

# THE LIVING PROJECT

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A WILD ADVENTURE TO INSPIRE LIFE

WILD SLOVENIA - 10 DAYS

*"I just wanted to say thank you for everything you did this past week, it was genuinely such a beautiful experience. The philosophy with which y'all approach things is one many could learn from, and one which I hope to move towards in the future."*

**Student, Latymer Upper School**

**BE TRUE.  
LIVE WILD**

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# WHY WE'RE HERE

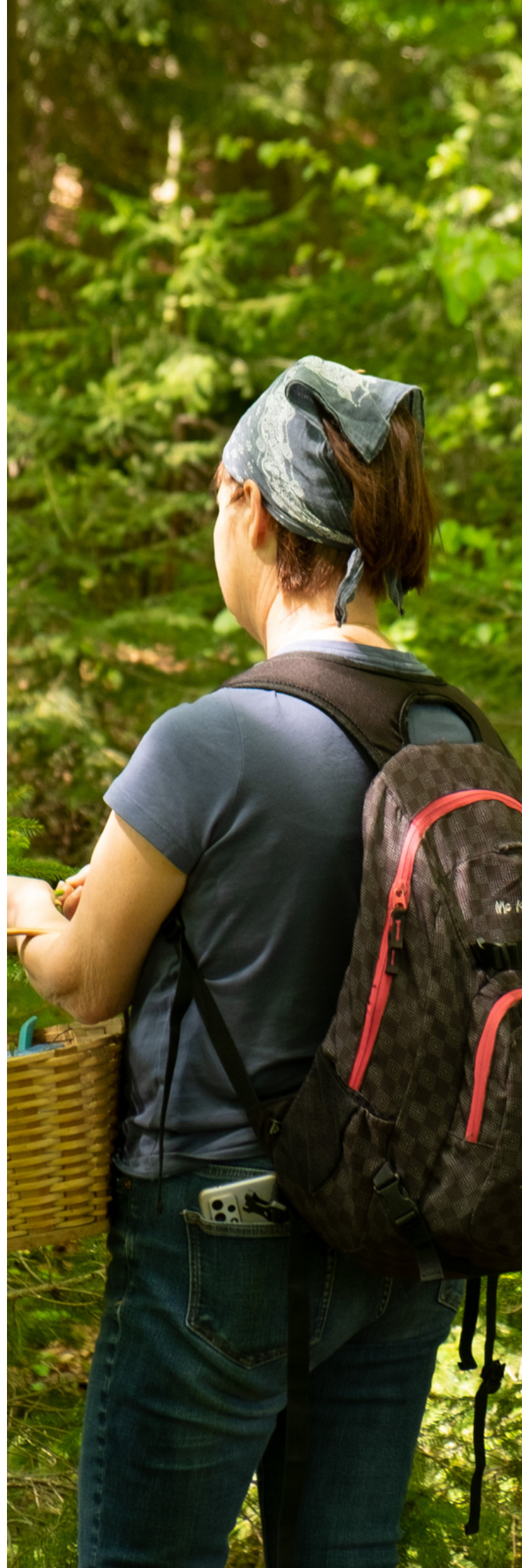
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We're passionate about working with young people, and providing a supportive space for healthy exploration of self, other and the world.

We do this through providing mindful adventures in wild places.

We have more than 25 years experience providing safe and meaningful adventures in the wild with young people.

We know that human and whole-planet health and wellbeing benefits from cultural and environmental exploration and understanding. And that this is more important now than ever.





# SAFETY AND LEADERSHIP

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**Expert insurance, robust risk assessment and safety management, plus AALA licensing and support from Pharos Response 24/7, together with our experienced leaders enables us to provide a safe space for magic to unfold.**

Our co-founders have more than 25 years experience working with young people through adventurous activity and learning for service.

This means that safety is a hygiene factor which runs through everything we do as standard.

Through our experience in the adventure industry, we also understand the power of the human journey involved.

As such, our approach to adventure centres around mindfulness, coaching, teamwork, self-development and communication.

So while our leaders are all technically qualified when it comes to safety, they are also experienced, trained, resourced and committed to delivering meaningful adventures for students.

