



【 Nordic Winter Sports and Finnish Education Experience Children Camp - Learning in Happiness】

Finnish education is famous all over the world. Himos is a famous ski resort. We have planned these two famous strengths for a special Children winter camp. Children will experience the most popular winter sports in Northern Europe such as snowboarding, downhill skiing and Siberian husky sledding.

In addition, we will visit the Finnish school and attend classes with Finnish children to participate in the Finnish teaching method, so that children can get the best learning results in a subtle way. The variety of winter camp lets children to experience a lot of winter sports, but also to learn and communicate with Finnish children, enhance international friendship, such a happy trip, children will love it.



Lakeland Finland




Days of Camp Trip: 7 days & 6 nights

Number of Group: Min. 10 people

Age Group: 6 – 10 yo. with adults, 11-13 with adults or 13 – 16 with adults/hosted

Preliminary Timetable: Could customized by request

	Morning	Afternoon	Evening
Day 1	16:00 Arrival and Check in		
Day 2	9:00-11:00 Dog Sledding with Siberian Huskies	14:00-17:00 Snowboarding	18:00-19:00 Kick Sled on the Icy Lake
Day 3	9:00-12:00 Ice Fishing on the Icy Lake	13:00-16:00 Nordic Skating	18:00-19:00 Alpine Curling Competition
Day 4	9:00-12:00 Alpine Skiing	13:00-16:00 Snowshoe Excursions	18:00-19:00 Polar Night Tour - Walking in the Town
Day 5	9:00 - 9:30 Visit Jämsä Secondary School 9:30 - 9:45 School break 9:45 - 10:30 Lesson 10:30 – 11:00 School Lunch and break 11:00 - 11:45 Lesson 11:45-12:00 School break	12:00 - 12:45 Lesson 12:45 - 13:00 School break 13:00 - 13:45 Lesson 13:45 - 14:00 School break 14:00 - 14:30 Lesson 14:30 Break & end of school day 15:30 - 17:30 Cross-country skiing	18:30-21:00 Traditional Sauna Night
Day 6	9:00 - 9:30 Visit Jämsä Vocational Secondary School Gradia 9:30 - 9:45 School break 9:45 - 10:30 Lesson 10:30 - 11:00 School Lunch and break 11:00 - 11:45 Lesson	11:45-12:00 School break 12:00 - 12:45 Lesson 12:45 - 13:00 School break 13:00 - 13:45 Lesson 13:45 - 14:00 School break 14:00 - 14:45 Lesson 14:45 - 15:00 Break & end of school day 16:00 - 17:30 Visit Moose Manor Animal Park	19:00-20:00 Final Dinner and End Ceremony  Lakeland Finland
Day 7	12:00 Departure		

Camp Introduction

The PBL (Phenomenon-based Learning) is a method of implementing and experiencing a certain topic in a group, and by inspiring and stimulating, so students can achieve the best learning outcomes in a subtle way. This teaching method pays special attention to the creation of a cooperative learning environment, as well as the cultivation of learning interests, and trains students to communicate and express their interpersonal skills. Finnish students have a pleasant learning experience under this pedagogy. So, we will lead our children to experience the joy of happy learning.

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

Therefore, we have planned suitable winter sports for children, such as children's favorite Dog Sledding with Siberian Huskies, Nordic Skating, Snowboarding, Cross-country skiing and Ice Fishing on the Icy Lake. So exciting activities to start a day, therefore children can get up by their own with expectation and excitement.

In addition to children's winter activities, we will visit Finnish primary and secondary schools and vocational schools. Children can take classes in school and receive instruction from Finnish teachers directly in the classroom. Course content is diverse, such as nature, physical education, art, cooking classes, etc.. In vocational school, kids will be led by school teachers to learn about floral art, forest machinery, simulator operation, or hand-made wooden crafts to inspire children's interest and cognition of future careers. At school days, we will have lunch with Finnish students at the canteen to experience the school life of Finnish students.

After dinner, we arrange more relaxed but also very interesting activities, such as kick sled on the frozen lake, Alpine Curling competition. One evening, we will have a delicious buffet in the Chinese restaurant in Jämsä. After the meal, we will lead children to the snow-covered but warm fairy-tale Nordic town under the stars of polar night.

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.

All the best winter activities can be fully experienced within a week, and children can also reach the happy learning and enhance the international vision. Give 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 18:00 – 19:00	Arrival and Check in Welcome meeting, dinner – Himos Restaurant
Day 2	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 13:30 – 16:30 17:00 – 18:00 18:00 – 19:00 19:00	Breakfast –Himos restaurant with a variety of choices Dog Sledding with Siberian Huskies Lunch - Himos restaurant with Scandinavia nutrition Snowboarding Dinner – Himos restaurant with energy supplement Kick Sled in the Icy Lake Rest in Nordic style cottage
Day 3	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 13:30 – 16:30 17:00 – 18:00 18:00 – 19:00 19:00	Breakfast –Himos restaurant with a variety of choices Ice-Fishing on the Icy Lake Lunch - Himos restaurant with Scandinavia nutrition Nordic Skating Dinner – Himos restaurant with energy supplement Alpine Curling Competition Rest in Nordic style cottage
Day 4	8:00 – 9:00 9:00 – 12:00 12:00 – 13:30 13:30 – 16:30 17:00 – 18:00 18:00 – 19:00 19:00	Breakfast –Himos restaurant with a variety of choices Alpine Skiing Lunch - Himos restaurant with Scandinavia nutrition Snowshoe Excursions Dinner – Chinese Buffet in Jämsä Polar Night Tour - Walking in the Town Jämsä Rest in Nordic style cottage
Day 5	8:00 – 9:00 9:00 – 9:30 9:30 – 9:45 9:45 – 10:30 10:30 – 11:00 11:00 – 11:45 11:45 – 12:00 12:00 – 12:45 12:45 – 13:00 13:00 – 13:45 13:45 – 14:00 14:00 – 14:30 14:30 – 15:30 – 17:30 17:30 – 18:30 18:30 – 21:00 21:00	Breakfast –Himos restaurant with a variety of choices Visit Jämsä Secondary School School break Lesson School Lunch and break Lesson School break Lesson School break Lesson School break Lesson Break & end of school day Cross-country Skiing Dinner – Himos restaurant with energy supplement Traditional Sauna Night Rest in Nordic style cottage



