


THE SKY^{is} the LIMIT

 BIOTEHNIŠKI
CENTER NAKLO
SREDNJA ŠOLA

Year 2020-21, Issue 10

The sky is the limit

BC NAKLO – Secondary School Newsletter
Glasilo BC Naklo – Srednja šola
Strahinj 99, 4202 Naklo

Editorial Board/Uredniški odbor:

Ema Ažbe, Katja Primc

Mentors/Mentorici:

Irena Šubic Jeločnik
Barbara Benedik

Photo & illustrations

/Fotografije in ilustracije:

Students, teachers & partners of BC Naklo
Dijaki in učitelji BC Naklo & partnerji

200 copies/200 izvodov

NOT FOR SALE/NI ZA PRODAJO

ISSN 2463-7777

Junij/June 2021

CONTENTS

2 FROM THE EDITORS

3 SHOULD I STAY OR SHOULD I GO?

3 STUDENT MOBILITIES

Winning an **international** competition!
European Geography Olympiad in **Belgrade**

4 TEACHER & STAFF MOBILITIES

Waffles in **Belgium**? Not this time ...

4 HOME, SWEET HOME

Virtual field trips in **Slovenia and beyond**
Hidden treasures **where we live**
Our florists' tribute to **Slovenia's 30th birthday**
Slovenia turns thirty!
Living in **Yugoslavia**

13 WE HAVE LEARNT ...

Global issues & sustainability yet again

Biodiversity

Endangered species

Wasted food

Pollution and waste management in **the Alps**

How are **EU countries** helping with global issues

Chocolate industry

19 MEETING PEOPLE

Rainbow warrior

21 YES, WE CAN!

Bee4Mee wins!

Having fun with our peers from **Germany, France & Italy** in an international project

How to survive the lockdown

Farm sitting

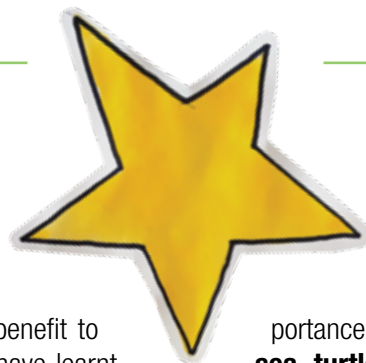
FROM THE EDITORS

The Editors

Despite the Corona season and cancellations of mobilities, The sky is the limit is more alive than ever! A large part of this issue is devoted to Slovenia, its anniversary and hidden gems. There are several accounts of the international cooperation we have carried out online and some contribution on topics we have studied and researched in the old-fashioned way: here at school.

In 'Should I stay or should I go?' **we honour our own country**: its 30 years of independence and the **hidden gems** that we have (re-)discovered around

our homes. It seems that there is at least one benefit to the epidemic after all: we have learnt how to **appreciate everything local** way more than we used to. Following presentations of individual job profiles and courses offered at our school in the previous issue, we have now collected a series of contributions that are a direct result of **our research and experience** in the fields of **environment conservation, agriculture, horticulture and food technology**. In the 'What we have learnt' section you can



read about the importance of **bees, saving sea turtles, how European countries look after the environment**, but also about **cakes and chocolate**. Our **experience with the lockdown** cannot go undocumented either: there's some in 'Yes, we can!'. Also in this section you will find an account of a student who took the job of a **farm sitter** a couple years ago and learnt how important it is for a farmer to be able to improvise.

Winning an international competition!

By Meta VOVK & Ema AŽBE

Ema's film 'I believe in Biodiversity' wishes to remind the decision makers on the planet how important it is to preserve natural habitats and biodiversity. Ema took up the challenge of entering an international competition *Trust for Sustainable Living*. In the finals, she lined up against students from the Seychelles, Indonesia, Cameroon, Iraq, Thailand and Trinidad & Tobago – and came out a winner! We are extremely proud of Ema and her achievement as it is our goal for the students to take part in various sustainable development projects and initiatives on the na-

tional and international level. Throughout the four years they spend at our school we guide them from observing, experiencing and exploring nature to living in harmony with it and creating sustainable business opportunities.

Meta VOVK, mentor

I participated in this competition because I really like to make videos and especially animations. I also wanted to make more people aware of the harm we cause to nature and animals. I had help from peo-

ple in different parts of the world, mostly they contributed photos from their countries. A person named Ruz, who is from the Philippines, was the one who gave me the most exotic photos of his country and animals. I'd never seen this kind of animals before so I was really amazed.

*Ema AŽBE, student,
winner of Trust for Sustainable Living
international competition*

European Geography Olympiad in Belgrade

By Mitja KURALT

Between 18th and 21st June 2021 I attended a geography olympiad in Belgrade. I was really happy to qualify for an international competition but it was also quite a challenge. It took me quite a while to prepare, mostly I was reading literature in English. I am very proud of my success, it wasn't expected. Unfortunately, the competition took place online and not live in Belgrade. I did, however, upgrade my knowledge of geography and improve my English.



By Bernarda BOŽNAR

Mitja Kuralt took part in the EGEO, which was carried out online this year and brought together competitors from Turkmenistan to Estonia and from Slovenia to Bulgaria. Young geographers from

14 countries competed on the topic of geographic phenomena. Mitja won the bronze medal, along with Lara from Kamnik. Rene from Vipava won the silver medal. The Slovenian team also came

second and won silver in poster presentations with their poster 'Positive and negative effect of COVID-19 on Tourism'. Congratulations to Mitja!

Waffles in Belgium? Not this time ...

By Meta VOVK

The two-year SENHIAS Erasmus+ project was supposed to take us to Belgium this year, after having been to Portugal and Sweden and hosting our partners in Slovenia in October 2019. However, due to the global situation we were forced to go virtual with this last mobility and put off actually tasting waffles to some other time – but we still made a further step in studying invasive species in Europe and how they affect the natural and cultural heritage.



