


OUTLOOK
EXPEDITIONS

PROGRAMME GUIDE
NORWAY





Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors 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.

OUR PURPOSE

To deliver inspirational, immersive learning experiences, outside the classroom, that accelerate core skills development in young people

To empower teams to grow and learn through challenge, as they develop character, build resilience, and improve their wellbeing

To develop 'life-readiness', instilling the idea that everyone can be a leader

To encourage young people to travel responsibly and become active global citizens of the future, with an awareness of the world and their place in it

To provide long-lasting transformational benefits to our participants, the communities they're visiting, and the planet

Put simply, we exist to help young people get ready for life.



WE ARE
OUTLOOK EXPEDITIONS

OUR VALUES

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

We practise what we preach; demonstrating the character and qualities that our products are designed to instil in young people, through the way we operate as an organisation.

Our core values are our guiding principles for working together internally, but also for managing customer relationships. The values are embedded into every aspect of our company culture — we call it the 'Outlook Way'

- » We have and promote a positive growth mindset
- » We work together
- » We find new ways
- » We believe in kindness

OUR RESPONSIBILITY

We understand a balance must be reached between the importance and value of international travel, against the polluting effects of aviation on the environment.

We also understand the need for self-awareness in travel, ensuring our experiences are always ethical, justified, and only ever a cause for good.

It is therefore our responsibility not only to stand up for the planet in the fight against climate change, but also to stand up for unheard voices within our global community.

It's our responsibility to educate our teams effectively about ways they can reduce their own carbon footprints, to understand the importance of meaningful travel, and have open conversations about what it means to be a responsible traveller.

UK LEADERSHIP DEVELOPMENT

When you book an Outlook Expedition, you aren't simply booking an overseas trip. You are benefiting from an in-depth, two phase programme that starts up to two years before departure.



Our UK Leadership Development Phase is unique to Outlook and is designed to develop character, build resilience, and improve well being — the tools required to be a leader and tackle life's challenges effectively. Delivered in a hybrid format of both face-to-face and interactive, online events, along with additional supporting activities, resources, and materials — this is where the journey really begins!

From engaging in meaningful discussions and activities about sustainable tourism, to immersive learning experiences in the UK's National Parks.



LEADER IN ME

The UK Leadership development phase is underpinned by Leader in Me, our Life Readiness leadership qualification.

Based on Covey's '7 Habits of Highly Effective Teens' Leader in Me is a comprehensive evidence-based learning model designed to increase effectiveness in students.

Through the completion of this online course, students will learn about character concepts and skills that they will use not only on expedition, but for the rest of their lives. Including; taking responsibility for your life, managing your time, teamwork, communication, and tools to manage your own wellbeing.

The key learnings from this award-winning leadership training programme will be drawn upon throughout both phases of the Outlook Programme and will form a framework that can be applied to any life scenario.



PAY YOUR WAY

The Outlook Programme is like a savings account for yourself and your future development. The more you put in, the more you get out! That's why self-funding is such an important part of your journey as it gives you the opportunity and experience to develop key life skills that you'll take forward into your expedition and beyond — from planning and organisation, to budgeting and communication — it's your chance to take ownership, set goals and really invest in your future!

Every year we're impressed by the innovative ways our students generate funds for their trip — from launching small businesses to providing services in the community, we love sharing self-funding success stories to inspire others on their journeys.



RESPONSIBLE TRAVEL

We know that for a lot of people, sustainable travel is a contradiction in terms. How can something that generates so much carbon possibly be sustainable long term?

We understand that aviation releases more CO2 per passenger than any other mode of transport and that put simply, travel is an incredibly carbon intensive activity.

But we also know how important it is to be part of a global community, with whole countries and communities relying on international visits for their livelihoods and well-being. We also know how essential rich, engaging overseas experiences can be in guiding personal development, empathy, and perspective.

At Outlook, we take an active role in caring for our planet — and educating our teams to do the same. From being proud members of the Tourism Declares a Climate Emergency movement, and founding signatories of the Glasgow Declaration on Climate Action in Tourism, to partnering with climate consultancy, Positive Planet, to help us to take control of our carbon footprint.

We don't believe in greenwashing, confusing jargon and labels, or claiming perfection overnight. We know the fight against climate change is a journey — the most important of all the journeys we've made. But we also know that we're in this together, and we're committed to learning and growing through the process, as we empower our students to do the same.



But being a **responsible traveller** is about more than simply caring for the planet — it's being a **Global Citizen**, someone that takes an active role in making the planet more equal, fair, and **sustainable for all**.

During our UK Leadership Development Phase we provide an **educational framework** for students to better understand the impact of their travels on the communities they visit. From discussing ways to contribute towards the **United Nation's Sustainable Development Goals**, to understanding responsible travel do's and don'ts regarding photography, shopping, and respecting different cultures.

Through **service-learning opportunities** overseas, students work in partnership with local community and environmental initiatives, to gain a **unique insight** into some of the world's biggest issues.

It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child welfare**, ensuring we take best practice actions linked to child protection in the workplace, in our supply chain and in the communities, we operate in.



