

YOUTH EXCHANGE

PAUSE & REWILD

25. 4. - 2. 5. 2026
Idrija, Slovenia



Funded by
the European Union

➤ ABOUT EXCHANGE ↗

Who is it for?

- for those who want to **get to know themselves better and explore their inner world,**
- for those who wish to **connect with other young people** and build meaningful relationships,
- for those who are interested in **spending time in nature and learning through natural surroundings,**
- for those who feel the need to **slow down, pause,** and step away from everyday routines,
- for those who are **motivated and curious.**





WHO CAN APPLY

AGE: from 18 to 25

NUMBER OF PARTICIPANTS PER COUNTRY: 5 youth
+ 1 leader (18 +)

DATES:

- arrival day **24. 4.** / departure day **3. 5.**
- start of exchange 25. 4. / end of exchange 2. 5.

It is important that the participants are prepared for active cooperation, ready to explore different things and are open to new experience.

They should be interested in meeting new people, cultures and open to learn about others and their background.

Youth leaders will be provided by the partner organisation and will be responsible for all arrangements.



PREPARATIONS

ARRIVING DAY: 24TH OF APRIL

DEPARTURE DAY: 3RD OF MAY

Find transport tickets (to arrive on **24th April** and leave not earlier than on **3rd May** in the morning from Idrija) and let us know about your arrival time.

You are entitled only to get a reimbursement of travel costs if you use **public means of transport**. The costs of a car ride or car rental cannot be reimbursed.

Make sure you keep all travel documents!! Online boarding passes and tickets can be forwarded by e-mail as well.

Make sure you have an active **European Health Insurance Card** (or order it).



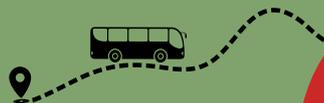
Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

TRANSPORTATION

ARRIVING TO SLOVENIA

BY BUS

Flixbus from all major European cities to Ljubljana main station.



TRAVEL GREEN!

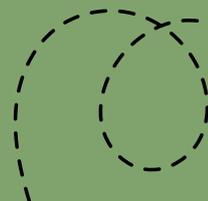
- see more
- get extra travel days

BY TRAIN

Train to Ljubljana from all major European cities. For searching optimal connections <https://www.thetrainline.com/>

BY PLANE - Airports nearby

- Ljubljana (LJU),
- Graz (GRZ),
- Zagreb (ZAG),
- Trieste (TRS)
- Treviso (TSF).



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 more adaptable.

HOW TO GET FROM LJUBLJANA TO IDRIJA? →

TRANSPORTATION

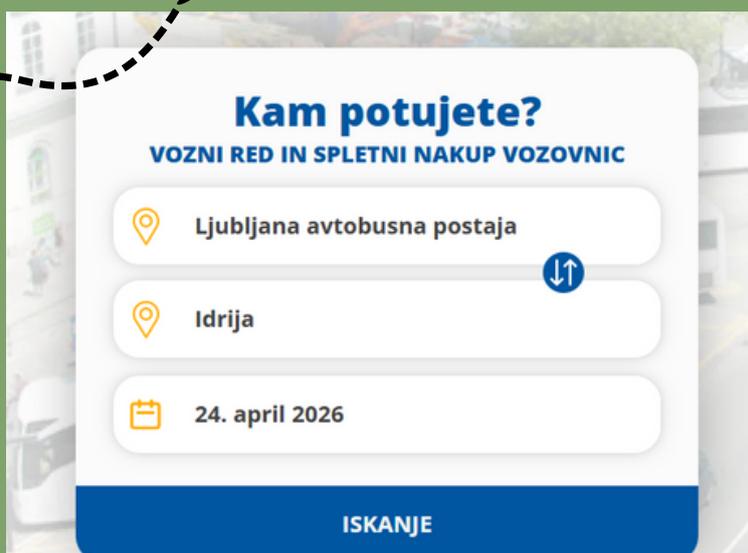
ARRIVING TO IDRİJA

If you arrive to Ljubljana (or Logatec petrol station), the bus schedule is available on [this website](http://AP-Ljubljana.si) (AP-Ljubljana.si)

You can buy the tickets via the website with a credit card or you can buy them **directly at the driver with cash** or at the main bus station.

ONLY WITH CASH!

Once you are at the bus station in Ljubljana, the bus will depart from somewhere between the platforms **11 and 13** (the board above it will say).



