



8 Days

# Sweden

## Arctic Circle Survival

Lakes & rivers, forests & woods, saunas & survival, wild camping & campfires, bears & beaver safaris, endless summers followed by cold winters ... the list goes on in this remarkable country which will expose your students to outdoor adventure at its best. The largest Scandinavian country, a land of wilderness, known for its plethora of lakes and rivers, stretches from latitudes similar to the north of England to the Arctic Circle and beyond. This outdoor heaven that is Sweden is a great destination for school trips where adventure combines seamlessly with education.



# Recommended expedition itinerary

## Day 1

### Arrive Ostersund

Travel from London Heathrow to Ostersund via Stockholm. It's 2.5 hrs to Stockholm then another flight for one hour north. We can usually fly direct in the winter too (from Gatwick with EasyJet). After being met at the airport we will travel by bus to our cabin accommodation. This is a one hour drive. Depending on what time we arrive we can have a ski or we can get familiar with the area and then eat and settle in for the night.

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## Day 2

### Fire making & cross country skiing

This is an acclimatisation day. After breakfast we have a cold weather injury and safety brief, then head off on cross country skis for a few hours and, depending on the fitness of the group, we find a place to stop mid-way for lunch, then it's back to the cabin. On our return, we are all set a challenge to make fire only using materials we can find from the environment - an essential and ancient art. Don't worry, help and advice will be on hand! After dinner we head out with an army of shovels for an hour or so to pile snow up into a mound to start forming the quinzee for part of the survival phase.

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## Day 3

### Ice fishing

Today we learn the art of ice fishing. After a ski to the lake, we set up and learn the skills and patience involved in catching fish through the ice. Having caught our supper and had lunch, we head back for a well-earned meal at the cabin. After dinner it is back out for more digging of the quinzee. If we're lucky and the skies are clear, we hope to catch a glimpse of the northern lights.

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## Day 4

### Sledding

Dog sled day. After a transfer or walk to the lake we are put into the group and get individual dog teams. We learn how to harness the teams and how to 'mush' the dogs for an exciting sled ride! Lunch is cooked and taken by the lake. Once we get back to the cabin we'll have dinner then pack for the first night of the survival phase. We have a lecture on safe axe and knife cutting techniques before loading all the stores and heading off about 1km away from the cabin. We prepare the ground to construct the tipi for the night and while part of the group do this, another part journeys into the forest to collect plenty of firewood. After the tipi is up and food is cooked and eaten, we put a rota system in place to ensure a fire watch and maintain the fire.

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Day  
5

## Survival day

After a cold start we cook our hot breakfast and soon warm up as we pack the tipi away. This will prove to be a challenging day as we learn to construct our natural shelter. It is exhausting work and we will find this the hardest of the survival days. It is a great team bonding experience though. This is a really interesting night spent under a shelter which we've all worked hard to build!

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Day  
6

## Fire building

By this time we will be storming as a team! Working together, we start to dig out the quinzees, half the group digging the other half collecting firewood, working in shifts. We do shifts so that where the diggers have become cold from being on the snow, the fire is roaring and they swap job roles for another hour. It is great to see the team working together and by the end of the day we have a fabulous fire and everyone is warm and really comfortable as we enter the snow hole for the night. We maintain a 'candle' watch throughout the night and after a good night sleep we head back to the cabin and have breakfast there.

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Day  
7

## Hob tub & feast

After a hot breakfast, we light the hot tub which takes about 8 hours to heat up. Today, there is a few choices of free skiing, snowshoeing and rest for those who need it. In addition, we ensure we are maintaining the fire, essential for the hot tub!!! After a hard week of survival, we have a slap up and well earned BBQ. The food is bought in and we have a large feast (which will never have tasted quite as good) after which we get cleaned up in the hot tub and sauna. It has been known that some relish that we're in survival mode and not too keen to clean up!

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Day  
8

## Depart and head back to UK

We head back home ready to re-acclimatise and having realised the benefits of modern day living & central heating, having experienced a true outdoor adventure!

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# Further information

## Look what's included!

- International flights
- All accommodation
- All food
- All transportation and activities
- Bi-lingual, first-aid qualified local expedition leader
- Parent and student expedition launch evening
- Comprehensive pre-expedition training programme
- 1-day offsite safety INSET day for staff
- ATOL financial protection
- Medical Emergency / Repatriation Travel Insurance
- 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
- Carbon offsetting of all flights
- Free t-shirt for every participant and teacher

## What's excluded?

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

## Your expedition timeline



## Physical expedition rating:



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 some walking at moderate altitude (up to 2,500m) and occasional longer/harder days may be involved, with between five and seven hours of walking on certain days. The trip may contain other activities such as cycling or rafting which also require physical effort and a reasonable level of fitness. Some steady preparation and an increase if your underlying fitness levels would help you get the most from this grade trip.

## Culture shock rating:



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'.



# A journey of 1,000 miles...

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



## 1 Get your tailor-made proposal and 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 itinerary just for you. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk assessments and destination 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 at your school

This is a chance for students and parents to hear more about the expedition with a comprehensive information evening with opportunity for questions.



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