



SELF

2014



VILLAGE
EFFICIENT

About us

About Association for Rural Development LAZ

Association for rural development LAZ has been active since 2004 and is involved mainly in activities to improve rural life and actively involve and connect rural population of all age groups through varied activities and projects thus promoting active citizenship. Association's goal is to improve through rural development the quality of social and economic aspects of life of the habitants of the Jablaniška valley area. Activities of the LAZ NGO are very diverse from development of touristic programs, youth education programs, promotion of the cultural heritage and organization of workshops for rural population in order to raise awareness on different topics (water resource management, ecology, agriculture, handcrafts). The activities are also aimed at different age groups and we are especially encouraging intergenerational transfer of knowledge and cooperation between the seniors and youngsters through different projects. The membership in organization is increasing and thus the volunteer input of the local population. The organization is trying to address different needs of local people therefore the range of the activities is growing from year to year.



Youth exchange Erasmus+ in Litija, Slovenia

During 20th and 30th of August 2014 Association for rural development Laz (Slovenia), in addition to Slovenian youth, also hosted youth from 3 other organizations: CSF - COOPERAZIONE SENZA FRONTIERE (Italy), Latvian environmental science students union (Latvia) and Association "Professional Forum for Education" (Bulgaria). The international youth exchange named Self efficiency Village was organized under Erasmus+ program and it joined together 28 young people working together throughout eleven days.

We stayed at the Paternoster's Farm in Litija. The main topic of the exchange was self-efficiency, so we talked about that, we went to see some examples of good practices in surroundings, we've been taught how to storage food, make baskets, make lace, how to prepare homemade body cream, homemade washing powder... We enjoyed visiting adventure parks and playing sports games; we watched movies, danced and visited the capital city of Slovenia - Ljubljana.

Meeting new people, new cultures and making new friendships was a great experience for all of us.

The Erasmus+ Project is co-funded by European Union.



Our first dinner together in Slovenia after a loooooong trip.

Participants came in Slovenia from Bulgaria, Italy, Latvia and also from Slovenia. Latvian participants had the longest trip about 2000 km.

cornfield + campfire =



Getting to know each other.



Designing a logo

- Learning about logo and slogan
- Brain storming
- Choosing the best logo and slogan
- Creating logo and slogan