The screenshot shows a mobile application interface for searching bus tickets. At the top, it asks "Kam potujete?" (Where are you going?) and "VOZNI RED IN SPLETNI NAKUP VOZOVNIC" (Timetable and online ticket purchase). Below this, there are three input fields: the first is "Ljubljana avtobusna postaja" (Ljubljana bus station) with a location pin icon and a swap button; the second is "Idrija" with a location pin icon; and the third is "24. april 2026" with a calendar icon. At the bottom, there is a blue button labeled "ISKANJE" (Search).

FOOD



All **three meals*** (breakfast, lunch, dinner) will be **provided by the host organisation.**

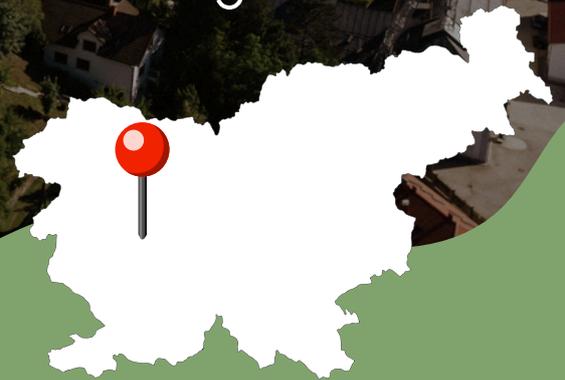
*In the form that will be sent to you later, you will have space to indicate any special requirements regarding food, etc.

These are žlikrofi,
traditional idrijan
pasta dish!



BRIEFLY ABOUT IDRIJA

Idrija is a town of some 6.000 inhabitants, and is located in Western Slovenia, halfway between Slovenian capital, Ljubljana, and the Italian border. It is a seat of municipality and functions as a centre of a broader Idrija-Cerkno region.



Idrija is a town of rich cultural and natural heritage. It boasts the title of “**the oldest Slovenian mining town**” as the first miners began to search for mercury here already in 1490. Later, 2nd largest mercury mine developed and Idrija became one of the most important mining centres in Central Europe.

The broader town area is since 2012 inscribed to **UNESCO World Heritage List** with its heritage of mercury.

The accommodation will be provided at Hostel Idrija, a youth hostel managed by Idrija Youth Center. It is located less than a 10-minute walk from the town center.

Rooms will be shared by 2 people while the kitchen, living room area and bathrooms will be shared by the whole group.

Bedsheets and towels are provided.



Hostel Idrija, Ulica IX. korpusa 17, 5280 Idrija
E: hostel@mcidrija.si T: +386 40 808 022
<https://booki.ng/2IkL12G>



ACCOMODATION

We recommend to bring some **sports or hiking shoes and clothes** that can get dirty for the workshops and games. Otherwise, bring comfortable clothes suitable for the time of the year (it can still be quite cold).

Part of the exchange will take place outdoors. If you have a **sleeping bag** and **flashlight** please bring it with you.

Note that:

- there is no phone signal!
- shared sleeping arrangements,
- shared bathroom.



We will be spending a few days outdoors where there is **no phone signal!**

WHAT TO PACK?!





GOT QUESTIONS?

Slovenian organizational committee and our contacts

Nives Istenič (+386 51 231 049); nives.istenic@mcidrija.si

Maruša Mlakar (+386 51 301 650); marusa.mlakar@mcidrija.si



**ONLINE MEETING
WITH YOUTH
LEADERS!**

**MONDAY, 13. 4.
AT 18.00**

JOIN US!

PAUSE & REWILD

Idrija, Slovenia

25. 4. - 2. 5. 2026

Applications will be submitted through your **sending organization** and will remain open until **the end of March.**





BASIC SLOVENIAN

NUMBERS

Ena (1), dva (2), tri (3), štiri (4), pet (5), šest (6), sedem (7), osem (8), devet (9), deset (10)

BASICS

dobro jutro	good morning
dober dan	hello, good day
dober večer	good evening
lahko noč	good night
živijo!	hi!
se vidimo!	see you
dober tek!	bon appetit
na zdravje	cheers/bless you
Koliko je ura?	What's the time?
Moje ime je	My name is ...
Kako si?	How are you?
Eno kavo / sok / pivo prosim	One coffee / juice / beer, please
da / ja	yes



IMPORTANT ADDRESSES:

Idrija Hospital: Ulica Otona Zupančiča 3

Pharmacy: Arkova ulica 4

Hostel/Youth Center: Ulica IX. korpusa 17

IMPORTANT NUMBERS:

- Police: 113
- Ambulance: 112
- International code for Slovenia: 00 386
- Youth centre phone number: 00 386 51 231 049
- Hostel phone number: 00 386 40 808 022