

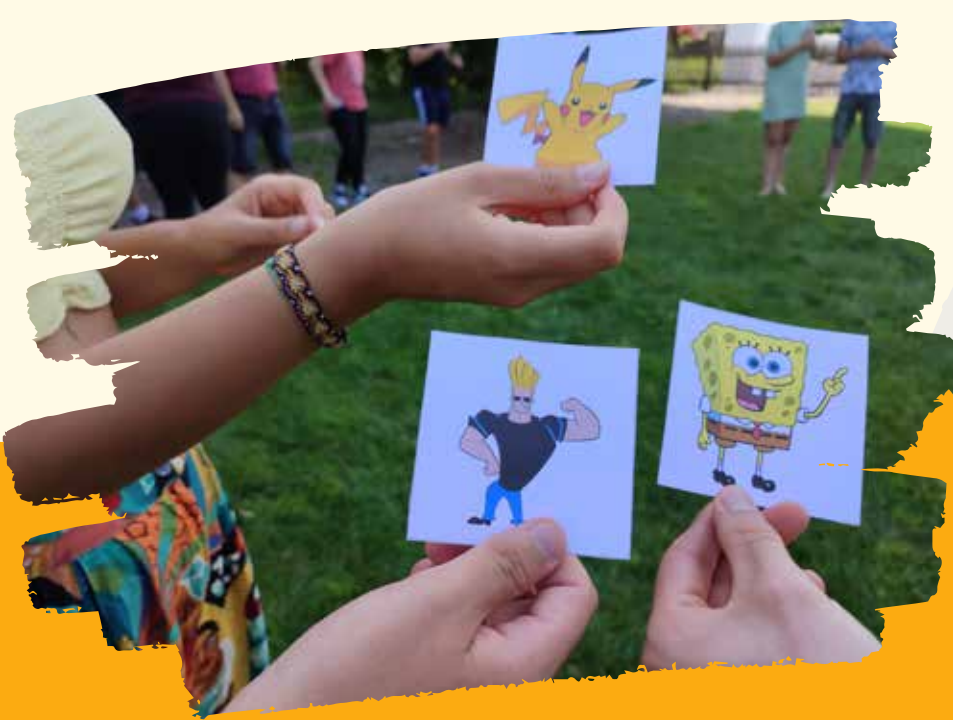


DISCONNECT TO CONNECT

Workshops booklet

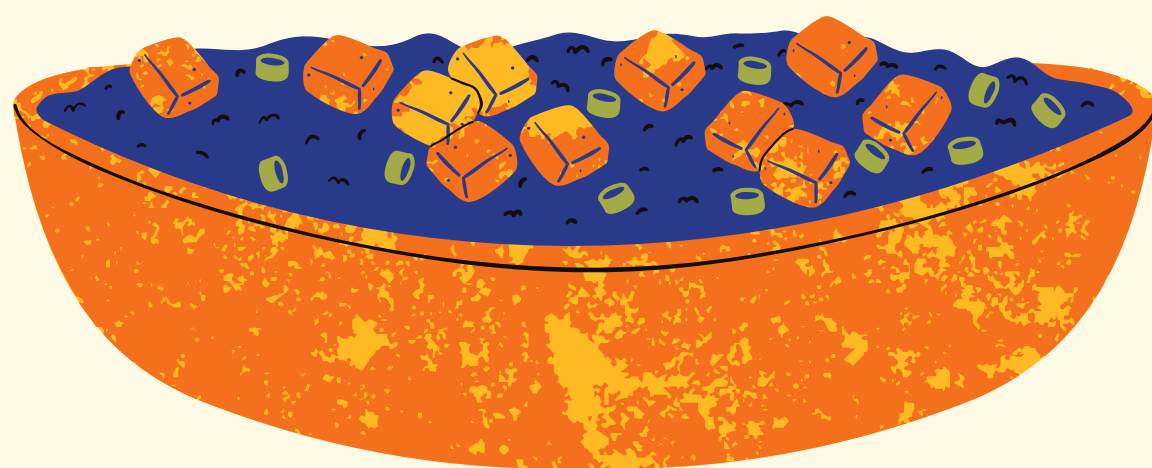
Flip through the booklet to see what we did in our week together on the youth exchange Disconnect to connect.

19.-23. 7. 2021, Domžale Slovenia



Cultural evenings

Our delicious recipes



Slovenia

Spain

Greece

France





Žganci

INGREDIENTS:

500g buckwheat flour

1000ml boiling water

Salt to taste

1 tbs pork fat

Pork cracklings for garnish



COOKING METHOD:

Put water in a high and narrow pot. Add salt and start cooking. When water starts to boil, add all the flour at once so that you get a big lump of flour. Cook it for 10 minutes on high temperature, carefully that the mixture will not spill over the edge of the pot. After 10 minutes carefully turn the lump around and with a wooden spoon make a small hole - 2 to 3 cm in the middle of the flour lump, so that the boiling water would also spill through the hole and the flour will be evenly cooked. Cook for another 20 minutes.

