

YEAR 6 Residential Trip

Langkawi, Malaysia

Monday, 16 March to Friday, 20 March 2020



INTRODUCTION

Learners from Year 6 will be going on a five-day/four-night residential trip to Langkawi in Malaysia. Details of the trip are:

DATE	Monday, 16th March 2020 – Friday, 20th March 2020
VENUE	Langkawi, Malaysia
COST	SGD\$1,050 (incl. GST)
DEPARTURE FROM SCHOOL	7:20 am
FLIGHT TO LANGKAWI	Air Asia - AK 733 Departs: 10:45 am; Arrives: 12:15 pm
FLIGHT FROM LANGKAWI	Air Asia - AK 732 Departs: 8:45 am; Arrives: 10:20 am
RETURN TO SCHOOL	12:00 noon
EMERGENCY CONTACT NUMBER:	+65 91517467 <i>NOTE: Number is not available until Friday, 13 March.</i>

Details of the trip are provided in this booklet. The following information will be sent home with your child

- Packing list for you to follow (blue paper)
- Your child's Information Profile (green paper)
- Wilderness Malaysia Medical Declaration Form

There will be a **briefing session** on **Friday, 22nd November at 8:40 am** in the Year 6 Pod - D3, where we will go through all these details. However, if you have any queries or concerns that are not covered in this packet or the briefing session, please do not hesitate to contact us.

Forms and Payment Details:

Please check and return all forms to Student Services and full payment to the Cashier by **Wednesday, 22 January 2020**.

- Your child's Information Profile (green paper)
- Wilderness Malaysia Medical Declaration Form

PURPOSE

The purpose of the Year 6 residential trip is for learners to develop a greater understanding of sustainable practices that help to promote balance between our needs and the needs of the environment.

Learners will work collaboratively to overcome physical and mental challenges and continue to develop their effective team working skills.

The location provides a powerful and real provocation for their study into sustainable technology and the impact of people on the environment in both a positive and negative way. It also provides an amazing opportunity to study explore diverse ecosystems such as mangrove rainforests, tropical rainforests and coral reefs.

TRIP DETAILS

ACCOMMODATION

We will be staying at the Bella Vista Express for the duration of the Residential Trip. Learners will either be in twin share or triple share hotel rooms.

Breakfast and dinner will also be held there, along with evening activities.

The hotel is about five minutes from the airport and 20 minutes to the hospital if required. It is also in a central location, allowing for easier access to activities. It is also located outside of the main town areas.



MEALS

Children will be provided with three meals each day.

Breakfast will be served between 7:00am and 8:00am: usually International or Western food which may be pancakes, scrambled eggs, yogurt, fruit, homemade granola.

Lunch will be served between approximately 12 noon and 1:30 pm at external vendors.

Dinner will be served between 6.00pm and 7.00pm: Dinners usually follow an international theme such as Italian or Mexican as well as some local selections.

Snacks will be served twice per day.

Special meals are also available. Please provide details on the information profile to ensure we can make the necessary arrangements.

COMMUNICATION

If the accompanying staff are at all concerned about the wellbeing of your child, they will contact you to discuss their concern.

In the case of parents needing to contact Nexus staff, please communicate your message to Student Services who will pass the message on to the staff. Please note Nexus staff will not be reading or answering emails during the trip as their priority is child care.

We will aim to provide updates on the trip, however this is dependant on available Wi-Fi connections. Remember: no news is good news!

MONEY & SNACKS

There will be an opportunity for the children to purchase simple souvenirs or snacks. If you would like your child to take money then please give them up to the equivalent of \$10 Singaporean dollars in **Malaysian Ringgit (30 Ringgit)** in a sealed named envelope. Each envelope must be clearly labelled with their name. Do not pack these in your child's case; please hand them to a member of staff during pre-trip check-in.

TECHNOLOGY FREE ZONE

One of our objectives for this trip is that learners enjoy a, non-technical environment. We therefore ask that learners **do not** bring mobile phones, ipods or electronic games to Langkawi.

We encourage learners to bring small board games, puzzle books, playing cards, etc. for entertainment during their free time and between activities.

Nexus staff will take an array of photos and will ensure these are available for viewing after our return.

