

【Nordic Winter Sports Experience Children Camp - Fulfill All the Children's Wishes】

The winter in Finland is not only thick snow, but also full of surprises. In addition to the unique scenery full of winter activities, Himos introduces to children, the winter camp they dreamt of being experienced, Husky dog sledding, Alpine curling, Snowboarding and many more unforgettable activities. Stay in the Nordic style wooden cottage, enjoy the Finnish sauna. Let the children's holiday have the best memories. Don't hesitate, come and join us and feel the scenery of the Finland.

Number: TL-1910

Price:

Duration: 7 days & 6 nights

Opening time: From January to April

Age Group: 10-16 years old Children

Number of Group: Min. 10 people

Timetable:

	Morning	Afternoon	Evening
Day 1	16:00 Arrival and Check in		
Day 2	9:00-12:00 Alaska Dog Sledding	13:30-16:30 Snowboarding	18:00-20:00 Kick Sled on the Icy Lake
Day 3	9:00-12:00 Ice Fishing on the Icy Lake	13:30-16:30 Nordic Skating	18:00-20:00 Alpine Curling Competition
Day 4	9:00-12:00 Downhill Skiing	13:30-16:30 Snowshoe Excursions	18:00-20:00 Polar Night Tour - Walking in the Town
Day 5	9:00-14:30 Visit Jämsä Secondary School	15:30-17:30 Cross-country skiing	19:00-21:00 Traditional Sauna Night
Day 6	9:00-15:00 Visit Jämsä Vocational Secondary School Gradia	16:00-17:30 Visit Moose Manor Animal Park	18:00-20:00 Dinner and closing ceremony
Day 7	12:00 Departure		

Camp Introduction:

Himos is a well-known ski resort in Finland with the largest and most diverse ski slopes in the Finnish Central Region. The resort offers 21 different levels of slopes and 15 lifts for beginners and professionals for enjoying the fun of skiing. Himos is located in central Finland. When the coldest temperature in winter comes, it is still very suitable for outdoor activities, and won't feel uncomfortable.

We have also planned suitable winter sports for children. This sports training camp is for children who want to experience all the exciting winter sports. Every morning, there are different but most interesting Finnish winter events to start a beautiful day as a warm-up, such as Alaska Dog Sledding, Formal Horse Riding, Cross-country Skiing, and Downhill Skiing. So exciting activities to start a day, therefore children can get up by their own with expectation and excitement.

After lunch, bring the children to experience Snowshoe Excursions, Snowboarding, Nordic Skating, Cross-country Skiing and Ice Fishing on the Icy Lake. After dinner, we arrange more

relaxed but also very interesting activities, such as Kick Sled, Alpine Curling and visit Moose Manor Animal Park.

The fresh and delicious meals we offer are designed by the Himos' chefs, and the restaurant is stylish. The Nordic-style cottages are extremely comfortable, bringing kids to have the coziest environment to rest after an exciting day. Finnish traditional sauna is heating up and waiting to relieve their tight muscles.

One of the nights we also arranged a delicious buffet in a Chinese restaurant in Jämsä. After dinner, we will also take kids to have a night trip in the Nordic town in the near-polar nighttime.

All the best winter activities can be fully experienced within a week. Give the children's holiday has the most memorable memories. In addition we have a professional team to arrange and ensure that all activities are carried out under safe conditions. Himos welcomes your children.

Daily Trip Planning:

Day 1	16:00	Arrival and Check in
	18:30 – 20:00	Dinner – Himos Restaurant
Day 2	7:30 – 9:00	Breakfast – Himos restaurant with a variety of choices and a healthy breakfast
	9:00 – 12:00	Husky Dog Sledding
	12:00 – 13:30	Lunch - Himos restaurant with Scandinavia nutrition and healthy lunch
	13:30 – 16:30	Snowboarding
	16:30 – 18:00	Dinner
	18:00 – 20:00	Kick Sled on the Icy Lake
	20:00	Rest in Nordic style cottage
Day 3	7:30 – 9:00	Breakfast healthy breakfast
	9:00 – 12:00	Formal Horse Riding
	12:00 – 13:30	Lunch healthy lunch
	13:30 – 16:30	Nordic Skating
	16:30 – 18:00	Dinner
	18:00 – 20:00	Alpine Curling Competition
	20:00	Rest in Nordic style cottage
Day 4	7:30 – 9:00	Breakfast
	9:00 – 12:00	Downhill Skiing
	12:00 – 13:30	Lunch
	13:30 – 16:30	Snowshoe Excursions
	16:30 – 18:00	Dinner – Chinese Buffet in Jämsä Restaurant
	18:00 – 20:00	Polar Night Tour - Walking in the Town Jämsä
20:00	Rest in Nordic style cottage	
Day 5	7:30 – 8:30	Breakfast
	9:00 – 14:30	Visit Jämsä Preliminary or Secondary School and school lunch during the day

