

We invite you to be a Wish Granter

Join us on the

ARCTIC WISH TREK 2019

31st January - 5th February

'Once in a lifetime experience'



About us



When You Wish Upon a Star has a simple mission, to grant the Wishes of children aged 2-16 who live with a life threatening illness. We believe every child deserves to smile and with your support through our Arctic Wish Trek 2019 we can provide precious time away, giving children and their families something to look forward to through times of uncertainty and often financial as well as emotional strain.

Wishes allow families to come together, putting illnesses on hold and enjoy what promises to be a time which will create the most magical memories through what is an exceptionally difficult time in their lives, never knowing what the future will bring or sadly for some children a time where they have such precious little time left.

As a non-government funded charity, we rely solely on the generosity of people such as you to support the work that we do. If it wasn't for our amazing supporters we just simply wouldn't be in a position to grant magical Wishes and create amazing experiences for the children that we work with.

By taking on our once in a lifetime experience The Arctic Wish Trek 2019 your support will help us to grant so many wonderful Wishes...

£2500 ★ Creates a magical family experience to Legoland

£3500 ★ Pays for a 4 day break to Disney Paris to meet a Wish Child's favourite Disney character

£7000 ★ Creates a magical family experience in Florida to meet Mickey Mouse

£70,000 ★ Enables us to invite up to 60 families to enjoy our magical annual Christmas treat on board the Northern Polar Express train in search of Father Christmas!

£90,000 ★ Enables us to charter our Santa Express in 2019 and fly up to 80 very special children to Lapland to meet the real Father Christmas



The Arctic Trek destination of Rovaniemi holds a very special place in everyone's hearts at When You Wish Upon a Star; for over 25 years we have been thrilled to be in a position to invite some of the UK's brave, courageous and most deserving children to swap their hospital beds for sleigh rides. Transporting them away from appointments, treatments and injections to the Winter Wonderland of Lapland on board our Santa Express flights!

With temperatures regularly dropping to below -25 on the day of our Santa Express trips you would have thought that it would have been all too much, no way.. our amazing and resilient children don't let a cold day stop them from having the most amazing and magical trip away; Snowballs fights, snow angels, sledging & huskie rides are always firm favourites of the day in the Enchanted Forest!



Breaking Strain Events

We're not world class athletes, we're not PhD-qualified sports gurus, we're not as young as we used to be (with hairlines to prove it) but what we can offer is the benefit of many years experience in race management, charity fundraising, expedition planning and logistical support. We've taken part in some of the world's toughest endurance tests, ultra-marathons in sub-zero temperatures across the globe, so we know first hand what is required physically and mentally to take your body across the finish line.

The idea for Breaking Strain Events came together in an afternoon's brain storming back in 2008. With 36 years combined military and fire service experience and a desire to deliver the sort of events we want to take part in, the idea morphed and evolved through blogging, interviews and gear testing. With our reputation for fundraising preceding us, we were quickly approached by some amazing charities and have had an awesome time helping raise money from the Arrochar to the Arctic.

Whether raising money for your favourite charity or setting yourself a personal challenge, we'll ensure the Breaking Strain Event you take part in is one you'll remember.

"At Breaking Strain Events we're focused on putting on trips that take you to amazing parts of the world, that are hugely enjoyable and are ultimately safe. These treks will push you to your limits, at Breaking Strain we don't do easy, but we can guarantee you'll be able to brag about your exploits to your friends for a long time to come."

Lee Peyton, Director.



**BREAKING
STRAIN**
EVENTS



Trek Overview



On this unique challenge you will head to the Winter Wonderland of Rovaniemi in Finland and spend three days trekking into the Arctic Circle. After a training weekend in Scotland, as well as several briefing evenings and a good amount of training, you will be ready for the challenge ahead!

This trek is not for the faint hearted, you will be battling the elements whilst trekking in sub-zero temperatures, sleeping in tents and pulling your equipment in a pulk the challenge is there and it will push you to your limits!

The sense of achievement in travelling outside your comfort zone whilst knowing your end goal is to grant a magical Wish for a child living with a life threatening illness will leave you with an overwhelming sense of drive, determination and "let's do this" attitude which will help to grant that one very special Wish!