Erasmus+

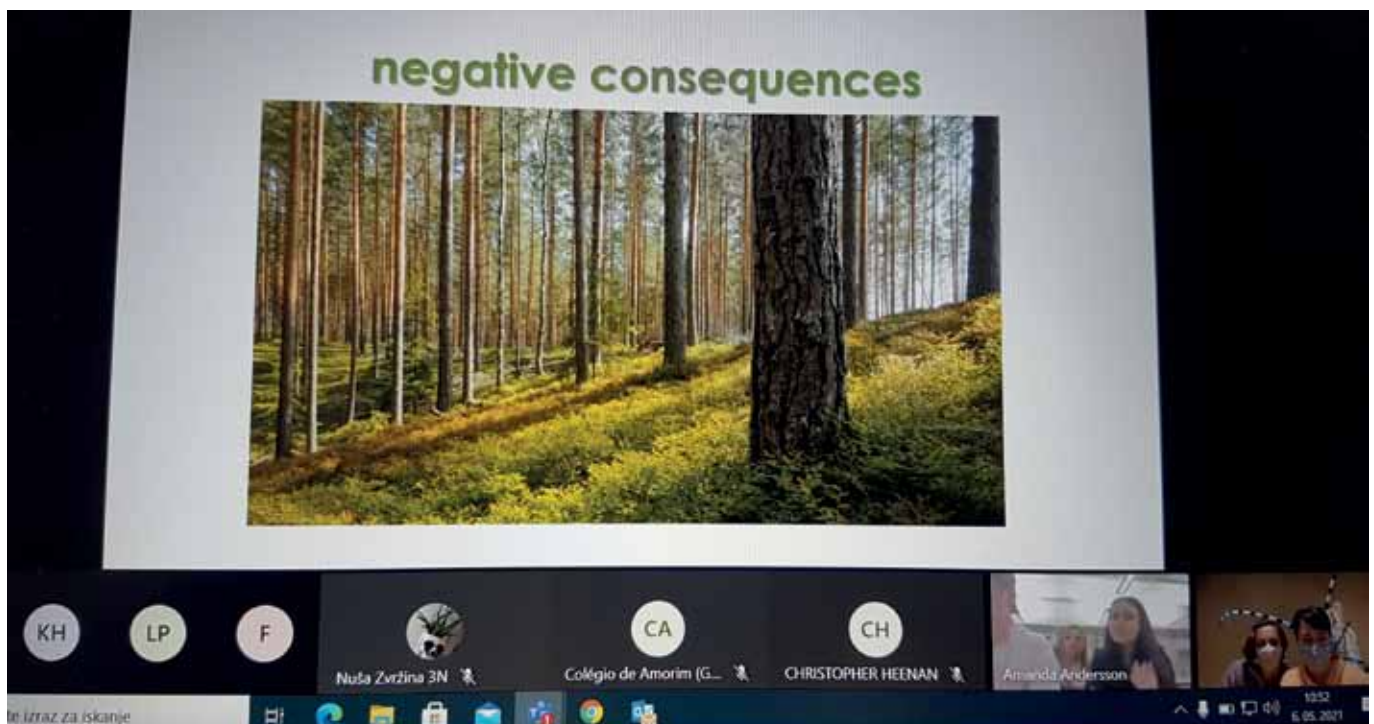


While the participants (seven students and two teachers) could not experience real Belgium live, we were able to include an entire environment conservation class in the online activities. We discussed potential solutions of the spreading invasive species with Belgian experts, learned about the Canadian goose, which is an urban invasive spe-

cies in Belgium, and found out that, surprisingly, even local species can become invasive when humans disrupt the balance in the ecosystem.

Many thanks to all the partners and participants who shed light on the issues of biodiversity and environment conservation as well as encouraged us to keep

our common goal in mind: let's protect and preserve nature and everything it has to offer!



Virtual field trips in Slovenia and beyond

By Meta VOVK

As we have been more or less grounded throughout this school year, even our field trips have been carried out – virtually. Nevertheless, we have been able to 'visit' the Solčava area with 'A special day – authentic experiences' initiative and the Babji zob cave near Bled with local guides. We 'picked' some edible plants with Dario Cortese, a renowned Slovenian environmentalist. Unlike in real life, we were able to travel to the Biosphärenpark Nockberge in Austria, our long-term partners, with their rangers Florian, Marcus, Jonathan and Heinz.

Not quite like in real life – but almost.



Hidden treasures where we live

In the 'corona season', that is, over the past year and a half, we have been pretty much – grounded. Not being able to leave your municipality, or later, region, we were forced to explore our own. And found some hidden gems just around the corner.

Lesce: An overlooked village

By Žan KELIH

Lesce is a village located in the north western part of Slovenia. Unfortunately for its occupants, it is located near Bled, which is known all across the globe for its beautiful lake, island and many more stunning places – which, of course, means a staggering number of tourists blocking every nearby road for the entirety of the summer holidays. Therefore, one could argue that it doesn't lie off the beaten track; after all, it has a camp, it objectively has amazing logistics, and it is very close to one of Slovenia's biggest tourist gems. Still, it is mostly just a place that everyone drives past. When booking a place to stay during the summer, everyone chooses to go to Bled – because who in their right mind would go to a nearby village that just happens to be near a worldwide known attraction, right?

Well, not exactly. The problem quite simply lies in overshadowing. Lesce is a gorgeous village by itself. Even if we focus only on the surrounding nature, like river Sava's banks and the forests to explore,

we are still left with many monuments, such as the Veriga monument or the beautifully constructed graveyard, as well as quaint little traditional houses of the local residents. It is true that it doesn't have many hotels, apartment complexes

and resorts, but it is hard to deny that it is beautiful nonetheless.

