn about:

- **Conservation, the protection of endangered species and traditional cultures**
- **Biodiversity, ecosystems and environmental protection**
- **Ecotourism and sustainable development**

Useful Facts

Geography: Located at the northern tip of the island of Borneo, the Malaysian state of Sabah covers just over 28,500 square miles. There is 1,083 miles of coast line, which includes huge areas of mangrove forest, coral reefs and small islands. Almost half of Sabah is covered in forest, with three main mountain regions in the west and floodplains to the east.

Climate: Situated just north of the Equator, Malaysian Borneo has a tropical climate (27 - 34°C) enjoying over 12 hours of sunshine a day year-round. The monsoon season in this region is from November to March. During May – September, it is drier and warm.

Languages: Malay is the official and most widely spoken language in Malaysian Borneo, with subtle differences from the Peninsular Malay. There are also four main local indigenous languages. In many of the areas you visit, people will also speak English as a second language.

Culture: During the trip, you will learn about the diverse mix of ethnicities that have had an influence on Sabah, as well as the indigenous cultures that still survive today. You will see the stark contrast between urban and rural culture.

Physical rating: Physically this is a moderate trip. The ability to walk for a 3-days (3-4 hours), with a full pack is required.

Accommodation: You will stay in a mixture of comfortable guest houses and community homestays. Whilst in the jungle you will be staying in static hammocks or pitching your own!

Sample Itinerary

Build Up Day

The day of or the day before departure, all team members will meet at the school. Your Global Action Leader will check your kit and run through health and safety briefings.

Days 1 – 2: UK – Kota Kinabalu

Your journey begins with a flight into Sabah's state capital of Kota Kinabalu. Upon arrival you transfer by road to Sepilok, on the east coast. The journey takes you through the heart of Sabah driving past palm oil plantations, and Malaysia's iconic highest peak, Mount Kinabalu (4,095m), with its breath-taking summit. Once in Sepilok, you settle into your accommodation in anticipation of tomorrow's adventures!

Day 3: Sepilok Orangutan, Sun Bear and Rainforest Discovery Centres

The day will start with a welcome briefing from your in-country guide who will give you an orientation to your itinerary and the information you need to know to keep the group safe and healthy during your stay in Borneo.

Following this you will head out to visit three of Sabah's leading conservation organisations:

1. The world famous **Sepilok Orangutan Rehabilitation Centre**. In 2016 Orangutans were classified as critically endangered by the International Union for Conservation of Nature (IUCN), meaning they are close to becoming extinct in the wild. At the centre you will learn about the threats Orangutans and the efforts being made to try and conserve these endangered primates and return them to the wild, whilst spending time watching the recently released individuals at the feeding stations.



2. **The Bornean Sun Bear Conservation Centre** is seeking to rescue and rehabilitate a number of the world smallest bears. Wild Sun Bear populations are under threat from deforestation, hunting for the Chinese medicine trade and pet trade. You will learn why this species is important to the natural environment of Southeast Asia and what the centre are doing to try and boost the populations in the wild.
3. **Rainforest Discovery Centre**. Here you will get your first real flavour of the Borneo Rainforest. The centre is full of trails through the forest, including canopy walks to experience canopy-top views over the forest and learn about this hugely important and varied ecosystem.

Days 4 – 5: Kinabatangan Community Stay

The next day you will make the exciting journey to the Kinabatangan region, travelling by boat across Sandakan Bay, and through the biodiverse mangrove forests at the mouth of the mighty Kinabatangan River.

Over the next couple of days, the group will become fully immersed in the community in the Kinabatangan. This will include participating in a community stay programme.

After a welcoming tour of the village, students will get involved with local activities which are essential to the rural village in the Kinabatangan. This will include visiting a tree nursery site, boat-making, handicraft and fish trap making. Whilst staying within the community, the group will enjoy a variety of delicious local cuisines.



During our stay with the community, you can enjoy some unique activities:

- A river cruise to look for the wonderful Borneo wildlife. The Kinabatangan region is home to the Borneo Big Five which is made up of the Orangutan, Pygmy Elephant, Proboscis Monkey, and the Rhinoceros Hornbill.
- Going to a local school and having interactive sessions with students. You will have the opportunity to teach English and play games with the local children, which will be great fun. Through this inter-cultural exchange, you will experience the community's unique culture, traditions and language.
- Local community recreational activities and a night river cruise!



