

HIGHLANDS ACTIVE-RELAXATION CAMP

"Life is an imperfect experience of perfection."

Organizers: MILLEO Sport & AZIMUT Center

Programme Summer 2022

PURPOSE AND OBJECTIVE

The purpose of the Camp is to offer participants an active break and rest in an intact nature, away from the hustle and bustle of the city and the fast pace of life. With carefully selected activities and experiences, we want to reduce daily tension and stress, mental strain and fatigue. Calm the spirit, teach some of the most important surviving skills in nature and improve some psycho-motor abilities, skills and capacity to more easily cope with further life demands.

WHO'S THE CAMP FOR?

The camp is intended for smaller closed groups that know each other (10-12 people). These can be groups of friends and acquaintances, families (with children over 7 years old) or partners, co-workers, sports teams, students etc., who want to physically and psychologically relax and calm down through:

- learning some basic and most important scouting skills and survival in nature and
- sports and recreational activities in the intact nature of the Slovenian highlands and through these activities also improve some psycho-motor abilities and capacities.

CONTENT AND COURSE OF THE CAMP

The Camp is carried out in 3- to 5-day blocks (we are adaptable to the wishes, possibilities and specifics of the group) in the natural environment of the Triglav's National Park, more precisely in the surroundings of Bovec and Tolmin in Slovenia. The stay is organized with tents and equipment that the participants bring with them. There are two/three options, depending on the wishes and needed comfort of the group:

- a) as an **ORDINARY CAMPING** in the beautifully landscaped Camp Vodenca with shared toilets, kitchen, electricity and other usual camping infrastructure, or
- b) as a **WILD NATURE CAMPING** without or with very limited sanitary, electrical and other infrastructure.

For all those who want more comfort after a full day of outdoor activities, a more relaxed stay and better rest and regeneration, there is also a newly built **APARTMENT HOUSE** in Tolmin.

The Camp, regardless of the chosen option, is marked by sports and recreational, orienteering, camping and survival activities and skills, as well as social and relaxing content, through which we can learn a lot from each other. All activities are carried out according to a carefully prepared programme, in small groups, throughout the day, so that there is a balanced exchange of active, relaxing and fun social content. At the end of the Camp, the participants are full of energy, drive and motivation, but at the same time relaxed, calm and ready for new life challenges and adventures.

Activities will include the following:

- Survival and orientation in nature,
- Camping and scout skills,
- Mountain biking with electric bikes
- Kayaking / Rafting
- Canyoning,
- Wild water rescuing,
- Hiking in the highlands,
- Training of body, mind and spirit,
- Team building,
- Cooperation and assistance in joint tasks,
- Social activities and pranks by the campfire.

5-DAY PROGRAMME (possible to perform in 3 days)

Day I

10:00-12:30	Arrival, presentation of the team, the programme, camping rules, setup of the camp and accommodation
12:30-13:30	Lunch
13:30-14:30	Group A+B: Scout skills, first aid and survival in nature with (presentation)
14:30-15:30	Group A+B: Practical application of the presentation (eg making bivouacs, stretchers for the injured etc. - team building)
16:00-18:00	Group A+B: Mountain biking (e-bikes)
18:00-19:00	Group A: Preparation of campfire and dinner Group B: Preparation of social evening
19:00-20:00	Dinner
20:00-21:30	Socializing by campfire (Group B leads)
21:30-22:00	Preparing for a night's rest
22:00	Night rest

Day II

7:00-7:15	Waking up
7:15-7:45	Morning exercise of body, mind and spirit
7:45-8:00	Washing and preparing for breakfast
8:00-8:30	Breakfast
8:30-9:00	Cleaning and preparation for activities
9:00-12:00	Group A: Sit-on-top kayak with basics of wild water rescuing Group B: Canyoning (Sušec)
12:00-13:00	Lunch
13:00-13:30	Rest
13:30-15:00	Group A+B: Orientation in nature (workshop)
15:00-16:30	Group A+B: Orienteering (team building)
16:30-18:00	Group A+B: Mountain biking (e-bikes)
18:00-19:00	Group B: Preparation of campfire and dinner Group A: Preparation of social evening
19:00-20:00	Dinner
20:00-21:30	Socializing by campfire (Group A leads)
21:30-22:00	Preparing for a night's rest
22:00	Night rest

