



Borneo

Volunteering & Jingle Jungle Living

20 days

This is a thrilling journey into the depths of the Borneo rainforests. It is a brilliant adventure offering a perfect balance of physical challenges, jungle experience, wildlife spotting and beach relaxation. On this expedition we hike deep into the rainforest and spend the night in hammocks under the jungle canopy. We'll spend time exploring the Kinabatangan river and have the chance to meet the famous orangutans at Sepilok. Don't forget mountain biking, white water rafting, zip-lining and a conservation project, this will be an expedition to remember!



[Learn more about our
Carbon Labels](#)

Your Recommended Expedition Itinerary

Days 1 - 2	Depart UK, fly overnight and arrive in Sandakan on day 2 Fly from the UK to Sandakan where we meet our local STC Expedition Leader and transfer to our accommodation in Sepilok. We spend our first night in Borneo here; already immersed in the incredible wildlife and environment the island has to offer. After freshening up and a welcome briefing, we visit the Rainforest Discovery Centre for an evening walk before tucking into our first traditional meal.	D
Day 3	Sepilok Orangutan and Sun Bear Sanctuaries Today we rise early to travel to Sepilok to visit the Borneo Sun Bear Conservation Centre and the famous Orangutan Sanctuary where a video presentation introduces us to the centre, after which we can walk down to the viewing platforms to watch the orangutans enjoy their dinner and gain an understanding of the work Sepilok does and the plight of these amazing creatures. After a full day of marveling and learning about these majestic and endangered species, we go to the Rainforest Discovery Centre for a nighttime walk where we will discover all sorts of different jungle creatures.	BLD
Days 4 - 5	Danau Tungog Eco-Camp; Wildlife cruises, treks & tree planting The next 2 days we spend exploring the jungle along the riverside. The Kinabatangan River is the second longest river in Malaysia and the wildlife along its banks is acknowledged by experts to be the most varied and easily accessible wildlife in all of Southeast Asia. The area we are visiting contains some of Borneo's highest concentration of wildlife. We will be taking cruises at different times of the day, a night walk and taking part in a tree-planting activity. We will also spend time learning about the MESCOT Initiative which focuses on protecting the forest habitat, wildlife and biodiversity of the Lower Kinabatangan while preserving the livelihood of the local population. On the cruises we would hope to see the famous proboscis monkey, salt water crocodiles, Macaques, Maroon Langur, Bornean Gibbon and if we're really lucky wild Orangutans. You can also expect to see Crocodiles, Hawks, Eagles, Hornbills, Kingfishers and much more. If you are very lucky you may catch a glimpse of the newly discovered Bornean 'Pygmy' Elephant feeding on the edge of the Kinabatangan River. As well as the animals and bird life you can also spot many insects, reptiles and amphibians including snakes, frogs and stick insects	BLD
Days 6 - 9	Kinabatangan Project Today we take a boat to Batu Putih and transfer 1hr to Bilit Kinabatangan, our home for the next 3 days. Here we will complete a sustainable and ethical community project. We will be constructing prawn and fish traps, which can be used in the river, these are vital for providing a source of protein to the local community. We will be helping local families repair and update buildings as well as helping with planting seedlings to reforest areas of local land. We will spend some time at the village school to allow the local students a chance to practice their English and to play sports together. During the project we will stay with a local family in a traditional homestay. This is an opportunity to get a true understanding of what day to day life is like in rural communities in Borneo. It will be basic but you will have a warm welcome.	BLD
Day 10	Journey to Kota Kinabalu We say goodbye to our new friends and travel to west Sabah, approx. 7-8hrs. This is an interesting journey, passing through towns and some smaller villages where we will stop for lunch along the way. There is a noticeable difference in landscape as we drive across northern Sabah, from thick jungle to miles of deforestation. On arrival we check in to our hostel and set off to explore the sights of Kota Kinabalu – the fish market is superb and a great place for dinner!	BLD
Day 11	Tropical Island Day Today we have the chance to enjoy the beautiful sea and coral reefs of Kota Kinabalu. To get to our tropical island paradise we take a 20 minute boat ride from Jesselton Point jetty in KK to the nearby islands. This is a day of pure relaxation. After arriving on our island we have the day to swim, snorkel and enjoy the abundance of marine life, or simply enjoy the sun and sandy beaches.	BLD

