

## Sample Itinerary for a group of adults in recovery from mental illness



Time	
13:00	<p style="text-align: center;"><b>Arrive, Introduction &amp; Safety Talk</b></p> <p style="text-align: center;">On your arrival, we will discuss health and safety at the farm.</p>
13:15	<p style="text-align: center;"><b>Lunch</b></p>
14:00	<p style="text-align: center;"><b>Unpack Bags Into Bedrooms</b></p> <p style="text-align: center;">Time to take your bags to your bedroom, and find the items you will need for your first activities.</p>
14:30	<p style="text-align: center;"><b>Animal Care</b></p> <p style="text-align: center;">Help care for our farm animals and learn about organic welfare standards.</p>
16:00	<p style="text-align: center;"><b>Nature's Art</b></p> <p style="text-align: center;">Use natural materials from the land to create unique mementos.</p>
17:00	<p style="text-align: center;"><b>Free Time</b></p> <p style="text-align: center;">Magdalen staff will explain available options. If you want to bring your own activities, please do so.</p>
18:00	<p style="text-align: center;"><b>Dinner</b></p>
19:00	<p style="text-align: center;"><b>Campfire</b></p> <p style="text-align: center;">Around the campfire, we'll sing songs and toast treats.</p>
20:00	<p style="text-align: center;"><b>Magdalen Staff Depart</b></p>

Time	
08:00	<p style="text-align: center;"><b>Breakfast</b></p>
09:00	<p style="text-align: center;"><b>Orienteering Challenge</b></p> <p style="text-align: center;">Use a map or compasses to navigate your way around the farm to discover information about local wildlife.</p>
10:30	<p style="text-align: center;"><b>Fire Lighting Challenge</b></p> <p style="text-align: center;">Use a flint and steel to light and sustain a fire.</p>

11:30	<b>Team Building - Together We Stand, Divided We Fall</b> Through a series of fun and imaginative challenges, teams will experience a variety of problems to solve.
13:00	<b>Lunch</b>
14:00	<b>Village Walk</b> Group 1 out of 2 Walk through the countryside to a local village.
	<b>Vegetable Garden Jobs</b> Group 2 out of 2 Complete valuable day-to-day jobs in our vegetable garden.
15:30	<b>Animal Care</b> Help care for our farm animals and learn about organic welfare standards.
16:30	<b>Souvenir Shop</b> Magdalen offers a selection of environmentally friendly souvenir items such as magnets, key rings and postcards.
17:00	<b>Free Time</b> Magdalen staff will explain available options. If you want to bring your own activities, please do so.
17:55	<b>Magdalen Staff Depart</b>
18:00	<b>Dinner</b>
19:00	<b>Self-Led Activities</b> We have a selection of activities available. You may also wish to bring your own.

Time	
08:00	<b>Breakfast</b>
08:45	<b>Packing Bags</b> All bedrooms must be empty before you begin your first activity.
09:30	<b>Animal Care</b> Help care for our farm animals and learn about organic welfare standards.

11:00	<b>Eco cooking (lunch) pizza</b>
12:00	<b>Lunch</b>
12:45	<b>Departure</b>