

Be the change - RECYCLE!  
24th-28th August 2022  
Spodnji Kamenščak, Slovenia

Erasmus+ - KA1- Mobility of young people

# ABOUT THE PROJECT

- WHERE

Spodnji Kamenščak 23, Ljutomer, Slovenia

- WHEN

24th - 28th August 2022 (implementation of activities)

(arrival is on August 23 in the afternoon until 7 p.m. and  
departure is on August 29 in the morning)

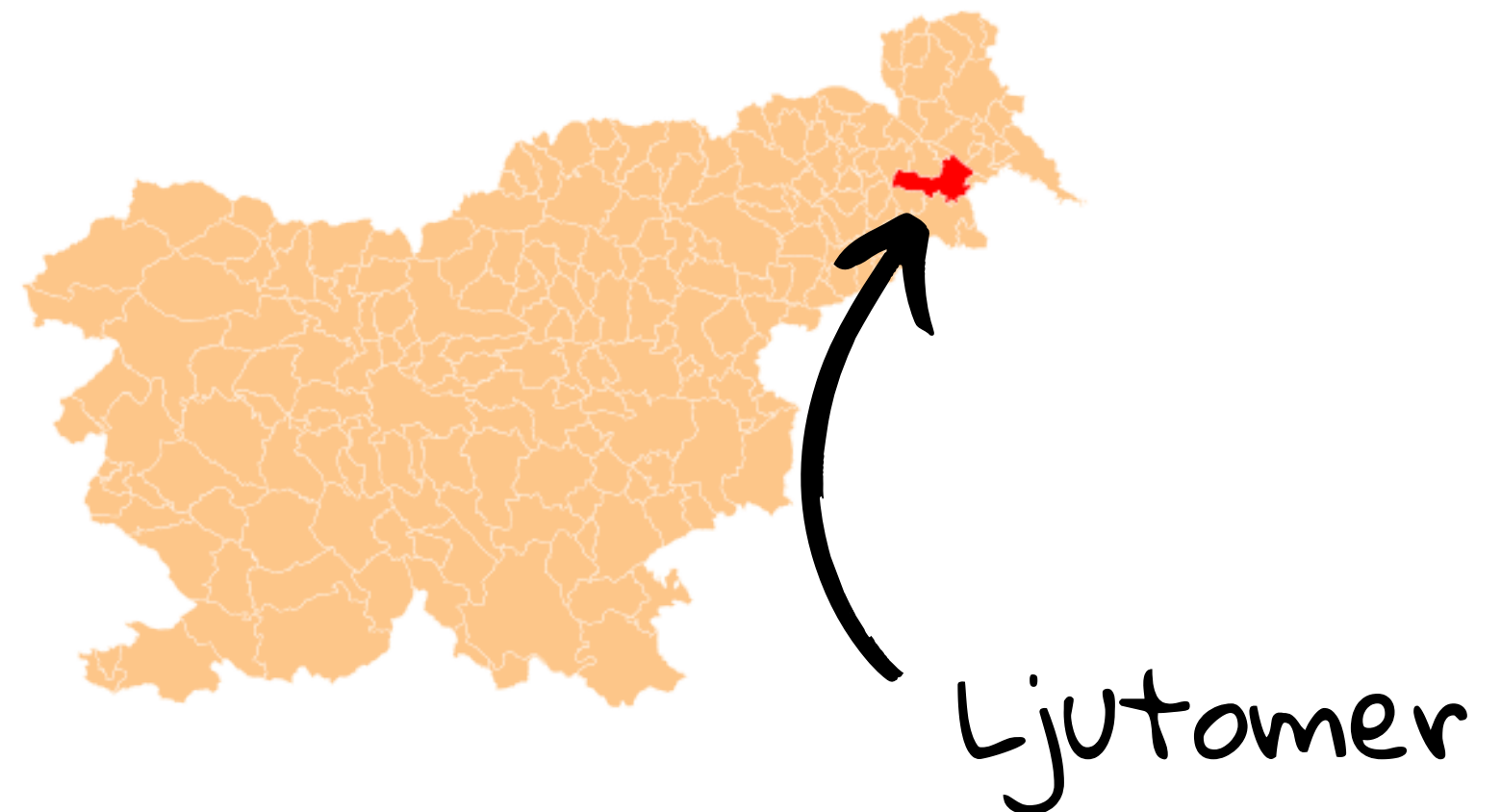
- WHO

25 participants

5 participants per country (4+1 leader)

- FROM WHERE:

