



Viking for a day

YHA Borrowdale

**Key Stage 2
History**

From £48.00

2 days (1 night) full board



Visit: www.yhaschooltrips.org.uk or phone 0800 0195 465

Viking for a Day

Package Description

Inspirational and interactive activities which offer students an insight into the day-to-day lives of the Vikings. Combine this with a visit to a traditional Lakeland farm to see how it is run, to see the Herdwick Sheep introduced by the Vikings, and to learn about the animals, people and spectacular landscape of Whinlatter, England's only mountain forest.

Learning Modules

- Fun as a Viking
- Fun in the Forest and/or on the Farm
- Fun at the Hostel
- Fun at the centre

Price

Prices from £48.00 (please see table below for actual prices), which includes:

- Full board accommodation
- Visits to the three or four learning modules
- Free self-led fun activities at the centre
- 1 free leader place for every 10 paying participants

Available

- £1 discount per person for National Trust Education Group Members
- YHA Group Membership on application

Duration of stay	Group Size of 21-30	Groups Size of 15-20
1 night (2x ½ day modules)	£48	£50
2 nights (1 full day Viking module + 2x ½ day modules)	£91	£94

Please see the following pages for details of the learning modules available.

Information on activities, fun & games, services, (including financial support), and booking information can be found on the pages at the back of the booklet.

Learning Modules

Please select the options you wish to explore from the selection below.

Module 1

Fun as a Viking

Live as a Viking for either half or a full day and choose from the following activities:

- Oars + Sail – Journey on beautiful Derwentwater – Queen of Lakes – in the Gift of the Gael, our very own Viking Ship. Discover the thrill of sailing and full action of rowing – all down to your team and how they work together. Could you survive the journey from there to here!! What's in a name – are you a Viking?
- Warriors + Shields – Meet a traditionally dressed warrior. Dress in Viking style clothing. Create your own shield, design based around stories, sagas and mythology. Do you have the strength to be a warrior?
- Oats to Bake – Could you survive the day on the food the Vikings ate? Use our traditional equipment (quern) to grind oats. Make oat biscuits and cook on a bakestone or our authentic fire range.
- Life in a Viking Settlement – Visit our Viking tent. Create your own bracelet. Telemark – latest hair styling! Viking fashion victim – what fabrics were used.

Duration: 3.5 hours on the 1night/2 day package.
5.5 hours on the 2night/3 day package.

Supplier: Platty +

Module 2

Fun in the Forest

Nestled high in the mountains of the Northern Lake District, Whinlatter Forest Park offers many opportunities for learning in this inspiring landscape, these include:

- Exploring the smaller creatures living in the forest by going on a mini-beast safari
- Problem solving by learning how we manage the forest for visitors, wildlife, timber and landscape.
- Developing team-working skills through a hands on shelter building activity
- Enjoying other facilities such as the adventure play area, visitor centre and exhibition

Whinlatter Forest Park has a classroom facility, which is available to groups if booked in advance. Please specify on booking if this is required.

Duration: Half day - 2 hours with Ranger plus recreation time

Supplier: Forestry Commission Ranger

Module 3

Fun at the centre

- Choose an evening activity from:
- **Mini Dry Stone Walling** - learn the traditional skill of walling without trapping your fingers and working up a sweat! An evening activity illustrating the principles, the terms and the patience needed to build your very own miniature dry stonewall. *This activity may require the use of glue if we make group walls to take home.*
- **Ways with Wool** - A choice of activity - either felt a bracelet or make a pom-pom Herdwick sheep. This activity does require perseverance as felting and winding wool takes time, but every pupil can make something to take home for themselves or as a gift. *Not suitable for anyone with wool allergies*
- **Tree ID** - Weather, midge and light dependent - Make your own leaf collecting and identification bag to take out and explore the trees living in the YHA grounds in the evening light.
- **The Bigger Picture** - An interactive session exploring pressures on the landscape and lake using a giant embroidered picture
- **Animals of the Forest** - A hands-on session investigating creatures that live in the forest.

Duration: 1 Hour

Supplier: National Trust/Forestry Commission

Module 4

Fun on the farm

Farming in the wettest valley in England with sheep grazing on England's highest mountain, Borrowdale offers an inspiring and engaging experience for all who visit.

Some areas which will be covered on a farm visit:

- Farmer led visit to a real working fell farm, explore how farming has shaped our land
- Hands-on opportunities to experience farm work and rural skills such as walling.
- Discover first hand about rural life, farming traditions and the economics of upland management
- Livestock husbandry, subsidies, diversification, sheep dog demonstrations.

Please note Wellingtons or waterproof boots are desirable. Mobile hand wash station provided at the farm.

Duration: Two hours approximately

Supplier: National Trust Food and Farming Learning Officer

Useful information

Action

These fun, motivational activities can enhance the educational aspect of our residential visit and provide enjoyable variety for your pupils.

- Climbing/abseiling
- Kayaking
- Ghyll Scrambling
- Borrowdale Valley Challenge
- Please enquire as to cost

Fun & Games

Use your evening to have fun and develop skills that can be transferred back into the school environment. For more information please contact the centre.

- Orienteering Course
- Mattress game
- Parachute Game
- Indoor photo quiz and heritage quiz
- Football, rounders, cricket, table tennis table etc
- Free disco or large screen film night on last night

Explore

Make the most of your stay by exploring the local areas and maybe further afield.

- Honister slate mine tour
- Derwentwater Launch
- Keswick Leisure Pool
- Cumberland Pencil Museum
- The Puzzling Place
- Trotters Animal Farm
- Mirehouse & Dodd Wood (Ospreys)
- Rheged
- Maryport Aquarium

Services

The following services are available:

- Free Leader Places
- Free Leader Support Pack
- Free Pre-inspection Visit
- Assistance with Risk Assessment
- Wet Weather Alternatives
- All Day Access to centre

The following facilities are available:

Facilities

- Meeting rooms with TV/Video, Whiteboard, OHP, Data Projector
- Outdoor woodland classroom/storytelling area
- Safe grounds for ball games
- Wheelchair friendly with access to all public areas
- Hearing loop, Braille/Tactile signage throughout hostel
- Metered internet access & Wifi
- Comfortable lounge, dining room, excellent drying room

Meals

We are passionate about the meals we produce and that's why all our food is prepared using **fresh, seasonal ingredients, sourced locally** where available, prepared and cooked to order. We offer **flexible meal times** to fit in with your itinerary and with prior notice, we are happy to cater for any special dietary requests.

Financial Support

YHA helps to fund places for disadvantaged children, so they can join their friends or classmates on a residential visit with YHA. Our short application process makes applying for funding assistance easy. Applications are considered on the basis of the number of children in the group who are entitled to free school meals, or in a family that receives income support and/or housing benefit. Funding is subject to availability.

For more information or to download an application form visit www.yha-breaks4kids.org.uk or call 01629 592 696.

Booking Information

For booking and further information call:

0800 0195 465

www.yhaschooltrips.org.uk



**Centre
Information**

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