Definitely the most widely known tourist attraction there would be the Šobec campsite. It could easily be argued that it tops many of Bled's tourist attractions



or resorts. With its relatively maintained nature, its charming pond, the pine forest and newly built facilities it really is a sight to see. It is located at the very edge of the village, so it is rather quiet even in the summer months. The newly renovated restaurant shows that people really do put the time in making it a special place. The pond next to it is more of a natural style swimming pool. It has everything a good camp should have and it does its job very close to perfection.

The history of Lesce is

quite an interesting one. It all started with the railway that goes through it, and the industry that developed afterwards – most notably, the Veriga factory that produced chains. Houses for the workers quickly started popping up. Nowadays, the really heavy industry is long gone (including Veriga), but the village built upon it remains.

One might say: “Why bother visiting if to this point the only interesting thing here is the camp?” The sad reality is that many visitors come

because there is a local McDonalds and they are hungry from a long drive. Therefore, the village is just kind of overlooked in the process and overshadowed by its heavy traffic jams since it is located at the only motorway exit to Bled. However, in the recent years, it has started to get recognized by more and more tourists who aren't looking to be squashed in the masses that migrate to Bled. The future is hopeful – and maybe even bright. In conclusion, the next time you drive by a wayside village, maybe give it a go beyond the local McDonalds and the more attractive town close to it – you might just find yourself pleasantly surprised.



Lake Bled underwater

By Katja PRIMC

Lake Bled is best known for its island and the castle on the rock above it but it is also interesting underwater, natural beauties can be found under its surface as well. The average temperature of Lake Bled is 12°C. That is a bit cold but when you are wearing a diving suit, you don't feel the cold. The lake has 18 fish species and is rich with underwater plants. Visibility under the surface gets poor after the first three metres and that is why it is hard to take pictures down there. Diving under the surface of Lake Bled starts in late afternoon when the light is the best. I love diving and taking pictures underwater with my Gopro camera. I have acquired a diving license, so I am always looking forward to go diving in Lake Bled with my team to film some cool clips and take some photos.

I got inspired for diving when I was little. My dad and my brother used to take me along to their diving lessons. The instructor is a very good friend of dad's and he used to show me the beauty of the deep waters in pictures. Now I am happy and proud to



be one of the SSI team (Scuba School International). You can specialise in whatever you want in diving. I am thinking of a specialisation but I am not yet sure what in, as there is much to choose from.



As a diver you have to be careful and always look how much air there is left in the bomb. You have to know how to communicate underwater. We communicate with hands. Every symbol has its own meaning. Before you go underwater, you must drink a lot of water to feel better while diving. You always have to look after your health first. Once you start diving, you easily get addicted with it so badly, that you want to do more and more things down there and stay longer every time, for example, you want to go deeper than 100 metres, see sharks or dive in caves. Underwater you relax your mind and enjoy yourself but first you have to learn how to dive safely. Every time you reach a new milestone, 100, 500, 1,000 or 5,000 dives, you automatically earn a recognition card. These cards symbolise excellence, commitment and loyalty in diving. The more dives you complete, the higher levels of recognition you will earn.



Tamar, an Alpine valley

By Tilen LENČEK

Tamar is a glacial valley in the Julian Alps. At the start of your hike to the mountain hut at the end of the valley, you can see several ski-jumps, including the world-famous 'Letalnica bratov Gorišek', the biggest and oldest ski-flying hill in the world. In fact, there is now a state-of-the-art nordic ski-centre. The hike to the Tamar mountain hut takes you just over an hour and you can see a waterfall, Nadiža, along the way.

Brdo Estate and park

By Pia BALTIČ

I live in Kranj and the town is very dear to my heart. But just outside Kranj there is a park, Brdo, which I find wonderful. It's intertwined with paths along which you can walk and admire the nature around you. There are a lot of things

you can do, for example play golf or ride a horse. I really think it's beautiful there and so do our politicians and foreign guests: very soon Brdo will become the seat of Slovenia's EU presidency for the second time.



Stone table in Ravne

By Teja BOGATAJ

Near the town of Žiri there is a small village called Ravne. In the middle of the forest there is a very special stone table. The special thing about it is that there are two big rocks on top of one another, which creates the look of a table. You can swing the top rock and it won't collapse. I have heard a lot of different stories about how the table was built. A lot of people believe that some ancient culture thousands and thousands of years ago built it using their knowledge of energy. I guess we will never really know how the table was created but it is still a very peaceful place to visit.

Bvaščeva skala, a peak above Dovje

By Tina ADAMEK

I think that Bvaščeva skala is so underrated! It is a small hill, but quite rocky, with a magnificent view. Under the hill, there is Dovje, the sunniest village in Slovenia, and under Dovje there is Mojstrana, my hometown. It takes me about an hour and a half to get to the top. There is a big steel cross on it and the view is really beautiful: you can see the more well-known Triglav valleys of Kot and Krma and all the peaks around them.



Luša, a village no one knows about but there's so much to do!

By Nika URŠIČ



Luša is a small village near Škofja Loka. We have an adrenaline park where you can climb, freejump or take a zipline. Near the village there is a ski slope, Stari vrh. Around the village there are a lot of beautiful forests, which are home to roe deer, rabbits, hedgehogs, foxes and a lot more. The locals are very friendly and welcoming. Some of them are farmers and some work in the towns, for example Škofja Loka, Kranj or even Ljubljana. The meadows are full of beautiful flowers, each one different than the other. I just love it there!



Fun with friends by The Kolpa river

By Brina ŠEGŠ THALER

Years ago I used to spend a lot of time with my grandparents in a village by the Kolpa river. We found a hidden beach where we built a pier and a triangle to swing ourselves into the water. We had a lot of fun. Only my family and some friends in the Otok village know about this beautiful place.