Day 12	<p>Tuaran Day - Mountain bike ride</p> <p>A 45-minute transfer takes us to the start of the day's mountain biking adventure! Our Day Ride takes us through the heartland of the Dusun people. We cycle through small villages, jungle plantations and onto the coastal plain where we will stop for lunch at Tuaran town close to the Chinese Pagoda. About half of the route is on dirt roads, which can be quite tough, as well as small village roads. We pass through beautiful villages on hanging bridges, single track trails, rubber and pineapple plantations and are greeted by friendly locals. It is a great way to see more of everyday life in Borneo. We transfer back to Kota Kinabalu.</p>	BLD
Day 13	<p>Jungle hike, rainforest living & frog hunting</p> <p>Jungle hike, rainforest living & frog hunting</p> <p>After breakfast, take a 45 minute bus drive to Kiulu. Today is all about learning to survive in the forests of Borneo. On our 3 hour trek to Waig-Waig Waterfall, our guide will teach us survival techniques as well as point out the amazing array of flora and fauna of Borneo. As night falls we will head out for some frog hunting and tonight, again, we will be sleeping in hammocks and listening to the sound of the water as we go to sleep.</p>	BLD
Days 14 - 15	<p>Jungle trek - days 2 + 3</p> <p>We trek deeper into the rainforest, approx. 4-5 hours each day. Our guides will continue teaching us survival skills and sharing their knowledge of the local flora and fauna and its uses in food, medicine construction, utensils etc. Our second night will be spent at Bungkawas Camp and the third at Lg Pa Kou Survival Camp, both nights sleeping in hammocks by a campfire.</p>	BLD
Day 16	<p>White water rafting</p> <p>This morning we walk out of the jungle and head and to our next adventure... white water rafting! After a safety briefing, we raft through the jungle for about 7km! The Kiulu River runs through the stunning Kiulu Valley and is gentle, safe and fun. For 2.5hrs we paddle down the river until reaching the end where we are welcomed to a BBQ of local delights. This afternoon we relax, swim (if water level permits) and shower (!) at Rangalau camp. Tonight we enjoy dinner and a blowpipe competition before sleeping in comfortable stretcher hammocks!</p>	BLD
Day 17	<p>MERC visit, overnight Kota Kinabalu</p> <p>After the wonders of the Bornean jungle, we now find ourselves back by the beautiful sea and coral reefs of Kota Kinabalu. Today we return to Kota Kinabalu and visit the Marine Ecology Research Centre (MERC) off the coast. We are met on arrival by MERC staff for a briefing and full tour of the rehabilitation centre for marine life. Here we work alongside biologists and learn about the importance of their work for the local ecology. Activities can include helping with MERC's Seagrass Transplanting Project, cleaning the coral nursery (brushing algae and collecting snails!) and learning about the importance of phytoplankton as a live food source for many young sea animals. Later this afternoon we return to our accommodation in Kota Kinabalu</p>	BLD
Day 18	<p>Conservation snorkelling</p> <p>Today we continue our adventure underwater on a Coral Reef Conservation day tour in Tunku Abdul Rahman Marine Park! Our focus is the Coral Reef ecosystem and the aim, to appreciate the complexity of coral reef habitats and why coral reefs are important. We will learn about threats impacting the existence of coral reefs and what we can do as an individual to help protect them. Today is divided into three sections: Rainforests of the Sea, Fish Identification and Coral Reefs in Peril. Each section will begin with a lesson on land followed by snorkeling investigations.</p> <p>Rainforests of the Sea: Learn to identify hard corals, soft corals, certain fish species - to give us a glimpse of the vast range of life found on a coral reef and why they are referred to as the 'Rainforests of the Sea'.</p> <p>Fish Identification: One of the key ways of understanding the health of a reef over time is by performing fish or coral species surveys to collect data on the volume and variety of species found.</p>	BLD

This can help experts to understand if the reef is healthy (with a balanced mix of species, volume maintained) or not. Using a slate, we will spot and draw fish from some of the 12 main groups including Butterflyfish, snappers, barracuda, damselfish, parrotfish and puffers. During the lunch break at Padang Point, our snorkel guide will help us to determine their identities using fish identification slate / books.

Coral Reefs in Peril: Understand how coral reefs are facing natural and human threats and search for positive and negative signs to determine if the local reefs are healthy or under stress.

We return to Kota Kinabalu for dinner and to enjoy our final night in Borneo.