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 largest fjord in Norway aboard a kayak, on a multi-day adventure discovering impressive valleys, deep lakes and plunging waterfalls.

Or, 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.

Or maybe combine both, for one unforgettable adventure!

The purpose of this brief is to introduce you to your destination and the types of activities that you might do in-country. We hope this brief snapshot will leave you feeling inspired and wanting more!



NORWAY HIGHLIGHTS

- » Explore the colourful city of Bergen
- » Discover Sognefjord – 'king of the fjords' 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

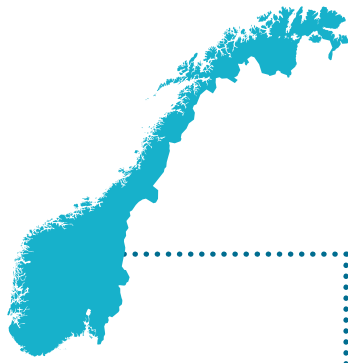


DESTINATION FACTS

- » **RELIGION:** Christianity.
- » **CULTURAL OR HISTORICAL INTEREST:** Despite conquering Northern Europe and reaching North America, the Vikings hailed from a very small region of coastal Norway.
- » **LANGUAGES:** Norwegian, English widely spoken.
- » **GEOGRAPHY:** Mountainous along coasts with steep fjords, heavily forested away from urban areas.
- » **CLIMATE:** Atlantic coastal climate. Warm summers with regular rainfall, cold winters with heavy rainfall.
- » **ALTITUDE:** The team will not exceed 2500m.
- » **VISA:** Not required for British nationals*

* Please note requirements may change





WHAT YOU CAN EXPECT



CHALLENGE RATING VERY CHALLENGING

- » Altitude may at points go above 2500m
- » In country support may be minimal i.e. all personal and group kit is to be carried by self
- » Distances covered are often more than 10km per day
- » Height gain and loss may be high per day
- » Challenging terrain in places (boulder fields etc..)
- » Where kayaking activities are undertaken, distances covered can be up to 15km per day and water conditions are difficult i.e. tidal sea traverses, strong winds etc.



CULTURE SHOCK LOW

- » English widely spoken
- » Road signs in English
- » Familiar modes of transport
- » Good quality amenities (hot water widely available, Wi Fi widely available)
- » Norwegian Cuisine is centred around meat and fish – particularly salmon – but there are lots of international influences and familiar dishes.



OUTLOOK  Ready. For Life.



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
- » Strengthen friendship bonds and make new connections
- » Build character, resilience and the confidence to face life's challenges
- » Boost your CV for university and job applications



SERVICE-LEARNING



This phase is not only one of the most valuable but often the most memorable parts of the expedition experience for our teams, as it's where you gain unique insights and perspectives on the world through providing a meaningful service to one of our overseas partners.

With all the organisations we partner with, we're committed to ensuring that our presence never disrupts, strains or negatively impacts the communities we're visiting. Instead, these are opportunities for students to be empowered and educated by our partners in a way that is mutually beneficial for all.

PHYSICAL CHALLENGE



For many students, the physical challenge of a trek is a really important part of their expedition, as this it's where you can push yourself — physically and mentally — as you take a step outside of your comfort zone. It's also a great opportunity to connect with nature and one another in some incredible landscapes.

From summiting a mountain peak to exploring rural life and remote villages, the duration and challenge level of your trek will be dependent on the team's aims and objectives.

LEADERSHIP



Equipped with your Leader in Me toolkit, your expedition is an opportunity to put your leadership skills to the test. Not only will the 7 Habits form part of your team culture while away, you'll also have an active role in the team's management each day.

One day you could be the team coordinator, the next taking charge of the budget. An expedition is all about putting you in the driving seat and giving you ownership of your adventure!

R&R/ACTIVITIES



Your itinerary will also include time to explore your destination, engage with fun activities, and take some time for a well-earned rest!

From sight-seeing in the city and visiting must-see attractions, to taking part in adventure sports and reading a book in a perfectly placed hammock.

This is the time to rest and recuperate while experiencing local culture and seeing more of the destination!

EXAMPLE ITINERARY

The duration and number of phases included in your final itinerary will be dependent on the length of your expedition

DAY	PHASE	SUMMARY
1-2	Travel & Orientation	Depart the UK on your flight to Bergen, Norway. Complete your food shopping and source fuel, before travelling on to your campsite at Gudvangen ready to begin your kayaking journey the following day.
3	Travel	Travel from Bergen to Voss where you will start your sea kayaking.
4-8	Kayak	The fjords of Norway offer an incredible place to undertake a sea kayak journey. The first day will be spent brushing up on your skills and finalising your route, before travelling from fjord to fjord and camping along the way. You will paddle part of Sognefjord, the longest fjord in Norway, and some of its tributaries. Keep your eyes peeled for wildlife in the surrounding mountains.
9	Travel	Travel to your trekking site in Lom.
10-12	Trek	Set off on your three day trek in the Jotunheimen National Park. Your journey will take you through stunning mountain scenery and past beautiful fjords. You will be wild camping in the Norwegian wilderness under clear starry skies. There are endless trekking options which vary in difficulty, so there will be something to suit every team.
13	Travel	Return to Bergen and spend the afternoon exploring this UNESCO World Heritage city. Stock up on some last minute souvenirs.
14	Return home	Depart on your flight back to the UK for your homecoming.