Slovenia (2), Spain, Greece, Poland



# PROJECT DESCRIPTION

THE  
SOLUTION  
IS LESS  
POLLUTION

everyday is  
EARTH  
DAY

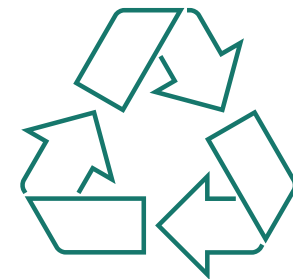
With the implementation of the project, we want to make young people aware of today's issues; on environmental sustainability, planetary pollution and climate change. Together with participants, we will find innovative solutions and answers to the problems perceived by the whole world. Young people are the ones who can still achieve something in this area and thus improve the planet for a more beautiful, greener life. Young participants will first be introduced to the problems and the culprits for the actions that are present in the world, and only then will we start solving and finding the right answers to help nature.

USE  
WHAT  
YOU  
HAVE

THE  
SOLUTION  
IS LESS  
POLLUTION

going  
ZERO  
WASTE

there is  
NO  
PLANET  
B



ALL you  
NEED  
is LESS

REDUCE  
REUSE  
RECYCLE

# PROJECT VENUE

- participants in the youth exchange will be accommodated in eco youth hostel (Mladinski center Prlekije)
- common rooms with air conditioning; with separate toilets and bathrooms
- terrace and outdoor green areas for various activities are also available to participants
- in the hostel they also provide us with 3 meals a day (breakfast, lunch and dinner)



You can find them on their Facebook page:





# HOW TO GET THERE?

- The nearest airport in Slovenia is 137 km away from Ljutomer
- If you arrive by plane, you can continue your journey by train or bus, which will take you exactly to Ljutomer
- The nearest airport in Austria is 79 km away, from there you can take a bus or train to Ljutomer
- There are no direct buses, trains or planes to the venue, so we will wait for you in the town of Ljutomer, from where we will take you to the hostel and the venue for the project
- \* recommendation: it is usually cheaper if you come first to Austria (by plane) and then to Slovenia by bus or train, because direct flights to Slovenia are rare and quite expensive



# REIMBURSEMENT OF TRAVEL EXPENSES

## **SLOVENIA**

up to 23 € per participant

or for green travel: up to 210 per participant - if more than 100 km away

## **SPAIN**

up to 275€ per participant

## **GREECE**

up to 275€ per participant

## **POLAND**

up to 275€ per participant

# IMPORTANT!

- Don't forget all the important documents - passports, ID cards, Insurance, European Health Insurance Card ...
- Please bring with you all necessary medication you need or require during your stay in Slovenia
- Bring towels, swimsuits, toiletries, slippers — if you need them, sunscreen, sunglasses,
- Bring some spare clothes, a raincoat and comfortable walking shoes
- Save all invoices and travel expenses, as this is the only way to reimburse your travel expenses
- Alcohol is not included in meals during the project!
- Water and natural homemade juices are available-free of charge (tap water is drinkable!)
- It is necessary to follow the rules of the hostel house rules (you will all get them later)
- **Arrival of participants, 23 August**
- **Departure of participants 29 August**



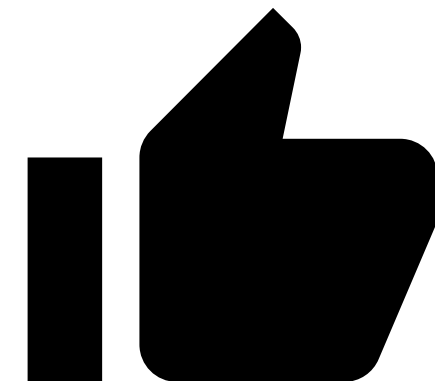
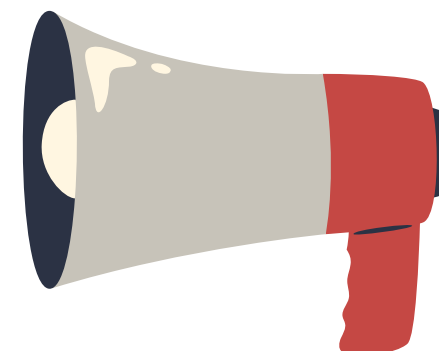
# PARTICIPATING ORGANIZATIONS AND OTHER ORGANIZATIONS THAT WILL PARTICIPATE IN THE IMPLEMENTATION OF THE PROJECT

