

## **Structure of a Viking Residential**

A teaching day in the longhouse is carefully structured to allow children to experience daily life in the past whilst producing a nutritious and tasty meal. Timing is crucial to the success and quality of this experience, and relies on your visiting group to arrive at the ATC for 10.00am on their first morning, in order for lunch to be ready in reasonable time. If this is not possible, ATC staff must be informed to allow for a restructuring of the teaching day.

As part of their stay, your children will be encouraged to take an active part in all aspects of ancient daily living. The days work will be divided into two sessions based on 'the House' and 'the Farm' – the children will rotate between these sessions following the mid-day meal.

Within each setting, the children will take part in a variety of tasks, supervised by an ATC tutor and accompanying school adults. Tasks based in the Longhouse will focus on the preparation and cooking of traditional wholesome meals, and the maintenance of the building. Tasks based on the Farm will focus on seasonal aspects of the ancient farming calendar.

We hope that this approach will immerse your children in past times and give them a greater understanding of the world around them. We also aim to keep the sessions flexible, to enable children to follow their own enthusiasms and interests.

**Longhouse tasks** take place mostly indoors and give the children ample time to keep warm around the fire. Tasks may include...

1. Grinding the wheat to make flour that will produce bread for mealtimes.
2. Making butter from cream, and soft cheese from cows milk.
3. preparing vegetables and meat to produce the lunchtime and evening meal
4. Longhouse chores such as floor burnishing, beating the sheep skins ect.
5. A whole group task of traditional fire-making to enable cooking to take place and an exploration of its ritual and symbolic importance to past humans.
6. Playing traditional Viking games.

**Farm tasks** are seasonal, will mostly happen outside regardless of weather conditions. Tasks may include...

1. Crops. Ploughing using ancient ards, sowing seed, harvesting, weeding and tending crops, gathering and using wild foods, storage of harvested foods, irrigation of fields and vegetable gardens.
2. Fire wood. Gathering, processing and storing wood, to be used in the construction of fires.
3. Construction and Maintenance. Traditional farm maintenance will be required at times and may include fence building, repair/construction of buildings, maintaining defences such as ditches ect.
4. Animal Products and Use. An essential part of this experience is for children to make connections between every day materials and foods, and the animals from which they come. Tasks may include hide scraping and tanning, butchery of meat, use of tendons and sinew for cordage, and washing/carding/spinning/weaving of fleece.

5. Whole group activity based on the knowledge of animals; looking at the live animals on site, looking at different animal hides and the ritual and symbolism behind ancient animal use.
6. Playing traditional Viking themed games.

### **Longhouse Residential Kit List**

The aim of this visit is to let children experience some of the realities our ancestors faced in their daily lives. The children will wear traditional costume (see below), eat traditional food, and forgo many of the comforts that we take for granted in our modern lives – most notably, central heating! Below we provide an advisory kit-list for your visit; layers of clothing are recommended to ensure that children are prepared for all weather conditions!

**NB. KIT SHOULD FIT INTO A RUCKSACK/SMALL BAG – NO SUITCASES PLEASE!**

ITEM	✓
Sleeping-bag	
Pillow/travel cushion	
Toiletries (only hand basins available)	
Small torch	
Thick pyjamas/sweatshirt & sweatpants	
Warm hat (to wear at night)	
A pair of thick socks (to wear at night)	
Sturdy shoes/wellingtons. No sandals.	
1 pair of long trousers (ticks on site)	
2 medium/thin layer tops	
1 fleece top (cloaks will take the place of coats)	
No modern games! Ancient games will be provided!	

Equipment provided by the ATC:

- Each child and adult will be given an outfit consisting of a cloak, tunic, hat/headscarf and belt for the duration of their stay, which they will wear on-top of their modern clothes. These items should be treated with care, and all items should be returned at the end of the visit.
- Sheepskins will be provided as bedding, in place of role-mats.
- All equipment for cooking and activities will be provided by the ATC.