



# Finland

## Winter Adventure

7 days

Located just below the Arctic Circle in the land of midnight (no sun) this is definitely a winter trip with a difference. Our wilderness base is in a truly spectacular setting and perfect for this fun-filled winter adventure. With winter equipment included, discover the beautiful wilderness of Finnish Lapland through a variety of exciting activities. Build igloos, go cross-country skiing, husky sledging and snowshoeing. We will also have the opportunity to learn about Finnish culture and traditions. All this, plus learning essential wilderness/survival techniques and if we're lucky, and the night sky is clear, we might even catch a glimpse of the magical Northern Lights!



[Learn more about our Carbon Labels](#)

# Your Recommended Expedition Itinerary

<b>Day 1</b>	<b>Depart UK and Arrive Finland</b> Depart UK and Arrive Finland. On arrival at our accommodation we will get settled in and have our first meal together and our adventure briefing.	D
<b>Day 2</b>	<b>Adventure Journal Intro and Igloo Building</b> This morning we will receive our adventure journals, which we can use to keep track of our adventures. The journal is our own space to record notes, keep thoughts and complete creative tasks - a great learning tool and memory of our adventure. Gear check. In the afternoon we head out to start building quinzees, which are a special kind of igloo. They need to be built in two parts, starting with the base – a huge pile of snow which we will let freeze and harden. Later in the trip we will return to the base and carry on building. In the evening we will have time to relax, go in the sauna and even learn some of the local language!	BLD
<b>Day 3</b>	<b>Cross Country Skiing and Igloo Building Part Two</b> We have an action-packed day today as we head out for some skiing. We will be using skin-based skis, which can be used off the beaten track. Along with our guide, we will explore the surrounding nature at a relaxed speed. In the afternoon, we head back to finish our igloo building. No igloo build is complete without a housewarming party for our new snowy dwelling! Those adventurous enough will have the chance to sleep a night in the igloo, staying plenty warm with our four-season sleeping bags.	BLD
<b>Day 4</b>	<b>Fun and Games and Ice Skating</b> In the morning we have a gym session where we can play games at the lodge in their gym - there are a wide range of activities to try: volleyball, basketball, badminton and yoga, or we could even teach our guides a new game and see if they enjoy it. In the afternoon, we learn how to ice skate outside - we can pretend to be Finnish people who learn how to skate when they are small! In the evening, we will enjoy a Finnish-themed movie night, with subtitles. This is a great way to spark cultural discussions and share stories.	BLD
<b>Day 5</b>	<b>Ice Fishing and Sledding and Snow Games</b> Finland is the land of a thousand lakes (187,888 to be exact) which are home to many different species. We will learn about the fish in the lakes while also spending some time fishing and enjoying the silence of nature. In the afternoon, the snow games are a chance to embrace our inner child and run around having fun in the snow or race around on sledges. In the evening, we will have a games night - everyone loves a bit of team building and competition!	BLD
<b>Day 6</b>	<b>Snowshoeing expedition</b> Today we will set out on a guided snowshoeing adventure off the beaten track. We will be walking in deep snow with the help of special shoes designed to keep you on top while admiring the snow-covered forest. We will enjoy a hot drink on top of a hill while enjoying the stunning scenery. In the evening we will reflect on our adventures and have a farewell party with our amazing hosts.	BLD
<b>Day 7</b>	<b>Airport Transfer for our return flight to the UK.</b> Today we will say goodbye to our winter wonderland and return to the UK.	B



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC leader
- Parent and student trip launch presentation
- Pre-travel information sessions
- ATOL financial protection
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination on request

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations
- Emergency Medical & Repatriation Insurance
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. We are far from perfect, but we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life

## Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western-style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Expedition Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to your expedition. Topics covered will include:

