

**STRATEGIJA IZOBRAŽEVALNIH DEJAVNOSTI O
TRAJNOSTNEM RAZVOJU, EKOLOGIJI, ZDRAVI KULINARIKI IN
ZDRAVEM NAČINU ŽIVLJENJA**

**STRATEGY FOR EDUCATIONAL ACTIVITIES ON SUSTAINABLE
DEVELOPMENT, ECOLOGY, HEALTHY CUISINE AND HEALTHY
LIFESTYLE**

Marec 2025 – Oktober 2025

March 2025 – October 2025

Glavni cilji izobraževalnih dejavnosti vključujejo :

- Ozaveščanje: Spodbujanje zavedanja in razumevanja o pomembnosti ohranjanja okolja ter njegovih kompleksnih ekosistemov.
- Izobraževanje: Zagotavljanje znanja o gozdnem ekosistemu, tradicionalnih kuharskih jedeh, seznanitev z Sylvotherapy prakso.
- Spodbujanje odgovornosti: Vzgajanje odgovornega odnosa do narave in spodbujanje zdravega načina življenja v vsakdanjem življenju.
- Promocija: zdravega načina prehranjevanja, uporaba lokalnih naravnih virov in gozdnih sadežev v kulinariki
- Razvijanje spretnosti in veščin: Kuharske veščine, praksa gozdne terapije in rekreacijskih aktivnosti v naravi za zdrav življenjski slog

The main objectives of educational activities include:

1. Awareness-raising: Promoting awareness and understanding of the importance of environmental conservation and its complex ecosystems.
2. Education: Providing knowledge about the forest ecosystems, traditional cooking meals, and an introduction to Sylvotherapy practice.
3. Fostering responsibility: Nurturing a responsible attitude toward nature and encouraging healthy lifestyle behavior in everyday life.
4. Promotion: Healthy eating habits, use of local natural resources, and forest fruits in cuisine
5. Developing skills and abilities: cooking skills, practice of forest therapy, and recreational activities in nature as a healthy lifestyle

Zgoraj navedena strategija je del projekta
„Trajnostni razvoj – zdrava kulinarika – zdrava družba”
Št. projekta: 2023-2-PL01-KA210-ADU-000184622

The above strategy is implemented as part of the project
„Sustainable development – healthy cuisine – healthy society”
Project No. 2023-2-PL01-KA210-ADU-000184622



Dogodek / Task	Datum / Term	Namen / Objective
<p>„Gozdovi in hrana” ob mednarodnem dnevu gozdov</p> <p>“Forests and food” International Forest Day</p>	<p>Marec 2025</p> <p>March 2025</p>	<ul style="list-style-type: none"> - Ozaveščanje o negi gozdov in njeni vlogi za ohranjanje biotske raznovrstnosti. - Ozaveščanje o pomenu izobraževanja javnosti o pomenu varovanja okolja - Promocija trajnostnega vključujočega turizma - Gozdovi kot alternativni vir prehrane <ul style="list-style-type: none"> - Raising awareness about forest management and its role in preserving biodiversity - Raising awareness about the importance of protecting the environment - Promotion of sustainable inclusive tourism - Forests as an alternative source of food
<p>Delavnica za pripravo lokalnih tradicionalnih jedi z divjo hrano</p> <p>Local traditional culinary workshop - Wild food in culinary heritage</p>	<p>April 2025</p> <p>April 2025</p>	<ul style="list-style-type: none"> - Uporaba divjih rastlin v kulinariki - Ozaveščanje o pomenu zdravega načina prehranjevanja - Vključevanje lokalnega znanja in skupnosti - Poudarek na zdravilnih učinkih gozdnih sadežev in zelišč <ul style="list-style-type: none"> - Using wild plants in cooking - Raising awareness about the importance of a healthy diet - Involving local knowledge and the community - Emphasis on the medicinal effects of forest fruits and herbs

