



EPAEMSI - MOBILITY ACTIVITY Nr. 5

Activity location: Ljubljana, Slovenia

Activity date: 6th – 9th of December 2013

Hosting organisation: Association of Nigerians in Slovenia (Društvo Nigerijcev v Sloveniji)

- hereinafter ANS

www.slomag.org

Contact person from the hosting organisation during the activity:

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1. Logistics

1.1 Nearest airports and easiest way to reach the city center.

Ljubljana Jože Pučnik Airport (LJU)

The nearest airport to the city center is Previously known as Brnik Airport, recently it has been renamed to Joze Pucnik Airport after a contemporary Slovenian statesman. It is located around 30 km north of Ljubljana.

There are 3 ways to travel to the Ljubljana city center from the airport:

1. **By Taxi** (highly recommended for 3 or 4 people taking Taxi together)

It should be the best solution because You can go directly from the airport to Your hotel and the prices can be similar like in other means of transportation around 22 to 30 EUR (Price in case of making an order through phone) for one taxi. It is highly recommended to order a cab by phone, in other case taxi prices are much higher.

Taxi companies we are recommending:

- **Metro Taxi**
Mobile Phone Number: 041 240 200
Free Number, only accesible from Slovenian Phone Number: 080 1190
Price: 0,89 EUR/km
Approximate price from the airport to City Center: 27EUR
- **Intertours Taxi**
Mobile Phone Number: 031 311 311
Free Number, only accesible from Slovenian Phone Number: 080 311 311
Price: 0,77 EUR/km
Approximate price from the airport to City center: 24EUR

2. **By public bus** (the cheapest option)

Info: <http://www.lju-airport.si/en/passengers-and-visitors/getting-here/bus-and-shuttle/>

Ljubljana AIRPORT → LJUBLJANA

Timetable: Departures from Ljubljana Airport

The price is 4,10 EUR. The journey time is approximately 45 minutes. Tickets are purchased on the bus.

FROM MONDAY TO FRIDAY							
5.00	6.05	7.00	8.00	9.00	10.00	11.00	12.00
13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00
SATURDAYS, SUNDAYS AND HOLIDAYS							
7.00	10.00	12.00	14.00	16.00	18.00	20.00	

LJUBLJANA → Ljubljana AIRPORT

Timetable: Departures from Ljubljana Main Bus Station

The price is 4,10 EUR. The journey time is approximately 45 minutes. Tickets are purchased on the bus or at the bus station.



FROM MONDAY TO FRIDAY							
5.20*	6.10	7.10*	8.10*	9.10	10.10*	11.10	12.10*
13.10	14.10*	15.10	16.10*	17.10	18.10*	19.10	20.10*
SATURDAYS, SUNDAYS AND HOLIDAYS							
6.10	9.10	11.10	13.10	15.10	17.10	19.10	

3. Shuttle Connection

Info: <http://www.lju-airport.si/en/passengers-and-visitors/getting-here/bus-and-shuttle/>

Airport - Ljubljana City - Airport: the journey time of the one-way trip is 30 minutes. Tickets are purchased on the bus. The price is 9,00 EUR per person (to the bus terminal).

Ljubljana AIRPORT → LJUBLJANA

Departures from Ljubljana Airport are adapted to plane landings.

For information please call: +386 51321414 or +386 41792865 or send e-mail: borut.markun@siol.net.

LJUBLJANA → Ljubljana AIRPORT

DEPARTURES FROM LJUBLJANA										
5.10	6.15	7.50	9.00	10.25	12.15	14.00	15.30	17.00	18.00	22.30

1.2. Recommendations for accommodation.

Can you recommend three or four options of accommodation where it would be convenient for the participants to stay? Please take into consideration the following: reasonable price range (between 15 and 40 Euros day/person for bed & breakfast in a standard twin room); proximity with the location for the activity; convenient access from the airport, rail or bus stations; convenient access for people with physical disabilities (ex. wheelchair); etc.

1. Park Hotel (Highly recommended)

Hotel Park Ljubljana is part of the city heart beat, located in the very centre of Ljubljana city, right in front of the entrance to the old city core, under the Ljubljana Castle and very close to the city market, the famous Dragon Bridge and main city square.