Language: Finnish

Currency: Euro (€)

Size: 338,424 km²



About Finland

Temperature

High: 35°C

Low: -30°C



The Arctic Wish Trek Package

- ★ £350.00 Deposit (non-refundable) per person
- ★ £3200.00 Minimum sponsorship per person
- ★ Charity Agreement per person

When You Wish Upon a Star will ask each Wish Trekker to commit to raise a minimum of £3200.00 in sponsorship. A percentage of the minimum sponsorship does include the cost of your once in a lifetime Arctic Wish Trek, which is why we encourage our Wish Trekkers to raise as many Wish pounds as possible. Our dedicated fundraising team will be with you every step of the way through your fundraising journey offering help, advice and support.

Arctic Wish Trek 2019:

- ★ Three information nights for participants
- ★ Introduction to the trek, kit & training, cold weather injuries & trail safety
- ★ One UK-based training weekend (two days/one night)
- ★ Online email support for all participants and via closed Facebook group prior to trip
- ★ All flights and transfers in country to and from the airport
- ★ Accommodation in suitable 3* hotels when in Rovaniemi (two person sharing)
- ★ One night's accommodation at the Arctic Snow Hotel (amazing)
- ★ All meals in country
- ★ Three days trekking with two nights on the trail
- ★ All food whilst on trail (two hot meals and a snack lunch per day)
- ★ Fully qualified local polar guide and UK-based Breaking Strain Events guides
- ★ Fully risk assessed route with safety provision in form of first aiders and snow mobile transport
- ★ Provision of pulk, hauling system and harness and two-person tents
- ★ Celebratory meal at end of trek in Arctic Snow Hotel
- ★ When You Wish Upon a Star charity T-shirt
- ★ When You Wish Upon a Star charity Hat
- ★ Certificate and Medal for each of our Wish Trekkers
- ★ Designated Charity liaison for pre, during and post Arctic Wish Trek

One lightweight supporters banner will be allocated to The Arctic Wish Trek for your team photos at the start, during and when you complete the Trek!



Arctic Wish Trek Itinerary



WISH TREK DAY 1

A member of the BSE team will meet your group at the airport to meet, greet and facilitate check-in. From here you fly to Rovaniemi via Helsinki. Travel time until this point will be around 12 hours and transfer from Rovaniemi airport to our 3* hotel is 20 minutes. Flights and transfers are all included.

WISH TREK DAY 2

A day of acclimatization on the frozen river (temperatures could be as low as -30 °C so they could take a little getting used to!) as well as pulk, snowshoe and equipment familiarisation.

We'll also carry out a kit check and safety brief. Once you have introduced yourself to your pulk, why not take a reindeer sleigh to Santa Land – Rovaniemi is the official home town of Santa Claus and for the last 25 years When You Wish Upon a Star have been thrilled to be in a position to invite our brave children on our Santa Express trip for a day in the snow!
Breakfast, lunch and dinner included.

WISH TREK DAY 3

After breakfast, it's time to get the show on the road! You'll be led by our experienced trekking team which includes both local guides and UK members of the BSE team, walking approximately 28km. The walk will take most of the day and the route will follow the frozen river before heading west where there are a couple of rolling hills before descending again to a frozen lake. The distance might be long but with good company and even better chat, it certainly won't seem arduous. Once we have set up camp, dinner will follow round an open fire (songs not compulsory) – the food will be simple but warm and hearty. As night falls, keep your heads up, now is your best chance of seeing those magnificent yet elusive northern lights. You'll sleep in 2 person tents which will be provided. Breakfast, lunch and dinner included.



WISH TREK DAY 4

The second day of trekking begins after breakfast and packing up camp. We embark on a 20km stretch of glorious white wilderness. The trail takes us further into the wilderness. The terrain gets slightly more hilly as we enter the forests. Once again, we will set up camp and eat dinner round the fire. If you didn't catch the northern lights last night then tonight could be the night. Bedtime stories compulsory. Breakfast, lunch and dinner included.

WISH TREK DAY 5

Legs may be sore but lungs will be clear, eyes will be bright and enthusiasm will be high for day 3 of the final 20km. The day will end at the fabulous Arctic Snow Hotel. You'll have time to look round and sample some of the hotel facilities – are you brave enough to have a snow bath? Dinner is served in the Ice Restaurant which will be a fitting environment in which to spend your last few hours in Lapland. When sleep beckons, it's off to your igloos where an alarm call will hopefully alert you to the northern lights blooming overhead. There's no need to get out of bed though, as the ceiling is made of glass. Lie back and enjoy the view.



WISH TREK DAY 6:

A leisurely breakfast before being transported to the airport by coach. Boo, it's home time. The end of an incredible week but the start of many new friendships and knowing that our 2019 Arctic Wish Trek Mission 'Grant a Wish' has been accomplished.

