

OUTLOOK  Ready. For Life.

EXPEDITION GUIDE



Norway



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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

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 Norway

Homeland of the Vikings, Norway is undoubtedly one of the most beautiful countries on earth and a favourite among explorers.

Glide along the world renowned Nærøfjord aboard a kayak, on a multi-day adventure discovering impressive valleys, deep lakes and plunging waterfalls.

Trek through Jotunheimen National Park and immerse yourself in the Norwegian wilderness, surrounded by spectacular mountain peaks as you look out for wild reindeer, elk and lynx.



WHY NORWAY FOR AN EXPEDITION?

- Explore the colourful city of Bergen
- Discover the fjords of Norway on your kayak adventure
- Camp out under the stars at the foot of the mountains
- Build campfires and cook for yourself out in the wilderness

Where Mountains Meet
the Sea

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE 14 DAY KAYAK ITINERARY

SEASON: SPRING & SUMMER

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

Day 1: Depart from the UK and arrive in Norway

Day 2: Travel to the adventure hub of Voss, where you will spend the night preparing for the kayaking phase of your expedition

Day 3 to 7: Begin your sea kayaking journey through the stunning fjords of Norway

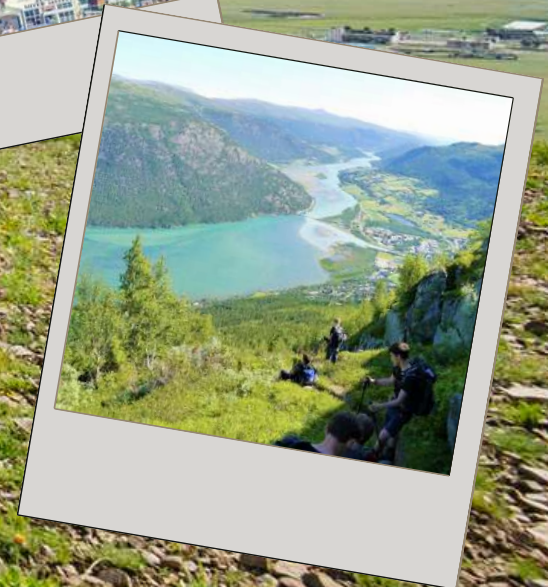
Day 8: Leave the fjords behind and travel inland to the mountain village of Lom, the base for your trekking phase

Day 9 to 11: A three day trek through Jotunheimen National Park, home to some of Norway's most spectacular mountain landscapes

Day 12: Return to Bergen and say goodbye to the mountains after an unforgettable expedition

Day 13: Spend the day exploring the UNESCO World Heritage city of Bergen, visiting historic sites and enjoying time to relax and pick up souvenirs

Day 14: Depart Norway and return to the UK





Your Expedition Starts



Day 1

Arrive in Norway and Orientation

Depart the UK and arrive in Norway, where your expedition begins. Once settled, you will complete key orientation tasks including purchasing a local sim card, organising supplies for the expedition and confirming onward travel arrangements. This is a chance to get to know your surroundings and prepare for the adventure ahead.

Day 2

Travel to Voss

Travel onward to the outdoor adventure hub of Voss, set between mountains and fjords. After arriving, you will have time to explore the local area, enjoy the scenery and prepare equipment ahead of the kayaking phase of your expedition.



Day 3 - 7

Sea Kayaking Expedition

The fjords of Norway provide a spectacular setting for your sea kayaking journey. The first day will focus on developing essential paddling skills, safety techniques and route planning. Over the following days, you will paddle from fjord to fjord, camping along the shoreline and navigating through dramatic mountain scenery.

You will travel through parts of the renowned Nærøysfjord, keeping an eye out for wildlife while developing teamwork, resilience and confidence on the water.



Day 8

Travel to Lom

Say goodbye to the fjords and travel inland to Lom, the gateway to Norway's high mountain wilderness.

This travel day offers a change of scenery as you move from coastal landscapes to alpine terrain.

Complete your trek

Day 9-11

Trekking in Jotunheimen National Park

Begin a three day trek in Jotunheimen National Park, home to Norway's highest peaks. Trekking routes will be chosen to suit the group, with options varying in difficulty. You will hike through rugged mountain landscapes, cross valleys and enjoy wide open views, camping beneath clear skies and experiencing true Scandinavian wilderness.



Day 12

Return to Bergen

Travel back towards the coast, returning to Bergen. After days in remote environments, this marks a transition back to city life and offers time to rest and reflect on the expedition so far.





Day 13

Bergen Exploration and Rest Day

Spend the day exploring Bergen, a UNESCO World Heritage city. Wander through the historic Bryggen Wharf, visit local markets and enjoy time to relax, pick up souvenirs and experience Norwegian culture.

Day 14

Return Home

Depart Norway and fly back to the UK, bringing your expedition to a close with unforgettable memories of fjords, mountains 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

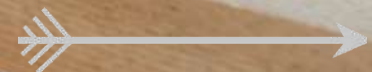
We believe that what we do and how we do it are of equal importance.

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 recce, 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