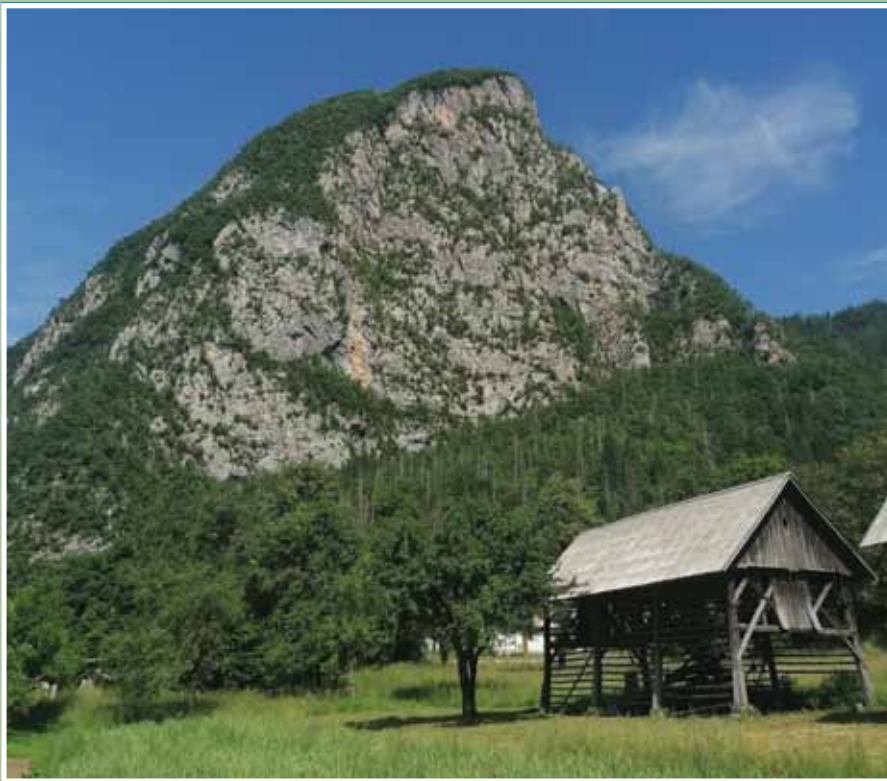


Glamping in Zdravilni gaj Tunjice

By Zala STELE

In the lovely shade of magnificent oak trees, planted by our ancestors, there are three wooden huts. They are made of pine which grows in the nearby forest. The wood was milled at the local sawmill and the huts were carefully constructed, with lots of manual work of local craftsmen in the finishing phase. Located in the direct vicinity there are natural healing places that have had positive effects on people for over 20 years. In the huts, you can get a massage or go to a sauna and you can do various sports in the park.





Mount Studor

By Tajda BREMEC

I live in Bohinj and we have a lot of natural and other attractions. My village, for example, is famous worldwide for a bunch of double hayracks that tourists visit and take pictures of all the time. But only the locals know that in the Studor mountain, that rises above the village, there is supposed to be a cave where partisans used to hide in World War 2. So far we have not found our way to the cave. In the neighbouring village, there is a waterfall that is known to very few people. I think that hidden natural sights are interesting as not many people know about them and it is a true privilege if you are one of those who do.

Črnava, the Black Lake

By Ana BAHAR

There is a lake near my home that is called Črnava. It isn't very big but it has a really nice view. On a sunny summer day the water is warm enough to swim in it. There are a lot of wild ducks and even swans in and around the lake. The hiking paths around the lake and to the nearby hills are very popular with locals and tourists alike. You can have a picnic by the lake or stay at the hotel with a really nice terrace. Close to the lake there is one of Preddvor's four castles which is a popular wedding venue. One thing I really like about this place is the small canyon with the river that fills the lake. I remember going there and walking and climbing up the river as a kid. In some places you need a ladder but the beauty of the forest and the canyon itself is just breathtaking. I suggest that on a spare weekend, when you are bored, you come to this canyon and then have a nice picnic by the lake. It's really relaxing and beautiful.



A hidden gem where I live

By Nika ZUPANEC

In the middle of a forest there is a small lake. Very few people know about it. My family do. It is an intermittent lake and it

only appears when there is a lot of water underground. After a few days of sunny weather it disappears again. This small

lake proves that any ordinary village may hide a gem.



Our florists' tribute to Slovenia's 30th birthday

By Sonja JERIČ ŠTEFE

We were really excited to be able to plant a flower bed in front of the Slovenian parliament upon the 30th anniversary of Slovenian independence. The 3rd and 4th year students of the horticulture course contributed their creative ideas that were based upon the colours of the Slovenian and European flags. Among several suggestions a '30 years' sign was finally chosen and the students planted 500 seedlings in a 10m² flower bed in front of the parliament seat in the centre of Ljubljana, our capital. Some of the plants are honey plants so this project is also a contribution to preserving bee populations and, with them, biodiversity in our local environment. A small reception was held for our team by the parliament president Igor Zorčič and secretary Uršula Zore Tavčar.

