



## 1. Where is the retreat being held?

The retreat will be held at the Kakslauttanen Arctic Resort in Finland, nestled in the pristine Arctic wilderness. Guests will enjoy a unique experience in the Kelo-Glass Igloos, which feature an attached glass dome that lets you sleep under the stars and watch the aurora borealis from the comfort of a warm room.

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## 2. What are the retreat dates?

The retreat runs from April 3 to April 6, 2025.

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## 3. What can I expect in terms of accommodation? Can I upgrade?

All participants will stay in the Kelo-Glass Igloos. These are state-of-the-art accommodations that include a private hut with an attached glass dome, a bathroom, a comfortable bed, and even a sauna. Upgrades are not available since all guests are reserved the same high-standard rooms for the HSA retreat.

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## 4. How do I get to Kakslauttanen?

- **Travel Route:** Fly into Helsinki and then take a connecting domestic flight to Ivalo.
- **Flight Details:**
  - For those arriving on the day of the retreat (April 3), there are three flights available. The most recommended flights depart at 6:30 AM and 9:45 AM from Helsinki to Ivalo. (A later flight at 8:40 PM is available but may result in a very late arrival.)
  - The retreat officially starts at 3:30 PM, so even with landing and the 30–40-minute drive from Ivalo Airport, there is ample time to reach the resort and join lunch.
- **On Arrival:**
  - A complimentary shuttle service is provided from Ivalo Airport to the resort and back.

- When you register, you will be directed to a short survey where you provide your flight details (along with signing a release form). This information helps us ensure smooth transportation arrangements.
- For guests arriving one or more days early, the hotel can assist with additional transportation between your current accommodation and the resort.

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## 5. Can I book additional nights at the resort?

Yes, you can book extra nights before or after the retreat directly through the Kakslauttanen website. Please note that additional nights will result in two separate reservations.

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## 6. What should I expect in terms of weather?

In early April, temperatures typically range from around +10°C down to -10°C.

- **Additional Details:**
  - Winter activities will take place outdoors, so pack warm, layered clothing.
  - If needed, heavy-duty winter gear (including overalls, gloves, boots, and a cap) can be rented from the resort for €32 per set per day. This gear is designed to withstand temperatures as low as -40°C.

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## 7. What should I pack?

### Clothing:

- Thermal underwear, woolen socks, thermal/skiing pants, long sleeve shirts, a down or fleece jacket, and a warm, waterproof winter coat.

### Accessories:

- Waterproof gloves/mittens (that allow smartphone use), scarves, beanies or hats, sunglasses, and a headlamp (for Northern Lights excursions).

### Footwear:

- Winter boots with good traction are highly recommended; high heels are not advised due to snowy conditions.

### Electronics & Miscellaneous:

- A travel adapter (EU Type C), warm phone cover, power bank, and if needed, camera accessories for aurora photography.

### Special Items:

- Swimwear for the sauna or ice pool dip, a driver's license if you plan on snowmobile driving, and comfortable clothing for indoors.

- *Note:* If you prefer not to purchase bulky winter gear, you can rent heavy-duty winter clothing from the resort.

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## 8. What about transportation and special needs?

- **Airport Transfers:** The resort arranges a complimentary shuttle between Ivalo Airport and the resort.
- **Early Arrivals:** For guests arriving a day early, the hotel can facilitate transportation between your temporary accommodation and the resort.
- **Special Requirements:**
  - If you have mobility concerns or special needs (for example, difficulties walking in deep snow), please notify us in advance. The hotel can arrange private transport (e.g., a car to shuttle you from your room to the main venue or restaurant) to ensure your comfort.