

Family Sustainability Stay Sample Daily Itinerary:

Day 1:

10:00-noon:

Welcome to Koviashuvik! We meet and greet, you settle into your dwelling, and we begin an interactive tour of the school and homestead. There is lots to see and understand: using the composting toilets, pumping up the solar shower tank, and what is that giant contraption with glass on top, reflectors sticking out, and bread inside?

12:00-1:00:

Lunch and clean up

1:00- 2:00:

Learning Period: Make birch-bark napkin holders, a quiet after-lunch handwork project that helps get everyone settled into the new place.

2:30-3:30:

Continued interactive tour of Koviashuvik. We will gather water from the spring, ice from the ice house, food from the garden, ferments from the root-cellar, grind some corn at the cabin for fresh cornbread and visit the animals.

3:30-5:30:

Learning Period: Introduction to friction fire and spoon making! After spinning fire from dead wood we use the coals to begin burning out the hollow part of your spoons.

6:00-7:00:

Supper

7:00-8:00:

Family time

Day 2:

6:30 - 7:30:

Anyone want to help with animal chores or pick some blueberries for pancakes and fruit leather? (Optional)

7:30-8:30:

Breakfast

8:30-9:00:

Spread out the fruit leather and pick mint to dry in the solar dehydrator.

9:00-10:00:

Learning period: We head to the woods to find the right trees for making bows.

10:00-11:30:

Learning period: Bow carving followed by bow shooting!

12:00-1:00:

Lunch

1:00-3:00

Family time: You are welcome to visit our local swimming hole in Temple Stream, climb nearby Tater Mountain, a 30 minute hike with a great view, or simply relax as a family.

3:00- 4:00:

Learning Period: Wild edibles walk

4:30-5:30:

Learning period: Let's carve the handles on those spoons you coal-burned last night!

6:00-7:00:

Supper

7:00-8:00:

Family time, music, etc.

Day 3:

6:30 -7:30:

Animal chores and peach picking. (Optional).

7:30-8:30:

Breakfast

9:00-11:30:

Learning period: Making a rocket stove –Kids practice shooting bows and arrows or walk to the stream with one adult for a dip and some exploration.

12:00-1:00:

Lunch

1:00-1:30:

Quiet time/ packing up time.

1:30-2:30:

Final activity: We make a family dream catcher as part of a sharing circle.

3:00:

Goodbyes. You depart with a new rocket stove, blueberry fruit leather, four spoons, dry mint tea, napkin holders, bows and arrows, a friction fire set, and a bundle of memories.

Come Again!