



PLANINSKA  
ZVEZA  
SLOVENIJE | ALPINE  
ASSOCIATION  
OF SLOVENIA

Dvorakova ulica 9  
SI-1000 Ljubljana  
Slovenija  
p. p. 214

T +386 (0)1 43 45 680  
F +386 (0)1 34 45 691  
E info@pzs.si  
W www.pzs.si

ID DDV SI62316133  
TRR 05100-8010489572



## Youth Leader Training Seminar YC UIAA seminar in Slovenia (29. 8.–2. 9. 2012)

In Mountaineering Training Centre Bavšica in Bavšica valley



### Background and purpose:

Four topics, that we'd like to introduce to the participants of the seminar:

- **Main topic: Age-adjusted programmes and system of working with kids and youth.** Our great programmes for kids and youth: Ciciban planinec (Preschool mountaineer) and Mladi planinec (Youth mountaineer).
- We'd like to introduce you also the training system for sports climbing for youth, which is very successful. Our Slovenian national team have more winners at the championships, winners of World Cup competitions and overall, etc.
- Our ice-climbing athletes, who are successfully competing in lead and speed at the UIAA World Cup.
- Ascents of Slovenian alpine-climbers (alpinists) are excellent; they've won also more golden ice-axe awards in different years (also this year for the ascent in 2011/Luka Stražar, Nejc Marčič). Some alpinists-guests would share their experiences, especially from Slovenian National youth alpine-climbing team (alpinism), which was set up in April 2012.

*Let's go **together safely** to the mountains!*



**PLANINSKA  
ZVEZA  
SLOVENIJE** | ALPINE  
ASSOCIATION  
OF SLOVENIA

Dvorakova ulica 9  
SI-1000 Ljubljana  
Slovenija  
p. p. 214

**T** +386 (0)1 43 45 680  
**F** +386 (0)1 34 45 691  
**E** info@pzs.si  
**W** www.pzs.si

**ID** DDV SI62316133  
**TRR** 05100-8010489572

Also important aspect: exchanges the training systems/working with youth in different Mountaineering Federations.

The Alpine Association of Slovenia has an established system of training in different kind of activities, that has been shaped for decades and promotes the values of democracy, autonomy and cooperation of the young which are expressed in its essence, its content, forms and methods of work. In view of the age of the programme participants there exist two methods of approach: work with the young and work by the young.

Beside the system of training in different kind of activities and education, working with kids, youth, we'd like to introduce you also the training system for sports climbing for kids and youth. Our athletes are really successful at the biggest competitions – in the World Cup IFSC and at the World Championships. The Slovenian national team and its younger selections have enjoyed fantastic achievements in the European and worldlevel competitions: 2001 Martina Čufar – World Champion, Women Lead, Winterthur (SUI); 2007 Maja Vidmar – World Cup Winner, Women Lead; Natalija Gros – Overall Women World Cup Winner; 2008 Natalija Gros– European Champion in Women Boulder; and European Champion in Overall Women, Paris (FRA); 2008 Klemen Bečan – First World Cup Men Lead victory for Slovenia, Kranj (SLO); 2009 Maja Vidmar– Women Lead Winner at the World Games, Kaohsiung (TPE) ; 2010 Mina Markovič – European Champion in Overall Women, Imst (AUT); 2011 Mina Markovič – World Cup Winner, Women Lead; 2011 Domen Škofic – World Champion in Men Lead, Youth A; 2011 Jure Rztresen – World Champion in Men Lead, Youth B. Our athletes climbed lots of gold medals in boulder (Mina Markovič – 2011, 2012, Domen Škofic, youth – 2012; Domen also in lead in 2012), and others medals.

#### **Age-adjusted programmes:**

Work with the young is characterised by conduct and implementation of the teaching process for the children and teenagers, and partly also for the young, by qualified mountain climbing professionals (mountaineering group mentors, Alpine Association of Slovenia guides, mountaineering school instructors...). Owing to the complexity of the mountain climbing activities (e.g. trips, hikes, tours, ridge ski tours, ascents of mountains or climbing grounds...) the mountaineering mentors cannot only be selected from the young. They are also adults with special skills and enviable experience.

