

OUTLOOK  Ready. For Life

# EXPEDITION GUIDE

*Finland Winter*



# Contents

- 3 Why go on an expedition?
- 4 The 'Outlook Programme'
- 5 The '4 Cornerstones of an Expedition'
- 6 Welcome to Finland
- 7 Sample overview itinerary
- 8-13 Sample day-To-day itinerary
- 14 What's included, excluded & payment guide
- 15 About Outlook Expeditions
- 16 The 'Outlook Way'
- 17 How we create an expedition
- 18 Contact details & accreditations



# 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

## EXAMPLE COMPONENTS

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.



### 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 A FINLAND WINTER EXPEDITION?

- Experience authentic Arctic wilderness through snowshoeing, forest trekking and frozen lake exploration
- Try iconic Nordic activities such as cross country skiing, ice fishing, snow shelter building or husky sledding
- Enjoy the possibility of witnessing the Northern Lights, with clear Arctic skies offering beautiful conditions when nature performs

## The Arctic Playground

## WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



# SAMPLE ITINERARY : 7 DAYS

**SEASON: WINTER ONLY**

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

**Day 1: Depart UK & arrive in Finland**

**Day 2: Quinzees & Wilderness Skills**

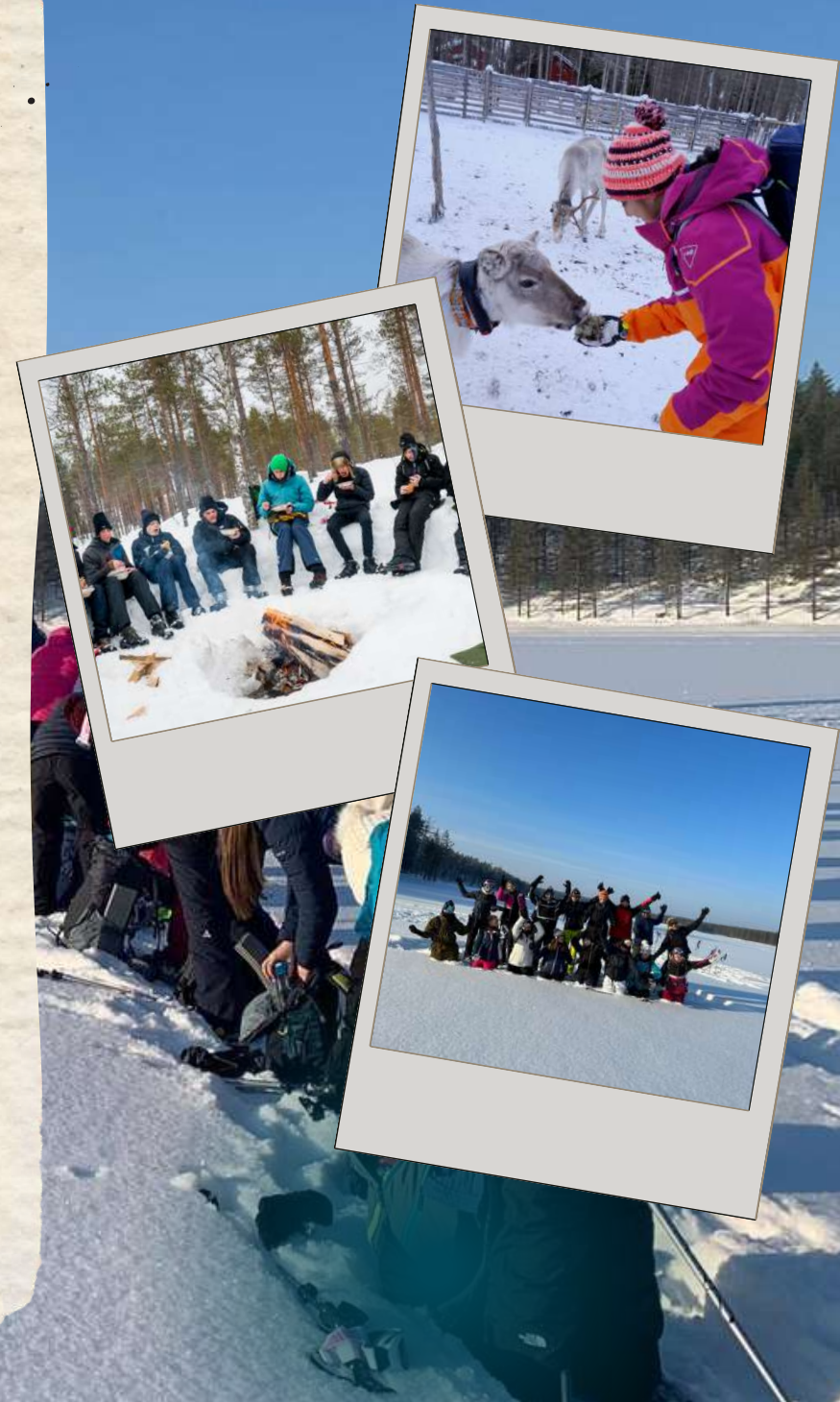
**Day 3: Snowshoeing & Quinzee (snow shelter) building**

