

Youth exchange: Stress level? Minor(ity)

From 7th until the 16th of September 2021 in Bohinj, Slovenia

Our international partners and we want to create a space for LGBT+ young people, where we will talk about currently very pressing topics within LGBT+ activism: **stress and burnout**.

Through various methods of non-formal and informal learning, we will have the opportunity to exchange good practices, taking into account the cultural and social context. One of the main purposes of youth exchange is to equip **LGBT+ youth** with tools and mechanisms to better cope with stressful situations and prevent burnout.



LEGEBITRA & partners



INFOPACK

ABOUT THE PROJECT

Young people, both those we work with and ourselves, recognise the problem of increasing stress and the resulting burnout among young people, especially those from the LGBT+ community. Also theorists and researchers argue that in the field of mental health, in relation to at least one other non-normative personal circumstance, it is important to talk about minority stress.

The main purpose of the youth exchange is to create a space for LGBT+ young people, with international partners, where we will talk about the current hot topics within LGBT+ activism: stress and burnout. The space will be open for exchange of good practices, taking into account the cultural and social context. The youth exchange will be two-tiered, on the one hand there will be a space and time for active leisure for young LGBT+ people; on the other hand, through informal methods, we will together create workshops within which reflection on our mechanisms, stress exposure and potential burnout will be encouraged.

We will address self-care and community care; what it means to us, what it helps us with and where the barriers are. One of the main aims of the youth exchange is to equip LGBT+ young people with tools and mechanisms to better cope with stressful situations and prevent burnout.

We are confident that our project will successfully address the following youth-related objectives:

1. improve the level of key competences and skills of young people, in particular those with fewer opportunities, promote active citizenship, intercultural dialogue, social inclusion and solidarity;
2. promote the quality of youth work, in particular through enhanced cooperation between organisations in the youth field;
3. reinforces the recognition of non-formal and informal learning through the use of innovative, attractive and highly applicable methods.

WHEN AND WHERE



WHEN?

The youth exchange is going to be implemented from **7th September** to **16th September 2021**. Participants should arrive during the afternoon of 7th September 2021 (check-in) And leave on the morning of 16th September 2021 (check-out).



WHERE?

Participants will be hosted in **Bohinj** in **Hostel pod Voglom**.

Address:

Ribčev laz 60
4265 Bohinjsko jezero
Slovenija

Google Maps: <https://goo.gl/maps/XJGxezeEr7SPrffcA>



TRANSPORTATION

The nearest airport is **Ljubljana Airport**. From there, you can continue your journey in one of two ways:

1. You can go directly to the hostel with GoOpti (<https://www.goopti.com/en/>). The price is about 15€/person if you are in a group of 6. You have to make a reservation in advance for private ride from Ljubljana Airport to Ribčev laz 60.
2. You take GoOpti to Ljubljana Central Bus Station (price si cca. 6€). You have to make a reservation in advance.
 - From there take a bus to Bohinj Jezero (<https://www.ap-ljubljana.si/en/timetable/>). The price for a one-way bus ticket is 8,3€.
 - o From Bohinj jezero you can take a 20min walk to the hostel or take another bus to the station Pod Voglom which is next to the hostel. (https://arriva.si/en/timetable/?departure-1355=Bohinjsko+jezero%2Flake&departure_id=137199&departure=Bohinjsko+jezero%2Flake&destination=Pod+Voglom&destination_id=139635&trip_date=07.09.2021)

Venice - Treviso (IT), Venice - Marco Polo (IT), Trst (IT) and **Zagreb (HR)** airports are also close by. The easiest way to get to Ljubljana is to book a GoOpti transfer to Ljubljana Central Bus Station. The price is between €15 and €40, depending on the airport you are arriving from and the time of day. You have to make the reservation in advance. Then continue your journey as instructed in the previous point 2.

ACCOMODATION



The hostel is located right next to the lake and next to the forest, there is a beautiful garden with deck chairs overlooking the lake. There is free Wi-Fi and washing machine.