Conference and some other activities will be held in Hotel Park conference room. At Hotel Park they are expecting you, but to use the reservation done by ANS please make the booking directly by contacting Hotel Park and not through online portals. Reservation is due only for very limited time because December in Ljubljana is Festival period. **When contacting the hotel please mention The Name of your organisation.** Once again, **Reservation should be made as soon as possible!**

More info: <http://www.hotelpark.si/>

- Checkout: 10am
- Ph.: +386 1 300 25 00
- Ph. for Group reservations: +386 1 300 25 24
- Address: **Tabor 9, Ljubljana**
- E-mail: booking@hotelpark.si



2. Hotel Emonec

It is located in the heart of Ljubljana's old town, Hotel Emonec offers rooms with free Wi-Fi and satellite TV. Just outside the doors are Ljubljana's famed Presem Square. Most of the city's attractions are just minutes away, and Hotel Park (conference room) is 900m away (12 minutes walk).

More info: <http://www.hotel-emonec.com/>

- Reception: 24/7
- Cashier: 6am - 11pm
- Checkout: 10am
- Ph.: +386 1 200 15 20
- Fax: +386 1 200 15 21
- Address: **Wolfova 12, Ljubljana**
- E-mail: hotelemonec@siol.net

● Hostel H20

Located in the very centre of Ljubljana and only a 5-minute walk from the Three Bridges

More info: <http://www.h2ohostel.com>

- Reception: 8am -11pm
- Checkout: 10am
- Check in starts after 2pm
- Ph.: +386 41 66 22 66 / +386 41 72 08 25
- Skype: h2ostel
- Address: **Petkovškovo nabrežje 47, Ljubljana**
- E-mail: info@h2ohostel.com

● Hostel CELICA

Hostel Celica is top of the Lonely Planet list as No.1 Hippest Hostel, also named one of the 25 Ultimate Places to Stay by Rough Guides and awarded No.1 Slovenia hostel by guests' reviews.

More info: <http://www.hostelcelica.com>

- Ph.: +386 1 230 97 00
- Address: **Metelkova 8, Ljubljana**
- E-mail: info@hostelcelica.com



1.3 Meals.

ANS will book restaurants for the entire group of participants. There will be choices of dishes. The average cost of a meal is between 15 and 20 Euros. More details about each meal will be provided a few days before your arrival.

1.4 Local activities.

Visit of Ljubljana Castle by lift:

Admission:

- €6.00 for adults (€8.00 for a combined ticket including entrance to the castle and a funicular ride to the castle hill)
- €3.00 for children, students, seniors, and those visiting in a group of more than 15 people (€5.00 for a combined ticket including entrance to the castle and a funicular ride to the castle hill).

Intercultural Celebration with taste of Slovenian and Nigerian Cousine.

Indoor Football for Peace and Unity.

Details about local activities will be provided a few days before arrival.

1.5 Public transport fares.

*Ljubljana has public **Bus** and **Taxi** services. Bus can only be payed with Urbana City Card.*

BUS PRICE: 1,2 EUR/hour (within this period of 1hour you are allowed to switch the lines)

*Bus can be paid with the value **Urbana card** – is yellow and has replaced tokens and cash. It does not have the holder's name and is transferrable. It is possible to add credit to the card up to a total of €50. The lowest amount that can be credited at an Urbanomat is €1, while there is no restriction on the lowest amount at other sales outlets.*

Price for Urbana Card is 2 EUR. Urbana Card can be bought at Urbanomat (24/7), Kiosks/Newsstands, Ljubljana Main Bus Station (5:30-23:00) and some of the restaurants and shopping malls, shops, tourist centers, gas stations.

The Uniform Urbana City Card is a contactless smart card that enables quick and convenient cashless payment for Ljubljana city bus journeys. It's also possible to use your Urbana card to pay for using the funicular to and from Ljubljana Castle.