Work by the young is the realisation of the contemporary principle of civilian organisations: the programme is entirely shaped and conducted by the young. Simultaneously, there runs an intensive process of informal education and training. The activity assumes a special importance when the imparting of knowledge and passing on of experience are implemented within the scope of the voluntary service. The work by the young method is mostly intended for the secondary school students and the young until 27 years of age (Peršolja, 2001a).

Types of work with the young are as follows:

- The mountaineering group is active at school or kindergarten. At regular weekly meetings the preparations for the outdoor activities are carried out, the members socialize and attend mountaineering school.
- The trips, hikes, and tours are the most widespread outdoor activity. They are the reason why mountaineering has kept its popularity among the young.
- Mountain climbing camps are the elite type of the mountaineering activity. They are widely practised and very popular. A several-day camping experience in tents or alpine huts is indubitably the highlight of each year's activities. Camping stands as a reward for conscientious year-long endeavour as a mountain climber.
- The tiddler mountain climber campaign has been designed for preschoolers. They enter their impressions from the trips in the *Ringa Raja* Diary and when they have been to a certain number of trips they are rewarded with a trimming, badge and a song book. The campaign concludes with a Young Climber Diary bestowal ceremony, designed for primary school pupils. When they have been regularly going on trips, hikes or tours, and entered them into their diaries, they can win a bronze, silver or golden Young Climber Badge. To receive the Golden Badge they need to pass a mountain climbing school test.
- Mountain climbing school is a regulated system, embracing the teaching of movement in the mountains and mountain safety, orientation, mountaineering equipment, provisions, meteorology, history of mountain climbing, mountain climbing values and familiarisation with the alpine world.

*Let's go **together safely** to the mountains!*



**PLANINSKA  
ZVEZA  
SLOVENIJE** | ALPINE  
ASSOCIATION  
OF SLOVENIA

Dvorakova ulica 9  
SI-1000 Ljubljana  
Slovenija  
p. p. 214

**T** +386 (0)1 43 45 680  
**F** +386 (0)1 34 45 691  
**E** info@pzs.si  
**W** www.pzs.si

**ID** DDV SI62316133  
**TRR** 05100-8010489572

- Other campaigns and competitions: The Young and the Mountains, Competitions in Orientation, alpine climbing course and a week of ridge ski tour (Peršolja, 2005).

Mountaineering is fostered as family mountain climbing or organised mountain climbing in climbing groups by primary schools and mountain climbing societies.

Guides and climbing group mentors of the Alpine Association of Slovenia organise climbing trips for the young. They also hold regular meetings of climbing groups at primary schools. The climbing group mentors organise and promote the complete mountaineering activities, i.e. in cooperation with the youth section of the mountain climbing society the mentors organise hikes and tours, carry out the Tiddler Climber and Young Climber campaigns, conduct mountain climbing school, and promotional campaigns.

#### **DATA:**

**Time:** 29. 8. – 2. 9. 2012

**Place:** Slovenia, Bavšica valley.

**Participants:** over 18 years, under a direction of climbing federations, clubs or sections. The participants have to have an interest of working with kids and youth, or they are already working with them in different kind of mountain activities etc. and would like to get to know with PZS system and share with all of us their experiences.

**Max. 4** per country/Federation and till fulfilling the places.

**Accommodation:** Mountaineering Training Centre Bavšica in Bavšica valley.

**Meals:** Full Board.

**Clothes and footwear:** for city, sports and mountaineering.

**Equipment:** personal equipment for mountaineering, mountaineering and sports clothes, the climbing equipment, self-protecting systems, raincoat, a cap, sun glasses, a sun-protection cream, torch, personal first-aid kit.

**Insurance:** the personal insurance for illness or accident is mandatory, including third part liability. We recommend travel insurance also in case of any lost baggage.

