



Funded by  
the European Union



# Connect to nature!

---

**Training for youth workers (Erasmus+)**

**from 19<sup>th</sup> to 25<sup>th</sup> September 2022**



**Idrija, Slovenia**



Funded by  
the European Union



## THE BEGINNING

Hello guys!

We are really happy that we will be able to welcome you in our green and picturesque country and we look forward to meeting you here (again). We will be staying in Idrija, a small town that is known for its mercury mine and the traditional Idrija lace.



### The Slovenian organizational committee

(from the office) and our contacts:

- Helena Ločniškar (+386 51 231 049); [helena.locniskar@mcidrija.si](mailto:helena.locniskar@mcidrija.si)
- Anja Bolko (+386 51 231 049); [anja.bolko@mcidrija.si](mailto:anja.bolko@mcidrija.si)

There will be other local youngsters included in the organization of our event.

## ABOUT THE PROJECT

The **Connect to nature** project will be an opportunity for youth workers to develop their practical skills needed for spending time in nature through a personal challenge and also to learn how to transfer their knowledge to young people by making a plan for an event or an activity for young people in nature. We will also exchange our experience and try out various tools for youth work in nature.

At the end of this project, we would like youth workers to return home with newly acquired technical (bushcraft) skills. They will also have a new group experience of co-living in nature. Beside that, we would like them to feel more confident in organizing activities for young people in nature (such as activities, events or Erasmus+ youth exchanges) and bring back home ideas and a plan for an activity.

### Training for youth workers (19<sup>th</sup> to 25<sup>th</sup> September 2022)

The training for youth workers will bring together 15 youth workers (from 6 countries) that will acquire new bushcraft skills, new facilitating skills, try out different tools for individual and group work in nature and that will form a program for local events and/or youth exchanges.



Funded by  
the European Union



## PARTICIPANTS

Participants should be youth workers (so anyone who works with young people on voluntary or professional basis) aged 18+. They should already have at least some experience with international projects (e. g. youth exchange).

**The participants should be motivated to follow the program around the topic of spending active time outdoors in nature and organizing events for young people or youth exchanges.**

They should also be interested into meeting new people, cultures and open for learning about the others and their backgrounds.



## PREPARATIONS FOR THE TRAINING

**Fill in the google form with all the needed personal details:**

<https://forms.gle/Pyn8mBEkNnRuJfBz6>

**Find transport tickets for your group** (to arrive on 19<sup>th</sup> September and leave not earlier than on 25<sup>th</sup> September in the morning from Idrija) and let us know about your arrival time.

**Make sure you have a European Health Insurance Card** (or order it).

**Pack your stuff:** put on some comfortable shoes and clothes for hiking as well as clothes for rain (or a rain poncho) and a jacket, because we will spend a lot of time outdoors. Also take some warm clothes with you, because September can get already cold, especially in the evening, but it might still be hot during the day. Try to connect and see if other participants have tents and get yourself a sleeping bag and mat for the time we will spend outside. You will also need some dishes to eat from when preparing food outside. If you can, please also pack a knife

**Get ready together with your group:** prepare a list of national songs you can (try to) teach us, some foods and drinks that represent your country for the intercultural evening

**Packing simple and living without electricity:** Only pack the most essential stuff! In the first part of the training, there will be electricity just for emergency situations, so inform your family/friends that you will not always be reachable by phone. Bring a powerbank if you think it is necessary. There will be the organization's phone available if needed.



Funded by  
the European Union



## LIST OF THINGS FOR STAYING OUTDOORS FOR TRAINING

**Clothes:** comfortable shoes and clothes for hiking, staying outdoors, short and long sleeves and shirts, warm sweaters, swimsuit, rain clothes (or a rain poncho), jacket

**Living outdoors:** tent (we can also provide one), sleeping mat and sleeping bag, head lamp, knife, rope, cutlery and dishes and a cup to eat and drink from (for yourself if you already have it), bottle for refilling with water, flint and compass (if you have it)

**Hiking:** besides clothes and shoes, bring a bottle and a smaller backpack for a trip (bring the rest of your equipment in a backpack too if possible), sunscreen

If you don't have any of the equipment or it is not possible for you to transport it (because you might take a plane etc.), please let us know in advance. You do not need to buy anything if you do not have it yet – just inform us in time so that we can provide you with what is needed.





