

TRANS ISTRA ECO JOURNEY

Youth Exchange, 20th August – 2nd September
2021

*Discover the beauties of Slovenian Istria
hinterland in good company and get to know
sustainable practices.*



During the twelve days, we will **discover the beauties of Slovenian Istrian region in a slow and environmentally friendly way**. We will travel from one place to the next mostly by walking. By sharing this journey, participants will build a **traveling community, tribes**, taking care of each other; meet with others in a new context, in a setting which promotes cooperation and can lead to life-long lasting friendships.

Everyday we will also present one of the **twelve Permaculture principles**, which will act as a fil-rouge throughout the whole mobility.

We will **visit some examples of sustainable practices**, so we'll get a wider view on possible social and economic alternatives to the mainstream living model. Through the help and connection with people who live these realities, we will explore possibilities for future cooperation. The different purposes and methods used in each of the places that we will visit will show a variety of ways and possibilities to achieve the same goal: a sustainable lifestyle.





For who?

- 25 participants aged 18-30 (4 participants + 1 youth leader from each country who can be older).
- From Italy, Germany, Slovenia, Croatia, and Romania.
- For people interested in sustainability, self-discovery, permaculture principles, and life in harmony with nature.

To apply, [click here](#).

Where?

We will meet at Sunny Hills of Istria, a vibrant community that aims for the sustainable revitalization of the rural area of Slovene Istria. The project will then take us around the Slovenian Istria, a land renowned for its rolling hills of olive trees and vineyards, where we will visit several sustainable projects by foot.



What to bring?

- Comfortable clothes and shoes, suitable for walking and outdoor activities. Please bring enough clothes to change as washing facilities will not be always available. In June the temperatures are usually high, but bring something warm as well. Rainproof equipment.
- Tent and sleeping gear (sleeping bag, mat). If you don't own a tent, try asking friends, family, neighbors, etc. to borrow one. In case you still can't find any, please let us know.
- Your own plate, cup, and cutlery, best if metal or plastic, so they won't break.
- The program welcomes input from participants. So don't forget your passion items: musical instruments, toys, crafts, etc.

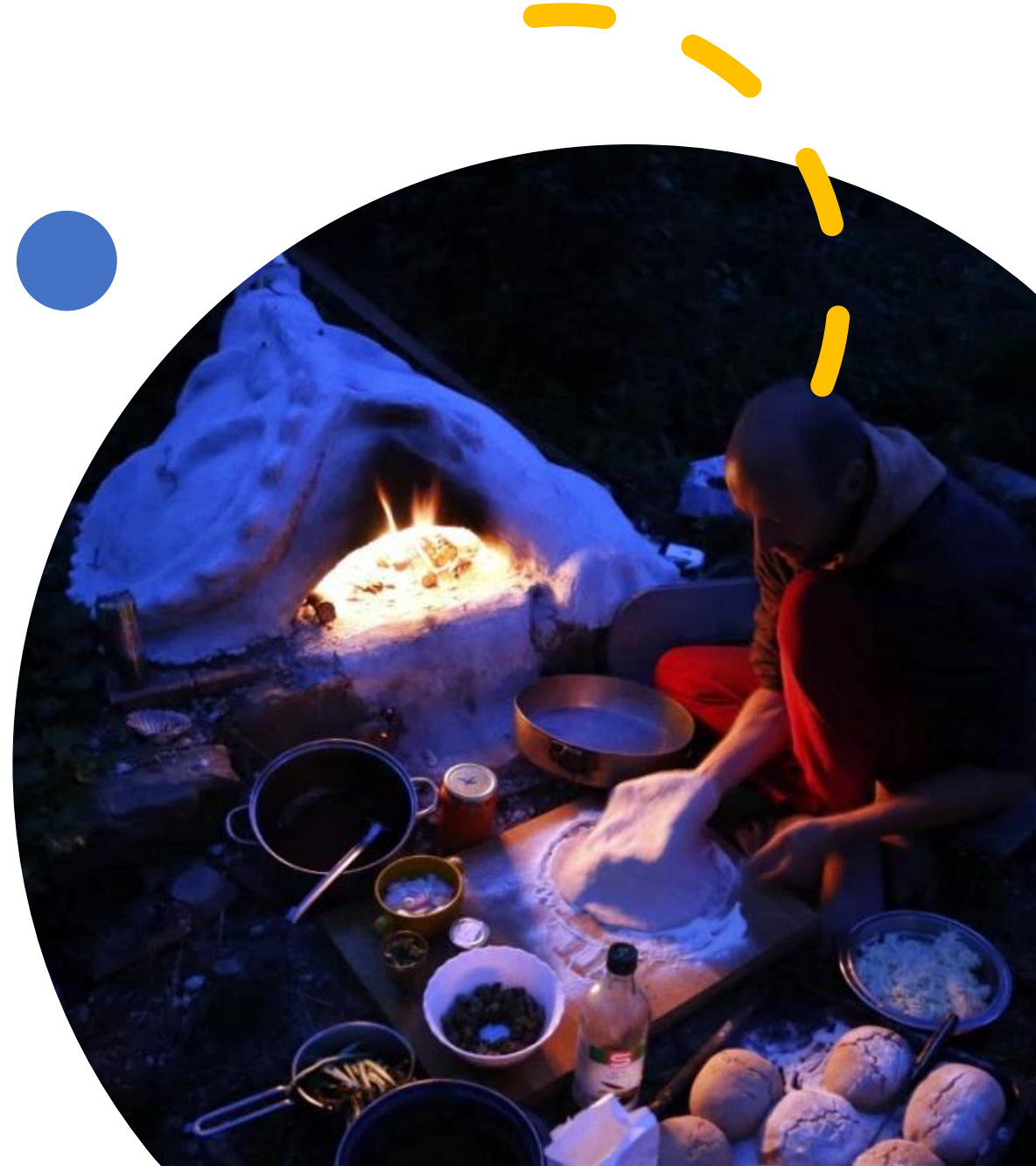
All above mentioned nicely packed in a comfortable backpack! And lots of laughter, curiosity, and joy! :)



