

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE

Finland Summer



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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 a deep 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 Finland

Finland is a unique blend of contrasts, with a culture that is thoroughly original. Famous for saunas and Santa Claus this intriguing Arctic nation is blessed with pristine landscapes of staggering beauty.

An authentic snowy winter is made for an adventure and as the experts of snow and ice, Finns have learned how to enjoy this season to the fullest.

Based just south of the Arctic Circle, you'll learn about the way of life of the hardy Finnish people, the traditional inhabitants of this beautiful and yet harsh environment in this action packed adventure.

The best way to stay warm is to keep active and you will certainly do that as you try traditional Finnish winter activities and explore the incredible, untouched snowy.



WHY FINLAND SUMMER?

- Explore the pristine wilderness of Hossa National Park
- Develop real outdoor skills including canoeing, fire making and orienteering
- Take part in an overnight wild camping adventure
- Experience a traditional Finnish sauna by a lakeside cabin
- Meet reindeer and learn about Arctic livelihoods
- Observe wild brown bears in their natural habitat

The Arctic Playground

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE ITINERARY: 7 DAYS

SEASON: SUMMER ONLY

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

Day 1: Depart the UK and arrive in Finland

Day 2: Guided hike to Hossa Visitor Centre and lakeside sauna experience

Day 3: Wilderness skills training including fire making, orienteering and fishing

Day 4: Overnight canoe journey and wild camping

Day 5: Canoe return journey to base and relaxation at the cabin

Day 6: Visit to a reindeer farm and bear safari experience

Day 7: Depart Finland and arrive back in the UK





Welcome to Finland

Day 1

Depart the UK and arrive in Finland

Depart the UK and travel to Kuusamo in northern Finland. On arrival you will be met by your expedition team and transferred to your lakeside cabin in Hossa. Settle into your new surroundings and experience your first taste of the Finnish wilderness.

Day 2

Hiking and introduction to Finnish nature

Begin the day with a traditional Finnish breakfast before setting out on a guided hike through the stunning Hossa landscape. Walk to the Hossa Visitor Centre to learn about the region's wildlife, history and natural environment. Along the way your guide will introduce you to the seasons, ecosystems and outdoor traditions of Finland. In the evening, relax in a genuine Finnish sauna and take an optional dip in the lake.





Day 3

Wilderness skills training

Today focuses on building the skills you will need for your canoe expedition. Learn essential wilderness techniques including fire making, basic fishing skills and orienteering. These hands-on sessions will prepare you for the challenges of the next two days and build confidence in the outdoors.

Day 4-5

Canoe journey and wild camping adventure

Pack your kit and set off on a two day canoe expedition across the lakes and rivers of Hossa. Paddle through calm waters and navigate gentle rapids as you journey deeper into the wilderness. Camp overnight in a remote lakeside spot, working together to set up camp, prepare meals and enjoy an evening around the fire.

On day five, continue your canoe journey back to base before returning to the cabin for a well earned shower, sauna and time to relax.



Day 6



Reindeer farm visit and bear safari

Travel to a local reindeer farm to learn about traditional livelihoods in northern Finland. Meet the reindeer and discover how they are cared for in this unique environment.

Later, head into remote woodland for an unforgettable bear safari experience, observing these incredible animals from purpose built hides.

Day 7

Depart Finland and return to the UK

After a final morning in the Finnish wilderness, transfer to the airport for your return flight to the UK. Arrive home with new outdoor skills, unforgettable memories and a deeper connection to nature.



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

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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