



HOUSE OF LAPLAND

INSTRUCTIONS FOR RESPONSIBLE TOURISM IN LAPLAND



PICTURE: TERHI TUOVINEN

WELCOME TO RESPONSIBLE LAPLAND!

DEAR VISITOR,

THE FOLLOWING INSTRUCTIONS HELP YOU VISIT LAPLAND IN A WAY THAT PRESERVES THE UNIQUE LOCAL NATURE AND MAINTAINS A POSITIVE ATMOSPHERE BETWEEN TOURISTS AND LOCAL POPULATION.
PLEASE ENJOY YOUR STAY IN LAPLAND IN A SAFE AND RESPONSIBLE MANNER.

THANK YOU!





EXPLORE THE NATURE BUT LEAVE NO TRACE

- Help us keep the nature and villages of Lapland tidy. There are no trash cans in nature, so we ask you to take away what you brought with you.
 - Preserve the delicate Lappish nature by staying on the marked trails and using the existing rest areas. Always choose the correct trail for your activity: there are separate tracks for snowmobiles, skiing, snowshoeing, walking and cycling.
 - Always respect the nature: do not cut down or damage trees. We also ask you to leave moss and lichen untouched, and not to build any rock piles.
 - Campfires are only permitted at official campfire sites. Do not light a fire if there is a forest or grass fire warning in force.
 - Animals are part of the magic of the Lappish nature. You can respect our animals by not disturbing or damaging birds' nests or young birds, and by not approaching the easily spooked reindeer. Always maintain an adequate distance to the animals you are observing or photographing.
 - Keep your dog on a leash, as dogs may disturb other animals or your fellow visitors. Moreover, it is forbidden in many areas to have a dog off the leash, particularly during breeding and rearing season.
- In Finland, everyman's rights allow only angling with a line and rod. Please remember to obtain appropriate permits for fishing and hunting.

CHOOSE LOCAL PRODUCTS AND SERVICES

- Lapland is filled with authentic and clean flavours! Favour local foods and taste the delicacies of Lappish cuisine.
- Choose Finnish or local Lappish products. By buying souvenirs made in Lapland, you support the local artisans and culture. Products with the *Sámi Duodji* certificate are guaranteed to represent authentic Sámi craftsmanship.
- Use the services of responsibly operating local companies. For example, the *Sustainable Travel Finland* label indicates that a company is a responsible operator.

RESPECT THE LOCALS AND THEIR CULTURE

- Respect the privacy of the local residents' homes. Private yard areas are only for the use of the residents. In Lapland, yards can be vast, unfenced and in a natural state. Please do not set up camp too close to anyone's home or start an open fire on private land. Visitors should also have respect for private events that are part of the local culture: please do not disturb or film events such as weddings or funerals.
- Request a permission from the locals if you wish to film or photograph persons or private property. Photographing children is only allowed with the permission of the parents.
- Visiting the invaluable, historical destinations of Lapland is an unforgettable experience. In order to preserve our cultural history, please make sure that your visit is respectful and leaves no traces. For example, please do not carve your name on structures or memorials.
- Be considerate of your neighbours when you are staying in a private apartment or in a local village outside the tourist centres. For example, keep your voice volume moderate and take your trash to the place assigned for them. By doing so, you can maintain peace and harmony and ensure a genuine, positive encounter with the locals.
- Be the kind of guest who anyone would love to invite for another visit!

TRAVEL SUSTAINABLY, MINIMISE CONSUMPTION AND SAVE ENERGY

- The air we breathe in Lapland is the cleanest in the world. For this reason, we encourage you to favour local, low-emission means of transportation, such as trains and buses or cycling and walking. When travelling by car, you can reduce your emissions by pre-heating your car in the winter and avoiding idling.
- The water we drink in Lapland is perhaps the cleanest and best-tasting tap water in the world, so there is no need for bottled water.
- Please avoid purchasing disposable items. For example, instead of disposable hand warmers, you can buy locally made wool mittens and socks. You can also rent equipment from tourist centres, so there is no need to buy everything for yourself.
- Minimise the amount of food waste. Sort your waste whenever possible.
- Save energy by keeping your room temperature moderate, heating the sauna only when necessary, keeping the windows and doors closed and turning off the lights and electronic equipment when they are not needed.
- Learn from the locals and keep yourself warm after outdoors activities with the help of wool socks, a hot beverage and a blanket – not with a hot shower!



PICTURE: LAPLAND MATERIAL BANK | SIMO VILHUNEN



PICTURE: LAPLAND MATERIAL BANK | JUHA KAUPPINEN

TAKE CARE OF YOUR OWN SAFETY AND THAT OF OTHERS

- Driving in Lapland requires extreme caution. Always be alert behind the wheel, as the roads can be very slippery, and you may encounter reindeer and other animals. Distances are long in Lapland, so be sure to fill up the tank before leaving the densely populated areas. Please make sure you do not endanger your own safety or that of others if you stop, for example, to take pictures of the northern lights during your trip. Only stop at designated rest areas and remember to keep the headlights on in your car if it is dark, so that other road users will notice you.
- It is advisable to favour the bigger roads, as they often have lights and a closer proximity to services. Smaller roads may be unploughed or in poor condition, even though Google Maps may take you on these roads.
- Ensure your own safety by utilising the expertise and regional knowledge of a guide who is familiar with the local conditions. For example, it is safest to ride snowmobiles only on guided snowmobile safaris.
- If you are travelling by foot, always walk on the sidewalk if possible. Wear a reflector or use a flashlight so that others will see you in the dark.
- Exercise particular caution when moving on ice, because the ice in areas with a strong current – and particularly in spring and autumn – is unpredictable, even perilous.
- The bite of the winter's frost is harsh in Lapland, so always remember to dress warm enough. You should also be prepared for sudden changes in the weather.
- Always notify someone of your planned route when you travel to more sparsely populated areas. Keep your phone with you and the battery fully charged. Keep your phone in a warm place, close to your body, to increase battery life in cold weather. Download the mobile application 112 Suomi on your mobile phone to get help more quickly in case of an emergency.
- It is important to maintain good hand hygiene during flu season. Wash your hands regularly. If you fall ill, avoid shaking hands and stay away from crowded places. When necessary, cough into a handkerchief or your sleeve.

THANK YOU FOR READING THESE INSTRUCTIONS AND WARMLY WELCOME TO LAPLAND!



LAPIN YLIOPISTO
UNIVERSITY OF LAPLAND
For the North – For the World



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2014–2020

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