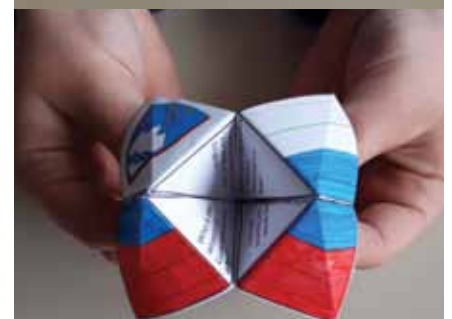
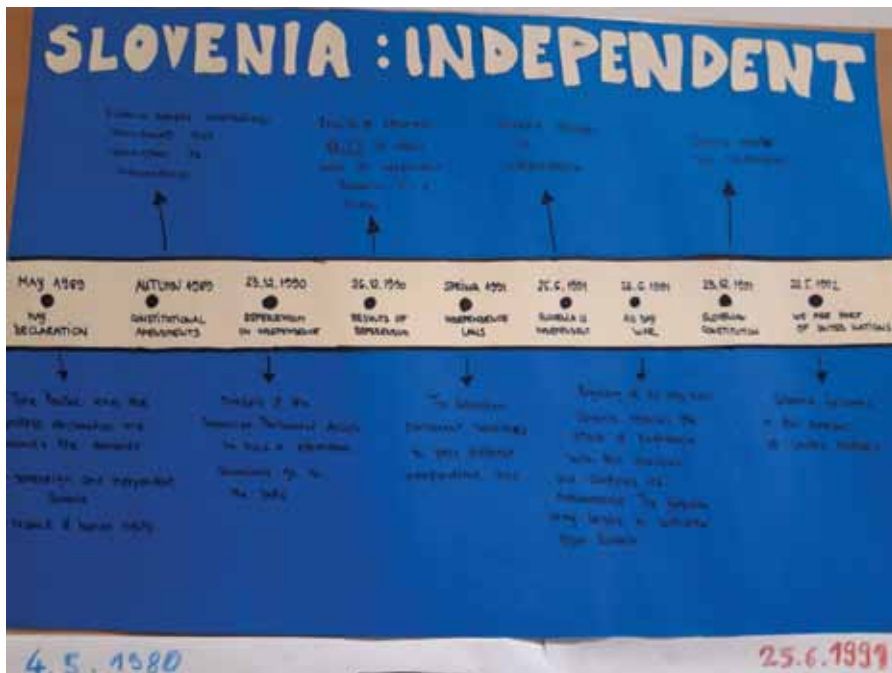


Slovenia turns thirty!

By 1BČF 2020 – 21 with Simona ZABUKOVEC

In a series of activities we commemorated the 30th anniversary of Slovenia's independence. We learned about Slovenia's path to independence and played Slovene Independence Trivia Game. Making a cootie catcher helped us remember the key events, dates and English words connected with our culture and history. The most enthusiastic among us even baked

an independence cake! We interviewed our parents and grandparents and found out that life in Yugoslavia was not so bad but living in Slovenia is better. The ten-day war was a tense time, especially if you were in the army. We made several posters, here are some of them.



Living in Yugoslavia

By Žan KELIH

There was a big propaganda regarding Josip Broz –Tito

At the time of Yugoslavia, Tito was a national hero. He was the leader everyone liked and respected – or were supposed to. It all sounds well and good, but perhaps it wasn't quite as it seemed. Looking back, there was probably just a big concealed propaganda. It all started with the children. In the first grade, they were signed into the group of pioneers or 'Titovi pionirčki' as they called it. The kids actually liked that because it made



them a part of something. But it didn't stop there. Every young person was involved in some aspect of the regime's programme. On the leader's birthday, the whole country gathered the best students and athletes, to carry the relay of youth across the country, to every single village, finally ending up in a big ceremony. Everyone watched it on the television or live. It was almost like a voluntary obligation, as was reading the Mladina magazine. In addition, there



were youth brigades where people participated in building the infrastructure for the country. Some might argue that it was forced, but people often really looked at it as a form of great solidarity. They worked hard and got a lot done. They were happy to do it because it was for a good cause, in their eyes.

Buying better goods across the border

Even though Yugoslavia seemed perfect for many, the restrictions about border crossing were definitely a big limitation. However, people got around them. Smuggling was always a big thing, since in this socialist country you could only buy a few basic products and all the luxury had to be bought abroad. A lot of people didn't even have the money to shop in Italy or Austria, but when they, occasionally, did, they used one of the tried and tested methods, since the border control was vicious. The simplest was to just cover the purchased goods or hide them under the seat hoping that the car would not be given a complete checking. But in fear of that, people often left home in old clothes, discarded them in the other country and wore new ones home. It was all a huge inconvenience for those who weren't satisfied with what was provided in Yugoslavia.

Labour union tourism

Even though Yugoslavia was politically relatively closed off, it had a well-organized tourism. The way most people experienced their holidays was through their job. Every large company had a holiday house (or several) at the seaside so the employees could take their families there. It was all well organized and everything was included, from the transportation to the food. People liked the routine and the lack of worries so they mostly stuck with it for the majority of their free days. It was also very suitable for children because they



could meet other children and the parents were able to relax a bit more. Being taken to the holiday destination by bus was a great deal for many, since the cheap cars people had (and many didn't even have a car at the time) were almost useless for such long trips. Everything was taken care of perfectly so the people lived happily in the system that was Yugoslavia.



Global issues & sustainability yet again

Our school has been involved with the Ekošola (Eco-school) initiative for a number of years. Each year we carry out about twenty projects ranging from sustainable art to measuring carbon footprint. One

of our this year's activities was looking closer at some global issues and how to be more sustainable. A series of online posters was made and we came up with these conclusions.



Biodiversity

By Mojca RAK,
Sara TOMAN, Katja
LAPAJNE, Maja
BONCELJ & Loti
SELJAK

Biodiversity is about all the different species of animals and plants and their habitats. It changes all the time but it is very important for people, industry and agriculture. It is essential to maintain balance and the first thing we need to do is reduce pollution. Also, we should protect habitats and species (especially bees!) and educate people about it.

We think that biodiversity is very important for us and for nature because the point of nature is the cycle of life and the interdependence between organisms. We are proud that we live in a beautiful country with so many different species. In Slovenia we have a law about nature conservation. One of the most well known protected habitats in Slovenia is the Triglav National Park.



BIODIVERSITY



WHAT IS THAT?