### Responsible Tourism workshop

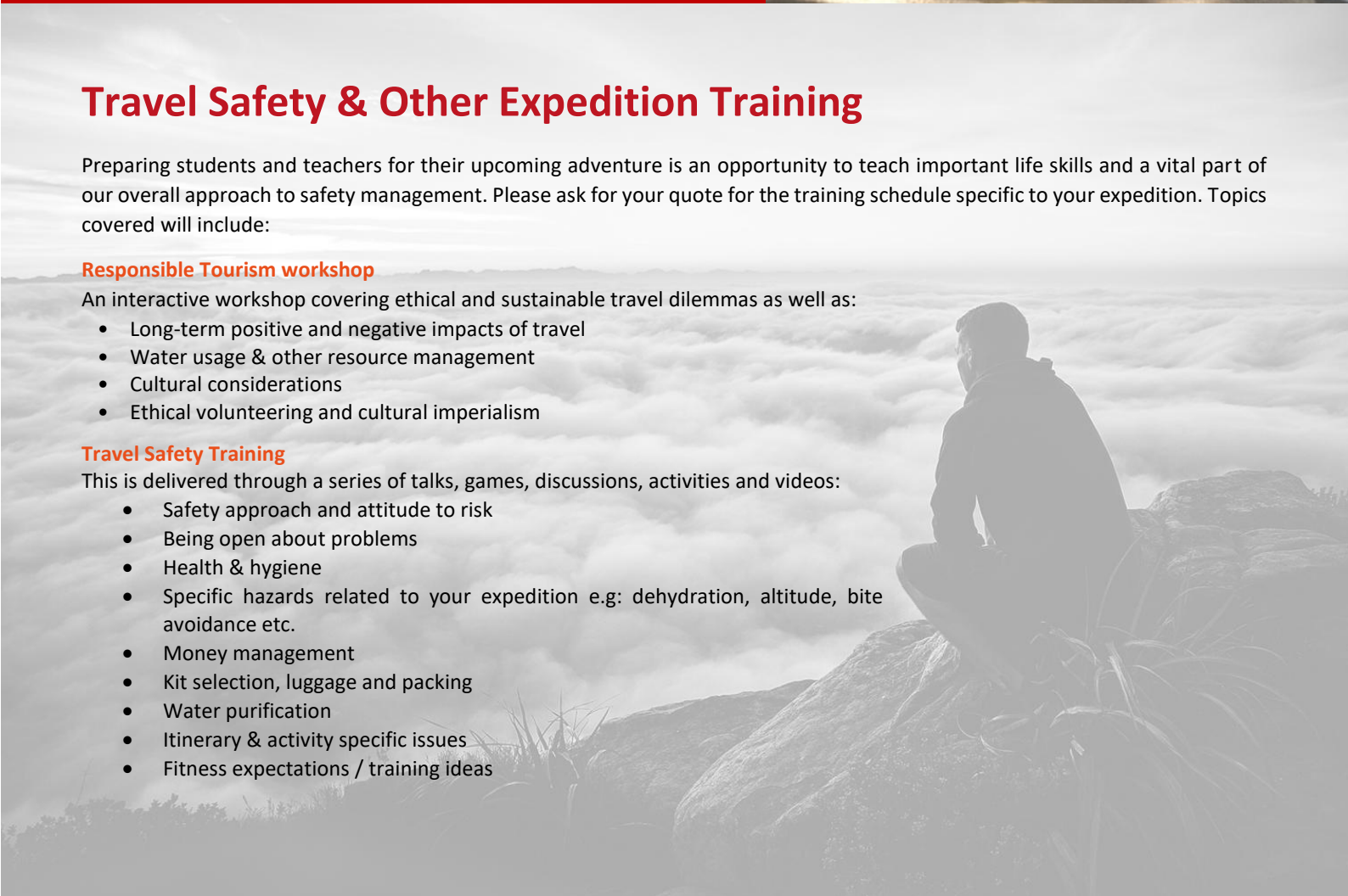
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long-term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your expedition journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your expedition itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your expedition approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange an expedition launch evening

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life-enhancing adventure.



*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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