

OUTLOOK EXPLORE

*There is something pure in
the Finnish air and spirit
that's vital and exciting.*


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EXPLORE *Finland* Summer

7 Days

'Explore' gets beneath the skin of a country and gives a young person the opportunity to not just visit but 'feel'.

What is Explore?

'Travelling', 'searching', 'discovering' – these are the words that literally define Explore and are the foundations of every one of our itineraries.

Working with people in their own countries, passionate about the places they call home, we have created an experience that is truly special. 'Explore' gets beneath the skin of a destination and gives a young person the opportunity to not just visit but 'feel' the country they are visiting. Through the experiences they have and the people they meet, they will develop a deep understanding of culture, history, precious environments, the challenges faced and the impact that we can have as westerners and visitors; both good and bad.

Explorers return with empathy, excitement, a lust for adventure and the knowledge and desire to travel ethically and responsibly.

Created by Outlook Expeditions, Explore is born from nearly 20 years of expertise in taking schools to developing countries, in an effort to get more young people discovering the world first hand and not from behind screens. Every Explore trip goes through the same rigorous risk assessment processes as our expeditions and benefits from the same world class safety and support network.

Explore itineraries are all inclusive and fully catered. All logistics and accommodation is pre-booked.





enjoy the white summer nights

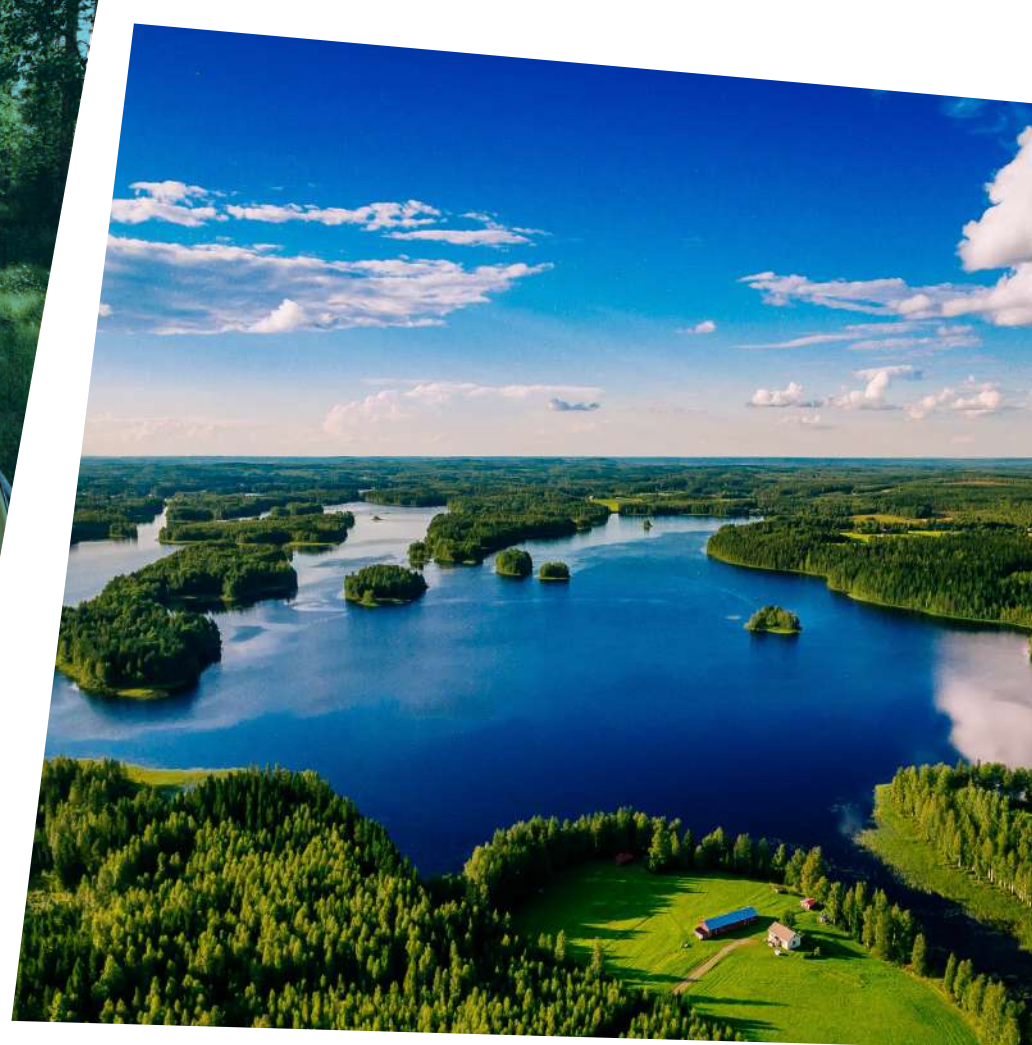
Welcome to Finland

Finnish people are a nation whose identity is closely linked to nature. Vast green forests and glimmering blue lakes dominate scenery wherever you go. There is something pure in the Finnish air and spirit that's vital and exciting. With towering forests speckled by picture-perfect lakes, a fabulous network of national parks has well-marked routes offers some of Europe's best hiking, canoeing and wildlife viewing opportunities.