Funded by  
the European Union



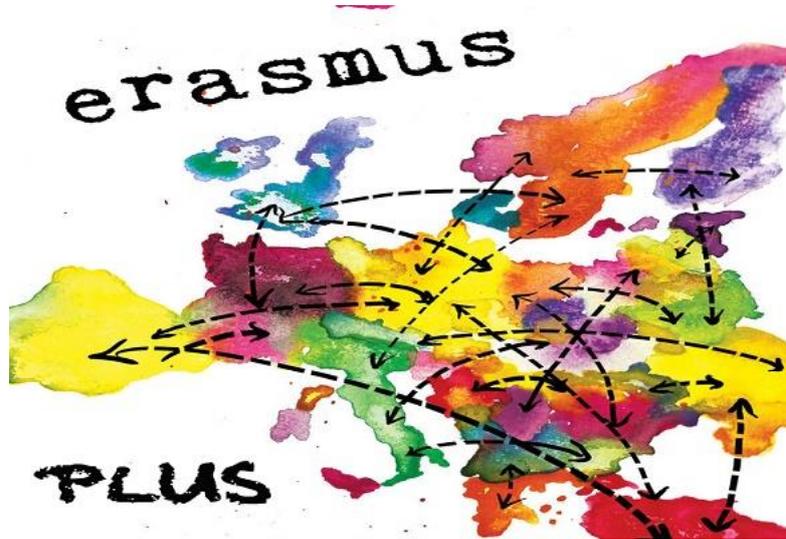
## PRACTICAL ARRANGEMENTS

### Transportation

#### Arriving to Slovenia

As far as the means of transport is concerned, there is plenty of possibilities to come to Slovenia. The most used are the plane connection to Ljubljana (Ljubljana Jože Pučnik Airport), Graz (airport in Austria), Zagreb (airport in Croatia) or Trieste/Venice (Italy). There are shuttle buses available from all the surrounding airports by a company called GoOpti. It works like the public

transport, but it is much faster and adaptable. So as soon as you know your arrival time to SLOVENIA, book your transport either to Ljubljana (or to Logatec petrol station if you arrive with the shuttle from an airport in Italy) or to Idrija.



#### Arriving to Idrija

If you arrive to Ljubljana (or Logatec petrol station), the bus schedule is available on the "Nomago" app that you can download where you get your phone apps.

In the first screen you click "javni promet – enkratne". You can buy the tickets via the app with a credit card or you can buy them directly at the driver with cash or at the main bus station.

Once you are at the bus stop in Ljubljana, the bus will be somewhere between the numbers 11 and 13 (the board above it will say ).

**NOMAGO**

JAVNI PROMET - ENKRATNE

JAVNI PROMET - TERMINSKE IJPP

INTERCITY

MESTNI PROMET

**POT**

RELACIJA VAŠE VOŽNJE

VSTOPNA POSTAJA  
Ljubljana (Glavna avtobusna postaja)

IZSTOPNA POSTAJA  
Idrija

14.7.2021

TIP VOZOVNICE

Enosmerna vozovnica

Povratna vozovnica

**ODHOD**

14.07.2021

Ljubljana (Glavna avtobusna postaja)

Idrija

Sortiraj po: Času odhoda Času prihoda

Prikaži: Vožnje s prestopi

Skupaj:

Nomago d.o.o. – 1 uro, 15 minut

**10:15 – 11:30** 6,30 €

Čez 49 dni, 1 uro, 3 minut  
Direktna linija

Nomago d.o.o. – 1 uro, 15 minut

**11:15 – 12:30** 6,30 €

Čez 49 dni, 2 uri, 3 minut  
Direktna linija



Funded by  
the European Union



### Arriving to the hostel (and youth center)

Check out the [video](#) to help you come from the bus station to the hostel (up the hill!).

You are entitled only to get a reimbursement of travel costs if you use public means of transport. The costs of a car ride or car rental cannot be reimbursed.

!!! Make sure you **keep all travel documents!** Online boarding passes and tickets can be forwarded by e-mail as well.

The travel costs can be reimbursed up to the amount mentioned below:

- Italy: 180 € per person
- Croatia: 180 € per person
- Poland: 275 € per person
- Finland: 275 € per person
- Czech Republic: 180 € per person
- Slovenia: depending on your distance band

### Food

We will provide some of the meals for you and we will cook some of them on our own (in the fire or in a cottage). There will be a dinner waiting for you the first day.

### Accommodation (Hostel Idrija)



**Run by the local young people for the (young) people from around the world.** The Idrija Youth Hostel is located within a 5-minute walk from the UNESCO protected historic town center of Idrija. It is housed in an old nunnery, today the home of a youth center and numerous youth programs.

