

# THE LIVING PROJECT

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A WILD ADVENTURE TO INSPIRE LIFE  
WILD WINTER SLOVENIA - 7 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 (Nepal) 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 animal tracking and engage in discussions about the environmental and bio-diversity impact of species re-introduction such as 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 WINTER SLOVENIA



# OVERVIEW:

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A 7 Day Wild Winter adventure on the Pokljuka Plateau - Triglav National Park

You are invited on an adventure in a remarkable place. You'll work as a team on a breathtaking snowshoeing 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, snowshoeing offers the perfect way to explore Slovenia's pristine backcountry environments, immersing yourself in nature, identifying tracks and traces and considering your roles as Global Citizens.

After mastering the basics of snowshoeing, you'll embark on a multi-day snowshoeing journey, exploring the vast Pokljuka plateau, weaving in and out of alpine pastures, forests and visiting incredible viewpoints, all on the edge of the Triglav National Park in the Julian Alps. Throughout your adventure you'll consider the environmental challenges facing this environment in a rapidly changing world.

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!

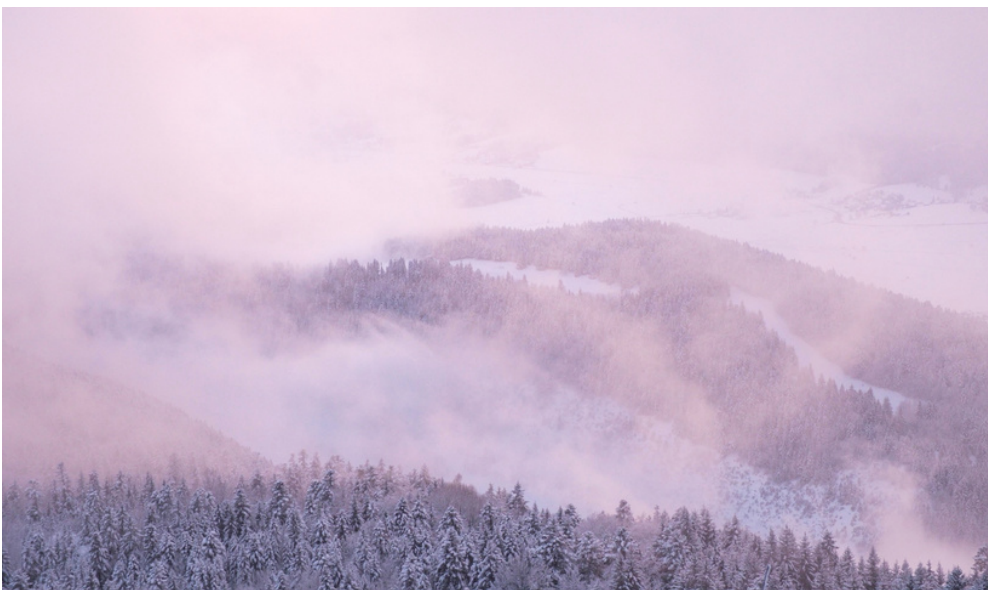
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# SLOVENIA:

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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. Hiking is widely considered the most popular activity, and in winter, downhill, alpine and cross-country skiing prevail, alongside snowboarding and mountaineering, with ski jumping attracting tens of thousands of spectators. However, unlike other European countries, there are currently no dedicated trails marked for snowshoeing in Slovenia, making it a true adventure, and with comparably few ski lifts and gondolas, the winter mountains are pristine.

We'll be exploring the Pokljuka plateau, shaped by glaciers in the last ice age and forming the largest rounded forest area in Slovenia. The environment is a balance of Spruce, Pine, Beech and Larch forests with Europe's highest most southernly peat bogs, characteristic sinkholes and alpine pastures. Pokljuka is also one of the gateways to the higher mountains of the Julian Alps and on each day we will be treated to incredible mountain views.



# EXAMPLE ITNERARY:

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## Day One:

Flights from London to Ljubljana usually arrive in the evening. When you arrive you'll be met at the airport by Mikaela and transported to your base camp. You'll be starting your journey right on the shores of lake Bohinj, in one of Slovenia's historic and well-loved scout centres.

## Day Two:

Waking up by the lake, you'll be able to gaze up at the snow covered mountains. After a morning check-in you'll catch the Gondola to Vogel for your snowshoeing skills day. In the evening you'll meet a local park ranger for a talk about conservation in the National park.

## Day Three:

Today you'll begin your snowshoeing journey onto the wild Pokljuka plateau - Triglav national park's largest forested area. On the way you'll learn about and photograph animal tracks and traces to complete mini-wildlife surveys before arriving at your base for the night, a simple alpine cottage.

## Day Four:

Rising early, today you'll continue your snowshoeing journey, with discussions around the re-introduction of Lynx in the area. After meeting a local expert on route to consider those discussions you'll continue on through beautiful mountain pastures and alpine forest before arriving at your second alpine cottage for the night.

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# EXAMPLE ITNERARY:

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## Day Five:

Today you'll return to the scout centre by Lake Bohinj via one of the region's most beautiful alpine pastures, with iconic shepherds huts leading the view towards the high peaks of the Julian Alps.

## Day Six:

Waking by the lake again, you'll spend today resting and reflecting on your adventure and all you have experienced and learned. There's some magic sights to explore around the lake and as a team you'll make a plan for how to make the most of this time to simply be in the moment.

## Day Seven:

Today, after a final breakfast and gratitude celebration of the journey just shared, you'll make your way home. Depending on the time of your flight there may even be time for a quick visit to Radovljica, famous for its chocolate and gingerbread!

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# SNOWSHOEING

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## **What is snowshoeing?**

The essence of snowshoeing is built on hiking, using a greater surface area to prevent you from sinking into the snow. This is achieved through the use of specially designed wide-framed rackets, which you attach to your boots with bindings. Snowshoeing is a wonderful low-impact activity, perfect for exploring the winter environment away from the crowds, ski resorts and prepared tracks. This is referred to as the winter backcountry.

It is estimated that the first snowshoes were created 4000-6000 years ago and were made from wood, woven baskets and sometimes fur. Modern snowshoes are mostly made from plastic and aluminium, although some still prefer traditionally crafted shoes.

## **Is snowshoeing suitable for complete beginners?**

Snowshoeing itself is very easy to get started, and you can learn the initial techniques required in just a few hours. As you gain confidence, more skills can be developed and journeys can be extended into more remote places. The most challenging skills to develop are avalanche awareness and route planning. You don't need any prior experience for this adventure, it is ideal for complete beginners. Whatever your level of experience, you can rely on our guidance, support and encouragement throughout the trip.

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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 - scout centre, alpine cottages
- All required group safety kit/support
- Snowshoeing equipment rental
- 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 Winter Slovenia is only available in January & February each year.

# PRICE:

**£1,450 PP**

- Min students per team: 8 + 1/2 teachers
- Max students per team: 11 + 1 teacher
- 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**



**THE ADVENTURE STARTS HERE...**

The Living Project  
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