



LAPLAND



TALES OF THE
NORTHERN LIGHTS
MANUAL

Running The Event

The Northern Lights are not something that the guests are guaranteed to see on their Lapland Holiday, but should they appear at any point during the evening, we strongly encourage the guests to head outside and experience them. This would be in the form of an announcement and 'walk-around' telling guests that the Northern Lights are on display, asking them to dress appropriately and join you in a specified location outside. It is imperative that the guests are dressed up warmly (in their snowsuits), as long periods of standing still can night can be very dangerous if not dressed correctly due to the extreme low temperatures.

As part of your programme and using the Silent Disco headphones and transmitters along with your laptop/mp3 player – you can arrange to meet your guests outside either by the outdoor fireplace or somewhere suitable with a clear view of the skies.

Hand out your headphones and inform the guests they have two options for this early evening activity.

Channel 1 – An audio guide explaining the science behind the most amazing light show on earth – The Northern Lights

Channel 2 – A Magical story called "Sophia and the Fire Fox". Based on local legend, this story follows Sophia who has decided to try to find Santa in the dark forest, meeting someone special along the way.

Channel 1, is more suited for Adults, and Channel 2 for children, however families can listen to both together if they wish.

Additional Elements

If the hotel agree, you could also ask for the fire to be lit, and berry juice to be provided. This would add an extra touch to the activity but is not compulsory.

The Audio guide scripts

- Adult
- “Welcome to Lapland, and to our guide on the Aurora Borealis, otherwise known as the Northern Lights. My name is and in this guide, I will be sharing the Science and Mythology surrounding this natural phenomenon and giving you a few tips and tricks on how to capture these wonderful scenes yourself.”
- **“Let’s start, by delving into some of the mythology and stories surrounding this phenomenon.** Many different cultures around the world have theories on the cause and nature of the Auroras”...

- “In Finnish, for example, the word for aurora is “revontulet,” which translates to “fox fires.” In Finnish lore, the aurora is caused by a fox running so fast across the snow that its tail sparks flames up into the sky.
- Many of the stories surrounding the Northern Lights in some communities arose from the belief that they were the souls of departed ancestors. It was even thought that the lights might be the spirits of the animals they hunted.
- The Northern Lights feature prominently in Norse mythology. One legend suggests that the lights were reflections or glow from the shields and armour of the Valkyrie, female warriors who would choose who may die in battle and who may live to fight another day.
- Similarly, in Greco-Roman mythology, Aurora is the personification of the dawn, and the sister of the sun and the moon. The ancient Greeks and Romans believed that every day Aurora raced across the sky in her chariot, alerting her brother and sister to the breaking of the new day.
- The most common belief in the the Inuit communities of North America is that the Northern Lights are the spirits of ancestors or others that have passed away playing a sort of game in the sky. That the movement and twisting that the lights make are the spirits chasing after a ball and playing.”
- “So, are these just myths, stories, or is there some magic behind the Aurora Borealis? Well, it’s actually a little bit of both. Let’s begin by explaining what causes the Northern Lights to appear in our skies.”

- “Auroras are caused by our Sun, and the solar winds that bring charged particles towards the Earth. Our atmosphere—specifically the magnetic field surrounding us - protects us from these particles.
- These Particles – Electrons, travel along the magnetic field towards the poles, where the Electrons meet Hydrogen and Oxygen. The resulting reactions cause a release of energy, which we perceive as light. This happens at both poles: the northern lights or Aurora Borealis in the north, and the southern lights or Aurora Australis in the south.”
- “Of course, this means the closer on Earth you are to the Poles, the more chance you have of seeing these Aurora, however they have been seen
- **“So what do the Aurora actually look like to us?”**
- “You may have seen sensational photography of the northern lights and thought, ‘do they really look like that?’ The answer is it depends. As a natural phenomenon, there is substantial variation between Auroras.
- Pale light may appear as an arc, or it may be a much more intense colour and appear as rays or the famous curtain-like effect. It can also behave in curious ways, from being almost completely still to pulsing or even leaping around. What you see depends in part on your location. The exact same aurora will look very different from different latitudes, for example.
- As for the different colours, they are caused by the intensity of the electron bombardment, which elements are being struck in our atmosphere, and the altitude of the reaction. Green—ranging from pale to vivid—is the most common colour, although many colours have been observed from yellows, to reds and pinks, nature will make that decision for us, we can just sit back and watch them dazzle and amaze us.”