HOW TO PAY

Nexus International School (Singapore) accepts fee payments in cash, cheque, credit/debit card, bank transfer and NETS. Cash and credit card payments must be made in person at the Cashier on Level 2 during office hours between 8.00am and 5.00pm from Monday to Friday.

Payments made by cheque must be in the form of a crossed cheque made payable to “Nexus International School (Singapore) Pte Ltd” and with the child’s name and year group written on the back. Please do not submit post dated-cheques.

For bank transfers, please use the following details:

Account Name:	Nexus International School (Singapore) Pte Ltd	Bank Code:	7375
Account Number:	451-309-605-9	Branch Code:	001
Bank:	UOB	SWIFT Code:	UOVBSGSGXXX
Bank Address:	80 Raffles Place #29-03, UOB Plaza 1, Singapore 048624		

For Pay Now:

PayNow is supported by these Participating Banks

Bank of China, Citibank, DBS/POSB, HSBC Bank, Industrial and Commercial Bank of China Limited, Maybank, OCBC Bank, Standard Chartered Bank & United Overseas Bank Limited



Paying from an overseas account:

If you prefer to pay from an overseas account, payment can be done in a secure way through [Flywire](#). You can find more information about Flywire [here](#).

No matter which payment method you choose, It is incredibly useful to send a screenshot of your online payment to finance@nexus.edu.sg. This allows them to track and cross reference your payment.

If you are able to input a reference when making a bank transfer please enter your child’s surname/family name, homebase group and reference this trip. For example: **Wang6Lang**

DOCUMENTS & VISAS

PASSPORT AND FIN CARD

- Valid passport with at least six months until expiration (**21st September, 2020**), with Visa, if applicable (please see below).
- At least two spare blank pages in the passport at the time of travel.
- FIN card must be up to date and not expire before the **21st March**.

The passport and FIN card must both be placed in a clear resealable bag (eg: a ziplock bag) labelled clearly with your child's name and handed to a member of staff as your child boards the coach.

VISA

Normally NO VISA is required to enter Malaysia for learners whose passports are from: Singapore, Indonesia, Philippines, South Korea, UK, Taiwan, USA, Japan, Australia, France, Holland, Norway, Ireland, Spain, New Zealand, Trinidad, Germany, and Belgium. A visa prior to arrival is required for learners whose passports are from: China, India, Myanmar, Bangladesh, Colombia, Israel and Nepal. To check if your child will not need a visa, or a yellow fever certificate please visit the Malaysia Immigration Website. Should your child need a visa, you can either apply for it yourself, or through our travel agent, Norbayah at JTB who can support you with the visa application process, however there is a small cost involved. To apply for a visa, you will need the following documents:

- Please fill up the attached [Form IM.47](#)
- One recent (less than 6 months) coloured passport-sized photograph – 35mm x 50mm
- Singapore residing status - Original and Photocopy (Permanent Residence /Employment Pass / Dependent Pass / 'S' Pass / Work Permit / Student Pass / Long Term Pass)
- Letter from school to indicate applicant travelling on school trip (the school will provide this)
- Return air ticket or proof of travel documents (the school will provide this)
- Allow 7- 8 working days to process visa
- Visa fee include appointed agent fee at SGD56 for China passport
- Visa fee include appointed agent fee at SGD65 for India passport
- JTB fee S\$20.00
- Collection and delivery of passports from/to Nexus at SGD15 per way.

Please contact Norbayah directly if you have any questions. (norbayah_j.sg@jtbap.com). Once all the documentation is complete, please bring it to student services.

SAFETY & SUPERVISION

Safety is our first priority on any school trip and the Year 6 staff will be accompanying the children. Learners will be split into four groups of approximately 15 learners for all activities and will always be accompanied by our staff. A group leader from the camp will also accompany each group and there will be specific trainers for each activity (ie: a maximum adult:child ratio of 1:6 for all activities).

In the event of an emergency beyond first aid training, the local hospital is 20 minutes away. The Malaysian Wilderness trainers are all first aid trained and first aid kits are taken to each activity. Emergency care will be provided if it is deemed necessary by medical staff. You will be contacted as soon as possible. When at the hospital, two Nexus staff members and a Wilderness Malaysia Team member will accompany the student.

