



SLOVENIA – ZGORNJE JEZERSKO

# Ditching the WiFi for the Wildlife

25. 8. - 3. 9. 2013

## About the project

**“Ditching the Wifi for the Wildlife” was an international youth exchange, that gathered 35 young people from Czech Republic, Estonia, France, Malta, Romania, Slovenia and Turkey. A 10-day-long project was organized in a form of a camp and it took place on an eco-farm “Šenkovadomačija” in a small village in northern Slovenia, called Zgornje Jezersko.**

### Our mission

The basic idea of the project was to give a chance to as many young European people as possible for them to experience the value and importance of spending time being active in nature. The mission of the project was for youth, mostly coming from the urban European areas to experience life in nature and to gain their interest for spending more time in nature through that positive experience. By demonstrating the diversity of possible ways to be active in nature we wanted participants, how

easy, fun, healthy and important spending time in nature actively can be.

By learning the traditional values and ethics of Slovenian mountaineering and experiencing traditional sustainable local lifestyle and living in an pure eco-friendly environment, one goal was for participant to start thinking about the true meaning and the value of a term “sustainable development”.

Besides sharing that passion and experience, a very important goal of the project was also to evaluate the present situation in that field in Europe. We focused mostly on the actual problems in the field of youth spending their free time, estimated the reasons for those problems. Finally, we suggested possible solutions, changes and guidelines for the future, actively helping making Europe a better place and gaining awareness and citizenship to the European Union.

### Organization and founding

The project was initiated and organized by the Alpine association of Slovenia. The project was almost fully founded by the European commission’s program, called Youth in Action.



# Activites

Project's missions and goals have been successfully accomplished through many different activities, including:

- 3 half-day hiking trips in Slovenian mountains
- Workshops about basics of mountaineering, techniques of moving in mountains and mountaineering
- Orienteering competition
- Trip to Bled lake
- Sport climbing lesson
- Paintball tournament
- Visit of adrenaline park
- Sleeping in tents or in hayhouses
- Workshops about traditional regional household works (wool preparation, homemade slippers making, food preparation, farming, ...)
- Horse-riding
- Regular discussion and brainstorming groups
- National dinners and evenings
- Campfire activities (singing, open fire dinners, dancing, ...)
- New open-air field games
- Singing games
- Sports (volleyball, football, ...)





# Discussion group conclusions

## Being active rocks because:

- you are not dead yet
- it's fun!
- it makes you feel alive
- change is important and it is closely connected with being active
- you improve and learn new things
- you make more of your life
- you gain new experiences, adventures
- it makes you happy
- it feels GOOD
- because its a way to find accept/yourself
- that is simply how we are made

## Youth is passive nowadays because:

- people are afraid to make first step
- people are afraid of failing
- there are too many things in life that prevent us to be active (study, work, things to do)
- there are too many passive ways to have fun (tv, computer, games,...)
- people focus less on things that really matters and more on stupid stuff
- system encourage us to be passive
- being lazy is most often the easiest way
- people do not believe that they are capable to make a change
- because people don't know what to do with themselves
- there is too big influence of internet
- people put their lives in the society's hands instead of being responsible for their own happiness.



## Why spending time in nature?

- It gives you energy for everyday life.
- It's a nice experience and physical activity at the same time.
- Great get away from the city life and inactivity.
- It gives you motivation, peace and opens your mind.
- It changes your mood instantly.
- You can interact with other leaving creatures.
- It connects you with universe and all in between.
- It keeps you young.
- hugging trees gives you energy.
- we are part of nature.
- by feeling small, it makes you bigger.
- it is great for mental and spiritual recharge



## What can I do to make society be more active:

- promote active spending of free time
- make our own products
- think globally, act locally! Just a small change is a lot already!
- be the change I want to see in the world. Sharing positive ideas and help people understand that respect for nature
- I want to help all the people to "open mind". Discovery nature, power of your mind (spirit)
- to share my experience, to listen, to observe, to act, to care
- make more people happy and show how to enjoy yourself all the time
- to make less waste
- try to encourage and amaze people for active life

- more morning exercises
- to promote arts and education, to solve issues honestly and in a general interest in a way that is good
- teach when you know, learn when you do not, deserve your surroundings, care and share



## What will I do to make a change? I will...

- ... wake up earlier
- ... spread the games I learned in the exchange
- ... encourage people to take part in such projects
- ... organise cycling tours through the forest
- ... speak less and listen more.
- ... invite people to go running with me and make the run by themselves
- ... help all the people to find the way. I will start by telling my experience from Slovenia.
- ... tell my to thanks friends make me happy. Send a message, show them that and love them
- ... do sport exercises and more socialization
- ... visit nature at least once a week
- ... not be shy that much anymore
- ... sleep in nature more often
- ... travel more.
- ... look around me more → I wont be in my head that much.
- ... eliminate my ego as much as I can.
- ... plant trees with my friends
- ... make youth more active in nature by organising various activities through my organisation
- ...promote sound waste management
- One random act of kindness every day
- More nature sports and spend time in mountains
- Make uni more eco friendly
- Discuss with other people for open my mind and have one EVOLUTION!
- Finish my book and run every day

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