“Many people ask when the best time is to see the Northern Lights, the short answer is, in the dark, but the truth is there are some better times to increase your chances of seeing the lights than others.

There is plenty of universal advice for people wanting to experience a spectacular Aurora Borealis display. But while following this advice will increase your chances, it can never guarantee success. Nature doesn't like to play by the rules, and there is always an element of luck, which makes witnessing the Aurora that much more incredible.

First and foremost, you should be as close as possible to the [aurora oval](#) in the northern hemisphere. This donut-shaped ring around the Arctic gets bigger and moves southwards with stronger displays, but it's most commonly located over the northern parts of Scandinavia, Alaska and the north of Canada. Lucky for us, we're here in Lapland - in the north of Finland, which falls into the band of one of the best places to witness Aurora lights.

Next, as we know, it must be dark, so sometime within September to April is essential. As the darkest months, December and January may seem ideal, as long as you have clear skies above. Cloudy skies will ruin any hope you have of a sighting no matter the Aurora's strength.

Finally, being away from the artificial lights of a city or artificial light will increase your chances of seeing a weaker display.”

- **“So how do we know if our chances are good at this very moment?”**
- Luckily, in today's technological age, Space weather forecasting has improved significantly in recent years and thanks to the smartphone, virtually everyone has access to the same aurora forecasting information used by pro tour guides.
- Scientists use the **Kp scale** to forecast the Aurora strength. A Kp of 1 or 2 is considered weak but may still be visible in the far north. A Kp of 3 or above means the chances of a dramatic display are substantially higher, and the lights should be visible from farther south.”
- “For more real-time information, download one of the many Aurora forecasting apps. They will give a 15-30 minute warning of strong activity in your current location. While not perfect, they are a handy tool to have at your disposal.”
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- “We really hope you get to experience the magic and wonder of seeing the Aurora Borealis, and if you do, you are one of only 3% of the Earth's human population to do so. You may want to try and capture that moment for ever, so here are some tips for photographing the Northern Lights.”
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- “Capturing the aurora borealis used to require professional camera equipment to stand any chance at all. Thanks to rapid advances in smartphone camera technology, that's no longer the case.”

Magazine-quality photography still requires a professional camera and the skills to use it. There's no point in investing in expensive equipment without understanding the relationship between aperture, ISO and shutter speed.

However, most advanced smartphones released in the last few years are able to capture something that will be good enough to relive the moment for years to come. You'll need a smartphone camera with a night mode or the ability to take a long exposure shot. It's worth taking the time to practice these techniques at night before your trip in order to avoid disappointment when the moment arrives.

That being said, rather than desperately fiddling about with your smartphone, it's a far wiser choice to simply watch the aurora when you get the chance."

"Thank you for joining me, I hope you found this guide helpful and enjoyable, and I also hope whilst you are visiting Lapland, and creating incredible memories with friends and family with TUI, that you too are lucky enough to witness The Aurora Borealis – the most incredible Light show on Earth."

Children

"Sophia and the Fire Fox"

"Hello Children, I hope you are enjoying Lapland? How exciting to be here in the Arctic circle to See Santa and his elves!"

"My Name is and I'm here to tell you the story... of Sophia and the Fire Fox.

So make sure your headphones are comfortable, relax and lets begin...