- brings together all the different species of animals and plants
- is made up from habitats and species of animals and plants
- is changing all the time
- is important for people, industry, farming and agriculture

WHY IS IT IMPORTANT?

- provides oxygen, water and clean air
- for animals and plants
- for all organisms in the food chain
- it is important to maintain balance



PROBLEMS

- deforestation – destroys habitats of many animals, plants and insects
- urbanisation
- climate changes
- overpopulation
- pollution
- wildfires
- overhunting/overfishing
- invasive species
- erosion



HOW TO PRESERVE IT?

- reduce air pollution - use cars less
- protect & restore natural areas
- higher fines
- protect the bees, because they are very important for biodiversity
- plant new trees
- protect habitats and species
- educate people about it



WE THINK

We think that biodiversity is very important for us and for nature, because the point of nature is the cycle of life and the interdependence between organisms. We are proud that we live in a beautiful country with so many different species. In Slovenia we also have a law about nature conservation. One of the most well-known habitats in Slovenia is the Triglav National Park.



Endangered species

By Ana GORTNAR,
Lara ZUPANEC,
Lea BUDNA & Tjaša
KODER

These are plant and animal species whose number has been reduced and have come close to extinction. Some of the causes are pollution, urbanisation, deforestation and invasive species. The ultimate consequence is loss of biodiversity which means that the balance in the food chain is disrupted and can lead to less food for everyone. We should do everything we can to slow down global warming, for example turn off lights and go zero waste.

If the endangered species become extinct, the balance will be destroyed and that could cause a lot of problems for the planet!



CAUSES:

- pollution (air, light, noise,..)
- global warming and polar ice melting
- urbanisation and over population
- balance in the food chain disrupted
- diseases
- invasive species
- deforestation
- over hunting



CONSEQUENCES:

- extinction
- balance in the food chain disrupted
- loss of biodiversity
- less food
- vicious circle



SOLUTIONS:

- turn off lights
- slow down urbanisation
- avoid chemicals
- go zero waste
- slow down global warming



WHAT WE THINK...

If the endangered species become extinct, the balance will be destroyed and that could cause a lot of problems for the planet.



Wasted food

By Špela ZORMAN,
Ajda BERNARD,
Marija ZEVNIK &
Petra OSOLNIK

There are several reasons why food gets wasted. Some food is thrown away at the source because it isn't suitable for sale, some goes bad because it isn't packed or stored properly and some expires because people buy too much of it due to discounts. And of course some is left on the plates by picky people ...

Wasted food is a big problem today. A lot of people don't realise this because they have enough money. But some people

don't and they fight for scoops of rice. In some places there is an overwhelming poverty. We need to inform people about how much food we discard daily and reduce that amount. KEEP THE WORLD BETTER & CLEANER!

Pollution and waste management in the Alps

By Kaja TOMASINO ROZMAN, Maša MLADIČ, Anteja JUGOVIC & Urška ERMAN

Within the Alps4nats international project we decided to research the topic of waste in general and in particular waste in agriculture. We have already heard a lot about the terrible problem posed by environmental pollution. Within this project we have studied the topics of waste management in the

Alps, environmental packaging problems, plastic packaging, micro plastics, macro plastics, the impact waste has on animals, the search for environment friendly packaging, what it means to live zero waste ... In the future, we want to expand these topics even further and look closer into agriculture and

how the waste affects it. We will introduce you to the part agriculture plays in environmental pollution, how to reduce waste production in agriculture, and will investigate how much waste is accumulated in milk production and how to reduce that amount.

How are EU countries helping with global issues

By Robert ČERNILEC, Ažbe HORVATINOVIĆ, Bor KLANČAR & Žan VULETIĆ

European countries nowadays use a lot of renewable resources to produce electricity, including hydro, solar and wind power as well as some other alternative resources. The leaders in renewable resources use are Norway, Denmark, Sweden, Germany and Iceland.

Sweden was the first country in the world to pass an environment protection law in 1967 and has been among the top ten

countries globally respected for their environmental performance. The Swedish government has set an ambitious goal to go fossil free by 2045 and switch to 100% renewable energy production. Norway already makes 99% of power from renewable resources in its 1,681 hydro-power plants. When in 2020 Germany's power consumption increased drastically, the government decided they want to

raise the share of renewable resources to at least 85%. Apart from clean electricity renewable power plants have also provided over half a million new jobs.

While Norway and Sweden are now considered Europe's greenest countries, Turkey is the most polluted. Slovenia is said to be 43rd on the global list of the most environmentally friendly countries.



Chocolate industry

By Ajda BERNARD, Petra OSOLNIK, Marija ZEVNIK & Špela ZORMAN

In Slovenia there are two very popular chocolate producers. The biggest chocolate industry in Slovenia is called Gorenjka and is located in Lesce, near Bled. It has been in business for over 90 years. Every year they make a chocolate bar that weighs more than 90 kilos, which we can see at the chocolate festival in Radovljica. Gorenjka is also the name of the factory's famous symbol, Gorenjkina punčka (the Gorenjka doll).

On the other side of Slovenia, near Novo mesto, there is a smaller and younger

chocolate company called Berryshka. They produced a lot of different types of pralines. They are also popular because they produced their own gin. Because Berryshka is a small and family-run chocolate company every chocolate product is handmade.

Every year in Slovenia we have a chocolate festival in Radovljica. The festival lasts for three days and is the biggest chocolate festival in Slovenia. At the festival we can see and taste a lot of different types of chocolate and desserts with chocolate.

We were curious about our classmates' feelings about chocolate so we conducted a research. Out of twenty people (sixteen women and four men) seven eat chocolate every day. Kinder and Milka are the most popular. If there were no milk chocolate, thirteen people would choose white chocolate and seven people would choose dark chocolate. They are not too keen on healthy chocolate – the answers included 'disgusting' and 'horrible'.