	15:30 – 17:30	Cross-country Skiing
	16:30 – 18:00	Dinner
	18:00 – 20:00	Traditional Sauna Night
	20:00	Rest in Nordic style cottage
Day 6	7:30 – 8:30	Breakfast
	9:00 – 12:00	Visit Jämsä Secondary School and school lunch during the day
	16:00 – 17:00	Moose Manor Animal Park
	18:00 – 20:00	Dinner and closing ceremony
	20:00	Rest in Nordic style cottage
Day 7	8:00 – 9:00	Breakfast
	12:00	Departure

Introduction to the Arranged Activities

◆ **Husky Dog Sledding**

Have children only seen the Husky dog sled in the movie? Get ready for their warm clothing; let us go with a loyal and strong Siberian dogs pulling a sled in the forest for a special experience. Kids and their companions are sitting on a sled and enjoying the pure fun of a fairy tale-like feeling. This is another very special and dream come true experience.

◆ **Snowboarding**

The coach will guide us through the most basic safety knowledge, such as how to put on ski boots, how to check if the ski boots are firmly connected to the skis board, and how to fall to reduce the injuries. Later, coach will teach how to balance, press the snowboard, so that children can move flexibly on the slope. We will start with a flat ground and after children have confidence, children may also challenge a slope.

◆ **Kick Sled on the Icy Lake**

Kick sled is the mildest winter activity, but it is also the most traditional and childlike skating sport in winter. The traditional kick sled, welded by iron, can accommodate one person sitting in the front seat, while one is kicking the sled behind, enjoying the relaxed and comfortable, but also a little exciting skating activity. We will take children to the icy lake for sledding and enjoy the special fun on the frozen lake.

◆ **Nordic Skating**

Himos has a natural skating trail in winter, ideal for skating training. Coach will start with the most basic concepts of safety, such as how to wear skate shoes, how to balance, how to fall to reduce injuries. Then teach simple skating techniques, such as how to skate, slide in and coordinate with the whole body to perform periodic movements to get the fastest speed.

◆ **Alpine Curling Competition**

Knowing the local cultures due to the climate, the Alpine curling is one of the oldest and most interesting group ice activity that can't be missed. The alpine curling we play in Himos is easier but still fun. The game is divided into several teams and standing at the two ends of the game line. Each person slides the stone along the game line one at a time to hit the big stone at the center point and try to push the opponent's curling stone away. In the central area, the team with the most stones will win. The most interesting thing in the game is that all the teams are trying all the ridiculous way to slide the stone to reach the center. It is a very exciting and worthwhile team activity.

◆ **Downhill Skiing**

We will start with the most basic safety concept under the guidance of the coach, such as how to put on the ski boots, how to check the connection between the ski boots and the ski board, how to walk with the ski boots, how to choose to fall to reduce the injuries, how to hold ski stick, etc.. Later, children will be taught basic skiing techniques, such as how to turn, turn around, stop, how to move in parallel. We will start learning and practicing from the flattest and safe slopes, and they will be able to challenge higher slopes after they learn.

◆ **Walking with Snowshoes in the Forest**

Unlike summer time in Finland, the air in winter in addition to clean, has special piercing cold and dry. The trees in the forest are covered with thick snow; the trails are also full of snow, stepping on the snow and making a squeaking sound. The world is white everywhere, just like the fairy tale we read when we were young, as fascinated as it is. We will wear special snowshoes or outdoor boots to experience and realize the fantasy of the forests of Northern Europe. Welcome, follow us to the forest!

◆ **Polar Night Tour - Walking in the Traditional Finnish Town**

The traditional Finnish town of Jämsä, only 7 km from Himos, can be seen just in one-kilometer walking distance. In the deep winter in the polar night, on the road almost every house took Christmas bulbs to decorate their home, yard and the darkness. A town has been covered by the thick snow brings children a fairy tale-like scene and warm feeling in the deep winter.

◆ **Cross-country Skiing**

Cross-country skiing is a very traditional Nordic skiing sport and one of the winter Olympics events. We will put on the skis and use the poles. Under the guidance, we will cross the ski slopes, enter the forest to carry out cross-country skiing. This activity requires physical strength, but don't worry we will wait for kids. After all the way, children will definitely burn a lot of calories, but at the same time they can enjoy the fun of sweaty.