All rooms have a private bathroom. You will be accommodated in rooms for 3 or 4 people.

In the main building is a restaurant where participants have 3 meals a day. The hostel unfortunately makes only vegetarian food, but Legebitra will provide also some vegan options.

You can check more about the hostel here: <https://en.pac.si/hostel-pod-voglom>

What to pack?



- Clothes and other personal luggage
- Swimsuits (or some other clothes you can swim in)
- Face mask
- Slippers
- Towels
- Umbrella
- Mobile phone
- Camera – optional
- Laptops (for the making of the video) - optional

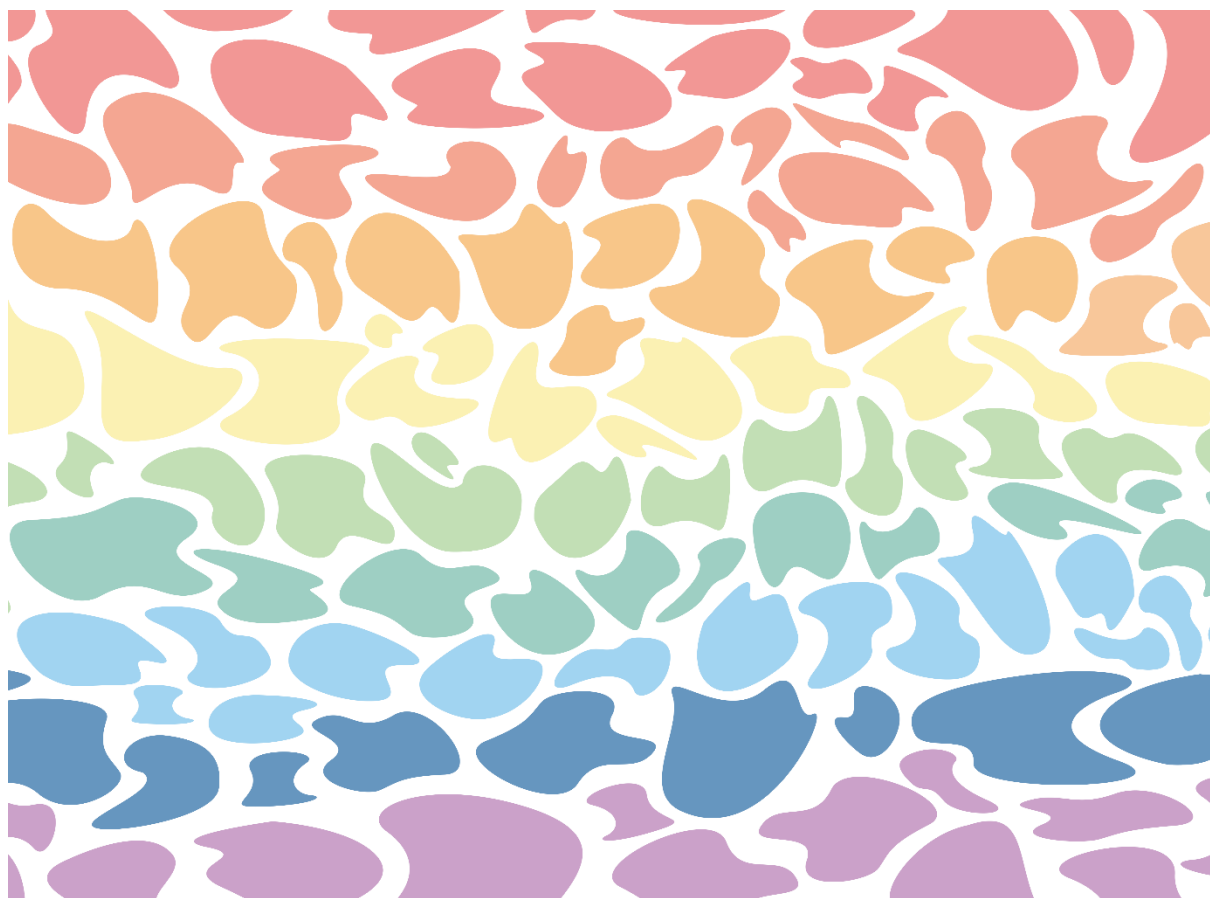
PROGRAM

TIMETABLE	ACTIVITIES
DAY 0 – 7. September 2021	
- 18:00	ARRIVALS (Accommodation, logistics)
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting
20:30 - 21:30	Quick get-to-know-eachother activity
DAY 1 – 8. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 11:00	Getting to know each other
11:00 - 11:30	BREAK
11:30 - 13:00	Group dynamic activities
13:00 - 14:30	LUNCH
14:30 - 16:00	Educational activity: Marginalised groups & activism
16:00 - 16:30	BREAK
16:30 - 18:30	Minority stress; forum theater
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting
20:30 - 21:30	Treasure hunt for organisations
DAY 2 – 9. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 12:00	Educational activities about (minority) stress & burnout
12:00 - 13:00	Learning outdoor breathing and relaxing activities
13:00 - 14:30	LUNCH
14:30 - 16:00	Educational activities about (minority) stress & burnout Sources of stress (homo/bi/trans phobia, Covid19, capitalism....)
16:00 - 16:30	BREAK
16:30 - 17:30	Relaxation activities

17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Hanging out
DAY 3 – 10. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 11:30	Educational activities on self-care
11:30 - 13:00	Educational activities on community.-care
13:00 - 14:30	LUNCH
14:30 - 15:30	Creating materials for self-care
15:30 - 16:00	BREAK
16:00 - 17:30	Sex Talk