Rainbow warrior

By Gaja SUHADOLNIK

The Rainbow Warriors camp is a camp for children with ADHD (attention deficit hyperactivity disorder) and Asperger's syndrome. Every year, I attend the camp myself as a participant and volunteer for the youngest.

Our leader is Dejan Sotirov, who is really full of energy. Together with Dejan, the camp was founded by his partner Ana. The order in the camp is taken by mentors who show us a lot of new things and teach us a lot. At the camp we have various workshops. I like making bracelets, so I always attend this workshop. We play the game Gladiator every year and we use a lot of our energy. Stealing a flag is another tradition. One evening we have a talent show where we show interesting things, but only the bravest who have no problem performing. Every year there is also a secret friend game. On the last day of the camp, the secret friends are revealed. At the end of the camp we receive a handkerchief and a T-shirt.

I enjoy the camp because we listen to stories, tell jokes and sing songs by the fire. I look forward to it every year. It helps me study and pay attention at school, too. I have prepared an interview for you with Dejan Sotirov, who is one of the founders of the camp.

Dejan, how did you get the idea to start a camp?

We got the idea as I had been an ADHD child. Since I really like nature, my friend and I talked about what if we did a camp for ADHD children. At that time, there was talk of this diagnosis. We learned that ADHD children are not accepted to other camps because they are too annoying and misbehaved. We both believed that energetic children are just energetic and that it is important where you direct their energy. If you focus on the positive,

you can get great results. The motive for the camp came from me, as I have ADHD myself.

Where does the name of the camp come from?

The name of the camp comes from an ancient legend of the CREW tribe. These are North American natives, a large tribe with half a million Indians still alive today. At the time I started the project, a name was required. As I was researching North American indigenous tribes, I stumbled upon this legend by chance. When I read the legend of the RAINBOW WARRIOR I found that the legend speaks to what we are dealing with. These are special or different children and the legend says that the earth will one day have problems, that it will get sick, that everything that is actually happening today will happen and

then these children will appear with their special powers of pure love and they will heal the world.

What do you like most about the camp?

At the camp, I like the people the most, not the things we do at the camp, these are interesting in themselves, but in the first place there are these exceptional children who confirm what we believe in. That they are not barbarians or too lively, or inattentive or that they do not want to listen. In fact, they are exceptional, they give a lot in return. A child may not be doing well in school with grades, but in another field they show above-average abilities. And then the mentors and people themselves, this tribe. How we became one big family. I like that the most. These friendships, these bonds and the love that connects



us. I love that we love coming back every year, and how much we love each other. At camp, I like the relationships and the people the most.

What does a day at the camp look like?

The day at the camp is similar to other camps in that we have certain rules regarding sweets and technology, everything that negatively affects children. Many of these children receive medication so there are doctors who make sure these children get medication. The day is very diverse. This year the camp will be a little different because we will be doing a themed camp and one theme will be central throughout the week. Sometimes we have guests or buses pick us up and we all go to the Krka river together in kayaks. In the evening we meet by the fireplace, have a little fun, talk, but it all depends on how big the groups are. During the day there are various workshops where we knit bracelets, shoot with an air rifle or with a bow and make pendants from tallow stone.

Do you run any other programs besides the camp?

Rainbow Warriors have quite a few, yes. Maybe even too many because we are volunteers and we can't run all programs regularly. There is the **forester project**, a weekend workshop on survival in nature. Then we have a **gladiator camp** and gladiator weekends with a game in which two teams compete to achieve a tactical goal. Each player is equipped with a foam sword, the core of which is solid but lined with compact foam, which makes the sword flexible and soft enough to be harmless. In addition to the sword, each participant has knee pads, elbow pads, protective gloves, a foam shield and a protective helmet that additionally protects all vital parts of the head. In the game, children learn to work in a team, plan a strategy. I also have a **house** project that we run in elementary schools where the whole class builds a house together. We have a **'if you don't know, ask'** project for second-day school students in which we deal with the problems of high school students anonymously. We offer financial assistance



to those who can't afford our activities. We raise various funds, we teach a lot to teachers in schools about ADHD. We teach parents and collaborate with other organizations.

What would you say to young people who have a lot of energy and don't know how to use it?

I think you, Gaja, are a very good example. A person who has a lot of energy needs to use

it somewhere. You can't just sit still and be at home all day. You need to do things outside or with friends. Individuals with ADHD have many positive qualities, we are very sociable and we can be annoying to some people. We are very communicative. We have a very strongly developed sense of helping others. Find yourself what suits you best to develop your talent. Let's say just like you bake very well and you're also great at working with young children, so it's important in life to find those areas where you find inspiration and joy.



Bee4Mee wins!

By Nataša ŠINK



Our students David Rupnik, Žan Kelih, Andraž Belič Pfajfer and Timon Malnar started their own student company Bee-4Mee and took part in a competition by Junior Achievement Slovenia, part of Junior Achievement Europe. The group was formed earlier in the Alps4nats project and the Agriculture class where their task was to find ideas on how to protect the Alpine region. They created a business idea for apiculture and bee products (bee venom cream). They came up with the

idea that promoting apiculture would increase the number of beekeepers, and therefore the number of bee families and thus pollinators. They also decided to raise awareness about alternative bee products. The start-up was awarded a gold medal for best product in the finals of the 'I feel Slovenia brand' and a silver medal for the most original Slovenian product.



Having fun with our peers from Germany, France & Italy in an international project

By Aleksander LOKATELJ

In the past year, my classmates and I attended the Agriculture class, where we learned a lot about plants, animals and agriculture in general. We were also assigned projects which our predecessors had started.