◆ **Floor Ball Competition**

The game is divided into two teams, waving a light but hard plastic stick, hit the ball into the goal to score, the team that score the most will win. The Floor Ball is a very popular winter competition in Nordic countries. It is very often to see children or family members playing together at school or children's playground on the roadside in the wintertime.

◆ **Finnish Smoke Sauna**

When you come to Finland, you must not miss the experience of the world-famous Finnish smoke sauna. A sauna that is rich in history has been smoked into brown and black, which is built on the shores of Himos Lake. When temperature is right, you can experience the expansion and contraction of the blood vessels by the stimulation of the hot steam in the sauna. The waste is discharged by a large amount of perspiration. And during the sauna break, you can swim in the cold lake, through the cold and hot stimulation; strengthen your cardiovascular function to increase blood circulation. Light snacks will be available in the fireplace room to replenish water and energy. When you experience the sauna, you need to keep swimsuit on all the time. We will provide bathrobes. In the Finnish way, men, women and children are all together at the same time in the sauna.
(It is not recommended for people who have cardiovascular disease or cold to have sauna.)

◆ **Ice Fishing on the Icy Lake & Finnish Tradition Sausage Roasting in the Wild**

Maybe kids have had the experience of fishing, but the cool thing is to experience the fun of cold ice fishing. The coach will show us how to drill a hole on the frozen lake, put on the fishing tackle, and guide everyone how to observe if the fish is hooked and how to

pull the hook. We will prepare the hot tea for the cold day. Even if the lake has been frozen to a thick layer, but children will still have the tense illusion of standing on the thin layer of the lake. Finnish tradition is that after being out in the fresh and cool air, we will rest in a small open wooden house and the campfire will be started. The Finnish sausage will be roasted on the spot to replenish the energy. It is very delicious and interesting.

◆ **Visit Moose Manor Animal Park and Animal Learning**

Does Santa Claus ride a reindeer or a moose? What is the difference between the two? What is the special about feeding and living? The Moose Manor Animal Park, just 10 km away from Himos, let kids learn about the common animals in Finnish forests. There are animals such as reindeer, roe deer and moose in the manor. Children cannot only see the animals what kids read only in the storybook, but also feed and pet them, and even take a cute selfie with them! The dream of realizing a fairy tale is as simple as that. The Finnish decree has been amended and this Moose Manor Animal Park is the only place in Finland where you can get close to the moose, so this trip is very precious.

Expense description:

◆ **Fee included:**

All arranged trip fees and tools, accommodation and meals (6 nights for accommodation, 6 times for breakfast, 5 times for lunch, 6 times for dinner), entrance tickets for the trips, necessary transportation costs for the round-trip from sites to Himos, cleaning service fee after check out and all the administrative arrangements, etc..

◆ **Fee does not include:**

1. Round-trip fly tickets, airport pick-up fee, transportation fee to the airport after leaving Himos, visa fees, insurance fees, all private expenses: such as internet, phone bills, laundry, warm clothing and other private expenses.
2. Airport pick-up and transportation to the airport after leaving Himos can be provided on request but need to pay and must be agreed upon before signing the contract.

How to pay:

1. Please contact the contact person first to confirm whether there are still have any vacancy and exact time schedules of the camp, as well as the items need to be adjusted and the final price.
2. After all the discussion and reach the agreement, we will provide relevant remittance information and sign the contract.

Reminding:

1. Please bring warm clothing for outdoor activities.
2. If children have special physical health conditions or need to pay attention to food, especially children who are allergic to animals, please inform in advance.
3. The accommodation arrangement during the trip is to live in a Nordic style wooden cottage with the partners of the camp. If need a single room or other special requirements, need to agree before the trip, and the price will be adjusted according to the needs.
4. The first day can be checked in at 16:00 PM. and the last day before 12:00 PM. needs to leave the cottage.
5. Towel and bath towel are available in the cottage. Please bring your own bath gel, shampoo, toothbrush and toothpaste.
6. Dishwasher, coffee machine, electric stove, refrigerator, sauna etc. are available in the cottage. Please follow the instructions. Not all cottages have Wi-fi. If need, please let us know in advance and the price may be adjusted.
7. The camp date is for reference only. The specific time of the trip may be adjusted according to the situation. If there is any adjustment, it will be notified in advance.
8. The daily schedule may be adjusted optimally according to factors such as weather; the

- adjustment will not harm your interests and adjusts with the same level of planning.
9. To attend primary and secondary schools or vocational schools, need to participate in the curriculum in line with the school's teaching progress. Therefore, if have need for special courses, need to be inform for arrangements beforehand.
 10. After the contract, any expenses incurred due to personal factors will be charged.

Contact and appointment staff:

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