Each activity site has been visited and surveyed by the Year 6 staff. At the hotel there is 24 hour security and school staff will supervise as well during the night. All children will be individually insured. Further details of the insurance coverage are available on request.

INSURANCE

The Direct Asia Insurance Policy Summary (Travel 100). A full pdf of the Travel Insurance Policy can be found at www.directasia.com

Cover Details		Limits (up to)
Accidental Death / Total Permanent Disability (Lump sum)	Per Adult 70 years old or younger	S\$100,000.00
	Per Child or per Adult 71 years or older	S\$50,000.00
Medical Expenses	Per Adult 70 years old or younger	S\$100,000.00
	Per Child or per Adult 71 years or older	S\$50,000.00
Evacuation and Repatriation	Per Adult 70 years old or younger	S\$100,000.00
	Per Child or per Adult 71 years or older	S\$50,000.00
Loss of Personal Possessions		S\$1,000.00
Travel Cancellation and delay		S\$3,000.00
Delayed Baggage		S\$1,000.00
Personal Liability		S\$200,000.00
Extreme Sports and Activities		Not covered

TIMELINE

NOW	Please check the validity of your child/ward's travel documents to ensure a minimum of six months' validity from the date of return to Singapore on 21st March 2020. Apply for travel visas, if required.
FRIDAY, 22 NOVEMBER 2019	Parent Information Briefing at 8.40 am in the MPR
BY WEDNESDAY, 22 JANUARY 2020	Please return your child's signed Information Profile (green paper) and Malaysian Wilderness Medical Declaration Form along with copies of your child's passport and FIN to Student Services and the full payment to the Cashier .
FRIDAY, 13 MARCH 2020	Passport, ID Cards and visas (if applicable) to be brought into school in a transparent resealable plastic bag, with your child's name clearly labelled on it . Please bring this bag to school on Friday, 13 March . Please avoid sending in bulky passport covers or other types of travel document holders. In the unlikely event the passport or FIN is required during the weekend, , arrangements will be made to retrieve it.
MONDAY, 16 MARCH 2020	Arrive at school no later than 7:00 am but no earlier than 6:50 am for a 7:30 am departure to Changi International Airport. We have a check-in procedure for our trip to ensure that all travel documents, medication and money is handed over to a member of staff for safekeeping. Students must wear full school uniform for departure and will wear this again on the return journey home.
FRIDAY, 20 MARCH 2020	We are aiming to leave our accommodation at 7:15 am on Friday so we will arrive at Langkawi International Airport by 7:30 am for our Flight at 8:50 am. The flight is expected to arrive at 10:30 am. Please make arrangements to collect your child from Nexus International School at 12:00 noon. We will contact the school once we are checked into our flight only if our estimated arrival time changes and the school will notify parents via email of the change. We expect to return to Nexus at 12:00 noon. Learners must be picked up from school but a guardian at that time.

LEADING UP TO THE TRIP

In the lead up to this trip please ensure that you talk to your child about the adventure and what they should expect. Make sure your child is involved in packing his or her case - as they will have to pack it themselves for the return journey. Remind them that they will be involved in exciting activities and that their behaviour must be exceptional at all times – **listening carefully to all the adults** looking after them. Continue to motivate and encourage your child and be **positive** about this exciting experience they will have.

MEDICATION

If your child needs to take medication prior to travel or while on the trip, please submit these in a transparent, resealable plastic bag with your child's name, the dosage and the time required clearly written on the bag. Please tell the member of staff if there is any medication that will need to be given prior to us arriving at the Residential Trip so that they can keep these readily available. On the day of departure, please ensure that your child has taken any travel sickness tablets before arriving at school. If you would like us to administer travel sickness tablets prior to the return journey please ensure you provide these in your child's medical bag.

SAMPLE SCHEDULE

The following outline provides sample overview of the detailed itinerary for Langkawi. Core activities that deliver learning outcomes across four key thematic areas (curricular links to the ecological sciences, personal development and team-building, cultural connections, and nature-based sustainability challenges) are built into the 5-Day experience.

