

LAPLAND TOUR 2022

Here it comes! The Lapland Tour is about to begin!

On the tutors' behalf we would like to wish you very welcome to the tour you will still be thinking of when you're very old. However, before the tour begins there are a few things you need to memorize in order to make our LAPLAND TOUR 2022 even better than any other tour before. So, activate your brain NOW!

22.11.2022

The buses depart from different sides of Southern Finland!

26.11.2022

We start our journey back home! The buses arrive in Southern Finland early in the morning of the 27 th of November.

COMMUNICATION

The tutors will create a Whatsapp Mural group for Lapland Tour 2022. Please make sure you'll be added on it. If you don't have Whatsapp, please contact a tutor. This group is to inform you if there are any changes in the schedule at short notice. If you don't have WhatsApp, let us know. We are more than happy to help you, so you can contact any of the tutors if you have any issues during the trip.

The tutors will also create a WhatsApp group for each bus. There you can ask questions and share photos. ALSO We will be having a party/get together with the whole group of the last night. Get you and your exchange friends organized so that you could create a party playlist everyone could have a word on.

We will also visit a local school and give them A journey across the world through our performances. You can start to plan some music/dance/Other performances in groups. The only requirement is that the performance is something typical from your country/continent. Needless to say, obey and be nice to your tour leaders and bus drivers. Remember, they work endless hours to make sure you have the best time of your life on Lapland Tour.

THE PREPARATIONS

Here we have collected some of the most important things for you to know while preparing yourself for the Lapland Tour!

KEY POINTS:

- BRING WARM CLOTHES
- BRING ENOUGH CLOTHES
- GET TO KNOW TO THE PROGRAM
- RESPECT THE RULES AND LEADERS



PERSONAL HYGIENE

As mentioned before, you can expect low temperatures during the trip. Therefore, you won't be sweating as much as you normally do, and you'll be wearing a winter hat most of the day. Thereby we don't recommend you to wash your hair every morning and if you do, please make sure you dry it before going out. You might easily get sick if you go outside with wet hair. In addition, the use of make-up is not recommended while skiing, because the liquids they contain may damage your skin when they freeze! Make sure to take deodorant with you, because we will be spending a lot of time on the bus. But take a note not to use any perfume or strongly scented products on the bus, because some people are sensitive to strong scents.

CLOTHING

Remember to bring proper winter clothes with you: thermal underwear, woolen socks, winter gloves, a winter hat, a scarf, proper winter shoes, skiing pants and jacket, etc. You should note that we are going far north (almost 'till North Pole!), so the temperature might drop even below -30 degrees! Also, we are going to spend most of time outdoors. Consequently, please bring an extra pair of each piece of clothing (especially socks and gloves).

ABOUT MONEY

You have already paid for all the activities and meals you'll be having on the tour, so you will mainly need money for buying souvenirs and snacks during the long bus drives. Note that you can also bring your snacks from home to save some money:)

ACTIVITIES ON THE TOUR

- SNOWBOARDING
- DOWNHILL SKIING
- CROSS-COUNTRY SKIING
- REINDEER SLEDGING
- HUSKY DOGS
- SNOWSHOES
- REINDEER FARM
- SAUNA
- MUSICAL TRADITIONS FROM LAPLAND
- SANTA PARK IN ROVANIEMI

You will have the option to try out either skiing, snowboarding or cross-country skiing. Some of you might be experienced in one of these sports but for most it will be your first time. Make sure to start on easy especially with the skiing and snowboarding. At first you can try to ski from the middle of the slope instead of going to the top. Luckily you will have tutors to help you out.

Since Lapland's wonders are a lot else than only skiing, we will also have the chance to go reindeer sledging. In addition to that, the amazing husky farm will have plenty of excited

huskies to take you on a ride through the winter wonderland. We will also go on a small walk through the forest with snowshoes on.

Lapland is full of beautiful history and tradition. You will get a peak on how people used to live in Lapland on an old reindeer farm. The tourist information center in Pallas will show us more about the nature and its creatures in the Lapland. In addition, you will experience some musical traditions from Lapland.

We saved the best for last. On our way back home, we will stop by in the Santa Park in Rovaniemi. The village is full of Christmas spirit so get your jingle bells ready. You will also meet the one and only – the real Santa!!!!

WHAT TO PACK?

Here's a list to give you some guidelines of what to pack but notice that it doesn't contain ALL of the stuff you have to pack – everyone should think for themselves what they need and what not.

- Warm winter clothes: a winter hat, a scarf, a few pairs of winter gloves and mittens, a thermal shirt and pants, woolen socks, skiing pants and jacket, etc. to keep you warm!
- Enough of clothes to be able to change in case you get wet
- Proper winter shoes (NO Converse, sneakers, ballerinas, high heels etc.)
- If you are skiing/snowboarding and want to use goggles, please bring them with you. You can also buy them from the skiing center, but they are not for rent! A helmet is included in the skiing tickets price.
- Enough of snacks and food for our way up North
- Music, diary, playing cards, DVD's... Stuff to keep you busy on the bus. It's a long way and some of us will spend up to 18h on the bus each way!
- Personal medication
- Camera, memory cards and a charger (in the cold the battery runs out more easily)
- Personal hygiene stuff (shampoo, soaps, body lotion, deodorant, toothbrush and paste, hairbrush etc.)
- Insurance card/papers
- A pillow and a blanket for the bus
- Ear plugs in case your roomie snores or you want to sleep on the bus

Let's make this a fun tour for us all!