**Costs: 60 EUR (you'll pay it at the arrival to the Seminar).** Meeting and support at arrival and departure, accommodation and registration, food, consultations, lectures, planned excursions, transport during the seminar, possibility for borrowing the climbing equipment, self-protecting systems.

Costs not include: travel expenses to Slovenia and return, personal expenses.

**Organizing Federation:** Youth Commission of the Alpine Association of Slovenia (MK PZS).

**CONTACT** person: Zdenka Mihelič, a representative of MK PZS in YC UIAA, [mihelic.zdenka@gmail.com](mailto:mihelic.zdenka@gmail.com), mobile: +386 41 222 358.

Youth Commission of PZS: [mladinska.komisija@pzs.si](mailto:mladinska.komisija@pzs.si).

**REGISTRATION and APPLICATIONS** deadline: **20. 7. 2012.**

If possible, please send the fulfilled Application Form through your federation, to the following e-mail: [mladinska.komisija@pzs.si](mailto:mladinska.komisija@pzs.si).

*Let's go **together safely** to the mountains!*



**PLANINSKA  
ZVEZA  
SLOVENIJE** | *ALPINE  
ASSOCIATION  
OF SLOVENIA*

Dvorakova ulica 9  
SI-1000 Ljubljana  
Slovenija  
p. p. 214

**T** +386 (0)1 43 45 680  
**F** +386 (0)1 34 45 691  
**E** info@pzs.si  
**W** www.pzs.si

**ID DDV** SI62316133  
**TRR** 05100-8010489572

## THE PROGRAM:

### Wednesday, 29. 8. 2012

14.00 arrivals at Ljubljana airport or directly in Bavšica valley.

19.00 Dinner

21.00 welcome party

### Thursday, 30. 8. 2012

Working in groups, different ages. Workshops will lead our trainers, voluntary guides and mentors of mountaineering groups, who are working with kids, youth.

Participants could exchange their experiences and introduce us the education/training system with children in their Federation. Please bring some materials with you (brochures/video/books/ppt ..).

### Friday, 31. 8. 2012

Climbing day

- Learning techniques,
- Exchanges of experiences,
- Work on artificial climbing wall.

Evening:

- Orientation: »horror in KLUŽE«.

### Saturday, 1. 9. 2012

How to work with young people:

Experience in training and education of young people from 3-18 years

- Programmes Mladi planinec in Ciciban planinec, <http://mk.pzs.si/mpcp/>,
- Informal training for youth leaders in Slovenia.

### Sunday, 2. 9. 2012

Walk along the 'Path of peace' and see the information center of the Triglav national park.

Lunch in PUS Bavšica.

Evaluation and conclusion.

## WHERE:

**Mountaineering Training Centre  
Bavšica**, <http://mk.pzs.si/pus/>

The Mountaineering Training Centre Bavšica (Planinsko učno središče Bavšica) is the central training facility of the Alpine Association of Slovenia (Planinska zveza Slovenije), which provides training for mountain guides, mountaineering group mentors, youth leaders, and other mountaineering staff. The mountains around Bavšica abound in trailless terrains of



*Let's go **together safely** to the mountains!*





**PLANINSKA  
ZVEZA  
SLOVENIJE** | ALPINE  
ASSOCIATION  
OF SLOVENIA

Dvorakova ulica 9  
SI-1000 Ljubljana  
Slovenija  
p. p. 214

**T** +386 (0)1 43 45 680  
**F** +386 (0)1 34 45 691  
**E** info@pzs.si  
**W** www.pzs.si

**ID** DDV SI62316133  
**TRR** 05100-8010489572

various difficulty grades and are an ideal test site for all who wish to improve their mountaineering skills and upgrade their knowledge of all mountaineering-related activities.

Originally, the Bavšica Centre only ran courses for voluntary mountain guides and mountaineering educators, but with time more and more activities of the Alpine Association of Slovenia have been organized in the Bavšica valley. Besides the above-mentioned training programmes, the Centre has also run courses for trail markers, mountain nature protectionists, cycle-touring instructors, and navigation instructors.