	Day 6	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices
		9:00 – 9:30	Visit Jämsä Vocational Secondary School Gradia
		9:30 – 9:45	School break
		9:45 – 10:30	Lesson
		10:30 – 11:00	School Lunch and break
		11:00 – 11:45	Lesson
		11:45 – 12:00	School break
		12:00 – 12:45	Lesson
		12:45 – 13:00	School break
		13:00 – 13:45	Lesson
		13:45 – 14:00	School break
		14:00 – 14:45	Lesson
		14:45	Break & end of school day
		15:00 – 17:00	Visit Moose Manor Animal Park
		18:00 – 20:00	Final Dinner and End Ceremony
		20:00	Rest in Nordic style cottage



(Note: This vocational school visit is rare, the actual itinerary will be changed according to the school's arrangement, but total hours will not change)

Day 7	8:00 – 9:00	Breakfast –Himos restaurant with a variety of choices
	12:00	Departure

Introduction to the Arranged Activities

◆ Visit Jämsä Secondary School

We will take the children to the lower and upper comprehensive schools in Jämsä. The school offers from Monday to Friday, 9 am to 2 pm, giving students from all over the world the opportunity to participate in Finnish school courses. Students aged 6-12 are grades 1-6, and students aged 13-16 are grades 7-9. The class is based on the Finnish teaching method, and the basic English is the main language to enhance the English oral ability of the children. The course is diverse in content, including natural, art, crafts, health, Finnish culture and society, physical education, music and cooking classes. Teaching and lunch will take place with Finnish students. The opportunity to go directly to the Finnish school is not easy. In recent years, Jämsä City Hall has promoted the educational travel course, which enables students from all over the world to have more opportunities to understand the essence of Finnish education.

◆ Visit Jämsä Vocational Secondary School Gradia

Gratia Vocational School in Jämsä belongs to the Jyväskylä Educational Consortium Gradia. In addition to teaching and cultivating students, Gratia is also committed to sharing educational achievements and expertise to the world because of its vast and long-term education and training experience. Gradia is also the first in Finland to provide accredited Finnish vocational and professional qualifications abroad. We will bring the children to the Gradia Vocational School in Jämsä, the enthusiastic and professional teachers will lead children to experience the various courses. For example, forest machinery, simulator operation, hand-made wooden crafts, floral lessons, 3D printing courses, etc., to inspire children's interest and understanding of future careers.

Introduction to the Arranged Activities

◆ Dog Sledding with Siberian Huskies

Have children only seen the Siberian Huskies sled in the movie? Get ready for their warm clothing; let us go with a loyal and strong Siberian Huskies pulling a sled in the forest for a special experience. If children are brave enough to be the leader on a sled, we will also teach them how to control your dogs to turn, stop, etc. to accept their order. Or 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 ski board, and how to fall to reduce the injuries etc.. Later, coach will teach how to balance, press the snowboard, etc., so that children can move flexibly on the field. We will start with a flat slope and after children have confidence, children can also challenge a higher 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.

◆ Ice Fishing on the Icy Lake

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 kids 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.



◆ Alpine Curling Competition

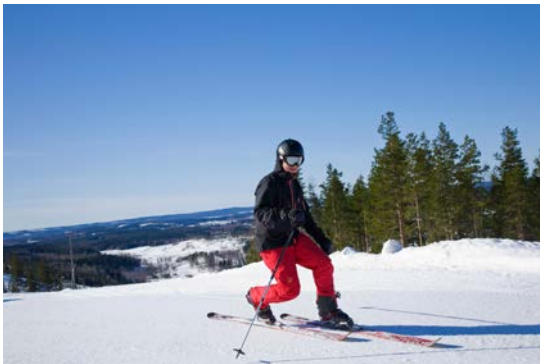
Knowing the local cultures due to the climate, the Alpine curling is one of the oldest and most interesting group ice activity that can't be missed. The alpine curling, we play in Himos is easier but still fun. The game is divided into several teams and standing at the two ends of the game line. Each 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.

◆ Alpine 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.

◆ 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 taxi speed.



◆ Visit Moose Manor Animal Park

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 where you can get close to the reindeer, roe deer and moose, so this trip is very precious.





◆ Walking with Snowshoes to 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.



◆ 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.)

◆ Final Dinner and End Ceremony

It is always hard to say goodbye! At the farewell dinner party, we will enjoy the delicious food prepared by Himos. Children have been together for a week, at this moment, everyone can share the feeling of this trip, tell the story what you had in this week. So that the farewell is no longer in a hurry! We will also issue a Himos experience certificate to the children, to keep permanent memories. So warm arrangement, let this trip draw a beautiful ending, and look forward to see you again!



Expense Description

◆ Fee include

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 swimwear for sauna and enough 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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