As well as our core team of leaders, we also partner with experts in fields such as re-wilding, conservation and sustainability, so that we can provide genuine breadth and depth to our adventures.

All of this enables us provide safe, current and credible programmes centred around exploration, curiosity, personal development, and wellbeing.

It's this unique combination of safety, experience and leadership which allows magic to unfold.



# THE MAGIC (WHAT WE DO)

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**On all our wild adventures, we focus on the journey itself - taking the time to engage students fully in the environment they're in**

We're committed to highlighting the benefits of connecting with others, and the natural world through adventure, and meaningful service.

We do this by engaging in a mix of activities (depending on the group, the environment and outcomes). Some examples of these - but not limited to are:

- Play
- Coaching
- Reflection and journaling
- Conservation and sustainability
- Mindfulness
- Meditation
- Yoga/movement
- Trekking
- Storytelling round the fire
- Sleeping under the stars

Empowering student outcomes include but are not not limited to:

- Self-confidence through Adventure & Exploration
- Improved awareness of Mental Health and wellbeing
- Leadership and teamwork
- A commitment to guardianship of the natural world
- Empathy for others and the natural world
- Awareness of responsible travel

We make conscious decisions about the way we travel to and from our adventures, and the providers, equipment and resources we use on our adventures.

By making responsible decisions, we are able to subtly immerse students in those considerations in order to develop their awareness in this space.

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# LEARNING FOR SERVICE

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We're committed to ensuring our learning for service experiences have a clear win-win for young people, host communities and the natural world. We ensure we do no harm. Our approach is driven by both our organisational values and internationally recognised standards for responsible tourism.

How do we do it?...

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## GLOBAL CITIZENSHIP

At the heart of our approach is to inspire young people to learn the skills and to want to be active global citizens.

We start with an inquiry question:  
**How can I/ we do good in the world?**

We consider this question from two perspectives.

### PERSONAL DEVELOPMENT

Firstly, through a lens of social and emotional learning, we consider the personal values and skills required in supporting healthy interaction with ourselves, our peers, and a wider global community.

### GLOBAL DEVELOPMENT

Secondly, we support the United Nations 17 Sustainable Development Goals. We always consider which development goals are appropriate to our learning for service and how we can contribute towards their achievement.

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# LEARNING FOR SERVICE

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## CLEAR LEARNING PROCESS

Young people will be led intentionally through a 5 stage structured participatory learning and development process that will take place before travel, in the adventure destination (Slovenia) and after their return.

### STAGE ONE: PREPARATION & PLANNING

You will learn about responsible travel, and the ethics of learning for service. You will learn about your host community's context. Together you will consider what your respective roles can be in support of both your personal and their community development.

### STAGE TWO: ACTIVE COMMUNITY PARTICIPATION

You will, alongside a local expert, learn about and contribute to wildlife monitoring efforts in the region, and will consider the importance of this environment for Europe's three main predators - Wolves, Bears and Lynx. This will provide you with an opportunity to consider how you can play an effective role as a global citizen now and in the future.

### STAGE THREE: REVIEW

Reviewing experience daily and after your adventure as self, team and with your hosts is critical to both witnessing growth and recognising your understanding of the people among which you will spend time.

### STAGE FOUR: GRATITUDE & CELEBRATION

At the end of our adventure we say a heartfelt thank you, we recognise and celebrate our success and the time we have shared

### STAGE FIVE: DEMONSTRATION OF IMPACT

After you are back home we will need to consider the real world impact of your experience on you, and others. We are looking for impact. How has your time in in Slovenia inspired your life, decisions and passion to make a contribution to the world?

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# LEARNING FOR SERVICE

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## EXPERIENCED LOCAL PARTNERS

It's crucial that we work with experienced local partners if we are to see a positive impact of our presence. We love our in-country partner in Slovenia because they use their local contacts and resources to truly engage our adventurers in the magic of this remarkable environment .



## AVOID HARM, MAXIMISE MUTUAL RESPECT

We're committed to values and actions that respectfully consider appropriate roles, hopes and fears of all stakeholders. These include us, our host communities, skilled work people and local partners.