**Day 4: Husky Sledging or Reindeer Experience**

**Day 5: Cross-Country Skiing**

**Day 6: Snowshoe Trek & Arctic Campfire Lunch**

**Day 7: Depart Finland & return home to the UK**





# Welcome to Finland

## Day 1

### Arrive in Finland

Your winter adventure begins as you fly from the UK to Northern Finland. On arrival, you'll transfer to your cosy cabins in Hossa — your base for the week. Settle in, enjoy a warm welcome, and take your first breath of crisp Arctic air. For the rest of the week, all meals will be fully catered as you embark on a variety of thrilling Finnish winter activities. The itinerary is flexible and may be adjusted based on weather conditions or the availability of specialized equipment, ensuring you get the most out of your adventure.

## Day 2

### Quinzees & Wilderness Skills

Kickstart your week with an introduction to Arctic survival. Learn how to build a traditional quinze snow shelter, master the basics of winter fire-making, and try your hand at ice-fishing on a frozen lake.

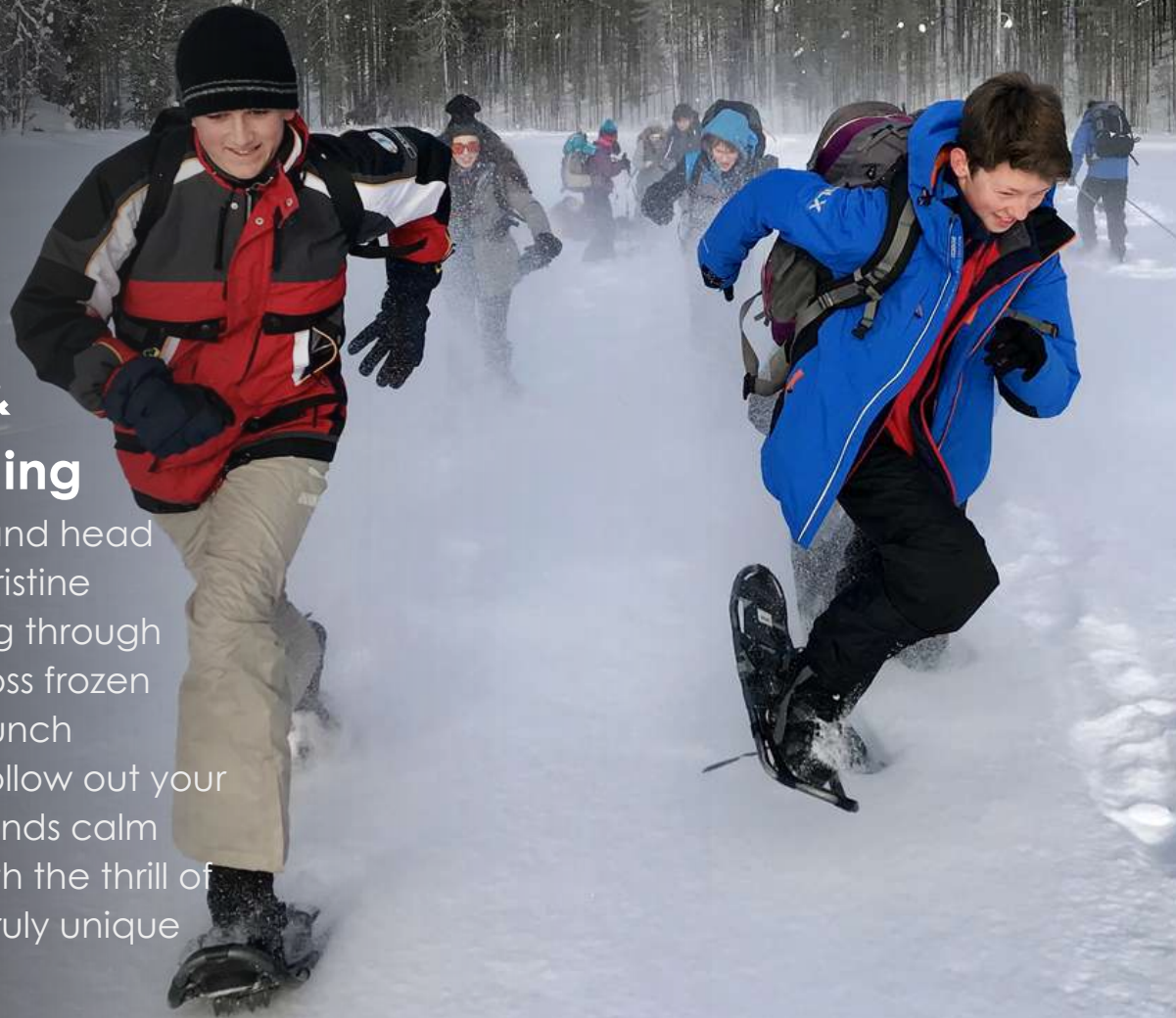




# Day 3

## Snowshoeing & Quinzees building

Strap on snowshoes and head deep into Finland's pristine wilderness, wandering through silent forests and across frozen lakes. After a picnic lunch outdoors, return to hollow out your quinzees. This day blends calm winter exploration with the thrill of creating something truly unique from snow.



# Day 4

## Husky Sledging

Today you will have an adventure of a lifetime.... You'll visit a local husky farm, meet the energetic dogs and learn how to drive your own sled before heading into the snowy wilderness for an unforgettable ride. The excitement of the huskies paired with peaceful Arctic landscapes creates a highlight you'll remember forever.