"Once upon a winter, within the North Pole

Where Snow lay untouched, so sparkling and cold"

Santa was busy, with all of his elves

Getting gifts ready, and filling up shelves

Toys for all children, that were ready to go

As he pulled out his sleigh, into the snow

The Elves were excited, filled with laughter and glee

As they would soon see Santa lift off above trees

But whilst Santa was ready, with his sleigh full of goods

Something was happening, far into those woods

Where a little girl lived, so quiet and dark

Where no bears would roar, and no dogs would bark

This was a house that Santa passed by

And this little girl, couldn't figure out why

So with no Santa visit, year after year

Lived this little sweet girl, her name was Sophia.

Sophia was good, and she always listened

So she didn't quite know, when the snow outside glistened

That Santa would miss her, fly right on past

Was she on his list? Maybe just last.

But then one Christmas, Sophia cried "Enough"

I need him to find me, it can't be that tough!

What should I do, where should I go?

So she left her small house, and stepped into the snow

As she strolled through the woods, for what seemed forever,

“Maybe” she thought, this wasn’t too clever

If Santa can’t find me, when I’m inside the house

Then way up from his sleigh, I’ll look small as a mouse!

Sophia was thinking about the cold and the frost

She suddenly realised, she was in fact, lost

Oh no! said Sophia, as she started to tear

I’ll never get home, is my house even near?

With Sophia alone, and no one to hear her

A very small sound, grew nearer and nearer

Sophia was nervous, what was that sound?

She couldn’t see anything, no prints on the ground

And then came the sound again, from behind some small rocks

A sudden hop skip and jump, and out popped a fox.

Who are you? said Sophia, and why are you here?

I've seen foxes before, and you look strange dear..

I'm really a fire Fox, he said, I'm magic you see

I live in the woods, I'm happy and free

I heard you were lost, whilst out on my roam

Could I help you Sophia, and get you back home

Oh thank you so much, I need to get back

My Grown ups are worried, and the night is so black

But why were you out here, what made you come here?

Im looking for Santa, I know he lives near

He always forgets me, he misses my home

I got lost in this forest, and I feel so alone

I want him to find me, so he knows where I live

He might stop for some cocoa , or have a present to give

Well I can help you, said the fire fox walking

I can show him the way, let my tail do the talking

What do you mean, said Sophia, confused

The fire fox stood up, whilst looking amused

I am a fire fox, a magical creature

And the best thing about me is one special feature

As I run through the woods, picking up pace

I start to rise higher, with a smile on my face

My tail shakes frantically, and starts to shine bright

Then starts to create a magical light

Floating up to the stars, the light covers the sky

As I keep on running, it climbs ever so high

My tail creates such a glorious light

Of Greens, and reds, and yellows so bright

That when Santa sees this amazing display

He knows where to follow, they'll show him the way

So while you're in bed, and taking your nap,

These Lights will shine on, creating a map

He'll follow my lights, and bring all the gifts
To arrive at your home and give you that lift.

But you must be a good girl, Sophia you must
For the day that you aren't, these lights turn to dust

I promise I will, said Sophia with meaning
Her smile so big, and her whole face was beaming

Ok, said the Fire Fox, I'll continue to roam,
Just peek round the corner, I think your back home

Thank you, dear fox, it's time I should go
But the Fire fox had gone, no prints in the snow

Sophia looked up, and to her delight,
Was a sky full of lights, all dancing so bright.

Back home and in bed, Sophia just waited
For hours and hours, she anticipated

And then as Sophia started to tire
She thought of the fox, with the tail like fire

as she pulled up the covers and turned out the light,
she knew he was out there, painting the skyline so bright

And as Sophia slept, after such a long day

A noise could be heard, that seemed like a Sleigh....

"I wonder what the sound was, was it Santa?

I hope you enjoyed our story, and I hope you enjoy your visit to
Lapland! Merry Xmas, and keep your eyes to the sky, you never know,
you might see the Fire Fox's magic lights shining!"

The End