Taxi compannies we are recomending:

- *Metro Taxi*
Mobile Phone Number: 041 240 200
Free Number, only accesible from Slovenian Phone Number: 080 1190
Price: 0,89 EUR/km
- *Intertours Taxi*
Mobile Phone Number: 031 311 311
Free Number, only accesible from Slovenian Phone Number: 080 311 311
Price: 0,77 EUR/km



1.6 Weather.

Slovenia has four seasons. Thou Winter is between 21. of December and 21th of March the weather in December it is cold with huge possibility of Snow. The average Tempreture (daily mean) in the first half of December in Ljubljana is 0,7 °C. Average High Temperature (Temperature during the day) is 3,4 °C. Average Low (Temperature during the night) is -1,7 °C. Average days in December with precipitation in Ljubljana amounts 13 days, and of this 12 days is snowing.

1.6 Things to bring.

- *Water proof and warm Shoes*
- *Winter Jacket and other clothes (hat, glowes, scarf,...)*
- *Clean Shoes/Soccers for Indoor Sports – if possible for Indoor Football and sport clothes(for everyone that will play football, and those that would not should not worry, you will be busy and have fun as well).*
- *An Umbrella/Rain coat*
- *Within the framework of the intercultural celebration, each delegation will have an opportunity to present to the other participants and guests of the hosting organisation their country, culture and gastronomy. In order to do so, it is suggested that each delegation bring some food or drinks in order to introduce the other participants in their gastronomy and culture.*

2. Agenda for the activity

Day 1

- 09:00 - 20:00 h: Arrivals.
- 20:00 - 22:00 h: Dinner. (Price per person approx. 15 EUR, with 1 (or 2) drink included)
Location: Hotel Park, Tabor 9, Ljubljana – Meeting point Hotel Lobby

Day 2

- 09:00 - 09:30 h: Registration
Location: Hotel Park, Tabor 9, Ljubljana – Hotel Conference room
- 9:30 – 10:00 h Presentation of the ANS and presentation of the hosting organisation's good practice(s) in promoting social inclusion through education.
- 10:00 - 13:30 h: 1st Part of Best Practice (*Language and Culture Workshop – Activities are prepared in a way that is suitable for everyone*)
- 13:30 - 15:00 h: Lunch. (Price per person approx. 15 EUR, with 1 (or 2) drink included)
Location: Hotel Park, Tabor 9, Ljubljana
- 16:00 - 19:00 h: 2nd Part of Best Practice (Indoor Football Tournament – Activities are prepared in a way that even those not playing will be enjoying and encouraging others)
- 20:00 – 22:30 Guide arround Former prison transformed into Art house, Hostel and more.
Dinner. (Price per person approx. 15 EUR, with 1 (or 2) drink included)
Location: Hostel Celica, Metelkova ulica 8, Ljubljana



Day 3

- 09:00 - 09:30 h: Registration
Location: Hotel Park, Tabor 9, Ljubljana – Hotel Conference room
- 09:30 - 12:30 h: Presentation of your Organisation and presentation of the SWOT analysis made by the adult learners from each organisation (except the hosting organisation of the previous mobility activity) about the good practice seen during the previous mobility activity. You will have 10 minutes available for presentation of your Organisation and another 10 minutes for Presentation of the SWOT analysis (projector and laptop will be provided).
- 13:00 - 16:00 h: *Sightseeing of the City Center of Ljubljana and Lunch.*
(Price per person approx. 15 EUR, with 1 (or 2) drink included)
Location: Penzion Pod Lipo, Rimska cesta 17, Ljubljana
- 16:30 - 18:00 h: Visit of Ljubljana Castle
- 18:30 - 19:00 h: preparation for Intercultural Celebration (each organisation will have a place-small table available to represent the country, culture and gastronomy)
- 19:00 - 23:00 Intercultural Celebration (*each participating country will have an opportunity to present to the other participants and guests of the hosting organisation their organisation, country, culture and gastronomy*), Dinner and some Fun.
We will inform you about exact Price for Dinner on your arrival to Ljubljana, but price will not exceed an amount of 15 EUR.
Location: Nebotičnik-Skyscraper, Štefanova 1, Ljubljana

Day 4

- 07:00 - 21:00 h: Departures

3. Local tourist information



3.1 Most popular touristic attractions.

Ljubljana castle: Explore Ljubljana's sightseeing opportunities and points of interest. The major tourist attraction is arguably the Ljubljana castle



Museums: *Visiting museums is a perfect activity when the weather's not on your side and also is an entertaining opportunity to learn about Slovenian history and culture. Ljubljana offers various museums on the history of Slovenia and Yugoslavia, as well as its architecture, art and other interesting themes.*

National Museum of Slovenia (Narodni muzej Slovenije)

This museum is located in the city centre, in the direction of Tivoli park. The Museum of national history displays monuments from the Roman period, treasures from the Stone and Middle ages, and also a permanent exhibition on Slovenian language. It also keeps an Egyptian mummy!

