



## **ECOstay** **A walk through Time**

Our mountains contain a wealth of information about the passing of time and you just need to know how to understand that information. Rocks, minerals and geological processes all tell us about the history and evolution of our land, the caves and shelters allow us to find out about the life of prehistoric men, the ruins of castles and hermitages make us wonder about the daily life of medieval people and finally the splendid Renaissance palaces allow us to imagine the luxury and habits surrounding the nobles of that time.

Different kinds of activities will be organised to fill your days (educational, sensorial, observation, research and so on) aimed at getting information about various lifestyles: those of dinosaurs, prehistoric men and women, medieval knights and the nobles of the Renaissance.

The activities take place in four days and we propose giving participants certain tools which will be essential to undertake this journey back in time.

### **Educational aims**

- To educate and develop the ability to empathise which we all have in us
- Develop heuristic intelligence through the application of intuitive skills, discovery, invention and creativity
- Allow participants to learn from guided experiences constructed around socio-affective themes
- Make the participants aware of their own emotive and affective responses to the experience
- Make the participants aware of their own values

### **Educational objectives**

- Give the students new tools which will be necessary to enable them to perceive and comprehend the reality that surrounds us
- Develop the ability to orientate ourselves in time

### **Target group**

The educational programmed is aimed at students from primary and junior school

### **Duration of stay**

4 days – 3 nights

## Period

The whole year

## Educational sites

Monte Nerone: geological aspects, caves, castles and villages

## Accommodation

Educational Centre in Piobbico or hostel in Cantiano, a noteworthy historic centre. Rooms contain 4/6/8 beds with shared bathroom facilities. Teachers are accommodated in double rooms containing bathrooms.

## Details of proposed package

Day one: The geological history of Nerone

Arrival

Ice-breaking activities: Activities of socialisation and group bonding – A series of activities have been devised to help the students get to know the area they will be spending the next few days in.

Settling in to rooms and lunch

Relaxation activities: Guided imagination –

A relaxation technique we will try out in order to find out about the evolution of our planet.

Educational activity: as we go along a route which contains various geological features, we will carry out some simple experiments which will introduce us to some principal concepts of geology:

how sedimentary rocks are formed;

how these mountains were formed;

how the earth's plates move.

Educational activity: Identifying rocks – with the help of educational tools we have devised we will identify the rocks that surround us.

Reflection activities at the centre: Meta-discussion – Intellectual games of challenge which are not however competitive around the themes that have been explored during the day.

Dinner

Educational activity: how we can orientate ourselves through the stars – Nocturnal walk with an expert explanation of stars and their constellations

Day two: How people lived in the Stone Age

Breakfast

Relaxation activities: Guided imagination, a relaxation technique which will allow us to imagine scenes of prehistoric life

Socio-affective activities: Simulation games in caves which will conclude with the reading of a passage.

Practical activities: outside the caves we will make arrows, bows and light fires with flint.

Educational activities: And now let's eat – Finding out about and preparing our lunch.

Packed lunch

Physical activities: There are other caves –we go to a new cave and ..... look for water.

Reflection activities at the centre: Meta-discussion – Intellectual games of challenge which

are however non competitive around themes we have explored during the day.

Dinner

Educational activities: Nocturnal sounds – A nocturnal walk with our ears open to sounds

Day three: How people lived in the Medieval Ages

Breakfast

Relaxation activities: Guided imagination – relaxation technique carried out within the ruins of a castle which will allow us to imagine how people lived here.

Sensorial activities: educational activity about the sounds you can hear in a wood

Then we visit a torrent with giant marble slabs and a mill

Packed lunch.

Experience activity: Walking as a pilgrim – we walk along old pathways in pairs

Educational activity: Let's try some archery, a competition between teams.

Experience activities: Falconary – Meeting with a falconer

Reflection activities at the centre: Meta-discussion – Intellectual games of challenge of a non competitive nature based on themes explored during the day.

Dinner

Educational activity: Nocturnal walk – we walk in pairs to find out about the wood

Day four: The life of men and women during the Renaissance.

Breakfast

Relaxation activities: Guided imagination – a relaxation technique

which will allow us to imagine what everyday life was like inside a village with a Renaissance palace.

Educational activities: Simulation game inside an old medieval village

Visits: A tour of the beautiful Renaissance Palace in Piobbico .

Lunch

Feedback activities: What happened? – Let's read about the sensations and emotions experienced in the last few days.