Having travelled the world, our team understands the needs and wishes of travelers: **fresh linen and towels, hot shower, good food, free internet, friendly staff and relaxing atmosphere.** We offer no less!

You will be staying in rooms with other people and share bathrooms and the kitchen with them.

More photos and **information:** <https://booki.ng/2iKL12G>



Funded by  
the European Union



## Accommodation (Cottage “Pšenk”)

We will spend the first part of the training in and around the cottage “Pšenk”. It is reachable on foot from the town of Idrija. It has a kitchen for groups, a living room, group accommodation (one space for all people to sleep in) and a large outdoor area. It is also a nice spot for some local hikes. **We will be sleeping outside in tents** but will have a place indoors (one room for all people) if necessary due to weather conditions.



## Idrija Youth Center

The second part of the project will take place in the building in which we will be accommodated while staying in the hostel. The common space where we will spend some time together is where most of our workshops, lectures, meetings and free-time activities happen. It is a part of a big building (which among others includes the hostel), located less than 10 minutes' walk from the town's center.



## General rules in the hostel and the venue

For the safety and a pleasant stay of all our guests, there are some basic rules we should all have in mind when living together in the house:

- Please pay attention to your roommates and stay silent after 10 PM and before 7 AM.
- It is not allowed to smoke, drink alcohol or eat in the rooms.
- When using the kitchen, clean the dishes and the working space before leaving.

## General information, safety and insurance

**Police:** 113

**Ambulance:** 112

**International code for Slovenia:** 00 386

**Youth center phone number:** 00 386 51 231 049

**Hostel phone number:** 00 386 40 808 022



Funded by  
the European Union



## ADDITIONAL INFORMATION

### Location – Idrija

Idrija is a town in the Western part of Slovenia. It is well known for its mercury mine as well as for the miners' living quarters and the miners' theatre. Mercury was discovered in Idrija in the late 15th century. Together with the Spanish mine at Almadén, it has been a UNESCO World Heritage Site since 2012. A year later the town's park was registered in the UNESCO International Network of Geoparks. In 2011, Idrija was given the Alpine Town of the Year award.



Idrija is located in a valley surrounded by steep hills covered by woods. Staying here makes you feel cozy, warm and sheltered. Idrija is a basin and if you would like to come to Idrija, you cannot skip going uphill and driving on winding roads. You will see ©

More about Idrija: <http://www.idrija-tourism.com/>

**Technical heritage:** Museum Idrija, Kamšt, Klavže, Mine

**Cultural heritage:** religious (Holy Trinity Church), lace

**Heritage of the 1<sup>st</sup> and 2<sup>nd</sup> World War:** Slovenian Partisan Printing Workshop, Partisan Hospital Bolnica Pavla

**Natural heritage:** the lake of Divje jezero, Upper Idrijca Natural park

When visiting the **Slovenia's capital Ljubljana**, we suggest you download **the USE-IT app** and the city's map to help you navigate through the streets of the old town and even discover some local secrets.



Funded by  
the European Union



## Slovenian language

Have you known that there is a dual grammatical number in Slovenian? It is a rare thing for a language to have, but it sure can sound romantic! For your first "steps", try to learn the words below!

Some useful phrases in Slovenian:

Dober dan!	Hello! (formal, meaning <i>good day</i> )
Zdravo! Živjo! Čau! Bok!	Hi! (informal)
Nasvidenje! Adijo! Čau! Bok! Ajde!	Goodbye! (the first form is formal, the following ones are informal)
Se vidimo!	See you!
Dober tek!	Bon appetit!
Na zdravje!	Cheers!
Lahko noč! Lepo spi!	Good night! Sleep well!
Lačen/lačna sem!	I'm hungry! (the second form is female)
Žejen/žejna sem!	I'm thirsty! (the first form is male)
Koliko stane to?	How much does this cost?
Koliko je ura?	What time is it?
A lahko dobim sok/eno pivo/vino?	Can I order juice/a beer/wine?
Ukradli so mi bicikel/kolo!	They stole my bike
Upam, da me ne napade medved!	I hope I don't get attacked by a bear
Gremo ven!	Let's go out!
Gremo žurat!	Let's go party!
Mi daš cifro/številko?	Can I get your number?

NUMBERS; Ena (1), dva (2), tri (3), štiri (4), pet (5), šest (6), sedem (7), osem (8), devet (9), deset (10)