TIME	DAY 1	DAY 2	DAY 3/DAY 4	DAY 5
6:30 am				Breakfast
7:00 am	Arrive at Nexus			
7:15 am				Bus Transfer to Langkawi Airport
7:20 am	Depart Nexus for Changi Airport			
7:30 am		Breakfast	Breakfast	
8:30 am		Core activities For example → Group 1 & 2 - R.O.G.A.I.N.E* Group 3 & 4 - **Raft Building Challenge	Core activities	
8:50 am				Depart to Singapore
10:20 am				Arrival Changi Airport
10:45 am	Depart to Langkawi			
12:00 pm				Arrive at Nexus
12:15 pm	Arrive at Langkawi			
12:30 pm		Lunch		
1:00 pm	Transportation to Hotel/Lunch -	Core activities	Core activities	
2:30 pm	Mangrove tour			
5:30 pm	Check in at Hotel Shower			
6:30 pm	Dinner	Dinner	Dinner	
8:00 pm	Follow up work / Preparation for the following day	Follow up work / Review	Follow up work / Review	
9:00 pm	Lights out	Lights out	Lights out	

* The challenge involves route planning and navigation between checkpoints. Participants will need to strategize and make decisions quickly in order to maximize their opportunities within the time limit. Teamwork, strategy, communication are key to overcome the challenges.

** Each team will be in competition with the other teams. The challenge will be a test of all the skills learnt. To complete this challenge, it will take communication, teamwork, self-confidence, problem solving, leadership and motivation.

PACKING LIST

Name: _____

We would like to suggest that the children have a copy of their packing checklist with them so they can refer to it when packing for the return trip home.

1. ITEMS TO GIVE TO STAFF - Friday 13th March if possible. Monday 16th March if necessary

DESCRIPTION	REMARKS
Passport and FIN card	In a resealable bag labelled with your child's name.
Money	In a sealed named envelope (if any money given).
Medication bag	All medication must be labelled and include instructions in English. All medication must be put in a clear resealable bag.

Make sure ALL items are clearly labelled with your child's name

2. ITEMS FOR THE DAY BAG

Small Day Bag

Each learner will need a small day bag with some essential items and quiet activities for the journey (e.g.: comics, books, paper, pens and puzzle books, etc.). See the packing list for further details.

Your child will need their case with them and needs to be aware of where they have put it on the coach.

DESCRIPTION	QUANTITY	PACKED AT HOME	PACKED AT CAMP
Water bottle (reusable)	1		
Hat	1		
Sunglasses	(optional)		
Waterproof jacket (Lightweight)	1		
Insect repellent (no aerosols or bottles over 100ml)	1		
Sunscreen (factor 30+) and Lip screen (no aerosols or bottles over 100ml)	1 each		
Hand sanitizer (small)	1		
Wet tissues	1		
Disposable waterproof camera	(optional)		
Books or comics	2 or 3		
Journal and pencil	1		
Small games (that are not electronic), e.g. playing cards, puzzle books	Selection		
Toy	As required		

3. ITEMS FOR THE CASE

Suitcase or duffel which students can carry up some stairs

There are some stairs in the hotel so a bag your child is able to carry is extremely important.

Your child should not bring a personal stereo, expensive camera, mobile phone or handheld electronic games, as these are **not** allowed at the camp.

DESCRIPTION	QUANTITY	PACKED AT HOME	PACKED AT CAMP
T-shirts (one long sleeved)	6		
Swimming outfit	1		
Rash vest or large t-shirt with long sleeves (For Rafting/Coral trips)	1		
Long Shorts (Past mid thigh)	5		
Long Pants (Dry) for Jungle Trek	1		
Long Pants (Rafting)	1		
Underwear and socks	6		
Shoes for the water (reef shoes or old shoes)	1		
Sports shoes (covered shoes)	1		
Towels (beach/bath)	2		
Thin pullover (jumper)	1		
Sandals / Flip flops	1		
Nightwear	1		
Toiletries – toothbrush, toothpaste, soap, shampoo, hairbrush, deodorant	1		
Large plastic laundry bag (for bringing home wet clothing)	2		
Torch/flashlight	1		

Please wear full school uniform on day of departure with closed toe shoes.

Please Note:

- No digital equipment of any kind
- Pack Female hygiene items if required.