

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE



Armenia



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Why Go On Expedition?

Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- ✕ Accelerate your learning and life skills development
- ✕ Gain an understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.

EXAMPLE COMPONENTS



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS

★ EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to Armenia

Discover Armenia, a land of ancient monasteries, forested mountains, and vibrant villages where history and tradition thrive.

Start in Yerevan and explore the lush hills of Dilijan, featuring lakes and trails for adventure. Engage in trekking, camping, and community projects that support nature and village life.

This expedition offers a unique blend of challenge, connection, and culture in a country rich in stories and landscapes.



WHY ARMENIA FOR AN EXPEDITION?

- Explore ancient monasteries set deep in forested mountains
- Trek through the green hills and valleys of Dilijan National Park
- Take part in meaningful community and environmental projects
- Learn wilderness skills and camp under the stars
- Experience authentic Armenian culture through food, music and traditions
- Work alongside local communities on conservation initiatives
- Step beyond typical tourist routes and discover a lesser known destination

Where ancient culture
meets wild landscapes

WHAT TO EXPECT

Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE 13 DAY ITINERARY

SEASON: SPRING, SUMMER & AUTUMN

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1: Depart UK and arrive in Armenia

Day 2: Complete welcome orientation

Day 3: Explore Yerevan with a guided city tour and cultural activities

Day 4: Travel via Lake Sevan to Dilijan and enjoy a light monastery hike

Day 5: Community engagement projects in Dilijan and Armenian cooking experience

Day 6: Continue service learning and environmental projects with local partners

Day 7: Begin multi day trekking from Dilijan to Gosh with eco trail work

Day 8: Continue trekking and village based service learning activities

Day 9: Wilderness skills training and guided nature hike

Day 10: Full day trek with survival skills practice and cultural masterclass

Day 11: Team building day in Gosh including village challenge and camp cook out

Day 12: Return to Yerevan with cultural experiences including traditional dance

Day 13: Depart Armenia and return home





Your Expedition Starts



Day 1

Arrive in Yerevan

Arrive in Yerevan and meet your local team at the airport. Transfer into the city for welcome orientation, safety briefing and an introduction to the programme. Depending on arrival time, enjoy a group meal before settling into accommodation. The evening includes icebreakers and an introduction to Armenian culture and traditions.

Day 2

Explore Yerevan

Spend the day discovering Yerevan with your leaders. Visit key landmarks such as Republic Square, the Cascade and Mother Armenia while getting a feel for daily life in the capital. The day finishes with a traditional Armenian dinner and group reflection.



Day 3

Travel to Dilijan via Lake Sevan

Leave Yerevan and travel north, stopping at the shores of Lake Sevan for sightseeing and lunch. Continue to the forested town of Dilijan, where you will complete a light hike to nearby monasteries. Instructors introduce basic trekking techniques and safety before finishing the day with a bonfire reflection.

Service Learning

Day 4-5

Community engagement in Dilijan

Spend two days working with local partners and the community centre in Dilijan. Projects may include environmental clean ups, eco trail maintenance, mural painting or supporting shared community spaces.

You will also take part in an Armenian cooking session, preparing traditional dishes and learning about local food culture. Evenings focus on cultural exchange and group reflection.



Day 6

Begin multi day trekking from Dilijan to Gosh

Set out on the first day of your multi day trek, hiking from Dilijan to Parz Lake and onwards to Goshavank Monastery.

Learn about navigation, trail awareness and group trekking skills before arriving at a guesthouse in Gosh. The afternoon includes eco trail work followed by a shared evening meal.





Day 1

Trekking and village service learning

Take part in a practical workshop covering wilderness safety, basic first aid, shelter building and fire skills where permitted. Later, complete a guided hike focusing on navigation and understanding natural environments, building confidence and independence in the outdoors.

Day 8

Wilderness skills and guided hike

Take part in a practical workshop covering wilderness safety, basic first aid, shelter building and fire skills where permitted. Later, complete a guided hike focusing on navigation and understanding natural environments, building confidence and independence in the outdoors.



Day 9

Full day trek and cultural experience

Travel to Hovk village and begin a longer trek through mountain landscapes with wide open views. Along the route, practice survival skills learned earlier in the expedition. After a picnic lunch, take part in a creative reflection activity before finishing the day with a cultural masterclass and overnight stay.

Day 10

Team building and camp experience

Spend the day in Gosh focusing on teamwork and leadership. Activities include group challenges, problem solving tasks and a village quest involving interaction with local people. In the evening, work together to prepare a shared meal using local produce before camping overnight.

Day 11

Return to Yerevan and cultural celebration

Pack up camp and return to Yerevan. Enjoy a cultural workshop including a traditional Armenian dance session, followed by time to explore the city or relax ahead of departure.

Day 12

Depart Armenia

Transfer to the airport and depart Armenia, returning home with new skills, confidence and a deeper connection to culture, community and adventure.

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life-changing journeys to over 60 countries on five continents across the world.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

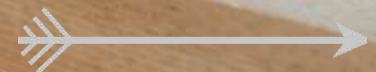
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

CONTACT US

PHONE | 01248 672 760

EMAIL | customer.service@outlookexpeditions.com

ONLINE | www.outlookexpeditions.com

FACEBOOK | [@outlookexpeditions](https://www.facebook.com/outlookexpeditions)

INSTAGRAM | [@outlookexpeds](https://www.instagram.com/outlookexpeds)

ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award

