**Example Itinerary for a day at Gortilea**

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| **Time** | **Element** | **Example Outcomes**  **(dependent of day farmer goals, needs and abilities)** |
| 9.30 | Welcome, introduction and briefing  Refreshments | Literacy- listening, speaking |
| 10.00 | Activity one  Horticulture  Planning  Planting  Nurture  Harvest  Develop Saleable products  Marketing and sales plan | Numeracy- count, calculate, measure.  Literacy- listen, speak, communicate, reason, problem solve, discuss  Citizenship- responsibility, respect  Personal, Social and health- physical activity, healthy eating, social interaction, improved mental and physical health  Economic Well-being- team work, adding economic value, marketing, selling. |
| 11.00 | Activity two  Cooking  Using harvested vegetables to make soup  Using harvested fruit to make fruit crumble | Numeracy- count, calculate, measure  Literacy- listen, speak, communicate, reason, problem solve, discuss  Personal, Social and health- healthy eating, social interaction, food safety  Economic Well-being- teamwork, adding economic value, marketing and selling |
| 12.00 | Lunch | Personal, Social and health- social interaction, satisfaction of eating what they grew. |
| 12.45 | Activity three  Animal husbandry  Looking after animals- feeding, cleaning sheep, cows and horses.  Going to market with animals | Literacy- listen, speak, communicate, reason, problem solve, discuss  Personal, Social and health- physical activity, improved mental and physical health, social interaction.  Economic well-being- teamwork, adding economic value, marketing, selling |
| 13.45 | Activity four  Rural Crafts- create beautiful decorations using willow, wood, flowers and glass to sell in farm shop. | Numeracy- count  Literacy- listen, speak, communicate, reason, problem solve, discuss  Personal, Social and health- social interaction  Economic Well-being- teamwork, adding economic value, marketing and selling. |
| 14.45 | De brief  Rehearse outcomes achieved, plan next visit |  |

* We provide be-spoke programmes in request
* Itinerary’s will be tailored towards curriculum to meet individual/group needs.