Days 6 – 9: Forest Rehabilitation Project

After breakfast, the group will depart for the Forest Rehabilitation Project, stopping along the way at the intricate Gomantong Cave. The caves are renowned for their swiftlet nests and edible eggs. The collection of these birds' nests is an ancient tradition, since 500 AD. Twice a year locals (who have licenses) climb to the roof of the caves, using only rattan ladders, ropes, and bamboo poles. Students will see the famous fixed rope ladders used for the bird nest harvesting!

During the forest rehabilitation phase, you will learn how conservationists and locals, seek to conserve and protect the vitally important Rainforest. Two of the ongoing, long-term projects in the area include:

- **The reforestation of the fragmented wildlife corridor**, which plays a critically important role in the conservation of fauna in the area. Examples include the 10-primate species found in Sabah (four of which are endemic to Borneo), as well as elephants, birds and cat species.
- **The Borneo Fig Project**, which works alongside the BORA Rhino reserve. Over 10 years ago a wild fig orchard was established at Tabin to feed the captive rhinos at Tabin. Fig saplings and cuttings are now being supplied to wildlife lodges, oil palm estates and re-forestation projects for habitat enrichment to benefit wildlife. This provides an essential staple diet to mammals including orangutans, gibbons, hornbills, civets and mouse deer.



The group will have a chance to join in with several different activities, including:

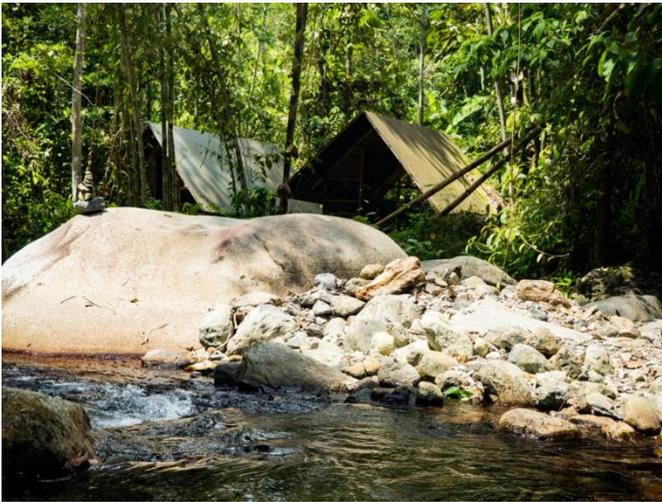
- Biodiversity sampling – this can include surveying and observing species either in the forest by foot, or on the river by boat, or setting up and checking camera traps. These activities will take place at varying times throughout the day, including at night, to match the active times of different species
- Reforestation – this can take place at a nursery or out in the forest, replanting key areas of rainforest

This phase provides a unique opportunity to learn about the importance and threats to the rainforest from researchers and local community members, and seeing first-hand the human impact on the rainforest, whilst making a meaningful contribution to its protection for the future. During this time the group will stay in a range of accommodation, from basic long houses and dormitories with electricity.

Days 10 – 13: Jungle Trek

Following breakfast at your accommodation, you will transfer to the trek stage of your trip. On the walk to your main meeting point, with some good luck, you will get the opportunity to see the world's biggest flower, the Rafflesia blooming nearby.

Once at camp, you will begin **Bush Skills and basic Jungle Survival School**, learning the basic skills required to call the jungle your home for the next few days. This will include hammock siting, fire lighting and how to keep yourself safe. This session is led by expert jungle guides who have worked for many years with school groups in this environment.



The following day you venture into the jungle for a 3-day trek into the protected forest of the Crocker Range. You will trek across suspension bridges, through village and jungle trails, and have an opportunity to visit a rural Borneo village, accompanied by your expert Jungle Guides.