Address: Muzejska ulica 1, Ljubljana

The city market: *To truly feel the city's atmosphere and its people, visit the open market. It is one of the masterpieces of Plečnik's architecture and located by the river, where its monumental arcades connect the Triple and Dragon bridges. With the cathedral of St. Nicholas and baroque surroundings it seamlessly melts into the Old Town.*

Tivoli Park: *The biggest park in Ljubljana, which was created in 1813 and later redesigned by Joze Plečnik, today boasts around 5 sq km of forest. The 'Lungs of the city', as it's also called, is a place that connects the city to nature. Walk the park on a sunny day and you will find it visited by families, joggers, seniors, lovers, children and sports maniacs. Ponds, fountains, museums, childrens playgrounds, mansions, exhibitions, sports facilities and just plain grass and flowers make it a place of some variety where everybody can find something that appeals.*

Triple Bridge (Tromostovje): *Designed by Jože Plečnik. Tromostovje consists of three separate picturesque bridges located next to one another. The neighboring Prešeren square with the statue of Slovenian greatest poet France Prešeren is the central location of downtown Ljubljana and a common meeting point. From here, cross Ljubljanica and turn left for Open Market and the Dragon Bridge, or go straight and then right for the old town. edit*

Old Town: *Squeezed between the castle hill and Ljubljanica river is the old town with two squares, Mestni trg (City square) with the Robba fountain and the city hall behind it, and, further on, Gornji trg (Upper square). Well preserved medieval buildings now house local designer shops, and several popular cafes and restaurants. Although they may look creepy, the perfectly safe narrow lanes lead to charming little squares and buildings.*

National Gallery

Statue of Emonec

Zmajski Most (Dragon Bridge)



University of Ljubljana

National University Library

Križanke Summer Theater: Jože Plečnik is the most famous Slovenian Architect and he reconstructed Monastery into Summer Theater.

Franch revolution Square

Prešeren Square: France Prešeren is one of the famous Slovenian Poet, and wrote the song Zdravljica (National Anthem).



Roman Wall: On the territory of the present Ljubljana, the Romans built first a military encampment around the year 50 BC, and later a permanent settlement called Iulia Aemona (Emona). As a strategic stronghold playing an important role in numerous wars, Emona was fortified with strong walls. It had a population of 5,000 to 6,000 people, mostly merchants and craftsmen, including a number of government officials and war veterans. Its streets were paved. The houses were brick built, centrally heated and connected to a public sewage system. Their walls were plastered and painted in different colours, and their floors covered in mosaics. Emona was, among other things, an important Early Christian centre with a flourishing trade. It had its own goddess, Equrna, worshipped at the Ljubljana Marshes. Emona fell into a decline along with the Western Roman Empire.

3.2 Places to go out for a drink.

- PEACEFULL DRINK and OTHER: Opera Bar, Le Petit, Kavarna Maček
- PUBS: Guinness, Cutty Surk, Zlati Zob, Brooklyn, Zlata Ladjica
- WINE BAR: Dvorni Bar
- COCKTAIL BAR: Pr Skelet



In The Old Town there are lots of places to go for a drink, coffee or clubbing.

3.3 Places to go out for a meal.

Downtown Ljubljana is full of trendy cafes and high-quality restaurants. You can find local Slovenian food, and restaurants with ethnic food from many places around the world. Pizza in Ljubljana is of very good quality.

Snacks, Low Budget:

Falafel, Trubarjeva 40. This middle eastern dish, together with other meat and vegetables dishes is served in the small fast-food restaurant next to the Dragon bridge.