- We only undertake safe and the appropriate tasks that recognise the experience and skills that we have.
  - Our participation is respectful of others' daily lives and our activities are aligned to ensure they do not adversely affect children's education and the communities normal livelihood activities.
  - We pay fairly for all services we receive, including the services of local tradespeople, if required, so that through our presence we actively provide economic benefits to our host community.
  - We take our social and cultural impact seriously. We take photos of adults only with their stated permission. We do not take photos of children, including you, unless there is an agreement from their guardians to do so. Child Safeguarding is universal.
  - We never seek to tag our names through fixed murals or to take ownership of others schools, community buildings etc. We leave with memories and respect how our hosts wish to recognise our added value.
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# WILD SLOVENIA



# OVERVIEW:

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A 10 day Wild adventure in the forests, mountains and rivers of Slovenia.

You are invited on an adventure in a remarkable place. You'll work as a team on a stunning adventure in the home of some of Europe's most diverse ecosystems. Led by The Living Project's very own, inspiring International Mountain Leader and Slovenia resident - Mikaela Toczek, you'll journey through ancient forests, dip in emerald green waters and share space with Europe's biggest predators; bears, wolves and lynx. Your Slovenia adventure is all about making connections.

You'll spend time in a quiet village in Idrija Geopark, where some residents have links going back 300 hundred years, and where Mikaela is lucky enough to call her home. You'll learn about the crafts and skills at the heart of the community, You'll connect with the land in a unique way, including tracking animals through the ancient forests surrounding our plateau. Marveling at the night sky, walking sections of the Via Alpina long-distance route and finally, visiting the Julian Alps, this is an unforgettable trip blending nature, culture, adventure and meaningful connection.

Your goal, through adventure and learning for service, is to explore what it means to be human, a community, and to find our place in the world, where we can make a positive contribution.

You will be enriched by your experience, inspired by your hosts and proud of your achievements!

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# SLOVENIA:

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Slovenia is a small country rich in nature, with a deeply ingrained mountain culture. 68% is covered in forest and there are 3 Alpine ranges, each with their own distinctive characters. The Julian Alps, The Karavanke Alps and the Kamnik Alps.

You'll be exploring the area around Ildrija Gepopark, at the start of the Dinaric Alps, with ancient forests and a unique ecosystem. The people here live with their land, with wild flower meadow management a whole village affair, and traditional crafts and local practises such as bee keeping at the heart of a connected community life.

Vast spruce and beech forests roll over the foothills of this stunning region - all the way to the Julian Alps and Triglav National Park, where you'll explore mountain passes and pastures, with views of Slovenia's highest peaks



# EXAMPLE ITNERARY:

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## Day One:

On arrival at Ljubljana airport you'll be met by Mikaela and transferred to your base at Idrija Geopark. Here you'll set up camp in the beautifully forested surroundings.

## Day Two:

Today you'll explore the local village, visiting a beekeeper, a cheesemaker and a lacemaker. You'll have the opportunity to learn about life here, meadow ecology and forests in this small community found on the edge of the ancient forests of Trnovski Gozd and the foothills of the Alps. If you're here in August you might be treated to amazing views of the perseids meteor shower, and groups will be invited to stargaze from our camp and experience this amazing natural phenomenon. If it's not August – the night skies here are a gift to gaze on all year round!

## Day Three:

Waking early today you'll set off on your multi-day trek, meeting with a local expert to look for tracks and traces of Lynx, Wolves and Bears in the forests surrounding the village. During the trek you'll learn about forest conservation and why Slovenia has become known as one of the world's greenest countries, and the first to gain the title of 'Green Destination of the World' in it's entirety. On route you'll visit a viewing tower on a local peak, where you can see all the way to the Julian Alps in one direction and the Adriatic Sea in the other. You'll be working with your local expert to choose locations for placing remote cameras. You'll stay the night in a traditional mountain cottage, with the option for a night walk to a nearby hillside observatory for stargazing.

## Day Four:

Your route today joins the long-distance trail of the Via Alpina and makes it's way down to the emerald waters of the Idrijca river, where there will be time to dip in its slow-moving and deep pools. You'll continue along the historic Rake canal, built in the 18th Century to power the mercury mines it has gained further attention for its unique botanical treasures, with some flowers growing that are endemic to this area. We will stay the night at the dynamic, youth-run hostel.

