

Example timetable for Sustainability and Wellbeing Course (3 days, 2 nights)

Day 1: Travel to centre, arrive for 2:30pm

Afternoon

Cynefin Session: Woodland

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.

Evening

Bushcraft

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!

Fun Quiz

We can tailor this fun quiz to any theme you like and provides an opportunity for your group to bond and relax with each other over hot chocolate.

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

Sustainable Fashion Workshop

In this fun workshop you will learn about the effects of fast fashion on the environment and how we can help the planet by changing our attitude towards our clothes. There will be an opportunity to create your own piece of textile from wool and colour it using natural dyes or take part in clothes upcycling challenge.

Fork to Plate

Compost, plant, harvest and eat!! Come and learn about the benefits of eating locally and seasonally as well as learning about every aspect of growing your own food in a fun and tasty session.

Evening

Rural Crafts

An opportunity to try your hand at willow weaving, working with wool, working with wood or building with natural material.

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.

Weather permitting there is the option to add on a Star- gazing session as well.

Day 3**Morning****The Waste Workshop**

Learn exactly where our rubbish goes, how long it takes for various materials 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 into art!

Creative Activism

Learn exactly where our rubbish goes, how long it takes for various materials 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 into art!

Depart 12:30pm