

Winter Camp

A photograph of several people cross-country skiing on a wide, snow-covered path. The path is flanked by a dense forest of snow-laden evergreen trees. The sun is low in the sky, creating a soft, golden light. In the foreground, a person in a blue ski suit is visible on the left, and another person in a dark green ski suit is in the center. A third person in a white and blue ski suit is partially visible on the right. The overall scene is peaceful and scenic.

Program

FEELS PURE & AUTHENTIC
FINNISH NATURE

WWW.NORTHERNSKILLSFINLAND.COM

Preliminary 7 days program

WINTER 2020-2021



GOAL

The aim is to guide the clients to know, understand and feel the Arctic nature and phenomena and the impact of human choices on the environment now and in the future.

LEARNING OUTCOMES

- Basic survival skills: compass and map use, navigating, fire making, making food in open fire
- Nature and geography: Biodiversity, natural things: natural wellbeing effects, seasonal variations, climate, and vegetation zones. Basic life conditions such as clean air, water and nutrition, as well as their occurrence and sustainable use
- Sustainable development: sustainable lifestyle and sustainable use of natural resources
- Winter sport skills: snowshoeing, cross-country skiing, ice hole fishing
- The 21st-century skills, such as problem-solving, creativity, teamwork and sharing your know-how

The selected themes are based on the Finnish curriculum. During the camp, we utilise phenomenal based learning.

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DAILY SCHEDULE

8.00 Breakfast

9.00 Morning adventure

11.00 Lunch

13.00 Afternoon adventure

17.00 Dinner

18.00 Evening activities

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PROGRAM

DAY 1

- Arrival in Tornio
- Accommodation
- Welcoming and meal
- Northern Skills Finland Education Ltd. presentation
- Introduction to winter camp program, staff, environment, safety policies and safety demonstration. Gear check
- Team building activities

The camp begins by getting to know each other through various playful activities.

- Lecture about cold injuries and hypothermia
Tool for staying warm in wintertime – good procedures
- Outdoor team challenge / free time

DAY 2

- Breakfast
- Basic survival skills: Compass and map use

We practice the basics of survival skills at the campus area, such as compass and map use

- Lunch
- Basic survival skills: Orienteering

Orienteering requires many basic map reading skills like identifying map symbols, understanding scale and directions both on the map and in the terrain.

- Dinner
- Geocaching

Exciting and adventurous exploration of geocaches in the terrain, as well as puzzle-solving and teamwork

- Outdoor team challenge / free time

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PROGRAM

DAY 3

- **Breakfast**
- **Winter sport skills: cross-country skiing**
Firstly we get used to the skis and learn the basic techniques and then go to test the skills learned on the track.
- **Lunch**
- **Snow fun**
- **Basic survival skills: Learn to make a fire and traditional "tikkupullat" (campfire stick-buns).**
We also learn to make Finnish traditional handcrafts.
- **Dinner**
- **Gear maintenance**
- **Outdoor team challenge / free time**

DAY 4

- **Breakfast**
- **Winter sport skills: snowshoeing**
Learn the basic techniques and then go to test the skills learned.
- **Lunch**
- **Basic survival skills: how we act if we get lost in forest**
- **Sustainable lifestyle in Finland: What we can use, what we can eat and how we act sustainably in nature**
- **Dinner**
- **Gear maintenance**
- **Preparations for next day trip**

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Aleksi Koskinen/Visit Finland

PROGRAM

DAY 5

- Breakfast
- Transfer to forest campsite and settle in
- Ski trip in the forest

Trip includes navigating, skiing with sledges and outside lunch. We will utilize in real forest environment everything that we have learnt previous days in the campus area. We also get know about nature biodiversity.

- Gear maintenance
- Making dinner together
- Relaxing by the campfire and looking for the northern lights.

DAY 6

- Making breakfast together
- Forest welfare effects: Mindfulness

Spending time and being physically active in nature promotes well-being and health. Nature helps us recover from the effects of stress and forget our daily worries. It also lifts our moods. The effects are manifested in lower blood pressure and a stabilised heart rate.

- Forest welfare effects: Northern Skills Finland Olympics

Northern Skills Finland Olympics includes fun activities such as athletic competitions, problem solving and self-improvement.

- Lunch and gear packing
- Bus transfer to campus area
- Dinner
- Sauna and indoor swimming pool

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PROGRAM

DAY 7

- **Breakfast**

Make sandwiches and hot drinks to go

- **Visit Husky farm and Husky Safari**

- **Lunch**

- **Outdoor team challenge**

- **Winter camp closure**

Evening awards and celebration dinner