During this trek you will be carrying all the kit needed to survive as a team for the 3 nights out. You will sleep in hammocks you have set up yourself and enjoying dinners cooked by the team on campfires. You will come out of the trek with new skills, self-confidence and improved team working abilities. During the final phase of the trek you will also have the opportunity to visit a Mari Mari Cultural village to experience local ethnic communities' and see traditional homes.

Day 14: Tropical Island

Today is all about relaxing on a tropical island! The group will travel out by boat from Kota Kinabalu and spend the day at leisure on one of the islands of the Tunku Abdul Rahman National Park. You can reflect on what you have seen and learnt through a Global Learning Review, and enjoy your final evening in Kota Kinabalu.



Day 15: Kota Kinabalu – UK

Today, you check into Kota Kinabalu International Airport for your return flight home. Reflecting on your unique adventure, you arrive back home with memories to last a lifetime, with the ASDAN Universities Award!

Organisations we support in Malaysian Borneo

Sepilok Orangutan Rehabilitation Centre

Sepilok Orangutan Rehabilitation Centre was founded in 1964 to rehabilitate orphan orangutans. The site is 43 sq. km of protected land at the edge of Kabili Sepilok Forest Reserve. Today around 60 to 80 orangutans are living free in the reserve.



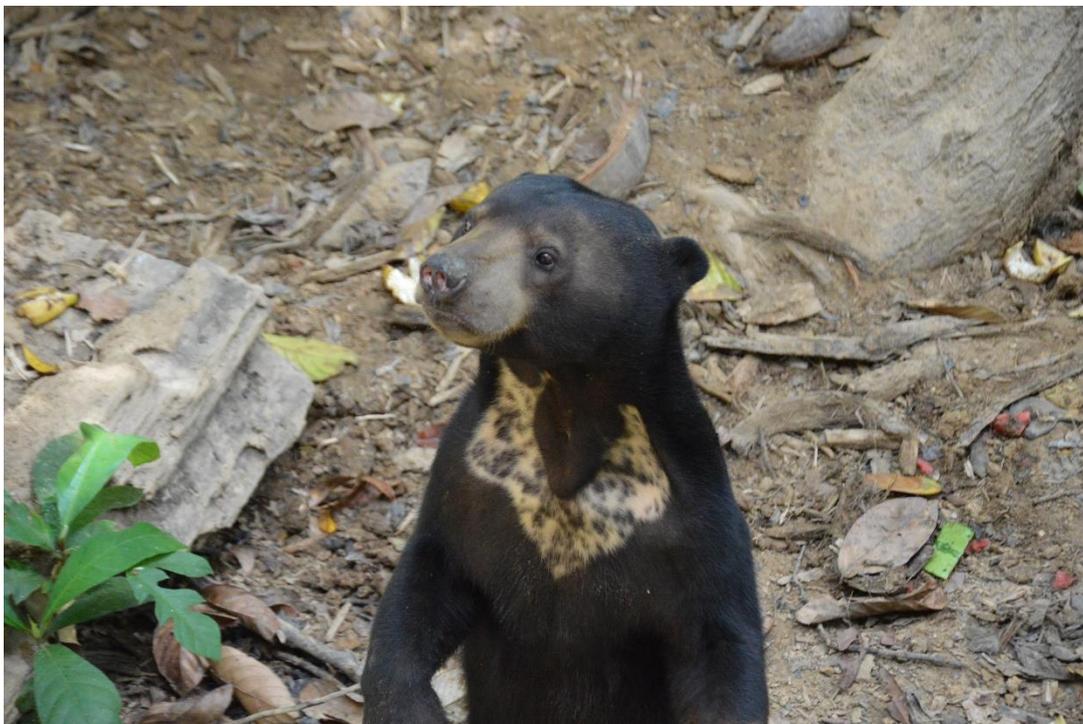
Bornean Sun Bear Conservation Centre is a sun bear rescue and rehabilitation facility. There are currently 44 rescued ex-captive sun bears residing at the BSBCC. The facility includes large forest enclosures to provide a natural environment suited to the needs and welfare of the sun bears and facilitate their rehabilitation back into the wild.



