

## INFO PACK

### »Entrance for healthy lifestyle«



**Youth Exchange in Maribor, Slovenia**

**1 – 8 September 2018**



Co-funded by the  
Erasmus+ Programme  
of the European Union

## Fundacija Študentski tolar

Fundacija Študentski tolar, ustanova ŠOU v Ljubljani was established in 2006. Our primary purpose is to help students in need with:

- non-refundable financial and material resources,
- language courses,
- professional courses,
- sports courses,
- free psychotherapy sessions,
- various other forms of assistance and education ...

Our programs are designed to solve students' temporary social emergencies and help socially disadvantaged students, we strive to ensure equality in the accessibility of higher education and create new opportunities for ensuring the minimum level of the quality of students' lives. Our programs are designed for young people in social emergencies, but we also work with other student of University of Ljubljana (aged mostly between 18 and 30 years).

## Contacts

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## Entrance for healthy lifestyle

Youth exchange »Entrance for healthy lifestyle« is focused on youth between 18 and 29 years old who are motivated to live healthy. It involves also youth with fewer opportunities that are coming from rural areas or from economic poorer background. Through youth exchange will participants gain informal education, knowledge about different cultures and knowledge about different (healthier) active way of life.

This youth exchange will include five organizations from different parts of Europe. These are Slovenia, as the host country, Greece, Portugal, Poland and Italy. It will include 20 youth participants and 5 youth leaders.

Our goals of the project are to point out the problems of unhealthy way of life that people are living nowadays. We want to involve young people and encourage them to take responsibility and try to live healthier. We want to encourage local way of production of quality food and develop healthy way of urban life. Our goal is also to connect youth that are coming from different cultures and connect them for long-term cooperation. Also, very important part of the project is to build up competences for healthy lifestyle for youth that are coming from rural areas or from economic weaker background, which we will gain with different sport activities, as for example cycling, hiking and different sport games. We will show our youth the active way of life that can be performed also when they will come back to their homes. Through exchange of good practices, we will encourage youth to be creative when they prepare their own food and introduce them to grow vegetables organically. Important goal of the project is also for participants to gain experiences, knowledge and competences, which they will be able to transfer back home in their organizations and local life. Our main expected impact is to reach youth at a higher level of interest in healthier way of life, food self-supply and initiation of sport in their daily routine.



## Venue & Travel Days

The Youth Exchange will **be held in Maribor**, Slovenia's second largest city (94.876 inhabitants) which has a lot of natural and others sights that will help us to carry out this interesting youth exchange ([more about Maribor](#))

All the participants will be accommodated in [Hostel Pekarna \(Ob železnici 16, 2000 Maribor\)](#) in shared rooms, located less than 15 minutes walking from the city centre. Most of the activities will take place at the hostel and its surroundings.

Arrival day will be on the 1<sup>st</sup> September and departure on the 8<sup>th</sup> September 2018. **Participants must arrive on the venue on the 1<sup>st</sup> September, no later than at 7 p.m.**

Maribor is accessible by plane, train or bus. By plane (flights to the nearby airports):

- [Airport Ljubljana](#) (Slovenia)
- [Airport Graz](#) (Austria)
- [Airport Zagreb](#) (Croatia)
- [Vienna airport](#) (Austria)
- [Trieste airport](#) (Italy)
- [Venice Treviso Airport](#) (Italy)
- [Venice Marco Polo Airport](#) (Italy)

From Ljubljana airport, you have a direct bus to Ljubljana main railway station. From Ljubljana railway station you can go to Maribor [by train](#) or [by bus](#).

From all airports, you can use [GO OPTI shuttle bus](#) to Maribor (main bus station) or to Ljubljana. The cheapest option is normally group transfer, but you should check out the prices for both options.

From Graz, Zagreb, Vienna and Venice you can also use [Flixbus](#).

From Graz, Zagreb and Vienna you can easy reach Maribor [by train](#).

**\*\*NOTICE: Before you will buy transportation tickets, please contact us, so we can confirm that you have chosen a suitable ticket.**

**Please, purchase your tickets until 15<sup>th</sup> July the latest, as the prices will rise.**



**...When you arrive to Maribor, by bus or train to Hostel Pekarna:**

The bus and train stations are about 300 m apart. Please choose the bus with number: 1, 12 or 17. You can buy a ticket on the bus (1,10 €) or you can buy a card for more rides in any kiosks "1,2,3 Shop" around. Exit the bus at Magdalenski Park and go towards railways. You will see Hostel Pekarna on the right 100 m ahead of you.

If possible, one of our team member will wait for you at the main bus or train station in Maribor and escort you to our accommodation.

The international travel costs are covered according to the ERASMUS+ distance bands and they include the transport from the point of origin to the point of destination, round trip **up to**:

- Greece – 275 EUR/ pax
- Italy – 275 EUR/ pax
- Poland – 275 EUR/ pax
- Portugal – 360 EUR/ pax
- Slovenia – 180 EUR/pax

Board, lodging, all materials and the content of the youth exchange are covered.

You are in charge of arranging your own insurance for your travel and stay in Slovenia. As EU citizens, you can get free [European Health Insurance Card](#).

## Weather and other useful information you need to know

- September is this time of the year in Slovenia, when the summer is slowly slipping away (during the day, we usually need summer clothes, but, when the sun goes down, you will need warmer clothes with long sleeves).
- Bring your sportswear and sport shoes, because we will do a lot of sports during our activities.
- We will also have international dinner, so it's desirable to bring with you some typical food and drinks or other products and flag.
- The official currency in Slovenia is Euro, other currencies are not excepted.



## Participant Profiles

The participants of exchange are young people from 18 to 29 years old (4 from each partner organisation) + 1 group leader per partner (without age limit), coming from urban and rural areas in Europe who have:

- interest and motivation in the project topics (health, sport, urban gardening);
- are prepared to conduct different sport activities;
- capacity and interest in multiplying the project's results and methodology;
- at least basic English knowledge.

When choosing your participants, please take care on the gender balance.

***\*\*NOTICE: We encourage you to choose your participants and group leaders as soon as possible and inform us about them, until 15<sup>th</sup> July the latest. Later on, official application form will be prepared, as well as project's Facebook group.***

## Partnership

**Coordinator:** Fundacija Študentski tolar (Ljubljana, Slovenia)

**Partners:**

- Youth Center of Epirus (Ioannina, Greece)
- Elios (Acireale, Italy)
- Youth Support Centre (Lubin, Poland)
- Autonomia e Descoberta, CRL (Beja, Portugal)