ADVENTURES & EXPERIENCES

At the Map Your Journey Session, with guidance from one of our Leadership Facilitators, you and your team will shape the programme objectives. Your programme objectives will inform the treks, service-learning initiatives and activities selected to suit your expedition duration and desired challenge level.

These are the key things around which your expedition will be built:

KAYAKING THE FJORDS:

Explore the stunning fjords of Norway by kayak – among some of the world's greatest natural wonders! These non-tidal waters are surrounded by beautiful peaks and quiet bays with green pastures.

Hop into your kayak at Sognefjord and take to the waters of this steep sided fjord. Your first day will be spent brushing up on your skills, before heading off on your kayaking expedition. Enjoy silently gliding across the water through the unspoilt environment, whilst taking in some of the world's finest scenery!

You will explore remote corners, cliffs and caves. The intricate network of fjords stretches along Norway's western coast, where you can visit many beautiful and unspoilt landscapes. Along the way you will get the opportunity to explore on foot, giving you a different view of the area. Visit waterfalls and camp at the foot of the mountains, cooking for yourself under the crisp night skies.

TREKKING:

Should you choose trek instead, you will journey on foot through the peaks and plateaus of Jotunheimen National Park, translated as 'home of the giants'. The route will take you through glaciers, snowfields, rivers and tundra. You will camp under the stars so warm clothing is a must – it can get very cold at high altitude!

Keep your eyes open for the varied wildlife including reindeer, elk, deer, lynx and (very rarely seen) wolverine. The magnificent mountain scenery, with spectacular glaciated valleys, is a reward that will stay with you forever.

EXPLORING BERGEN:

After discovering the wild side of Norway, return to Bergen to dive back into urban life – Norwegian style! This is a beautiful, colourful city set to an impressive backdrop of mountains and forest – make sure to try the local delicacies and remember those souvenirs!

PAY

YOUR WAY

Every family's financial situation is different so self-funding is a great way to enable every young person to experience the adventure of a lifetime!

Not only is self-funding one of the most rewarding and valuable elements of participating in an Expedition or Explore trip, but universities and employers respect the commitment and entrepreneurship that a young person demonstrates in this phase. For these reasons we encourage our participants to self-fund the majority, or if not, the entirety of the amount.

It's about putting students in the driving seat so that they develop skills for life; managing money, record keeping, self-motivation, goal setting and target achievement.

PAYMENT OPTIONS

Your bespoke payment plan will be created based on the launch dates of your expedition. However, there are two options available for you to choose from, so that you can pay your way. Please find the example formats below — your actual payment plan will be provided to you separately based on the dates of your launch and expedition:



STANDING ORDER

Spread your payments evenly by setting up a monthly standing order, up to the final balance date

DEPOSIT	PAYMENTS
DATE	X PAYMENTS
£TBC	£TBC



INSTALMENTS

Instalments: Settle your balance across a number of instalments. Payments can be made through debit card, bank transfer or cheque

DEPOSIT	PAYMENTS 2	PAYMENTS 3	PAYMENTS 4
DATE	DATE	DATE	DATE
£TBC	£TBC	£TBC	£TBC

Payments can be made via Basecamp or by contacting our Customer Support Team. Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants



✓ UK LEADERSHIP DEVELOPMENT

Fully guided programme including;

- » Pay Your Way support
- » Map Your Journey Session
- » Leader Meeting
- » Final Preparation Day
- » 7 Habits of Highly Effective Teens (accredited online learning course)
- » Regular communications and online resources to inform and inspire
- » Team t-shirt

✓ LEADER TEAM

» Up to 2 travelling teachers and a highly qualified and experienced Outlook Expeditions Leader

✓ INSURANCE & 24-HOUR SUPPORT

- » Comprehensive overseas medical insurance and 24-hour Operations Room to support teams in country

✓ IN DESTINATION

- » All food and accommodation
- » All group equipment including tents, stoves, communication devices, and safety gear
- » All group activities and entrance fees
- » Contribution to support sustainable service-learning partners



 **FLIGHTS**

- » Return international flights

 **PRACTICAL LEADERSHIP WEEKEND**

Training event to prepare you for life on expedition, and beyond, including;

- » Putting the 7 Leadership Habits into action
- » Food budget management and cooking safety
- » First aid and equipment testing
- » Orienteering, trekking and campcraft

EXCLUDED:

- » Vaccinations and visas
- » Personal belongings insurance & costs incurred by loss of passport
- » Pre-departure cancellation insurance (should you need to cancel your place on the team)
- » Personal equipment
- » Spending money for souvenirs
- » UK transport (to/from UK training venue, Final Preparation Day and airport collection)
- » Food & accommodation while travelling to and from UK airports

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