



“SURVIVAL  
CAMP”

Rafting

**LIONS CAMP**

**HARDANGERVIDDA**

**NORWAY**



Tråastølen



Tråastølen







# Common nature, challenges and future - **shared joy**

Lions' foremost goal is to create a greater understanding between humans and nations by promoting better insight in issues that have significant impact.

Youths of the world represent the future of humanity. Nature gives us the resources for survival.

Lions Norway will unite youth and nature in the beautiful Hardangervidda, a treasured national park that offers close encounters with nature and weather in a scenic, yet fragile environment.

Our goal is that participants will experience the joy of the outdoors while building respect for nature that our survival depends upon.

Participants must be fit to live in the mountains without technological aids, to hike with a backpack, sleep in tents, be comfortable without access to toilets and showers for several days and cooperate on practical tasks in English.

## Contact

If you have any questions regarding this camp, please contact Camp Director Henning Ytterstad.

E-mail:

[director.camphardangervidda@gmail.com](mailto:director.camphardangervidda@gmail.com)

Phone: +47 915 11 704

## Apply

If this camp sounds interesting, please e-mail your application to our Youth Exchange Program Chairperson Helle Soos.

Incoming Norway:

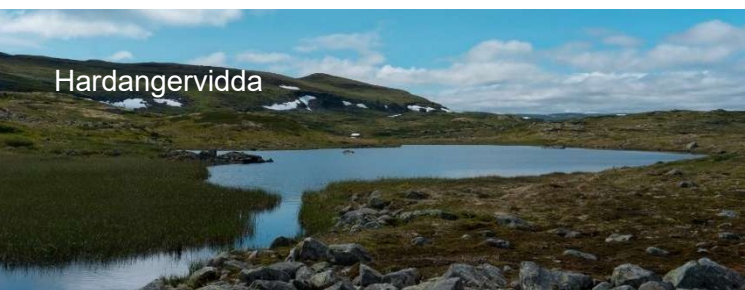
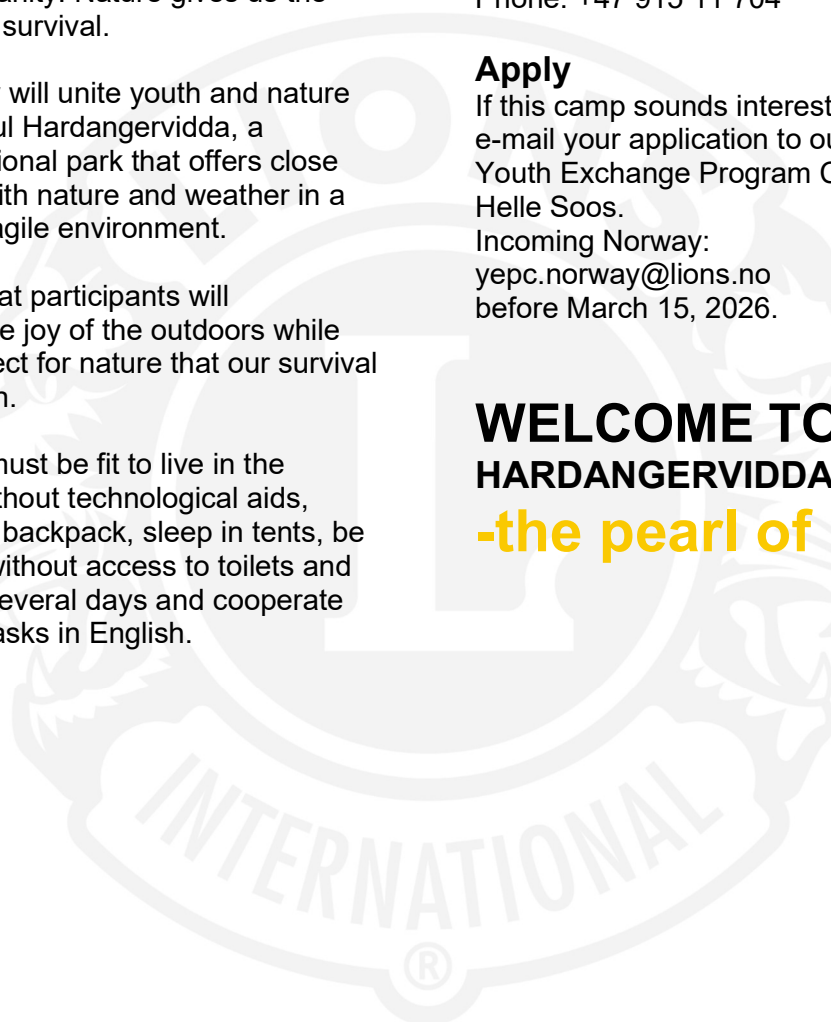
[yepc.norway@lions.no](mailto:yepc.norway@lions.no)

before March 15, 2026.



## WELCOME TO HARDANGERVIDDA

**-the pearl of nature!**







Rafting with "Dagali opplevelser" in Numedalslågen



Hiking on Hardangervidda



overnight stay in Lavvoo on Hardangervidda

### General information

Arrival: July 06, **0800am-0300pm**  
Departure: July 18, **after 0300pm**  
Host family: no host family stay  
Camp period: July 06 – July 18  
Location: The camp will be held at Tråastølen, Hardangervidda  
Age Limit: 18 – 23 years  
Camp capacity: 22  
Sex: male/female mix  
Language: English  
No camp fee

**NO INTERNET**



### Program/activities

We will visit places explorers have used as training fields. All activities are outdoors. All participants will receive further information about how to dress and what to bring to enjoy the mountain life for two weeks. We are also going to nearby places for extraordinary action. You must also be able to manage a hike for up to 7-10 hours in all types of weather, warm and cold, dry and wet. And there will be days without shower and toilet.

### Practical information

If you are adventurous and love the nature and fresh air, this is the camp for you!



## Some of the things we do at -camp Hardangervidda

- Socializing in the camp
- Practical map and compass, orientation
- Visiting local lions clubs
- Fishing and setting fishing nets
- Spend nights in lavvoo
- Hike
- Sightseeing local attractions
- Shopping in Geilo
- Extraordinary action, rafting with Dagali opplevelser
- Shopping at a local souvenir store



**MD 104  
NORWAY**

**YOUTH  
CAMP  
EXCHANGE  
PROGRAM**



*"Think with your heart  
and act with your brain"*