- Mladinski svet Ljutomer
- Muévete por Europa
- FUNDACJA WSPIERANIA ROZWOJU MEDEINA
- MARKET PRODUCERS ORGANIC PRODUCTS
- MLADINSKI CENTER PRLEKIJE - POKRAJINSKI CENTER NVO, slovensko nacionalno združenje, delujočo v javnem interesu, socialno podjetje
- National Agency Movit
- Pürga Youth Club
- Society for Creativity and Education -ART VISION
- local volunteers
- and other organizations



# RECOMMENDATION

- please do not be loud after 10pm unless otherwise agreed with the organizers
- please do not smoke in the rooms, but only in the smoking area (shown on arrival)
- please respect the pace of the workshops and do not be late for activities
- in order for everything to go as it should, we kindly ask you to follow all the instructions given here and later on the spot (description of events for all 5 days, house rules, no delays ...)
- your rooms will be taken care of but we kindly ask you to keep them clean
- internet is provided, also access to a computer if anyone needs it



# MEALS: FOOD & DRINKS

1/3

All daily meals are prepared in the eco hostel Youth Center Prlekija and also served there, unless otherwise specified by the organizers.

## BREAKFAST

Breakfast will be served as a buffet, which also includes hot drinks - coffee, tea, milk, ... There are various cereals, yogurts, eggs, salami, fruit, jam, butter, honey, croissants, white and dark bread, ... Both sweet and savory things are available.

\* Traditional Slovenian breakfast: dark homemade bread, butter and honey, milk and apple.



# MEALS: FOOD & DRINKS

2/3

## LUNCH

For lunch, a variety of homemade dishes will be served during your stay, and meals will always include vegetables, salads, bread and fruit or dessert.

Inform us about health problems regarding special diets and allergies to certain foods in advance, as we will be able to adapt such foods to diets and allergens in a timely manner. Please also let us know if anyone is a vegetarian or vegan

(we will provide you with an application form later, which will include information about the participants and notes on food-diet, allergies ...)

\* Traditional Slovenian lunch: beef soup with homemade noodles, fried potatoes and beef from soup or roast.





# MEALS: FOOD & DRINKS

2/3

## DINER

Homemade dishes will also be served for dinner.

Dinners have about the same characteristics as lunches.

\* Slovenian dinner: Slovenians usually eat for dinner what we have left over from lunch and breakfast, or we prepare something simple, usually something that can be prepared quickly.





# PREPARATION

1/2

**Preparations before coming to Slovenia:** work and talk with the participants of your country and think together about environmental sustainability, planetary pollution and climate change. Prepare a presentation on the topic in question; how you are dealing with it in your country, what changes you have introduced as a country to contribute to a greener country and a greener planet. The presentation should not be longer than 15 minutes. Please include in this presentation a general short presentation of your country (you can bring something traditional - Slovenians, for example, dress in traditional Slovenian clothes for such presentations).

You can prepare a powerpoint presentation, a poster, just written text, whatever you want. We will prepare everything you need for the presentation; computers, projector, white screen ... If you want, you can send the presentation in advance to the mail of our organization.

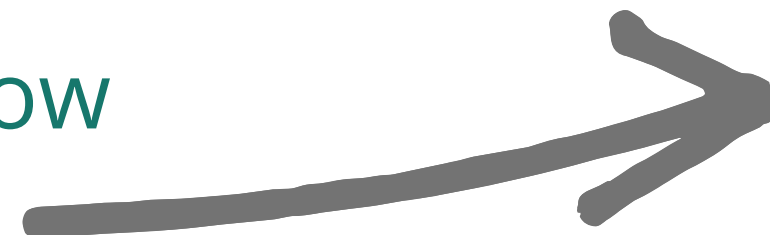
# PREPARATION

2/2

The schedule of activities will be very varied, from workshops on the topic of the project, to sports activities and relaxation, and maybe even a party! We all need to have a little fun, don't we? 😊

The schedule will be sent to you later (presumably in mid-July) so that you can review it in peace, but you can also suggest us any changes in activities. If you remember something specific or something in the schedule does not suit you (for example, due to your health condition or something else), write to us and we will do our best to find solutions.

For the first introductory evening, we invite all participants to think and surprise us all with fun games to get to know each other better.



# HOW TO REACH US?

We are here to answer all your questions about the project or about our organization. You can contact us:



Find and like us on  
Facebook:

- **msljutomer@gmail.com**  
Official email of the organization Youth Council Ljutomer
- **marinic.katja@gmail.com**  
Katja Marinič  
Contact person responsible for the project
- **tamaraaabrumennn@gmail.com**  
Tamara Brumen  
Legal representative of the organization