Your exciting adventure will take you deep in to the beautiful wilderness area of Hossa in north-eastern Finland. Most days you will set off from your cosy cabin situated on the shores of lake Jatkonjärvi, but two exciting nights camping are also

included. During the camping trip, the food will be made over the open fire and the only place to wash yourself will be the lake! Camp-fires, silence and beautiful nature offer perfect circumstances for a total break from the rush of modern life and a great opportunity to learn about the life and nature of this northern area.

The white summer nights are perhaps Finland's most iconic natural phenomena. Although the full Midnight Sun only shines above the Arctic Circle, nights are white all over the country. Late at night, the sun briefly dips beyond the horizon before rising again, blurring the boundaries between fading night and dawning day.



Your Itinerary

Day 1 – Depart UK and arrive in Finland

Depart the UK and arrive at Kuusamo airport. You will be met by a member of the Uptrek team and transferred to the lakeside Jatkonsalmi cabin in Hossa.

Day 2 – Hiking

The morning starts with a good, traditional Finnish breakfast. You will hike 4 km to Hossa Visitor Centre, where you can have a look at the exhibition and learn about the nature and history of the area. After lunch at the Visitor Centre you will carry on walking 6 km back to the Jatkonsalmi cabin. During your trek your guide will teach you all about the nature, animals and seasons in Finland. In the evening you can relax in a genuine Finnish sauna and go swimming in the lake straight from the sauna.

Day 3 – Wilderness skills

In preparation for your next two days of adventure you will learn some important wilderness skills which you will need in the coming days like fire making, orienteering and fishing. Canoes will be available in the afternoon and you will have a short lesson where you will learn the skills necessary to safely complete your two day journey.

Day 4 – Overnight Canoe Journey and Camping

Today it is time to take your paddles, jump in your boats and set off on the small lakes and rivers of the Hossa area. Having packed your rucksacks for a 2-day journey, the day will start with a short minibus drive to the eastern tip of lake Iso-Kukkuri. You will paddle mostly on still waters but also go through a couple of easy but fun rapids. You will find a nice camping spot (there are plenty of them)

and go ashore to set up your tents. In the evening you can cook together and chat by the campfire enjoying the extreme tranquility of the Finnish Wilderness – a night that won't be forgotten quickly!



get to know the semi-wild animals



Day 5 – Canoe Journey

After breakfast by the fire you'll pack your kit and get ready to canoe back to Jatkonsalmi. There is one big rapid on the way that will be passed by pulling the canoes up onto the land and carrying them round. Upon arrival "home" to the Jatkonsalmi cabin, it is time for a shower, sauna and some rest and relaxation.

Day 6 Meet the reindeer and bears

After breakfast you will take a short drive to a reindeer farm where you will get to know the semi-wild animals inhabiting the northern area of Finland. Feed the reindeer and try your skills at lassoing! From the reindeer farm you will continue by vehicle to Arola farm, which is situated in a tiny village of Juntusranta. Arola is a former dairy farm and well-known for its delicious



local food; the perfect place to enjoy lunch. The farm is surrounded by remote woodland inhabited by European brown bears. In the evening take part in an exciting bear safari during which you can observe and photograph these majestic animals from purpose-built log cabins.

Day 7 Depart and return to the UK

Say a sad goodbye to Finland and return to the UK to tell your friends and family about your adventures in the land of the midnight sun.

*Due to the changing nature of the world, Outlook may be required to change aspects of, or the order of the itinerary. Any significant change will be discussed with the school, participants, and parents.





Price and How to Pay

What's Included

- International Flights
- Comprehensive overseas medical insurance
- All overseas transport
- All food and accommodation
- All activities including any entrance fees
- 2 Link Teachers and an Explore Leader to accompany the team
- 24-hour access to information via our online portal 'Basecamp'.

What's Not Included

- Spending money for gifts/souvenirs
- Inoculations, prophylaxis and personal medicine
- Visas and passports
- Personal belongings insurance
- Cancellation Insurance
- Personal equipment (e.g. rucksack, walking boots, waterproof clothing). Everyone will receive a 15% discount at Cotswold Outdoor.
- Transport to and from the airport

Payments

Payments will be staged and can be made via direct debit, debit/credit card, bank transfer or cheque.

A deposit is necessary to secure your place.

A minimum group size of 12 students is necessary for the trip to go ahead. If the group fails to reach this number, any paid deposits will be refunded.

Information on how to apply and view your payment plan will be given at the Information Evening.

Fundraising

Many of our students contribute to the cost of the trip through fundraising. Fundraising activities allow students to demonstrate entrepreneurship, creativity, organisation and commitment and can be used to evidence skills as part of a university or job application.

Outlook has a wide range of resources to support fundraising – please contact our Customer Support Team for more information and to receive a free pack.