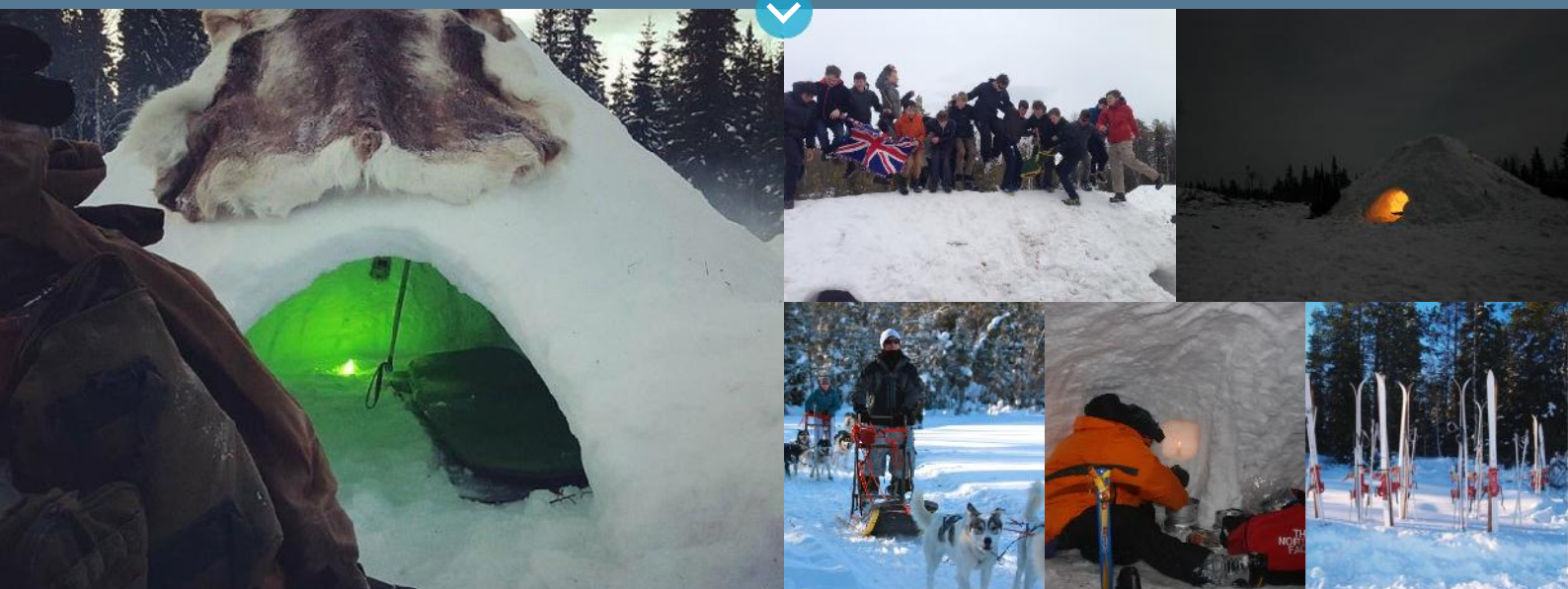


# Sweden

## 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 itinerary:

Culture shock rating: 

Physical rating: 

#### Day 1.

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.

#### Day 2.

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.

#### Day 3.

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.

#### Day 4.

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.

### Day 5.

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!

### Day 6.

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 the 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 roaring fire so 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.

### Day 7.

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 the 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 know that some relish that we're in survival mode and not too keen to clean up!

### Day 8.

Head back to the UK.

#### *Important information:*

*It is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides – he or she will want you to see their country in a good light.*



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