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# EXAMPLE ITNERARY:

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## Day Five:

Today you'll leave your rucksacks behind at the youth hostel. You'll meet up with a local cycling guide and set off via bike for a day exploring the Klavže dams of the Idrijca, which are considered such a marvel of engineering for their era that they have become known as the Slovenian Pyramids. There will also be time for swimming and dipping in some of the river's hidden pools. You'll stay the night in Idrija Youth Hostel once again.

## Day Six:

Waving goodbye to Idrija you'll journey via private transfer towards the Julian Alps. On the way you'll stop for lunch at the Lepena Koča (about a 2 hour drive) before walking up a long forest path in the afternoon to a beautiful and remote mountain cottage.

## Day Seven:

Today starts early as you trek up into the Julian Alps, crossing over the incredible Bogatin Saddle, with views of Slovenia's highest mountain Triglav and the option to include a remote 2000M peak in your route. Tonight you'll stay at a small alpine cottage (maybe you'll get to meet their resident fox, who often comes to visit).

## Day Eight:

After breakfast you'll continue your trek, traversing the Triglav lakes valley, one of the jewels in the crown of the Julian Alps and you'll stay in the mountain dormitory of Zasavska Koča, a place often visited by mountain lovers on their treks into the Julian Alps.

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# EXAMPLE ITNERARY:

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## **Day Nine:**

Your final day of trekking sees you walking down the ancient mule track, and rejoining the Soča river at the village of Trenta. Tonight you'll stay in the village, and enjoy a celebratory pizza at a local restaurant, giving you and the team a chance to reflect on the adventure just shared, and all you have learned.

## **Day Ten:**

Today you journey home. Depending on your flight time you may be able to drive up over the Vrsic Pass with a stop to enjoy the incredible views.

## **But what about those cameras we placed to monitor wildlife?**

Good question. Following your return home, the cameras will be retrieved, and the images shared with your team, and we'll arrange a whole team video call with Mikaela to review the images and consider what you found, and why that is important to local conservation efforts in Slovenia.

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# INCLUSIONS

- 1 Pre-Adventure Workshop (Zoom)
- 1 The Living Project Leader (International Mountain Leader and Slovenian Resident - Mikaela Toczek)
- The Living Project Comprehensive Risk Management inc. travel & public liability insurance and incident response (while in Slovenia) see our [terms and conditions](#) for details
- 1 free school leader place per team (extra school leaders charged 100% pp price)
- All in-country support staff/local experts (as per itinerary) as required
- All required transport during the adventure from collection to return at Ljubljana airport
- All accommodation - hostels, alpine cottages, camping
- All required group safety kit/support
- All meals. From arrival in Slovenia until return to Ljubljana airport
- The Living Project t-shirts for all school leaders
- Personal journals + pencils





# EXCLUSIONS

- Transport to and from Slovenia (flights)
- Cancellation/flight insurance
- Personal kit, sleeping bags (kit list provided)
- Additional snacks/sweets
- Personal medications
- Personal spending money (recommend E50 pp)

# WHEN?

- Wild Slovenia is available May - October. In May/June itineraries can be affected by remaining snow - there are other routes available for these times of year.

# PRICE:

**£1,575PP**

**Also available as 7 day Itinerary priced at £1,375pp**

- Min PAX per team: 10 + 1/2 teachers
- Max PAX per team: 14 + 1/2 teachers
- Max number of teams at one time: 1
- 30% pp deposit required to secure booking. Final payment due 8 weeks before the start of the adventure.



*"It's ignited a flame, it's an experience I'll remember for the rest of my life."*

**BE TRUE.  
LIVE WILD**



A person with a backpack is walking away from the camera across a narrow wooden suspension bridge. The bridge is made of wooden planks and is supported by ropes. Below the bridge is a rocky river with white water rapids. The surrounding area is a dense forest with large rocks and green foliage. The lighting is bright, suggesting a sunny day.

**THE ADVENTURE STARTS HERE...**

The Living Project  
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