Day III

7:00-7:15	Waking up
7:15-7:45	Morning exercise of body, mind and spirit
7:45-8:00	Washing and preparing for breakfast
8:00-8:30	Breakfast
8:30-9:00	Cleaning and preparation for activities
9:00-12:00	Group A: Canyoning (Sušec) Group B: Sit-on-top kayak with basics of wild water rescuing
12:00-13:00	Lunch
13:00-13:30	Rest
13:30-14:00	Preparing for bike trip
14:00-18:00	Group A+B: Cycling trip with a tour of local sights and natural resources
18:00-19:00	Group A+B: Preparing for hiking the next day Organizer: preparation of campfire, dinner and social evening (at Samo's place)
19:00-20:00	Dinner (prepared by the Organizer)
20:00-21:30	Socializing by campfire (Organizer leads)
21:30-22:00	Preparing for a night's rest
22:00	Night rest



MILLEO šport, turizem in izobraževanje, Miša Geržević s.p.
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IBAN: SI56 6100 0001 7592 073, Delavska hranilnica, d.d.
E-mail: milleo.sp@gmail.com
Tel.: +386 40 33 11 27, +386 51 350 713

Day IV

6:30-6:45	Waking up and Sun salutation
6:45-7:00	Washing and preparing for breakfast
7:00-7:30	Breakfast
7:30-8:00	Packing, departure and approach to the starting point of the hike to the highlands (from Lepena)
8:00-16:00	Hike to Komna
16:00-18:00	Accommodation in a hut on Komna / free time
18:00-19:30	Dinner
19:30-21:30	Social activities
21:30-22:00	Preparing for a night's rest Priprava na nočni počitek
22:00	Night rest

Day V

6:45-7:00	Waking up, washing and preparing for breakfast
7:00-7:30	Breakfast
7:30-8:00	Preparation for departure
8:00-15:00	Hike from Komna (back to starting point in Lepena)
16:00-17:30	Joint ending in the hut in Lepena

First Period:	20.06.-26.06.2022
Second Period:	27.06.-03.07.2022
Third Period:	04.07.-10.07.2022
Fourth Period:	05.09.-09.09.2022

Price per Package:

5-day pack: 633,00 €/participant* (for a group of min 10 participants for 5 days)
or

3-day pack: 380,00 €/participant (for a group of min 10 participants for 3 days)

** Price for 5-day programme includes:*

→ 3 nights in Camp Vodenca in Bovec (destination tax included)

(<https://www.camp-vodenca.com/>)

→ 1 night at the hut on Komna (dinner, breakfast and destination tax included)

(<https://www.pd-ljmatica.si/koce/komna/>)

→ 1x dinner (on Day III)

→ rental of electric mountain bike and equipment for kayaking/rafting, wild water rescuing and canyoning

→ organization and implementation of the programme

Info, Registration & Reservation:

E-mail: milleo.sp@gmail.com

Phone: +386 40 33 11 27 (mitja) or +386 51 350 713 (tjaša)

Reservation: **300,00 €/participant**, the remaining latest 14 days before start

Payment Details:

MILLEO Sports, Tourism & Education, Mitja Geržević s.p.

Morova ulica 27, 6310 Izola - Isola, Slovenija

IBAN: SI56 6100 0001 7592 073, Delavska hranilnica, d.d.

PURPOSE: Reservation Highlands Camp - »your full name and participation date« (for paying the reservation)

or

PURPOSE: Payment of Highlands Camp - »your full name and participation period« (when paying the final difference or full price)



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Required Equipment:

- Personal documents
- Personal hygiene accessories, towels for washing
- First Aid – Personal Kit (plasters, bandages, gauze, disinfectant, aspirins, medicines (if needed), etc.)
- Tent
- Sleeping bag and mat (sleeping mat / armallex and/or inflatable mattress)
- The bike and the helmet are included in the price, but you can also use your own
- High mountain boots (ankle-high) with a profiled sole and other appropriate footwear (low hiking boots and/or sneakers, etc.) - It is a **MUST** to check the quality of the footwear before departure!!!
- Clothing and protective equipment suitable for camping and sports activities in nature (for cold weather and rain as well as for hot weather and strong sun); Since you may get wet, count everything at least times 2 - warm clothes, waterproof jacket/windstopper, cape/anorak, hiking pants (short/long), sweaters, sweatshirt, fleece, underwear, ..., in short, something waterproof, because we will be outside independently of the weather.
- Cap and gloves
- Folding umbrella
- Bathing suit and towel
- Water bottle
- A special backpack (smaller, for snacks, drink, spare clothes, ...) - note that we also have a full-day tour in the mountains
- 2 x 4 m prusik cord, thickness approx. 6 mm
- Notebook and pen
- Sports sunglasses
- Head lamp
- Swiss army knife / pocket knife/tools
- Food that you will prepare for breakfast (3x), lunch (3x) and dinner (2x) and food/drink for faster regeneration (isotonic drink, energy tablets and drinks)