The Trip



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



DAY 6



Training & Preparation



Walking distances for our Arctic Wish Trek 2019 will range between 20-30km each day and will require a good level of strength, stamina and Wish determination. Your training should incorporate some good long walks, even better if you can find some snow!

Safety and good health on our Arctic Wish Trek 2019 is of utmost importance. We work with the best in the business; Breaking Strain Events are there to help and guide our Wish trekkers through the importance of training and being prepared with your kit lists which are essential for a safe and enjoyable Wish Trek. There will be an overnight training weekend where the group will take back to back walks over 2 days. We recommend that everyone takes part in the training weekend as it will let you know if you're on track or still have a bit of work to do. Be prepared!

When You Wish Upon a Star will issue a training plan & official recommended kit list once you have registered your place on the trek.



Timeline

When you sign up to our Arctic Wish Trek 2019 When You Wish Upon a Star will issue a participant agreement per person which must be signed and returned. Below is just to give you an idea for our Wish Guide to timelines for fundraising, training evenings and departing for the Arctic Circle in January 2019

BOOK YOUR PLACE ON OUR ARCTIC WISH TREK 2019:

A non-refundable deposit of £350.00 to be paid
Return signed charity agreement for our Arctic Wish Trek 2019

★ APRIL 2018

Introduction Evening for our Arctic Wish Trek with the team from Breaking Strain Events

★ JUNE 2018

Kit & Training Information evening with the team from Breaking Strain Events

★ AUGUST 2018

Cold Weather Injuries Information evening with the team from Breaking Strain Events

★ SEPTEMBER 2018

Overnight wish Trekkers training weekend with Breaking Strain Events

★ OCTOBER 2018

80% of Wish fundraising target reached

★ DECEMBER 2018

Remaining 20% of Wish fundraising target reached & submitted to When You Wish Upon a Star

★ JANUARY 2019

On the 31st January 2019 the once in a lifetime experience The Arctic Wish Trek begins and you will become an amazing Wish Granter for a child aged 2-16 who lives with a life threatening illness



Fundraising Ideas

We want our Wish Trekkers to have FUN...fundraising!

HOW YOU CAN RAISE YOUR WISH TREK POUNDS:

- ★ Once you have signed up we will send you a link to our charity Just Giving Page:
Set up a Just Giving page and choose the Event: Arctic Wish Trek 2019!
www.justgiving.com/whenyouwish/donate
- ★ Share your page with family & friends worldwide!
- ★ We will share your story on our social media handles & charity website
- ★ Choose a fundraising event to help your Wish Trek Campaign!
- ★ Choose an event you will enjoy and have fun organising it and participating!
- ★ Form a small committee, recruit friends, work colleagues and family to help you!

HOW CAN YOU SUPPORT

Special events throughout the year...Wedding, Anniversary, Birthday coming up instead of gifts why not ask for a donation to your Wish Trek Sponsorship in lieu of gifts! From bag packing, bake sale, a wax day, race nights, ladies day, charity golf day, club support, school support or even a gala Wish dinner any event will help you to raise an amazing amount of Wish pounds and help us to grant the Wishes of some seriously ill children.

CORPORATE SUPPORT

Match Funding:

- ★ Many employers support their employee's chosen charities that they would like to support and offer by match funding scheme where the money that you raise the company will match it. It's a fantastic way that your work place can show support to you with your fundraising efforts

Wish Trek Sponsorship:

- ★ Opportunity to ask for support through your work place through a one off donation or your company to sponsor your place on the Wish Trek

Get the team involved:

- ★ Enlist the help of your colleagues! Ask them to hold a coffee & cake morning in the office, have a dress down day every Friday and donate each week!
- ★ Company Quiz night

PROMOTE YOUR EVENT

- ★ Tell family, friends & work colleagues about your event
- ★ Share the events on social media and tag @WhenYouWishUK on Facebook and Twitter
- ★ Contact local newspapers, radio or even local news stations to help promote your event and to raise awareness of our charity

KEEP IN TOUCH!

We can offer lots of support for all your fundraising ideas and we are able to supply you with fundraising materials! Check out the link to see how we can support!
www.whenyouwishuponastar.org.uk/fundraise



When you wish upon a Star

Registered Charity No. 1060963

Dream making for sick children

ARCTIC WISH TREK 2019

*Help us to grant the Wishes of children living
with a life threatening illness*

Register your place today for a once in a lifetime experience



Contact us:

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Phone: 0131 273 4344 Email: scotland@whenyouwish.org.uk

Website www.whenyouwishuponastar.org.uk



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