OR

# Day 4

## Meet the Reindeer

Reindeer and Finnish people have a connection that is thousands of years old – first by hunting, then through domestication and herding. A Roman historian Tacitus wrote about strange people who used fur clothes, hunted reindeer and travelled with skis. Get to know the semi-wild animals inhabiting the northern area of Finland and learn all about their importance to the area. You will be taken on a short reindeer sleigh ride and enjoy lunch at the farm.



## Day 5

### Cross Country Skiing

Learn the iconic Finnish winter skill of cross-country skiing as you glide through snowy trails surrounded by serene Arctic landscapes. With each glide, you'll gain confidence and feel more connected to this beloved Finnish tradition.



## Day 6

### Snowshoe Trek and Artic Campfire lunch

Enjoy a final snowshoe journey and test your wilderness skills by building a fire in the snow and cooking a rustic lunch together.

It's a day that captures the spirit of true adventure, embracing the quiet beauty of Finland's remote forests.



## Day 7

### Home...

After breakfast, travel back to the airport for your journey home, taking with you incredible memories of your Arctic adventure. The week's experiences will stay with you long after you leave the snowy wilderness behind.



# 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

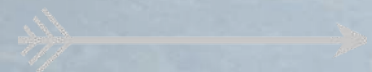
We believe that what we do and how we do it are of equal importance.

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

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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