

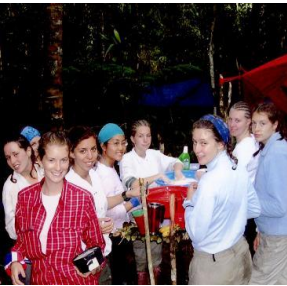


ABILITY EXPEDITIONS

EDUCATIONAL EXPEDITIONS

ABOUT US

We conduct fully customised Educational Expeditions, Community Projects and Personal Development Programmes utilising a wide variety of locations, activities, cultures and educational opportunities in Borneo. We are incorporated in Malaysia and are highly complemented by an experienced and dynamic staff team.



OUR PROGRAMMES

Groups can range in size from 10 to 100 persons and itineraries from 3 days to 3 months! The emphasis is on experience, enjoyment, adventure and learning with each programme being designed to achieve the specific objectives of the client.

Educational expeditions, community projects, environmental projects and jungle expedition training are some of the programme options that we can fully customise to your needs. Adventure activities can include jungle trekking, white water rafting, sea kayaking, diving, mountain biking as well as climbing Mt Kinabalu. Wildlife is abundant with chances to observe orang utan, proboscis monkeys, rafflesia flowers, turtles and stunning coral reefs.

OUR PRIORITIES

All activities are undertaken to the highest international safety standards. Experienced local and international guides, instructors and facilitators lead the groups at all times, ensuring safety, interaction with the local communities and facilitation of the personal development process. In addition Ability Expeditions provides extensive logistics and safety support at all times.

FOR WHOM?

Students, Youth Groups, School or University field trips, naturalist groups or indeed anyone interested in experiencing a meaningful trip in this incredibly varied natural environment will greatly enjoy and benefit from an Ability Expeditions Educational Expedition. Our staff team has dealt previously with International Schools, Raleigh International, Fulcrum Challenge, World Challenge Expeditions and Trekforce Expeditions.

WHERE?

BORNEO is the third largest island in the world, whose name conjures up all sorts of wild images in people's minds, some of which are correct! It straddles the equator in the centre of South East Asia and is divided into three countries: Malaysia, Indonesia and Brunei. Sabah, Malaysia - the North West corner of the island - contains, in a compact area, an incredible diversity of natural beauty as well as friendly and fun loving people. The oldest rainforest in the world, beautiful coral islands and beaches, incredible wildlife, mountains and vibrant culture make Sabah the perfect destination for this type of educational expedition.

For further information please do not hesitate to contact us.
We will be happy to provide information or create a specific programme proposal for your consideration.

Ability Expeditions Sdn Bhd KPL/LN 4668

B1317 Level 13, Wisma Merdeka Ph. 2, 88000 Kota Kinabalu, Sabah, Malaysia
Tel: 60 88 269289 Fax: 60 88 255289 Co. No. 735381A
Email: enquiry@abilityexpeditions.com Website: www.abilityexpeditions.com



ABILITY EXPEDITIONS EDUCATIONAL EXPEDITIONS

Ability Expeditions Educational Expeditions are fully customised, exciting and impactful programmes that can include jungle trekking, camping, village stays, school visits, community projects, white water rafting, climbing Mt. Kinabalu and so much more.

Various options to include in a fully customised expedition are:

JUNGLE TREKKING & CAMPING

Groups learn the skills necessary for surviving in a tropical jungle environment. They then trek with our jungle guides and apply the skills learnt in the Borneo Rainforest.



WHITE WATER RAFTING

Professional raft guides lead rafting expeditions through jungle rivers negotiating rapids of various grades.



VILLAGE HOMESTAYS

Groups trek to and stay in rural villages living with the local people and experiencing a different way of life. This can be combined with work on community projects.

MOUNTAIN BIKING

Groups bike on a pre-determined route, with our guides on tropical terrain. An opportunity to see local villages whilst challenging oneself to a test of endurance!!



WILDLIFE

Borneo's most famous residents such as the orang utan and an abundance of the other wildlife can be observed in their natural rainforest environment.

MOUNT KINABALU

A 2-day climb to the summit of Mt Kinabalu (4095 metres), the highest mountain in South East Asia, provides a unique and powerful group experience. Climbers stay overnight at a mountain hut before climbing to the summit to enjoy and unforgettable sunrise. A unique challenge that provides an incredible sense of achievement.



SEA ADVENTURES

Groups can do overnight stays at the islands, kayaking, snorkelling and even scuba diving to give a balanced experience of mountain, jungle and sea!

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SAMPLE PROGRAMME OUTLINE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
am	<ul style="list-style-type: none"> • Arrive Kota Kinabalu, Sabah • Jungle expedition 	Breakfast <ul style="list-style-type: none"> • White water rafting on grade 2 river in paddle rafts guided by professional raft guides 	Breakfast <ul style="list-style-type: none"> • Bus transfer to mountain biking start point 	Breakfast <ul style="list-style-type: none"> • Bus transfer to Power Station at 5,800 ft • Begin ascent of Mt Kinabalu 	<ul style="list-style-type: none"> • 0200 Wake up. Hot drinks and snacks • 0300 Depart for summit ascent • Climb to summit 13,455 ft for sunrise • Descend to Huts Breakfast	Breakfast <ul style="list-style-type: none"> • Sea kayak expedition around islands 	Breakfast <ul style="list-style-type: none"> • Sea kayak back to city or to boat pick up point • Clean up and packing
pm	Lunch <ul style="list-style-type: none"> • Jungle trekking continues • Construct jungle camp 	Lunch <ul style="list-style-type: none"> • Arrive at Adventure Centre • Swimming / tubing in river • Prepare camp 	Packed lunch <ul style="list-style-type: none"> • Mountain bike continues • Transfer to Kinabalu National Park 	Packed lunch <ul style="list-style-type: none"> • Arrive at Mountain Huts at 10,800 ft • Relax and rest 	<ul style="list-style-type: none"> • Begin descent to Park HQ • Arrive Park HQ Late Lunch <ul style="list-style-type: none"> • Return to Kota Kinabalu 	Packed Lunch <ul style="list-style-type: none"> • Scuba dive/ snorkelling • Arrive at remote beach • Build beach camp 	Lunch <ul style="list-style-type: none"> • Depart for airport
	Cook dinner on fires <ul style="list-style-type: none"> • Camp on hammocks 	Dinner <ul style="list-style-type: none"> • Review of day 	Dinner <ul style="list-style-type: none"> • Briefing for Mt Kinabalu ascent 	Dinner <ul style="list-style-type: none"> • Briefing for summit climb • Review of day • Sleep early 	Dinner <ul style="list-style-type: none"> • Visit night markets, shopping centre etc. 	Dinner <ul style="list-style-type: none"> • Final party 	
	O/N Jungle	O/N Adventure Centre	O/N TALK Lodge	O/N Mountain Huts	O/N City Lodge	O/N Beach Camp	

OTHER PROGRAMMES

In addition to Ability Expeditions Educational Expeditions, programmes can be customised to focus on:

COMMUNITY PROJECTS

The incredible personal development experience of living and working in a local community while completing a challenging project. Projects have included construction of gravity feed water systems, village hall, renovation of schools and bridge construction.

ENVIRONMENTAL PROJECTS

The group will be involved in an environmental or research project at a national park, forest or wildlife reserve often working in conjunction with scientists or researchers. Previous projects have included rhino and elephant surveys, forest rehabilitation, trail construction and interpretation programmes.

JUNGLE EXPEDITION TRAINING

Learn and practice all the skills necessary for surviving in a tropical jungle environment and complete an extended jungle expedition.



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