Nobel Burek, Miklošičeva 30 (You can't miss it - green and yellow sign, a lot of people standing in line). The place where young people go to get food late in the evening or at night. Different kinds of burek (a leafy dough pie, traditionally with mince meat or cheese filling) available. Considered to be the best burek in town.

Mind-Range:

Cafe Romeo, Stari trg 6 (Along the river, to the south of the 3 bridges.). Fusion between cocktail bar and mexican restaurant. Besides tourists, this place is also popular among the locals.

Emonska Klet, Plecnikov Trg 1. Former Ursuline convent. Cellar restaurant serving pizza, salads, and Slovenian food. Live music every night.

Figovec, Gosposvetska 1. Serves pony steaks, horse goulash, and traditional Slovenian food.

Gostilna Sokol, Ciril Metodov trg 18, This restaurant deals up authentic Slovenian cuisine, complete with all waiters and waitresses dressed up in traditional costume. The food is hearty and served in generous gut-busting portions and very good value for money. The fish cooked in a paper bag with vegetables is highly recommended. There is plenty of meat, fish and vegetarian dishes to choose from.

Joe Pena's, Cankarjeva 6. Popular Mexican restaurant.

Julija, Stari trg 9 (Right next to Luka's). Fare of Italian pasta and risotto dishes. Not quite as nice as Luka's but still a good filling meal, and at a reasonable price. Pasta or risotto:

Ljubljanski Dvor, Dvorni trg 1. Offers 100 different kinds of pizza. Beautiful patio overlooking the river. Large pizzas.

Šestica, Slovenska 40. Serves hearty meat dishes such as sausages, horse fillets, and steak as well as pasta and risotto.

Stara Mačka, Krojaška ulica 8 (Next to the Maček bar/lounge, in the middle of the old town). This is one of the best deals in town if you are looking for an intimate steakhouse.

Zlata Ribica, Cankarjevo Nabrezje 5. Great fish restaurant.

3.4 "You should not leave without:

- Try OverMuraMovingCake (Prekmurska Gibanica)
- Get rid of your old shoes!

If you take one of the tours around Ljubljana, your tourist guide will stop you on one or two occasions, ask you to look up and start a philosophical debate about why there are shoes hanging from power lines or telephone wires above your head. People in Ljubljana started to throw their old shoes over the power lines some years ago. But one cannot miss the fact that this phenomenon is almost half a century old.

Throwing shoes up over random wires has numerous meanings. In the old days, gangs around American peninsula threw their shoes on power lines to mark their territory. Locals were warned that they are "protected" and for the other gangs this marking represented borders of their area of influence.

Since in Ljubljana there are not many gangs and bullies, especially not around the city centre, there is probably another explanation, why people here throw their shoes up above – someone got a new pair of sneakers and



just thought of a way to get rid of the old ones – and there were many more that followed. Not really ecological method, but it does the trick.

- Visit Ljubljana Castle and its Old Town
- Try Prekmurska Gibanica (Cake), Goveja juha (Beef Soup) and Borovničke (Liqueur)

4. Local customs and cultural information about the hosting country

4.1 Language.

The National language is Slovenian (it is in the group of South Slavic Languages) which is spoken by 2 million people and almost every one understands English apart from the very old people. Because of historical reasons on the N and NE of the country people do speak German, and on the Coastal region (Primorska region) they speak Italian.

4.2 Currency.

The Slovenian currency is Euro.

The Tolar was the currency of Slovenia from 8 October 1991 until the introduction of the Euro on 1 January 2007. It was subdivided into 100 stotinov (cents).

4.3 Schedules.

In Slovenia, lunch is between 12:00 and 3:00 pm while dinner is between 7.00 and 9.00 pm. People often have a quick breakfast in the morning.

4.4 Popular food.

➤ Walnut roll (potica)

Walnut roll is a Slovenian pastry of yeast bread similar to a strudel, with one or more fillings. Over time, it has been adopted by most of Eastern Europe, and has changed into regional varieties of the same dessert. It is traditionally made for holidays such as Easter, Christmas or weddings.



➤ Ričet

is known all over Slovenia. The basic ingredients are pearl barley and dried meat. Plain "ričet" was often served in prison. The soup is still popular today, regularly on the menu of many restaurants.





