



# A WILD LIFE

SWEDEN

# A WILD LIFE: SWEDEN AN OVERVIEW

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**A wholly wild experience in the magical forests and lakes of Sweden. Duration: 7 - 10 days (we offer flexibility in the duration of this programme in line with your needs and objectives).**

## **ARRIVING:**

After catching the train from Stockholm to Gnesta we immerse ourselves in the Wild, stripping back to the bare essentials to spend three days learning to live in the environment around us.

## **PART ONE: PREPARE FOR THE WILD**

We'll build our own shelters, learn to forage, cook all our healthy, wholesome meals on the fire and have some fun in the surrounding lakes. We'll learn native walking, observe the wildlife and prepare ourselves for a wilderness journey.

## **PART TWO: HEAD INTO THE WILD**

Part two of this wild life sees us head out on an adventure into the wild. Using all the skills we've learned through the first three days we'll find food on route, make our own temporary shelters, work as a team with the environment around us, and we'll finish with a canoe journey along the lake that enables us to look back on the land we've become part of. We'll celebrate with a wild feast by the water, we'll remember our wild and natural selves before making our way back into the world from which we came.

## **YOUR LEADERS**

Led by Nik, a Gnesta native and wild woodsman who spends most of his life living in, and in harmony with the environment around him. In collaboration with an inspiring member of The Living Project team you'll be guided with love and support every step of the way on this unique journey with the wild.

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# A WILD LIFE: SWEDEN

## THE PLAN

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### **Day 1: Travel Day**

From UK to Stockholm – followed by train to Gnesta and walking into the Wild.

### **DPart 1: Learning to Live Wild**

After native/mindful walking into our camp on day 1 we'll set up our temporary homes – tarpaulins. We'll meet round the fire and welcome ourselves into our woodland home. The following days will be spent attuning to our environment and learning the skills required to live a wild life: shelter building, fire making and tending, foraging, trapping and fishing. We'll also have time for some mindfulness, reflection and group expression. As well as a bit of wild water fun!

We'll spend time watching eagles, listening to stories, and dreaming with the starry sky.

**Accommodation:** Tarps and Bivvi's (provided by The Living Project)/ self-made shelters

**Food:** fire-cooked food for the whole stay - all local and seasonal (food cache provided for the initial days) and as the days progress, foraged/fished/caught by the team.

### **Part Two: A Wild Journey**

From our woodland home we'll set out with all we need on our backs, and the skills and tools we've learned in our minds and hearts, we'll go exploring. Moving through the wild, building our own temporary shelters, finding and cooking our own food and sharing the adventure as a family we'll live a truly wild journey.

**Accommodation:** self-made shelters/ tarps if weather requires

**Food:** Foraged/fished/caught by the team

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# A WILD LIFE: SWEDEN THE PLAN (CONT'D)

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## Return from the Wild

Waking for the last time in the woodland we've been welcomed into we'll take our canoes and paddle out of the forest. Giving us a great opportunity to look back on the land we've called home, and remember our wild selves. We'll have a celebratory feast by the lake before heading for Stockholm by train and flying back to the world from which we came.





# INCLUSIONS

- 2 Qualified + Experienced Leaders & 1 local assistant
- The Living Project comprehensive insurance
- 1 free school staff place -any extra school staff places charged at 100% of pp price
- All group camping/ wild living kit & emergency kit/ support
- Public transport from Stockholm Airport to Gnesta & return
- All food while in the woods
- Personal Journals
- Eco Happy Pencils for writing
- The Living Project Certificate of adventure

# EXCLUSIONS

- Flights from UK to Stockholm (we'll work with you to agree suitable flight timings)
- Personal kit, sleeping bags & mats (a kit list will be provided)
- Additional food in UK/Sweden when not in the woods
- Additional snacks
- Personal medications
- Personal spending money

# PRICE

- Price depends on programme duration (ranging from 7-10 days)
- 7 days = £995 pp
- 10 days = £1350 pp





**THE ADVENTURE STARTS HERE...  
WE LOOK FORWARD TO HEARING  
FROM YOU**

The Living Project  
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**BE TRUE.  
LIVE WILD**