



WHAT'S ON YOUR PLATE?

INFOPACK



IDRIJA, SLOVENIA, 5. APRIL 2024 - 14. APRIL 2024



**Funded by
the European Union**



ABOUT THE PROJECT

Hello everybody!

Another year, another opportunity to join us at an unforgettable exchange in Idrija! This time around we will be focusing on food, how to get it locally under 100km distance and into our bellies.

A delicious and fun exchange, full of new challenges!

So, if you enjoy cooking and you like to know where your food comes from, this exchange is for you!

We will explore what local food is, what it means for us to eat local, get food from farms and other local producers, use it in tasty recipes and later on spread our newly gained knowledge with others!

Expect debates about local food, sharing your experience with it in your countries, exploring Idrija and our local food, travelling around villages and tasting some of our local produce. We will also be creating videos and posts for social media, so be ready to present your products to the world.

You don't have to be a MasterChef cook to join us, you just need to enjoy cooking and be curious!

The organizational committee
and our contacts:

Miha Koblar (+386 51 412 587);

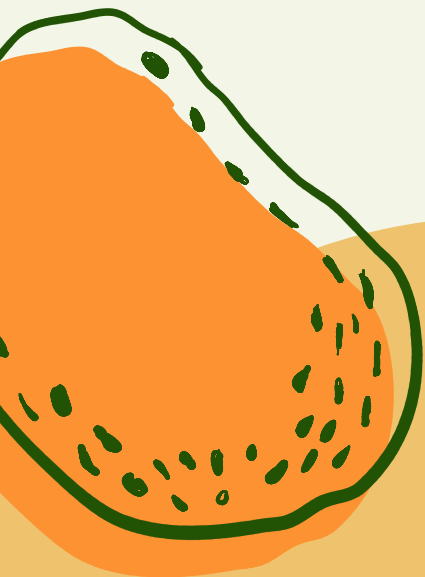
miha.koblar1@gmail.com

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PARTICIPANTS



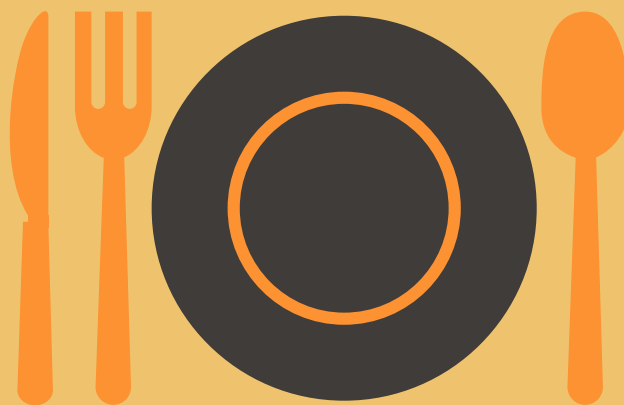
Do you like to cook? Do you want to know more about local food and what impact it can have on us and the world? Do you like meeting new people and experiencing new cultures? Then you are very welcome to join us for a few very tasty days in Idrija!

The age limit for this exchange is from 16 to 23. The number of participants per country will be 6 (5 youngsters + 1 group leader). The group leader must be over 18 and already have some past experiences with youth exchanges. There will be in total 4 countries participating in this exchange! The arrival day is on the 5th of April and the departure day is on the 14th of April, so the exchange in total will be 10 days long (8 days of activities + 2 travel days)!

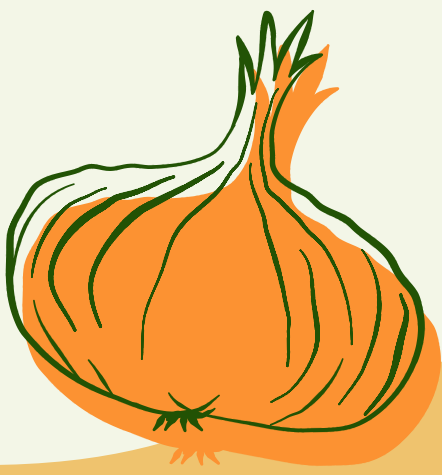
It is important, that the participants are prepared for active cooperation during the activities and are willing to share their ideas and knowledge! The main idea of the exchange is learning about local food and how it can impact us and the world through fun cooking challenges. Everyday we will have cooking groups and media groups so our days will be quite packed, but nonetheless fun! And again, you do not have to be a professional chef. As long as you are interested in cooking and know how to hold a knife without cutting yourself (or others), this exchange is for you!

If you want to participate, please fill in the google form with all the needed personal details:

<https://docs.google.com/forms/u/4/d/1ypiduVGs2Vb0DKB9QYbUYlsu9b8rn0w845DqJqgeK4k/edit?pli=1>



PRACTICAL ORGANISATION



WHAT TO PACK?

Even though the exchange is in April, the weather can be very unpredictable. We recommend to bring some comfortable shoes and clothes for the workshops and games that we are preparing. All the cooking tools and clothing will be provided, but if you have your favourite apron feel free to bring it!

We will also be travelling around Idrija and some nearby farms during the exchange, so bring clothes which can get dirty. The temperatures at night can also get low, so take some warm clothes with you.



We will also be using social media as a channel of gaining knowledge and sharing our research and products, so bring your computers and cameras, if you can. We only have a limited amount of them in our Youth center.



We will be focusing on cooking during the whole exchange, so you do not need to cook for your national evening, but that does not mean we will not have them! You can plan some entertainment (prepare videos, dances, songs, etc.) and bring with you some snacks and drinks for everyone to try and get to know your countries better!

