

## Sustainability and Wellbeing residential course- Example timetable 2 days

### Day 1: Travel to centre. Arrive 9:30am

#### Morning

##### **Cynefin Session: Woodland (taster session)**

In this session you will be introduced to the variety of species (wildlife and plants) of this ancient habitat and the importance of protecting it. We will also discover the traces of past human activity in the woodland and learn about their impact on the woodland. We can tailor the activities of the session to suit your needs e.g. geography, biology, wellbeing. This session will finish with a guided meditation or a chance to forest bathe.

##### **Bushcraft Taster session**

Learn how to survive the wild! In this session you will learn valuable skills such as how to start a fire, cordage, shelter building and foraging!

#### Afternoon

##### **Rural Craft**

After lunch try your hand at one rural craft (choice of working with wool, natural dyeing, willowcraft or building with natural material).

##### **Fork to Plate Taster session**

We will go out into the garden to get our hands dirty and learn about all aspects of growing food and the benefits of eating seasonally. WE will learn about the wellbeing benefits of herbs through taste and smell.

##### **The Waste Workshop**

After a short break we will go to our waste workshop where you will learn exactly where waste goes, how long it takes to decompose and what we can do to reduce our waste and achieve a zero waste lifestyle. During this session you will need to work as a team to upcycle a selection of waste products into something useful or a piece of art.

#### Evening

##### **Legends by the Fire**

Time to relax around the open fire and listen to old Welsh legends and stories with a delicious cup of hot chocolate.

##### **Twmpath or Night Creatures Walk**

As the sun sets there is the option to have dancing fun with a traditional twmpath or go on the Night creatures walk through the woodland. Weather permitting there is the option to add on a Star- gazing session as well.

### Day 2

#### Morning

##### **Cynefin Session: Mountain**

On this guided walk you will learn about the variety of species (wildlife and plants) that live on this upland habitat. You will also be introduced to the geology and heritage of the Preseli Hills and look at the relationship that humans have had with this landscape through the ages. We can tailor the activities of this session to suit your needs e.g. geography, history, literature, biology.

#### Afternoon

##### **Creative Activism**

Your voice matters- so let us hear it! Here is your chance to take action by taking everything you have learnt and discussed during your visit and to work as a group to create a creative piece- poetry, song, art, video, dance, speech, placard- with the message you want the public, authorities and governments to hear and the action you want to see take place.

### Depart 2pm