Workshop: Plans for self efficient village

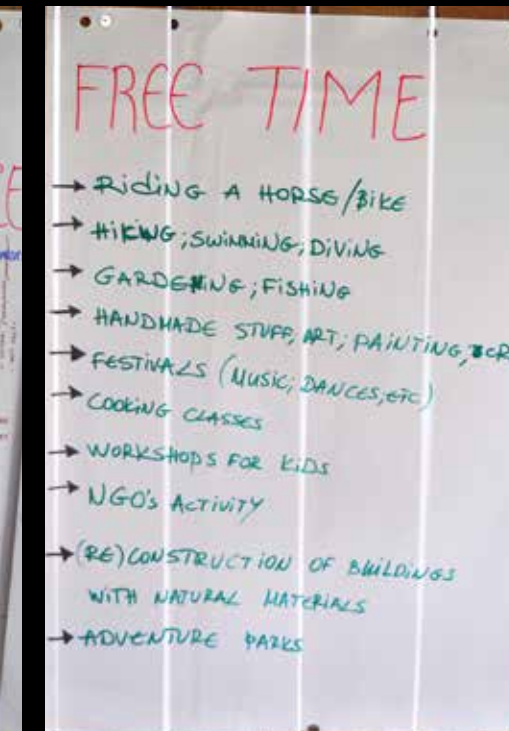
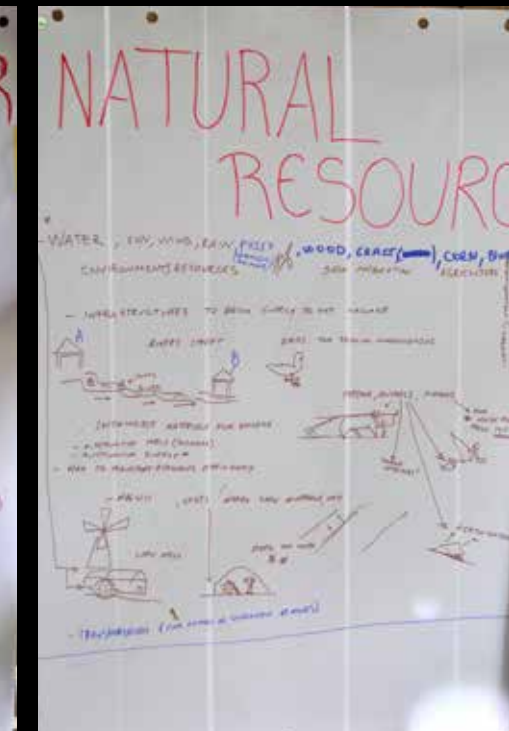
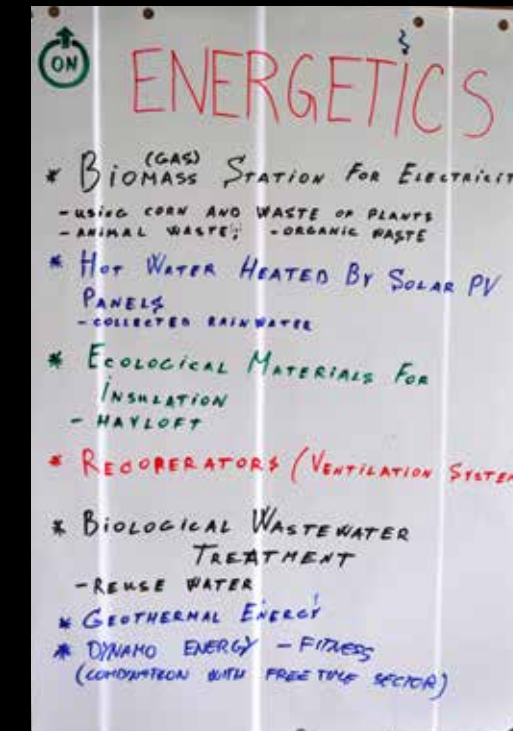


During the workshop also five language dictionary was made.

Identifying needs and searching for solutions.

Participants were divided in four groups:

- Energetics
- Service sector
- Natural resources
- Free time



Fotobooth



Trip around Litija.



Home made recipes

01 Mint syrup

Ingredients for 4 liters of syrup:

- 4 kg of sugar
- 4 l of water
- a large bunch of mint
- 6 lemons
- a root of ginger

Preparation process:

Mix the sugar and water, bring it to boil. Add mint, sliced lemons and chopped ginger. Leave it to simmer for a few minutes. Remove from stove and leave it covered to rest for a day. Filter and pour into bottles. Store in a dark and cold place.



02 Homemade calendula cream

Ingredients:

- 3d cl olive oil
- 300 g cocoa butter
- bunch of Calendula flowers

Preparation process:

Put olive oil in a pot. Heat it and when it gets warm add chopped or torn flowers. You can also use stems and leaves, chop them roughly.

Let it simmer in the oil for 10-15 min. Remove from fire and add roughly chopped cocoa butter. When the butter melts, pour the mix through a fine filter and into small plastic containers. Leave it to cool down and harden for a few hours. Store in cool place.



03 Washing powder:

Ingredients:

- 1 marseille soap
- half of tablespoon of sodium bicarbonate (baking soda)
- 1,5 l of water

Preparation process:

Bring to boil water and take it off the heat. Then pour grated soap into water and stir until the soap is melted. Then add the sodium bicarbonate, stir again and allow standing for about an hour to cool a little and then pour into the bowl where you want to keep the powder. Let it harden.

Dosage: approximately 2-3 tablespoons per wash.