We are also going to be playing secret friend. Have you heard of this before? Throughout the exchange we will each have our secret friend, whom we will write letters to, give gifts, clues about who we are, but will not expose that we are their secret friend. At the end we will have a big reveal of all our secret friends, so maybe think beforehand, if you want to bring them a gift from your hometown or country.

Be creative!

Make sure you have a European Health Insurance Card (or order it). If you are underaged (16-18 years old) fill in the parental consent form.

TRAVELLING

As far as the means of transport is concerned, there is plenty of possibilities to come to Slovenia. The most used are the plane connection to Ljubljana (Ljubljana Jože Pučnik Airport), Graz (airport in Austria), Zagreb (airport in Croatia) or Trieste/Venice (Italy).

There are shuttle buses available from all the surrounding airports by a company called GoOpti. It works like the public transport, but it is much faster and adaptable.

So, as soon as you know your arrival time to Slovenia, book your transport either to Ljubljana (or to Logatec petrol station if you arrive with the shuttle from an airport in Italy) or to Idrija.

ARRIVING TO IDRIJA

If you arrive to Ljubljana (or Logatec petrol station), the bus schedule is available online (nomago.si) or on the “Nomago” app that you can download where you get your phone apps. You go to “Nomago - vozni red (time schedule)”, put in the destinations and time (below you can find the schedule for 5th of April from Ljubljana’s main station to Idrija). You can buy the tickets via the app with a credit card or you can buy them directly at the driver with cash or at the main bus station. Once you are at the bus stop, the bus will be somewhere between the numbers 11 and 13 (the board above will say the destination). The bus on weekends is cheaper.

You are entitled only to get a reimbursement of travel costs if you use public transport. The costs of a car ride or car rental cannot be reimbursed. Make sure you keep all travel documents, boarding passes and tickets already printed or in your phone/email, once you arrive in the hostel you’ll be able to print them here.

100-499km - 180€

100-499km, green travel - 210€

500-1999km - 275€

500-1999km, green travel - 320€

*if your costs exceed the limit, you cover the extra costs yourself!

The screenshot shows the NOMAGO app interface. On the left, there are input fields for 'Vstopna postaja' (Ljubljana - Glavna avtobusna postaja), 'Izstopna postaja' (Idrija), and 'Datum' (05.04.2024). A yellow button at the bottom says 'PRIKAŽI VOZNI RED'. On the right, a table displays the bus schedule:

ODHOD	PRIHOD	TRAJANJE	CENA
06:15	07:21	01:06	5.7 € na osebo
Direktna PODROBNOSTI			
06:15	07:30	01:15	5.7 € na osebo
Direktna PODROBNOSTI			
06:40	07:44	01:04	5.7 € na osebo
Direktna PODROBNOSTI			
08:10	09:25	01:15	5.7 € na osebo
Direktna PODROBNOSTI			
10:15	11:30	01:15	5.7 € na osebo
Direktna PODROBNOSTI			

ABOUT US

Location

Idrija is a town in the Western part of Slovenia. It is well known for its mercury mine as well as for the miners' living quarters and the miners' theatre. Mercury was discovered in Idrija in the late 15th century. Together with the Spanish mine at Almadén, it has been a UNESCO World Heritage Site since 2012. A year later the town's park was registered in the UNESCO International Network of Geoparks. In 2011, Idrija was given the Alpine Town of the Year award. Idrija is located in a valley surrounded by steep hills covered by woods. Staying here makes you feel cozy, warm and sheltered. We will also be exploring the town and its nearby villages, so get ready for some beautiful views!

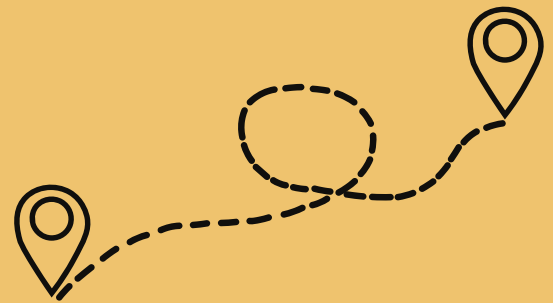


Accommodation



Check out the [video](#) to help you come from the bus station to the hostel (up the hill!).

We are the biggest youth organization in Idrija, therefore we offer our space for youngsters to bring their ideas here to life! Our goal is to support and develop activities, with which we can create a better life for the youngsters from Idrija and also from other surrounding places as well as from other countries. That is why we also arrange different exchanges and trainings!



Our project will take place in the same building in which you will be accommodated. The common space, where we will spend a lot of time together, is where most of our workshops, meetings and free-time activities will take place. It is a part of a big building (which hosts also other organisations, including the hostel), located less than 10 minutes walk from the town's center.

General rules

As mentioned, we are also a hostel so we will not have the house just for ourselves. In the hostel you will have arranged beds in fully furnished rooms. The bedsheets and towels are provided. You can also use our washing machine and dryer, just ask at the reception!

We will talk more about the rules and how our days will look like once you arrive! We want to create a cozy and safe place for all of us to live and share our thoughts, so come and be a part of this new, amazing and delicious experience! If you have any questions, feel free to contact us! See you soon!



General information, safety and insurance

Police: 113

Ambulance: 112

International code for Slovenia:
00 386

Youth center phone number:
00 386 51 231 049

Hostel phone number:
00 386 40 808 022