



OUTWARD BOUND OMAN™
unlocking human potential

Outward Bound International World Conference 2019

Essential Information

We look forward to welcoming you to the Sultanate of Oman in January, and hope you will find the information below helpful. Please read this information carefully, and if you have any questions, don't hesitate to contact us before your arrival. Attached with this document are the following;

1. Conference Programme
2. Recommended Equipment List
3. A letter, in Arabic, to show a taxi driver should you wish to take a taxi to the hotel, rather than wait for our shuttle bus

Arrival in Muscat

Muscat International Airport is a 10 minute drive from the Mysk Hotel in Al Mouj, where you will staying on arrival, in shared rooms. We will be offering a free shuttle-bus service that will depart on the hour, every hour from 9AM-9PM on Monday 14th January. The bus will bear the Outward Bound Logo, and will be outside arrivals on the hour. You can also use the airport taxi service if you prefer not to wait.

The best place to gather is the Cafe Nero coffee shop, in arrivals, once you exit baggage and customs; a member of Outward Bound staff will meet you there just before the bus arrives, to lead you to the bus. If you need to get Omani Rial cash, there are ATM machines here, and also in the shopping area around the hotel. 1 Omani Rial = 2.6 USD

Arrival at the Hotel

On arrival at the hotel, the first thing you need to do is to collect your conference information pack from the welcome desk in reception that will be manned from 9AM, by OBO and OBI staff. ***If you still need to pay any conference costs, this will be the time to do that.*** Once you have your pack, you then can check in at hotel reception, where you will receive your room key. There are two people per room.

Transport

Transport from Muscat to the desert camp, and between the desert bases will be provided by Outward Bound Oman.

You will need to make personal arrangements for airport transport after the closing conference dinner at the Sundus Rotana Hotel on the 17th January (a 10 minute drive).

Accommodation

Accommodation on the night of the 14th is at the Mysk Hotel, Al Mouj which is your first destination from the airport. The day's schedule will be devoted to settling in before the conference starts at 8:00 AM on the 15th January. The rest of the conference accommodation will be at a desert camp, some 2 hours drive by bus from Muscat. As outlined on the conference website, the desert camp accommodation is **very** basic, so come prepared for an Outward Bound adventure, and read the attached equipment list carefully.

Please note: Accommodation is **not** included for those choosing to remain in Muscat the night of the 17th January, once the conference has ended.

Bus Transfer from Muscat to the Desert Camp – be prepared!

This journey will take just over 2 hours, and you will be given a packed lunch to carry with you to eat at your leisure. To start the networking process, Iain has asked you all to be prepared to sit next to someone from a different OB school, and to brief them for ten minutes about your school, and what you do. If traffic and time allows, we may stop a couple of times en-route to enable you to safely swap seats to repeat the process with someone else from a different school.

Food and Dietary Requirements

For the 14th arrival day, there are plenty of coffee shops and restaurants located within walking distance to the Mysk Hotel. Please note that the majority of the conference meals will be at the desert camp, where food is good though limited. There is a supermarket nearby to the Mysk Hotel should you wish to buy food according to your own needs.

Attached is the meal schedule for the conference programme.

Monday 14 January 2019	No meals provided. Delegates arrive at different times of the day, and evening; there are many restaurants and coffee shops close to the Mysk Hotel, and a supermarket.
Tuesday 15 January 2019	Breakfast provided at The Mysk Hotel. Lunch and dinner are provided elsewhere.
Wednesday 16 January 2019	Breakfast, lunch and dinner are provided.
Thursday 17 January 2019	Breakfast and lunch in the desert, final dinner at The Sundus Rotana Hotel in Muscat.

Equipment List

As the conference will be held in two very different locations, you will want to pack accordingly. Temperatures do drop quite significantly at night in the desert but the sun is very strong in Oman, even in the winter.

Those attending the ***Pre-Conference Expedition*** will already have been sent a specific equipment list, but please read the list attached to this email also to ensure you have all that you need for the conference itself.

It is important to respect the local Omani customs when it comes to dress code.

Useful Arabic phrases

Salam 'Alaykum – Peace be upon you (*used as a general "hello"*)

Min fathlik - Please

Shukran – Thank you

Saba Al Khayr – Good morning

Masa'a Al Khayr – Good evening

Kem? – How much?

Useful Telephone Numbers

Outward Bound Oman (office hours 0800-1600hrs)	00 968 24539788
Mysk Hotel	00 968 24274400
Emergency Services	9999

Recommended Reading

Arabian Sands
The Seven Pillars of Wisdom

Wilfred Thesiger
TE Lawrence