



# Classic Outward Bound Course

## WILDERNESS OF TUNTSA

March 25th –March 31st 2012

The Wilderness of Tuntsa is known of A.E. Järvinen’s writings, the logging after the great forest fire called “Nokisavotta” and the magnificent hills. This wilderness area up in Northern Finland provides an excellent classroom for individuals to face new challenges and break the daily routines.

This international open enrollment course is for everybody who wants to challenge themselves in Finland’s powerful nature. This course is for everyone who wants to improve their own skills on group dynamics, self-awareness, leadership and communication skills or taking responsibility. It’s also good for people who are interested about experiential education.

### About Tuntsa

“The world is beautiful I think and look around enchantend. I have once again met Tuntsa, the much missed Tuntsa. See how the sun glistens, the steams roll above and below. There’s salmon on my feet, big and silvery, and the wilderness breathes around me. The whole wilderness belongs to us, Arvit and me.”

A.E. Järvinen, a forest officer and wilderness writer who visited Tuntsa regularly. Words were from his book called Menetetty Tuntsa, 1939.

Some call the wilderness of Tuntsa on of the finest wilderness areas in Europe. It is an open wilderness area with many fells, the highest being the Sorsatunturi (629 above the sea level). Characteristic view for the area is spruce topped hills and treeless fells.

In 1960 the largest forest fire in Finland burnt 20 000 hectares in Tuntsa. In those days there were no roads in the area and so over 600 men and women walked across the land to put the fires out – and later to repair the damage fire caused. This was called ‘the sooty logging site’ (Nokisavotta) for good reason.

### OBJECTIVES

Personal development  
- grow self-knowledge and self-confidence  
- recognize and understand own limits, strengths and weaknesses

Gaining new experiences

Learning new technical skills

Leadership skills  
- learning how to lead and how to be led

Co-operation and teamwork  
- power of teamspirit

Problem solving skills

Communication skills





## Methods

The course follows the principles of experiential learning. The basis of experiential learning is learning through experiences. One's personal development process comes through various activities and from dealing with these new experiences. The aim is to be able to apply and transfer learned skills from the experience into individual's everyday life. The participant's differing backgrounds and experiences provide a solid foundation for learning. In the classroom out in the wilderness of Lapland, participants have to leave their comfort zone and focus on working in a group, dealing with their feelings, interacting with other group members and on the tasks at hand.

## Course Description

Individuals who don't know each other will meet at the Nuruska Hostel with the objective of functioning as a group and learning from each other in the breathtaking scenery of the Tuntsa wilderness. The first tasks are getting to know each other, practise group skills and learn and refresh wilderness skills. During the second day, the group leaves for the wilderness of Tuntsa where the participants create their journey during the following days. On the last night we will reflect on our experiences and enjoy each other's company – for the last time on this trip. Noon on a next day the group members start their journey back home. All of them have gained one more an amazing experience that will hopefully last for a lifetime.

## Technical Description

- We will be skiing from 8 to 15 km per day so we expect the participants to be healthy and have normal physical capabilities. If you have concerns about this, don't hesitate to contact us to discuss it further.
- No prior experience in camping, skiing or winter hiking is not required even this is a great advantage.
- The weather in winter can be challenging.
- During the course, we will be sleeping out in the nature in tents or under tarps all the time.

## Equipment

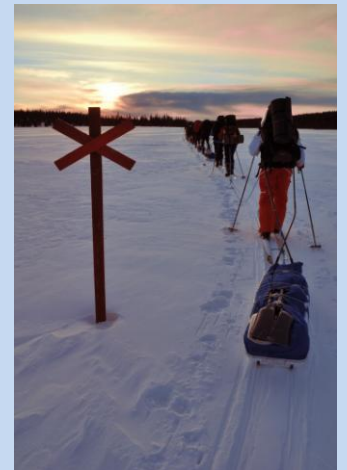
Main principle is that OBF will provide all group equipment and also safety and first aid gear that are needed during the course. These equipment are

- tents
- skiing gear (skis, bindings, poles, water proof rubber boots, warm inner boots)
- cooking sets
- maps and compasses
- first aid and safety equipment
- other small repair gear

Participants will need to prepare themselves to have warm personal clothing, sleeping bag and mat that are for winter conditions, own backpack and additional small personal equipment including toiletries and personal medication.

**A detailed equipment list will be sent to the participants after enrolling the course together with other more detailed information letter.**

Outward Bound Finland can also rent equipment if needed.



**"There is MORE IN YOU than you think."  
- Kurt Hahn, the father of Outward Bound**



## Price

390 € / per person

The price includes:

- Two nights at the Naruska Hostel, one before the journey and one after
- Dining at the Naruska Hostel
- Permits for using the area
- Liability insurance for the course
- Teaching and guidance
- Rents and other costs during the course
- Equipment mentioned on previous page

The price does not include:

- Food during the course (food will be bought by each individual small group at their own expense)
- Personal equipment
- Travel expenses
- Insurances for the participants.

**OBF can't provide insurances for the participants so they are advised to have their own travelling insurance which covers skiing and other winter activities.**

## Enrolling

We will take a maximum of 16 participants for this course. Participants must have 16 years or above. **Binding enrolments must be in by 30.11.2011.** The participants will then receive further details about the course by e-mail within a week.

An enrolment form can be ordered by:  
E-mail [enquiries@outwardbound.fi](mailto:enquiries@outwardbound.fi).

We will send the invoice which must be paid before the course.

## Terms for cancelling

We charge 25% of the course fee if cancelling is done four weeks before the course.

We charge 50% of the course fee if cancelling is done later than two weeks before the course.

## Instructors

There will be two instructors running this course. They are highly experienced and skilled in experiential learning and living out in the wilderness in every season.

## Safety

Safety of the participants and the instructors is crucial in Outward Bound Finland's courses. Educational objectives cannot be achieved if they are not done safely. By safety, we mean comprehensive physical, mental and social safety which are worked on during the course so that no one is in danger of:

- \* hurting or injuring oneself
- \* compromising one's mental stability or
- \* compromising one's social status.

During the course OBF and each individual instructor will through their own actions and example, strive to create an atmosphere among the participants where everyone commits to the principals mentioned above.

Outward Bound International carries out an international security inspection for Outward Bound Finland every two years. OBF also follows the official regulations and laws in Finland for securing safety in the field.

OBF is responsible for objectively choosing suitable instructors for each course by evaluating the required skills in safety, pedagogical skills, personal skills, experience, special areas of expertise and the instructor's situation in life.