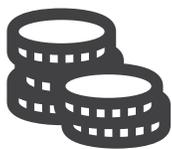
The Rainforest Discovery Centre evolved from a small, cosy Environmental Education (EE) centre in 1996 into one of Sabah's most popular EE centres. It is within the famous Kabili-Sepilok Forest Reserve. The RDC is managed by the Sabah Forestry Department.



BORNEO FIG PROJECT is based at and managed by the staff of the BORA Borneo Rhino Alliance. The Ecology Research projects indicate that figs provide an essential staple diet to much wildlife in Borneo, and the population of many of Borneo's mammals.



Raising funds towards your trip



Raising funds for your trip is a key part of your Global Action programme experience. As well as raising cash for your trip, raising funds helps to develop entrepreneurial, budgeting and teamwork skills and will give you a fantastic sense of achievement!

How

The best thing about fundraising is that there are no set rules – it is a great opportunity to be creative and have a lot of fun in the process! Most of our students do two types of raising funds:

1. Individual Activities

Most activities you can set up on your own, e.g. **in School Holidays, Weekends, or Week Day Evenings**. The big benefit is that you get to keep all the profits! We've had many students over the years prove that raising trip funds in this way is very achievable.

Ideas...

- ✓ **Part Time Work:** get a job during your holidays or weekends. You could deliver newspapers or work in a local shop / café! Get a CV ready and ask friends and family who may know of local opportunities.
- ✓ **Odd jobs at home or for neighbours:** offer to babysit, dog walk, cut the grass, car wash...any odd jobs! Tell people why you are raising the money too.
- ✓ **Car boot sale or Ebay:** sell items you no longer use or need for money towards your trip, or ask people if they can donate items they no longer need that you can sell.
- ✓ **Easyfundraising.org.uk:** fundraise every time you shop online – see details overleaf!
- ✓ **Sponsored events:** sign up for a sponsored run, cycle or swim, ask friends, family, neighbours, work colleagues etc. to pledge to sponsor you and get fit for your trip at the same time!

2. Team Activities

Working together with others going on your trip is a great way to start getting to know your teammates and build teamworking skills. By pooling your resources and ideas, you can run larger scale events, publicise these wider, and often make use of venues you might not have access to as an individual. Do bear in mind you will have to split the profits between your team! We have over 10 years' experience supporting students efforts, and will help you to set up a committee to coordinate team activities.

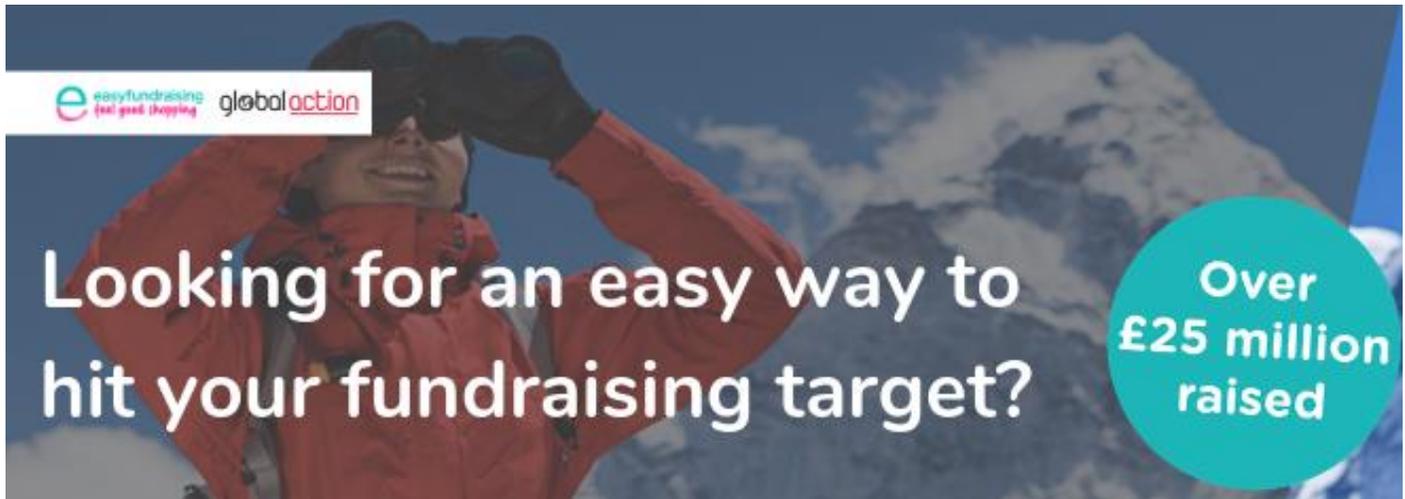
Ideas...