The Bavšica Centre is owned by the Alpine Association of Slovenia, and managed by the Association's professional service and Youth Commission. In addition to courses, the Centre hosts various camps which are either organised by the Alpine Association of Slovenia or by its many Alpine Clubs. The lodge is available for rent, but only for the purpose of educational and training activities, which support the mission of the Centre as the provider of mountaineering training programmes.

### Facilities

The Mountaineering Training Centre Bavšica provides:

- 39 beds in six bedrooms,
- a large conference hall with all the needed audio and visual equipment.
- a small conference room where group work is carried out and activities are planned and prepared;
- a fully-fitted kitchen which can produce up to 50 meals
- the required storage spaces and common rooms,
- 6 additional beds in the 'winter room' to accommodate guests.

The temporary sports field behind the Mountaineering Training Centre Bavšica can be used for volleyball, football, or certain social games. Near the Centre is a mountaineering learning site featuring a secured trail and several low-grade climbing routes. See more photos in [the photo gallery](#).

### Where we are

The Bavšica valley is located in the western part of the Julian Alps, just a few kilometres from Bovec. The head of the valley extends to the foot of Bavški Grintovec whereas its lower end stretches as far as the Kluže fortress. The Mountaineering Training Centre is situated in the upper part of the valley, at the end of the road. For detailed instructions how to get to Centre, please see the location map below.

**Address:** Bavšica 20a, 5230 Bovec.

[View the Mountaineering Training Centre Bavšica at the map](#)

**By car:**



OR the code with coordinates for PUS Bavšica

**From Bovec:** From Bovec in the direction of Log pod Mangartom, 3 km. After the Kluže fortress, make a sharp right turn for the Bavšica valley (marked), and then continue along the valley for another 3 km. Bear right at the crossroads at the end of the asphalt-paved road. After 100 m you will reach your destination.

*Let's go **together safely** to the mountains!*



**PLANINSKA  
ZVEZA  
SLOVENIJE** | ALPINE  
ASSOCIATION  
OF SLOVENIA

Dvorakova ulica 9  
SI-1000 Ljubljana  
Slovenija  
p. p. 214

T +386 (0)1 43 45 680  
F +386 (0)1 34 45 691  
E [info@pzs.si](mailto:info@pzs.si)  
W [www.pzs.si](http://www.pzs.si)

ID DDV SI62316133  
TRR 05100-8010489572

**From Predel:** Drive towards Bovec as far as the Kluže fortress; make a sharp left turn onto the side road towards the Bavšica valley (marked), and then drive along the valley for another 3 km. Bear right at the crossroads at the end of the asphalt-paved road. After 100 m you will reach your destination.

#### By bus or train:

**Buses to Bovec** run several times a day. For detailed information please refer to: <http://www.ap-ljubljana.si>. The nearest train station is at Most na Soči, 44 km from Bovec.

#### Bovec – How to get here



#### DISTANCE

Ljubljana	132 km	approx. 2 h
Portorož	174 km	approx. 2 h 30 min
Postojna	131 km	approx. 2 h
Nova Gorica	72 km	approx. 1 h 15 min
Tolmin	37 km	approx. 40 min

#### AIRPORTS

Ljubljana, Jože Pučnik Airport	112 km	approx. 1 h 45 min
Klagenfurt	100 km	approx. 1 h 15 min
Treviso	190 km	approx. 2 h 30 min
Venice, Marco Polo Airport	180 km	approx. 2 h 10 min
Trieste, Ronchi	87 km	approx. 1 h 40 min
Zagreb	280 km	approx. 3 h 20 min

#### TRAIN STATIONS

Most na Soči	44 km	approx. 45 min
Tarvisio Boscoverde	31 km	approx. 35 min
Udine	65 km	approx. 1 h 15 min
Villach	60 km	approx. 1 h
Jesenice	70 km	approx. 1 h 10 min

Supported by:



**PLANINSKA  
ZVEZA  
SLOVENIJE** | ALPINE  
ASSOCIATION  
OF SLOVENIA

Let's go **together safely** to the mountains!