

# FUTURE IN YOUR HANDS

19. - 25. September 2022  
Center za mlade Domžale



Booklet for Erasmus+  
Youth Exchange activity



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# Meeting New Friends

Once upon a time, behind nine rivers and nine mountains, somewhere below Triglav in beautiful Slovenia, once lived Meta, who is always ready for new projects. She decided to hold an exchange programme called Future in your hands. She called her friends from Slovenia, Spain, Greece and Italy and so they gathered in a hostel in Dob, Domžale. Since they didn't know each other yet, the first activities were mainly aimed at getting to know each other and they soon became friends. They spent a whole week together and did many interesting things. They had a treasure hunt, they even tried their hand at rock climbing, scout skills and dancing "bansi". They also visited Ljubljana, saw its sights and went to Ljubljana Castle. The main purpose of their meeting was to talk and debate with each other about various topics related to the future and career. But since they came from different countries, they shared the customs of their countries and learned other languages. Each country cooked some typical dishes that we tried. The week ended far too quickly, but they still went home with many good memories, experiences and most importantly - new friends.

Let's talk about the trip to Ljubljana... First of all, we have to say that it was one of the best activities here in Slovenia. The adventure began at noon taking the bus from Dob to Ljubljana, where the locals guided us around the town. We started with the artistic corner **Metelkova**, which was very beautiful and it really inspired some of us. We continued with the **Dragon Bridge**, one of the most famous monuments in the capital of Slovenia. Then, our wonderful tour continued in the stunning streets by the river, where we admired the beauty of the city. And then it was time for a bit of exercise... We climbed the hill in order to visit the breathtaking **Castle of Ljubljana**. Of course, after all this wandering around, it was time for partying! We first went to a pub and then we visited a club for unstoppable dancing and singing. But it all comes to an end... The locals arranged taxis for us, in order to get back to the hostel safely. In conclusion, we should definitely thank the Slovenian team for the hospitality and the great tour, as **they made us feel like locals in the heart of Slovenia!** Even though we had visited the city again the day before the project started, with the company and guidance of the locals it was a really fascinating experience. **-Greek Team**

# Trip to Ljubljana

# Treasure Hunt Activity

On Tuesday afternoon we went on a Treasure Hunt. We were divided into 4 groups of people from different countries and we had to go to the most iconic places of Dob looking for clues. Each group had assigned a different type of business, such as fashion and food. Every clue had a different task we had to complete. The first one was thinking about a name for the company. The following one was to give a role in the business for each member of the group. Then we had to assign values and a slogan for the company. Finally, we arrived at the summer theater of Dob and shared our ideas. We had a very good time and had time to get to know more about each other. -Spanish Team

We spent a relaxed morning engaging in activities designed to push us **out of our comfort zones**. The event lasted for two 90-minute sessions, starting from morning until lunchtime. We had the opportunity to try various adrenaline-pumping challenges - **climbing, dancing and scouting skills**. The day was well-planned, allowing everyone to experience new and exciting adventures while enjoying a fun and invigorating atmosphere. **-Italian Team**

# Out of My Comfort Zone Activity

# TORTILLA DE PATATAS

Spanish Omelet for 4 People

## Ingredients:

- 1 Onion (1 onion)
- 4 Medium Sized Potatoes
- 5 Eggs
- Olive Oil
- Salt

## Instructions:

Wash and peel the potatoes and cut them in small slices. Fry it with the olive oil. Cut the onion in small pieces and fry it with the potatoes. When they are almost cooked (soft), take them out. Put and stir the eggs in a bowl, add some salt. Add the onion and the potatoes and mix them. Put the mix in a hot pan with a spoon of olive oil and cook it. Put a plate in the pan and turn the omelet upside down to cook both sides.

# Spain

# Greece

## TZATZIKI

Greek Sauce for 5 People

### Ingredients:

1 liter of yogurt

2-3 Slices of Garlic

Olive Oil

Vinegar

1/3 Little Spoon of Salt

1-1,5 Cucumber

### Instructions:

You cut the cucumber in small slices after you peel it. You use the thing we use to put cheese on pasta. You take the slices of the cucumber and you dry them (best in a towel). You put the sliced cucumber inside the yogurt. You make the same thing with the garlic. You don't need to dry this one. Put in in the yogurt. You add all the rest ingredients in the yogurt. You mix all of them together and you have Tzatziki!

Tip: You put these amounts as a minimum. You taste the tzatziki and you add more if needed.

## PRAŽEN KROMPIR

Sautéed Potatoes with Onions for 5 People

### Ingredients:

- 1kg Potatoes
- 1 Large Onion
- 70g Butter or Lard
- 125ml Vegetable or Beef Stock
- 60 g Pork Cracklings
- Salt and Pepper
- 1 Bunch Parsley

### Instructions:

Put potatoes in a pot and cover with cold water by 1 cm. Boil for 20 minutes, then drain and cool. Peel and slice into discs. Finely slice the onion. Sauté onion in butter or lard until translucent. Add potatoes, season with salt and pepper, and fry on low heat. Increase heat and brown potatoes on both sides. Add stock and pork cracklings, mix, and sprinkle with parsley.

# Slovenia



# Italy

## PASTA CARBONARA

Spaghetti Carbonara for 6 People

### Ingredients:

- 340g Pancetta (cut into small pieces)
- 450g spaghetti
- 5 Egg Yolks
- 1 Egg
- 100g Finely Grated Pecorino Romano
- Salt
- Black Pepper

### Instructions:

In a medium skillet over medium-low heat, cook pancetta until golden brown and crispy, 20 to 25 minutes. Transfer to a paper towel-lined plate. Meanwhile, in a large pot, bring salted water to a boil. Cook spaghetti until al dente, 8 to 10 minutes; reserve some pasta water. In a large bowl, whisk egg yolks, egg, and cheese. Immediately transfer spaghetti to egg mixture. Add pancetta and some reserved pasta water, stirring until cheese is melted and sauce is smooth. Then season with pepper.

# About the Project

Aim of the project Future in your hands was to encourage us youngsters to think about our future careers, what we can do now to achieve our goals in the future, what are our goals to begin with and how we can implement our talents and our hobbies we already have in our future professions.

Youth Exchange was held in September 2022 (19. - 25. 9. 2022) in Domžale, Slovenia. 25 young persons participated in the youth exchange, and they came from 4 different countries – Slovenia, Greece, Spain, and Italy. Youth Exchange was organized by Center za mlade Domžale and was prepared by a group of young people.

Youth Centre Domžale, 2022  
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