

Structure of a Viking Residential Experience

A teaching day in the Longhouse is carefully structured to allow children to experience daily life in the past, including producing nutritious and tasty meals. Timing is crucial to the success and quality of this experience and relies on your visiting group to arrive at the ATC for 10am on their first morning in order for the children to make the lunch at reasonable at time. If this is not possible, ATC staff must be informed to allow for a restructuring of the teaching day.

A traditional lunch is prepared by the children, which we affectionately call a “Viking ploughman”. Cheeses, ham, salad, bread, pickled onions.

A Viking evening meal is also prepared by the children. The vegetarian and chicken dinners are cooked over the open fire in the longhouse and is left ready to serve when ATC staff go home. A breakfast of toast and cereals will be left for you. Please let us know of any dietary requirements as soon as possible and we will endeavour to have something for everyone.

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

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 cow's milk.
3. Preparing vegetables for the evening meal.
4. Longhouse chores such as floor burnishing and beating the sheep skins.
5. A traditional fire-making demonstration to enable cooking to take place, and an exploration of its importance to early humans.
6. Playing traditional Viking games.

Farm tasks are seasonal and will mostly take place outside, regardless of weather conditions. Tasks may include:

1. *Crops*. Sowing seed, harvesting, weeding and tending crops, gathering and using wild foods and herbs, storing harvested foods, irrigating fields and vegetable gardens.
2. *Firewood*. Gathering, processing and storing wood.
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, or mining and using chalk to make cob bricks.

4. *Animal products and their use.* An essential part of this experience is for children to make connections between everyday materials and foods and the animals from which they come. Tasks may include hide scraping and tanning, and the washing/carding/spinning/weaving of fleece.
5. 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 costumes on top of their modern clothes (see below), eat traditional food, and forgo many of the comforts that we take for granted in our modern lives – mostly notably central heating! Below is an advisory list of kit 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 AS THE ENTRANCE TRACK CAN GET MUDDY.

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 as Viking games will be provided	
No mobiles or electronic equipment	

Equipment provided by the ATC:

- Each child and adult will be given an outfit consisting of a tunic or dress, hat or headscarf and a leather or woven 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, when they will be laundered and prepared for the next school.
- Sheepskins will be provided as a woolly mattress.
- All equipment for cooking and activities will be provided by the ATC.