When cooked, carefully drain the water from the pot and keep aside. Mix or better knead the flour with big wooden spoon to make žganci. You can add previously drained water if needed, spoon by spoon. Žganci should not be too wet or too soft. Add 1 tbsp of melted fat to mix the flour better.

It is ready when everything is well mixed and you do not see any dry flour left in the mixture. With a fork crush bigger lumps to make smaller bites and layer them into a big serving bowl.

For garnish use pork cracklings as you can see on the photo.



Šmorn

INGREDIENTS:

4 large eggs, separated

$\frac{3}{4}$ cup (98g) flour

$\frac{1}{2}$ cup (120ml) milk

Pinch salt

1 tbs (4g) baking powder

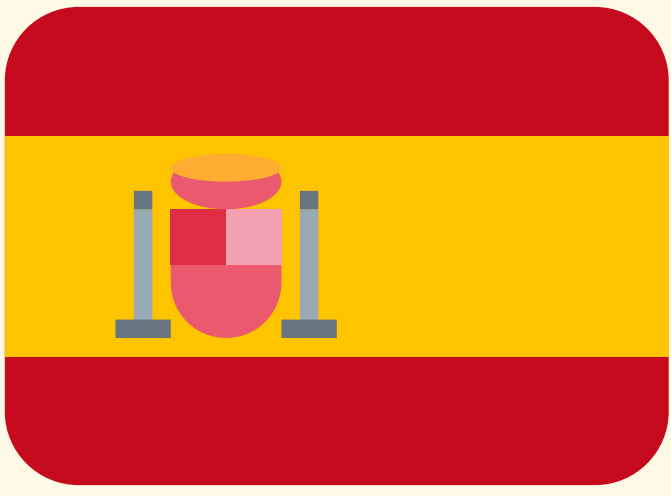
2 tbs (26g) granulated sugar

4 tbs (56g) butter



COOKING METHOD:

Mix egg yolks, flour, milk, salt, baking powder and sugar till well mixed. Let batter stand for 10 minutes. Meanwhile, beat egg whites until stiff. Gently fold egg whites into batter. In frying pan melt 2 tbs butter over medium heat. Pour in batter and fry until cooked on bottom. Flip pancake, adding 2 tbs butter, and continue to cook on other side until crispy. Using two forks, tear pancake into pieces and continue cooking briefly. Serve, dusted with powdered sugar. Tastes great served with fruit or fruit sauce.



Salmorejo

INGREDIENTS:

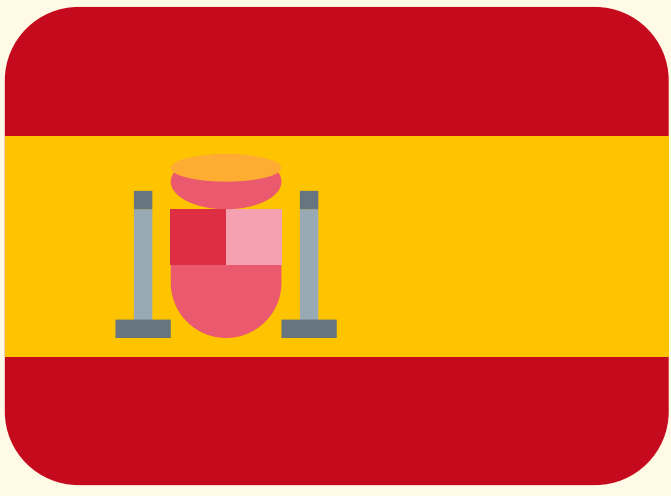
Tomato
Cucumber
Bread
Garlic
Olive oil and salt



COOKING METHOD:

Blend everything and you are done!





Tortilla de patata

INGREDIENTS:

(4 people)

500g potatoes

5 eggs

1 onion

Salt

Olive or sunflower oil



COOKING METHOD:

Peel and cut the potatoes in small pieces, rinse them, and add a bit of salt. It's important that the size of the pieces is similar so that they cook evenly. If wanted, cut the onion in small pieces. Fry the potatoes (and onions) until they are "golden", put them away from the fire.

Break the eggs, beat them, and mix them with the potatoes. Put the mixture in the pan. When one side is done, turn it with the help of a plate or a pot lid. When done, serve it and enjoy it!



Ntakos salad

INGREDIENTS:

Ntakos (dry biscuits)

Tomatoes

Feta cheese

Olive oil

Salt, oregano

Olives or caper



COOKING METHOD:

Put the Ntakos on a plate (break it if you want). Then grate the tomatoes and put the mix on top of the Ntakos. The third step is to add the cheese on top and then 1-2 olives or the caper. Before serving add some salt, oregano and olive oil.



Tzatziki

INGREDIENTS:

Yoghurt
Cucumber (1-2)
Garlic 1/2 a slice
Dill or peppermint
Olive oil
Salt
Lemon zest
Vinegar



COOKING METHOD:

Start by grating the cucumber and then squeeze the water out of it by using a towel. Then grate or blend the garlic with the lemon zest. After add all the ingredients into a bowl and mix. Add vinegar, salt and olive oil to taste.