04 Sour Pickles

Ingredients:

- jars
- fresh small sized cucumbers (it is the best that you pick them in your garden every second day)
- salt
- spice mix for pickles (black pepper, dill, cumin, coriander)
- water
- white vinegar

Preparation process:

Thoroughly clean the cucumbers in cold water. Remove all stems and flowery ends because they might contribute to an off-flavour to the sour pickles. Boil water (larger volume than cucumbers), pour this boiling water over cucumbers, cover them and leave them for 15 to 20 minutes. In the meantime put 2 tea spoons of salt and 1 tea spoon of spices in each jar.

Pour off the water and put as many cucumbers as possible in jars. Prepare mixture of water and vinegar (3 l of water + 1 l of white vinegar) pour each full jar with this mixture, fill to the top. Close tight each jar with lid. Turn it upside down and cover with a blanket. Leave jars like that during a night to cool. Sour pickles are ready to serve after 1 week.

Workshop

Guided discussion about self-efficiency, transnational organisations impact on customers habits.



Workshop FISH

Critical assessment of competitive behaviour. Getting to know the process of consumption of common resources and factors that affect this process (personal, social).



National evening...



...with typical national food, drinks, dances, ...



Hayloft cinema



05 Brownie

Ingredients:

- 250 g butter
- 250 g plain chocolate (or dark chocolate)
- 3 dcl sugar
- 1 pack of vanilla sugar
- 5 eggs
- 1.5 dcl flour
- 0,75 dcl cocoa
- Pinch of salt
- Almonds

In a large saucepan melt butter and chocolate. Add sugar and vanilla sugar, eggs and salt. Mix all together. Then add flour and cocoa and half of almonds. Spread batter into prepared pan. You can decorate with other almonds at the top.

Bake in preheated oven for 35 minutes on 175°C. Do not overcook.

06 Rafaelo

Ingredients:

- 250 g milk powder
- 250 g coconut flour
- 1 dcl water
- 220 g margarine for baking
- 250 g castor sugar

Melt margarine add all the above-mentioned ingredients. Put the batter into a fridge for a few hours. Make mini balls and in the middle add almonds or hazelnuts. Roll it in coconut flour.