<p>Dan odprtih vrat gozdnih učnih poti-prireditev z vodenim pohodom za vse generacije</p> <p>Forest Educational Trails Open Day - an event with a guided hike along the forest educational trail for all generations</p>	<p>April 2025</p> <p>April 2025</p>	<ul style="list-style-type: none"> - Učenje o prepletu naravne in kulturne dediščine na gozdnih učnih poteh - Ozaveščanje pomena izkustvenega učenja za otroke in mladino. - Dvig zavesti o pomembnosti ohranjanja narave in trajnostnega ravnanja <ul style="list-style-type: none"> - Learning about the intertwining of natural and cultural heritage on forest learning trails - Raising awareness about experiential learning for children and youngsters. - Raising awareness of the importance of nature conservation and sustainable behavior
<p>„Naša moč, naš planet” Delavnica ob dnevu zemlje</p> <p>"Our Power, Our Planet" Earth Day Workshop</p>	<p>April 2025</p> <p>April 2025</p>	<ul style="list-style-type: none"> - Spodbujanje naravovarstvenih ravnanj in dvig zavedanja javnosti o grožnjah, ki pretijo našemu planetu in nujnih ukrepih za ohranjanje narave <ul style="list-style-type: none"> - Promoting ecological attitudes and raise public awareness of threats, that affect our planet, and urgent measures for nature conservation
<p>Narava kot terapevtski prostor – pohod po „Po poti kumskega brezokca”</p> <p>Nature as a therapeutic space - workshop "Following the path of the eyeless godfather"</p>	<p>Maj 2025</p> <p>May 2025</p>	<ul style="list-style-type: none"> - Usmeritev pozornosti na sodobne pristope za zdrav življenjski slog; - Gozdna medicina, meditacija in čuječnost - kot nujna potreba današnje družbe. <ul style="list-style-type: none"> - Drawing attention to modern approaches for a healthy lifestyle, - Forest medicine, meditation, and mindfulness are essential in today's society.

<p>Gozdna knjižnica: Prebiramo stare recepte lokalne hrane</p> <p>Forest library: We read old local food recipes</p>	<p>Junij 2025</p> <p>June 2025</p>	<ul style="list-style-type: none"> - Spodbujanje ljubezni do narave <ul style="list-style-type: none"> - Učenje v pristnem okolju - Povečanje ozaveščenosti o okoljskih problemih, izzivih in rešitvah <ul style="list-style-type: none"> - Razvoj bralnih spretnosti - Krepitev povezav z lokalno skupnostjo <ul style="list-style-type: none"> - Povečanje povezanosti z naravo - Fostering love for nature - Learning in an authentic environment <ul style="list-style-type: none"> - Increasing awareness about environmental issues, challenges, and solutions - Developing reading skills - Strengthening connections with the local community - Enhancing connection with nature
<p>Gozd in njegove funkcije - nabiralništvo</p> <p>Forest and its functions - collecting the forest fruits</p>	<p>Julij 2025</p> <p>July 2025</p>	<ul style="list-style-type: none"> - Seznanitev z odgovornim nabiranjem gozdnih sadežev, z gozdnim bontonom in z bontonom Obisk v naravi - Seznanitev z zaščitnimi divjimi rastlinami in zelišči - Learning about responsible collecting of forest fruits, about forest etiquette and Visit in nature - Learning about protected wild plants and herbs
<p>V naravi zrastejo največje zgodbe – mi jih živimo</p> <p>The greatest stories grow in nature - we live them</p>	<p>Avgust 2025</p> <p>August 2025</p>	<ul style="list-style-type: none"> - Spoznavanje gozdnih skrivnosti skozi čas - Legende naših babic in dedkov pripovedujejo - Spodbujanje skrbnega ravnanja z pitno vodo - Spoznavanje lokalnih studencev in potokov - Learning about forest secrets over time - Legends told by our grandmothers and grandfathers - Promoting careful handling of drinking water - Getting to know local springs and streams

<p>Karavana po dolini reke Sopota</p> <p>Caravan through the Sopota River Valley</p>	<p>September 2025</p> <p>September 2025</p>	<ul style="list-style-type: none"> -Spoznavanje lokalnih vodnih virov -Ozaveščanje o pomenu ohranjanja vodotokov -Spoznavanje naravnih znamenitosti domačega okolja -Degustacija domače kmečke pojedine - Medgeneracijsko druženje <ul style="list-style-type: none"> -Learning about local water sources -Raising awareness about the importance of preserving waterways -Learning about the natural attractions of the local environment -Tasting a local farm feast -Intergenerational gathering
<p>Jesensko spoznavanje in okušanje gozdnih sadežev</p> <p>Autumn forest fruit discovery and tasting</p>	<p>Oktober 2025</p> <p>October 2025</p>	<ul style="list-style-type: none"> - Obujanje starih običajev peke kostanja - Spoznavanje kraljestva gljiv - Mycelium- še neodkrita skrivnost gozda - Skrbimo za gozdove – povezujemo ljudi <ul style="list-style-type: none"> - Reviving the ancient customs of chestnut baking - Getting to know the kingdom of fungi - Mycelium - the undiscovered secret of the forest - Taking care of forests - connecting people