Other, Recommended Equipment:

- Hiking poles, mountain map of the Bovec and Tolmin area, guidebook for the Julian Alps, sewing kit, sun cream, ointment against ticks, mosquitoes and other natural pests, compass, lighter
- A guitar and/or other musical instruments and other accessories for carrying out evenings by the campfire, which are very fun with social games and pranks, as well as indescribably romantic with singing and playing music
- A teddy bear and some chocolate or dried fruit (but don't overdo it - ants love all these things too)
- **GOOD WILL**
- **FLEXIBILITY**
- **TOLERANCE and CO-RESPONSIBILITY**
- **ENDURANCE and some BASIC STRENGTH**

Other important information before departure:

- We will spend three nights in a tent, so adjust the equipment you will take with you. Be sure to adjust your clothing to the (forecast) weather conditions (consider the possibility of variable weather conditions).
- We recommend that you bring a sufficiently warm sleeping bag or an additional blanket and a sleeping mat (armallex) or an inflatable mattress. Note that the ground can still be cold in June.
- Bikes and a cycling helmet (obligatory equipment!) is included in the price, but you can bring your own.
- All your own equipment should be technically flawless, i.e. checked and serviced. Also check the soles of mountain boots and other footwear - shoes that stand for a long time usually have their soles falling off after a few hours of use.
- On the last day, we have a full-day hike in the Highlands, presumably on the route Dom dr. Klementa Juga in Lepena - Lakes of Krn - Komna.



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Strokovna ekipa:



dr. Mitja Geržević, kinesiologist, P.E. Teacher
MILLEO Sports, Tourism and Education



Samo Leštan, Instructor and President of the
Canyoning Association of Slovenia
with the Azimut Center team

Nekaj utrinkov:

<p>Camp Vodenca & Clearing at Samo</p>	<p>Kayaking / Rafting</p>	<p>Canyoning</p>
<p>Wild water rescuing</p>	<p>Sightseeing hikes</p>	
<p>Mountainbiking</p>	<p>Hike to Lakes of Krn and Komna</p>	<p>Cottage at Komna</p>



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GENERAL TERMS AND CONDITIONS:

1. Each participant of the Highlands Active-Relaxation Camp (hereinafter as: »Camp«) is aware that the programme includes sports and other activities in nature, which pose a potential risk of various types of psycho-physical injuries, for which the organizers and performers do not assume any responsibility.
2. The participants of the Camp agree to follow and respect all the instructions and rules of the organizers and operators regarding safety and the smooth running of the activities during the Camp. Otherwise, the organizers or the operators reserve the right to dismiss a participant who does not follow and respect the instructions and rules, thereby endangering himself and other Camp participants, without refund of the paid service.
3. The organizers and operators of the Camp undertake to organize, lead and implement all activities at a high professional level and to ensure the safety of all participants in such a way that the possibility of complications, injuries and accidents will be the least possible, as long as the participants follow all the instructions and rules of the organizers and operators/contractors.
4. Each participant must take care of the mandatory equipment required for participation in the Camp. The equipment must be flawless.
5. Organizers and operators reserve the right to change the programme of the Camp, depending on the weather and other circumstances that may affect the safety of participants, operators and/or organizers of the Camp/programme, as well as damage to their equipment and tools.
6. The Camp will only take place if there are at least 10 participants. For the sake of quality and safety, the Camp will be held with a maximum of 12 participants.
7. The advance payment of € 300.00/participant is valid as a reservation and as part of the payment of the full price of the service.
8. Payment of the balance up to the full price of the service must be settled no later than 14 days before the start of the Camp.
9. In case of cancellation by the buyer or the payer of the service 30 days or less before the start of the Camp, the organizers retain 50% of the already paid amount of the service.
10. In case of cancellation by the buyer or the payer of the service 8 or less days before the start of the Camp, the organizers retain the entire paid amount of the service.
11. In case of cancellation of the Camp by the organizers (illness, technical problems, force majeure, etc.), the Camp will be rescheduled to another date, as agreed with the participants.
12. Each participant is obliged to inform the organizers or programme providers about the possible taking of medication, the presence of chronic diseases, past illnesses, injuries and the inability to perform certain tasks, movements, activities, program contents and the like.
13. Each participant accepts these GENERAL TERMS AND CONDITIONS by paying the full or partial price of the service or participation in the Camp and thereby also undertakes to respect them.

By: Geržević, Mitja A.R.