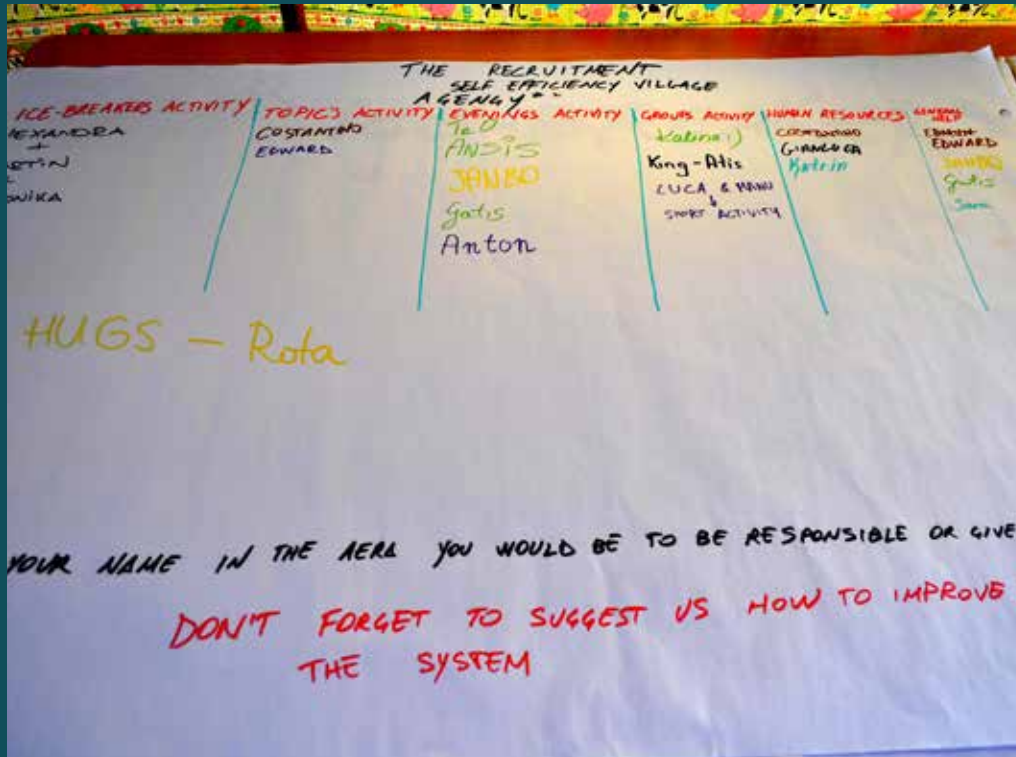
recipes
Home made

Agreements and division of roles

Sports



Adventure park Geoss.



Self efficient village

Making model of self-efficient village

Model completed



Inviting local people to public presentation of results



Presentation of farm
Presentation of stone processing



Making baskets
Making laice



Youth mingling



Couple kilometres away was taking place another youth exchange which involved youth from the same countries as our exchange and we have met each other on a couple of occasions.



Public presentation



At the end of the exchange we presented all results to the public. The presentation was attended by local people and a local reporter.



Home made recipes



07 Krapki cookies

Ingredients

For dough:

- 140 g butter
- 70 g sugar
- 1 vanilla sugar
- pinch of salt
- 2 egg yolks
- 180 g flour
- 50 g chopped chocolate
- crushed hazelnuts for garnish

For filling:

- 180 g melted chocolate
- 30 g butter
- 4 spoons whipped cream
- 1,5 tbs honey

Knead dough out of the ingredients listed above and form them in shape of walnut sized balls. Roll them in egg whites and then in crushed hazelnuts. Put them on baking tray, leaving quite a lot of space in between them, they will rise a little during baking. In the middle of every ball make a little dent with cooking spoon or with your finger. Bake for 18-20 min at 180°C.

Mix all ingredients for filling, until you get a smooth cream. Put the cream in a pastry bag and apply the filling on baked and cooled balls.

08 Walnut cakes

Ingredients

For dough:

- 100 g flour
- 150 g butter
- 150 g sugar
- 50 g yeast
- 0,5 l milk
- 4 egg yolks
- a little bit of rum
- a little bit of salt

For filling:

- 600 g minced walnuts
- 1 sweet cream
- Sugar
- Lemon zest
- Rum
- 1 Vanilla sugar
- 4 whipped egg whites

Crush yeast between your fingers into the milk and then add to the flour. Slowly add all other ingredients for dough and knead. Let it rise for one hour.

Mix ingredients for filling.

Roll out the dough and spread the filling on it. Start rolling the dough until you make three turns. Cut into about 5 cm long pieces. Put them on a baking tray and using a brush, coat glaze the surface with whisked egg. Bake for about 20min at about 180°C.



09 Mint potica

Ingredients

For dough:

- 30 g yeast
- 500 g flour
- 100 g butter
- 2,5 dl milk
- 2 egg yolks
- 100 g sugar
- Lemon zest
- 1 tbs rum
- Salt

For filling:

- 2,5 dl sour cream
- 2 eggs
- 2 egg whites
- 80 g bread crumbs
- 100 g sugar
- Mint

Using all ingredients knead the dough delicately. Let it rise until it is doubled in size. Roll out the dough, spread filling on it and sprinkle with mint leaves. Form a roll and put it in a baking mold. It should fill the mold at about $\frac{3}{4}$. Leave it to rise again. Brush the roll with egg whites and put in oven, preheated to 180°C. Bake for about 1 hour. Leave in the mold until it cools down a little bit and then turn around on a board.

Ljubljana



We visited capital city Ljubljana and main tourists points.



That's it! See you!