Days 19 - 20 Depart Kota Kinabalu, arrive UK

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We have most of day 20 to explore Kota Kinabalu and its colourful markets, the waterfront and city mosque. There is also a walk from the clock tower up to a scenic viewpoint which offers stunning panoramic views of the city and coastline. Finally we catch our flight back to the UK, arriving on day 21.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel training programme
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

Responsible Tourism workshop

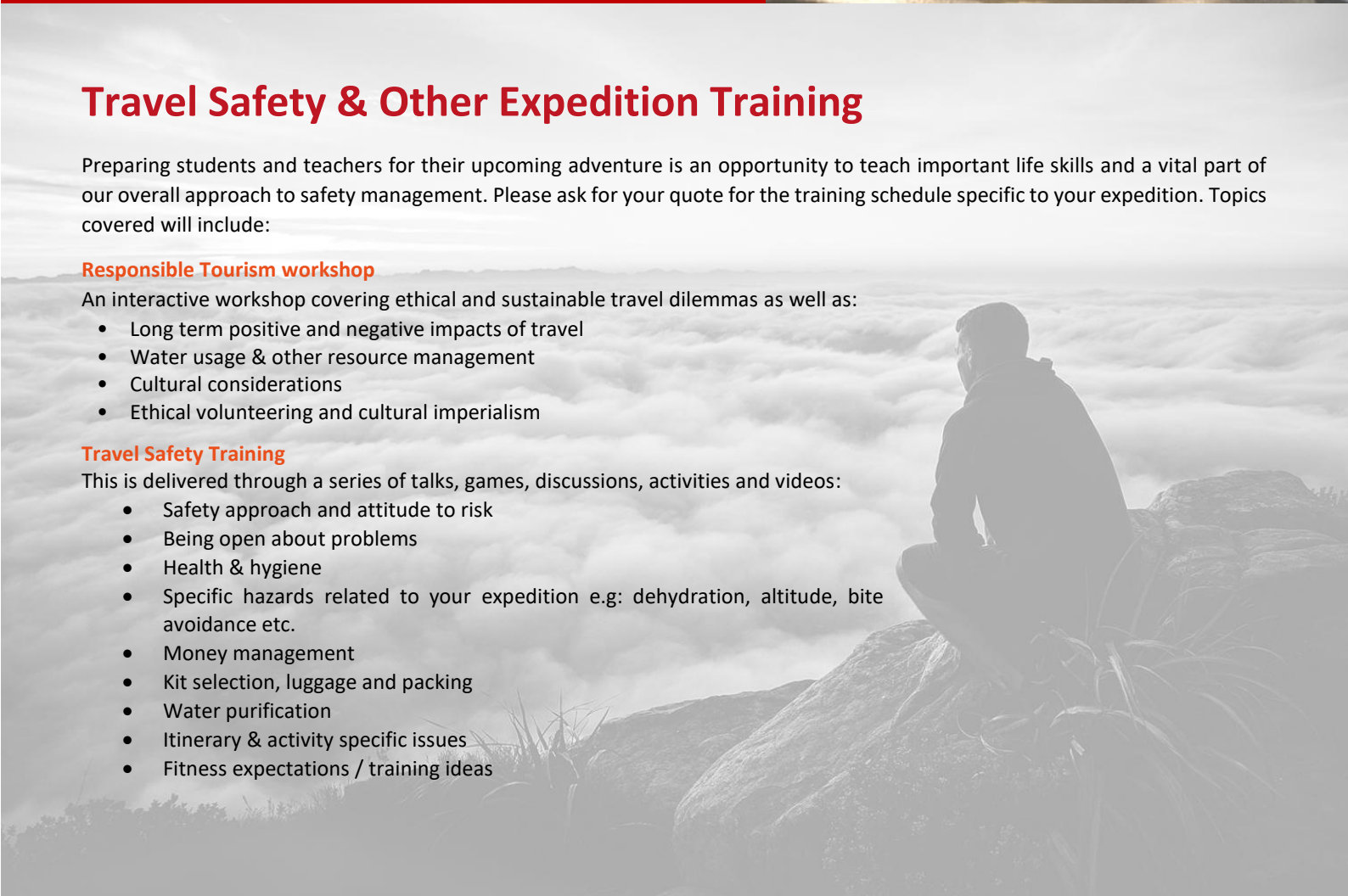
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.

"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

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Trees for Life



Scottish Fair Trade Forum Member