- ✓ **Bake Sale:** get your team together and get baking – sell these at break time at school!
- ✓ **Quiz or Restaurant evening:** selling tickets for an event evening at your school or a local restaurant can be a great money spinner – think about adding a raffle or auction of promises.
- ✓ **Supermarket bag packing:** contact your local supermarket manager to see if you can help pack bags and shoppers donate for your help.

When should I get started?

It's never too early to start raising funds for your trip – **there's an easy way to get started on the next page!**

Think about when the best periods for you e.g. holidays, weekends and around Christmas – we'll give you some help with creating a plan at your raising funds workshop!



We've partnered with the UK's leading online shopping fundraising service, [easyfundraising](https://www.easyfundraising.org), to give you access to an unlimited source of funding towards your trip. Every time you buy something online, from fashion to fast food, go to [easyfundraising.org](https://www.easyfundraising.org) first to find the retailer you want. There's over 3,100 to choose from including: Amazon, eBay, Asos, Just Eat and Apple.

[easyfundraising](https://www.easyfundraising.org) direct you to the retailer's website and, when you check out, you get a percentage of what you spend back as a donation to your trip - and it doesn't cost you a penny extra! It really is as easy as 1,2,3.....



1. Join

Register your trip (e.g. Global Action Borneo 2021 – Joe Bloggs) at: global-action.easyfundraising.org.uk



2. Shop

Visit [easyfundraising.org](https://www.easyfundraising.org) every time you shop online, then shop as normal by clicking out to a retailer's site. Every time you buy something, you'll receive a donation towards your trip.



3. Raise

Encourage your friends and family to sign up to shop in support of you too – your funds will soon mount up!



Amelia Thorpe raised £1,205 in 12 months for her 2017 expedition!

"I've been raising money through craft fairs and generally doing jobs around the place. The best and quickest way is through easyfundraising. I like it because I don't have to keep asking people to donate, they just shop online and my donations really mount up!"

£1,205 raised

Sign up at:
[http://global-action.easyfundraising.org.uk](https://global-action.easyfundraising.org.uk)

Why book with Global Action?

The Specialists

Travel with the UK's leading provider of Global Learning programmes. Global Action is managed by international development professionals, who have over 15 years' experience in organising school trips worldwide. You'll get full support, start to finish, from our experienced operations team, who have travelled to all our trip destinations. You will benefit from their first-hand knowledge and their wealth of experience from organising inspirational trips.

High Educational Value

Our Global Action programmes are designed to strengthen students' **employability skills** in leadership, teamwork, and communication. All students completing a Global Action trip qualify for the widely recognised **ASDAN Universities Award**. The ASDAN Universities Award is highlighted by UCAS for applicants to mention in the personal statement of their UCAS form. Students have found that the Universities Award has made a significant difference to their UCAS Application.

Safety First

On a Global Action trip, the health and safety of all our participants is our top priority. We have a full and comprehensive **Safety Management System**, including detailed risk assessments for each activity, and extensive itinerary planning with our trained in-country partners. We provide each team with highly qualified and experienced UK Global Action Leaders, supported by school staff, 24-hour safety backup, communication equipment and comprehensive First Aid Kits. **Read more at:** www.global-action.co.uk

Financial Protection

Once you have booked you will enjoy financial security, as Global Action is a **fully-bonded UK tour operator** with the Civil Aviation Authority's Air Travel Organisers Licence (ATOL) Number 10624. So your trip is in safe hands, and monies paid to us are fully protected.



How to apply for this trip

1. Read the Global Action booking conditions at www.global-action.co.uk
2. Complete and sign the attached Student Application Form
3. Return your Student Application Form, Passport Copy & Deposit to your school teacher



Contact us

info@global-action.co.uk

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