Food and accommodation

Accommodation will be in the million stars hotel: tents under the sky. Meals will be local, organic, and vegetarian, prepared by our lovely cook.

Please let us know if you have any dietary restrictions.



How to travel

This project is focused on nature and sustainability, therefore we invite you to choose an eco-friendly way of traveling like bus or train or sharing a car with other participants you're your country. Unfortunately, we cannot promise the reimbursement of the travel costs in case of last-minute cancellation, so it is best to choose companies or travel options that guarantee refund.

The travel expenses will be reimbursed up to a maximum budget limit depending on your country:

- Croatia: 180 EUR
- Germany: 275 EUR
- Italy: 275 EUR
- Romania: 275 EUR

IMPORTANT: Please keep all your tickets and original invoices so we can give you the money back.

The nearest town is Koper (Capodistria in Italian), to which you can get by Flixbus or train from Ljubljana. Check the website [bahn.com](https://www.bahn.com) for reliable train times, or book directly at the Slovenian [railway company website](https://www.slovenskagorazdravnice.si).

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Arrival and departure

Arrival day is the 20th of August.

Please come in the afternoon if possible, in time to set up the tent before dinner. After dinner we will have a quick welcome moment. Let us know your time of arrival as soon as you book your trip.

The departure: the program ends with breakfast on the 2nd of September.

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COVID-19 challenges

Apart from the formalities, **we trust in your good sense to behave responsibly** (avoid much contact with people in the two weeks before the exchange, respect the regulations in force in Slovenia and Europe).

At the moment the **entry to Slovenia is allowed with:**

- a negative rapid antigen test, RAP, provided that no more than 48 hours have passed since the swab was taken,
- a negative PCR test provided that no more than 72 hours have passed since the swab was taken,
- a certificate of recovery (but no more than six months old),
- a certificate of vaccination.

The exception to this are countries on the red lists, but for now Croatia, Romania, Germany, and Italy are on the green and orange list.

Here you can find updated information on the current situation:
<https://www.slovenia.info/en/plan-your-trip/all-you-need-to-know-for-a-healthy-and-safe-vacation-in-slovenia>

Participants are obliged to bring European health insurance card. Also, if someone will need testing before returning home, it will be organized before return (it is free with European health insurance card).

A little about Slovenia and the region

Slovenia is one of the smaller European countries with 2 million people; however, the country has a rich natural and cultural diversity, and it is where the Adriatic Sea meets the Alps and the Central-European Pannonian Basin.

Slovenian language has the most dialects among all Slavic countries (around 50!), and it is the only official EU language that uses dual in addition to singular and plural grammar forms.

The Slovenian Istria is part of the larger Istrian peninsula that connects Italy, Slovenia, and Croatia, renowned for its vineyards, olive tree groves, and salt plains on the coast.

The hinterland Istria is a rural region and we will learn about the uniqueness and unity of this area, despite its official belonging to different nations; to uncover its hidden potentials and bring an international and European dimension other than touristic and exploitation activities.





What we expect from you

- **Before the exchange:** Clear and effective communication, preparation of small activities, contact with your national group to arrange the travel.
- **During:** Active involvement in the activities, respect of the possible limitations or changes to the program due to COVID-19.
- **After:** Implementation of small dissemination (online?) event with your national group.

Join us!

Fill out the application HERE:

<https://forms.gle/j9Rvs5jm4Rga5V4H7>

Questions?

Write to us at sunnyhill.slovenia@gmail.com