Alps4Nats is a programme which helps fund these projects and also helped us to initiate and start working on them. All of us students split into groups, I was with my fellow classmates Jure and Matija. Our group chose a project called 'Coexisting with Bears in the Alps' and lucky for us, our predecessors had already written almost all of the information on their appearance, behaviour and life. Our mentors, Urška Kleč and Dr Nataša Šink, helped us a lot, by giving us a lot of useful ideas and literature, which we happily used. We used all the knowledge from the team before us to learn a lot about bears and we realised that they are truly beautiful creatures and

that we humans rarely show as much respect to them as we should.

Back in November, I, as the head of our group, got together with students from Germany, France and Italy, as a part of the *Alps4Nats* programme and we presented our work to each other. Since we were in lockdown, we had a zoom meeting which I believe was great. I made a slideshow presentation of our project, where I gave a lot of information on bears, their behaviour and, most importantly, educated my peers on how to act when encountering them in the wilderness. Another meeting was held in May and I once again presented our project but this time it was for a programme called 'Suitable'. I am glad that I accepted the invite to present

these projects because I met a lot of students from other countries and learned a lot about how they see and think of problems which all of

our countries have in common. I hope to have played my part well and educated them enough to see bears as more than just some dangerous wild animals.

We finished our project by presenting it once again, but this time to our fellow classmates from the Agriculture class. We showed them a role-play board game with cards. We explained the rules, demonstrated the procedure, split the class into groups and started playing. If their game went off the rails and they started talking about irrelevant subjects, we steered them back on track and helped them in any way we could.

Participating in the *Alps4Nats* programme was an overall wonderful experience and I believe my classmates all had a great time working on these projects. We all learned a lot of new things which is always a good thing. But in my opinion the most important thing was all the fun we had.



Farm sitting

By Jaka ČOP

About two years ago I had an opportunity to sit a farm in a small village Planina pod Golico located just above Jesenice.

The farm that I was sitting is Kmetija Smolej which mainly focuses on tourism. I was alone on the farm for about a week as the owner Miha had decided to go on holiday. He needed somebody to take care of the animals so he remembered I could be the man for the job as I had worked there before and I knew the ropes. During the week I got the feeling what running a farm actually means. It certainly takes a person who can improvise because everything doesn't always go as planned on a farm. The owner isn't available all day so you need to know a couple of things and be able to take initiative. That was my experience.

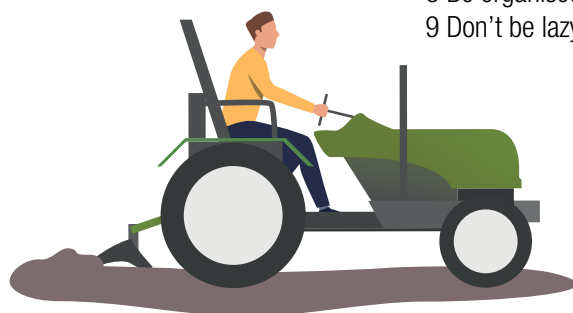


How to survive the lockdown

By Davor MRVIĆ, Ožbej JANEŽIČ, Rok ROBLEK, Jerca BOKAL, Nika PEZDIREC & Jaka ČOP

How to survive ... as a farmer

At the beginning of the first lockdown a lot of farmers didn't want to sell their products in the farmers' market because they were scared of the virus. But after the first experience people were not so afraid anymore and they started to work normally again so now you can buy local food even in lockdown.



How to survive ... school

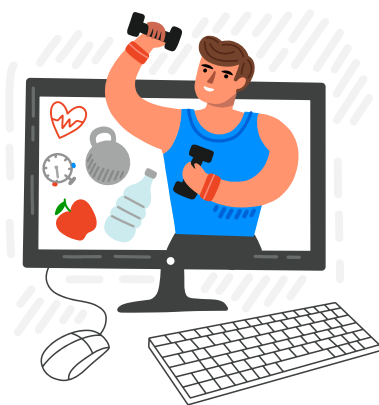
You don't, that's the point. But you could try these:

- 1 Relax & embrace the change.
- 2 Don't be afraid to ask questions.
- 3 Remember: teachers are there to help.
- 4 Don't use exams to measure your self-worth.
- 5 Strike a balance between study & socialising.
- 6 Try reaching out to new classmates.
- 7 Try different activities and embrace school spirit.
- 8 Be organised.
- 9 Don't be lazy.



How to survive ... and stay fit

In the lockdown it is important to eat healthy and different types of food. A variety of oats is recommended for breakfast as well as corn flakes with milk or yoghurt. Another healthy breakfast choice are various types of smoothies. Brunch should include a lot of protein so you can have protein shake or a couple of eggs. For lunch you can eat beef soup and mixed salad with lettuce, tomatoes, beans and peppers. This can be topped by beef steak in a sauce and potatoes. After lunch



you should take a nap. When you wake up you can do a two-hour workout which should include some cardio and some functional body building. Then you take a shower and afterwards drink a protein shake. For dinner you can eat a little bit of salami and cheese with bread. After dinner you ride your bike for 25 minutes and do some stretching exercises. Once you have finished, you take another shower. To prepare for the next day you should get a good night's sleep, about ten hours.

How to survive ... if you're a horse lover

When lockdown came it was advised for equestrians not to ride their horses in order to decrease risk of injury. Horse riding can be a dangerous sport. But what can you do instead with your horse?

Well, a very basic solution is to take walks with your horse. That keeps you active and your horse gets the exercise as well. Alternatively, you could try something

new, for example to teach your horse some fun activities such as smiles, kisses and hugs. A lot of equestrians tried positive reinforcement and clicker training during lockdown. In this type of training you use treats as rewards – it is very similar to dog training. This has proved to be very effective because horses enjoy food encouragement very much. It is also a less

stressful experience than traditional training. Finally, the lockdown was a great way to spend some quality time with your horse, to strengthen the bond and improve the relationship.



Colourful summer wreaths

made by our florists