17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Hanging out
DAY 4 – 11. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 13:00	Field trip
13:00 - 14:30	LUNCH
14:30 - 17:30	Parallel activities in the form of peer support on different subtopics of stress and burnout
17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Social evening
DAY 5 – 12. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 11:30	Youth pass
11:30 - 12:00	BREAK
12:00 - 13:00	Relaxation activities

13:00 - 14:30	LUNCH
14:30 - 17:30	Creating content for a video guide
17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Socializing and making video guide content
DAY 6 – 13. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 13:00	Awareness raising campaign in the local environment
13:00 - 14:30	LUNCH
14:30 - 16:00	Creating content for a video guide
16:00 - 16:30	BREAK
16:30 - 17:30	Relaxation activities
17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Dance workshop or workshop with physical activity
DAY 7 – 14. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 - 13:00	Educational activities on marginalized groups (emphasis on LGBT +) Privilege / emotions Class and being nice + classism Stress in (queer) relationships
13:00 - 14:30	LUNCH
14:30 - 16:00	Music relaxation secrets
16:00-16:30	BREAK
16:30 - 17:30	Creating content for a video guide
17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Cooking workshop
DAY 8 – 15. September 2021	
8:00 - 8:30	Prep team meeting

8:30 - 10:00	BREAKFAST
10:00 - 11:30	Finishing content for a video guide
11:30 - 12:00	BREAK
12:00 - 13:00	Free time
13:00 - 14:30	LUNCH
14:30 - 17:30	Evaluation of the youth exchange
17:30 - 18:30	Home groups
18:30 - 20:00	DINNER
20:00 - 20:30	Prep team meeting / Evaluation of the day
20:30 - 21:30	Farewell ceremony
DAY 9 – 16. September 2021	
8:00 - 8:30	Prep team meeting
8:30 - 10:00	BREAKFAST
10:00 –	Cleaning the space DEPARTURES



COVID-19

Entry into Slovenia without being placed under home quarantine shall be granted to a person who presents:

1. a negative PCR test result not older than 72 hours from the time the swab was taken,
2. a negative HAG test result not older than 48 hours from the time of swabbing,
3. proof of recovery (proof of a positive PCR test result that is more than 10 days old, unless otherwise judged by a doctor, but not more than 6 months old, or a doctor's certificate that the person has had COVID-19 and it has not been more than 6 months since the onset of symptoms),
4. a certificate of vaccination against COVID-19 proving that it has been since the person received it: a second dose of Comirnaty vaccine from Biontech/Pfizer at least seven days, a second dose of COVID-19 Vaccine from Moderna at least 14 days, a first dose of Vaxzevria (COVID-19 Vaccine) from AstraZeneca at least 21 days, a dose of COVID-19 Vaccine Janssen from Johnson and Johnson/Janssen-Cilag at least 14 days, the first dose of Covishield vaccine from Serum Institute of India/AstraZeneca at least 21 days, the second dose of Sputnik V vaccine from Russia's Gamaleya National Centre of Epidemiology and Microbiology at least 14 days, the second dose of CoronaVac vaccine from Sinovac Biotech at least 14 days, or the second dose of COVID-19 Vaccine from Sinopharm at least 14 days;
5. a certificate of vaccination for prevalent disease (certificate of prevalence and proof that the person has been vaccinated with one dose of the vaccine referred to in the previous point within a maximum period of eight months from the date of the positive PCR test result or the onset of symptoms, with protection being established from the date of vaccination,
6. a European digital covid certificate in digital or paper format, accompanied by a QR code, containing the details of a negative PCR or HAG test result, a vaccination certificate, a certificate of prevalence or a certificate of vaccination for prevalent disease (EU DCP),

7. a third country digital covid certificate in digital or paper format, accompanied by a QR code, containing at least the same information as the EU DCP and issued in English by the competent health authority of the third country (third country DCP).
8. If a person is vaccinated with a combination of two different vaccines referred to in point 4, protection shall be established after a period of time has elapsed from the receipt of the second dose of each type of vaccine. If such a person is vaccinated for the first time with a vaccine referred to in the third or fifth indent of point 4 (vaccine manufactured by AstraZeneca), protection shall be established immediately after the second vaccination, provided that they is vaccinated for the second time with a vaccine referred to in the first indent of point 4 (vaccine manufactured by Biontech/Pfizer) or in the second indent of point 4 (vaccine manufactured by Moderna), and that they receives the second dose within 4 to 12 weeks after receipt of the first dose.

A person who fails to provide one of the above proofs shall be referred to home quarantine for 10 days. In the case of a non-resident foreigner who fails to provide one of the above proofs, they shall be admitted to Slovenia and placed under home quarantine for 10 days only if they proves beyond reasonable doubt that they is provided with a place where they will be quarantined, otherwise they shall not be admitted to Slovenia.

The measures are valid for the time being, including 23 July 2021, but we assume that there will be no major changes after that date.

Masks are mandatory:

- in all closed public spaces,
- in open public spaces or outside, if a distance of at least 1,5 metres is not maintained.

NIJZ recommendations: <https://www.gov.si/en/topics/coronavirus-disease-covid-19/>

Due to Slovenian regulations the RVT (Recovered/Vaccinated/Tested) is a prerequisite for participation in the exchange.

COMMUNICATION

COMMUNICATION PLATFORM FOR PARTICIPANTS



A Discord channel is created for all participants to get in touch with each other before the start of the youth exchange.

You can join the channel here: <https://discord.gg/SYBUDWQ>

COMMUNICATION WITH THE ORGANISER



If you have any additional questions, you can contact Katja Sešek via:

- katja.sesek@legebitra.si
- +386 30 466 155

COMMUNICATION IN CASE OF EMERGENCY



In case of emergency you can call:

- Police: 113
- Ambulance and firefighters: 112

FACEBOOK: [facebook.com/Legebitra](https://www.facebook.com/Legebitra)

INSTAGRAM: [@diclegebitra](https://www.instagram.com/diclegebitra)