➤ **Karst prosciutto (pršut)**

In Slovene language pršut is often served as a starter. The process of making prosciutto can take anywhere from 9 to 18 months. It is hung in a shady, airy place. The ham is left until dry. Prosciutto is never cured with nitrates, which is generally used in other hams. Only sea salt is used.



➤ **Prekmurje dough-pie –OverMuraMovingCake (Prekmurska Gibanica)**

When in Slovenia you must stop at a kavarna (coffee shop) for a delicious prekmurska gibanica, a layered cake made of curd cheese, walnuts, and poppy seeds.



➤ **Beef soup**

Beef soup is a traditional starter to a Slovenian Sunday lunch. Beef noodle soup is a noodle soup dish made of stewed beef, beef broth, vegetables and noodles.



Slovenians are proud of their traditional sausages, that can be served with sour cabbage and buckwheat mush (Ajdovi Žganci)

➤ **Carniola pork Sausage (Kranjska Klobasa)**

➤ **Black Pudding (Krvavica)** Rice mixed with pork mesat and blood.



4.5 Popular drinks.

- Slovenia is famous in really quality wine. Zelen is a white wine that can only be found in Slovenia.
- Typical liqueurs are: Borovničke (made from blueberries), Viljamovka (made from pear), Teranov Liker
- Beer: Union(Lj region) and Laško (NE region)
- Cockta (Slovenian type of Coca Cola)

4.6 Tips.

In Slovenia tips are welcome but not obligatory. Usually we leave from 4-10% of tip.

4.7 Meeting/Greeting people.

- Greetings are initially quite formal and reserved.
- When meeting someone for the first time the most common greeting a handshake and a welcoming smile.
- It is customary to maintain eye contact during the greeting process.
- Close friends and family may kiss twice on the cheek.
- Handshakes should be firm and confident.
- Slovenian are quite cold people comparing to Spanish, Italians, Portuguese, Africans...

4.8 Gestures to be avoided.

All the same widely known Western manners also apply to Slovenia.

4.10 Stereotypes.

- Slovenia is not Slovakia
- Slovenia is not part of Yugoslavia any more.
- Germans see Slovenia as a great country for holidays.
- Brits think Slovenia is a country which produces good cakes.
- The French and neighbour Italians haven't heard of Slovenia.
- Americans think that Slovenia is some kind of food.
- Slovenians are seen as introverted and unsociable to strangers but when we drink something we change our mood and we become sociable.

4.11 Sense of humour.

Slovenians have a good sense of humour, they do not always understand self-deprecating humour. Be cautious when teasing others, as such behaviour may be interpreted as putting them down.



5. Basic vocabulary

English	<i>INSERT NAME OF LOCAL LANGUAGE</i>	Phonetically
Hello/Hi!	Živijo! / Zdravo!	zdrávo
How are you?	Kako si? / kako ste?	Kakó si? / Kakó ste?
Good morning	Dobro jutro	Dôbr o jútro
Good afternoon/evening	Dober dan / večer	Dób er d án / večér
Good night	Lahko noč	Lahkó nóč
Goodbye	Nasvidenje	Nasvídenje
Excuse me! / Sorry	Oprostite	Oprostíte
Yes	Ja	Já
No	Ne	Nê
OK	V redu	V rédu
Please	Prosim	Prósim
Thank you	Hvala	Hvál a
Thank you very much	Najlepša hvala	Najlêpša hvála!
Your welcome	Ni za kaj	Ni za Káj
How much is that?	Koliko to stane?	Kóliko tó stáne
The bill please	Račun prosim	Račún prósim
A beer	Pivo	Pív o
A tea	Čaj	Čáj
A coffee	Kava	Káv a
Black / with milk	Črna / Z mlekom	Črn a / Z mlék om
A fruit juice	Sadni sok	Sádni sók
A red wine	Rdeče vino	Rdêče vín o
A white Wine	Belo vino	Bélo vín o
What's your name?	Kako ti je ime?	Kakó ti jè imé
My name is...	Ime mi je...	Imé mí jè
Do you speak English?	Govoriš angleško? FORMAL: Govorite Angleško?	Govoríš angléško? FORMAL: Govorí te angléško?