Greek salad

INGREDIENTS:

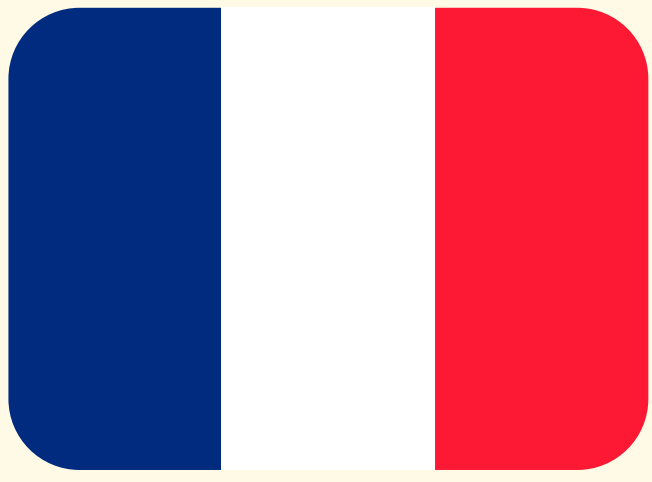
Tomatoes
Cucumbers
Onions
Feta cheese
Peppers
Olives
Salt, oregano
Vinegar
Olive oil



COOKING METHOD:

Chop the tomatoes, cucumbers, onions, peppers, and feta cheese and put them in a bowl. Add the olives and then salt, oregano, vinegar, and olive oil to taste.





Feuilleree aux fromaye

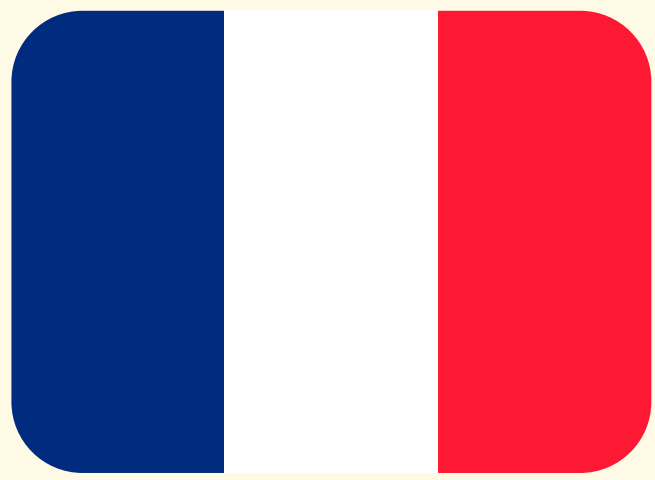
INGREDIENTS:

Puff pastry
Cheese and/or sausages
1 egg



COOKING METHOD:

Cut the puff pastry in long stripes. Put the cheese and/or sausages and roll them in the pastry. Brush the pastry with the egg and put them in the oven at 180 degrees for 10-15 minutes.



Gratin Dauphinois

INGREDIENTS:

1,5kg potatoes

1L milk

30cl cream

100g butter

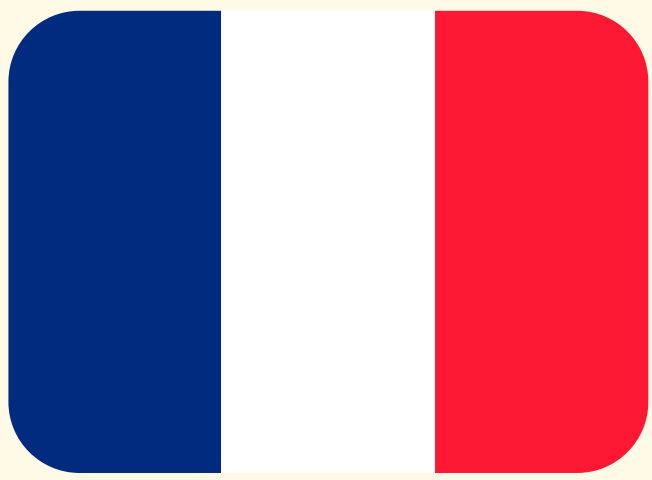
2 garlic cloves

Pepper, salt, nutmeg



COOKING METHOD:

Peel the potatoes, rinse them and cut them in slices (do not rinse the potatoes after cutting them). Chop the garlic finely. Put the cream in the pan and add garlic, pepper, salt and nutmeg. Boil. Put the potatoes in cream and cook them 10-15 minutes. Preheat the oven at 180 degrees. Grease the baking dish with butter. Drain the potatoes. Put the cooked potatoes in layers and sprinkle them with cheese.



Crepes

INGREDIENTS:

60cl milk
300g flour
3 eggs
50g butter
3tbs of sugar
2tbs of oil



COOKING METHOD:

Put the flour in the dish, make a hole in the middle of flour. Pit the eggs, sugar, oil, and butter in the hole. Mix all the ingredients gently with a whip while adding milk. Cook the dough in a frying pan.



love



Go
Ti

NO PHONE DAY

workshops

LET'S HAVE SOME
FUN!

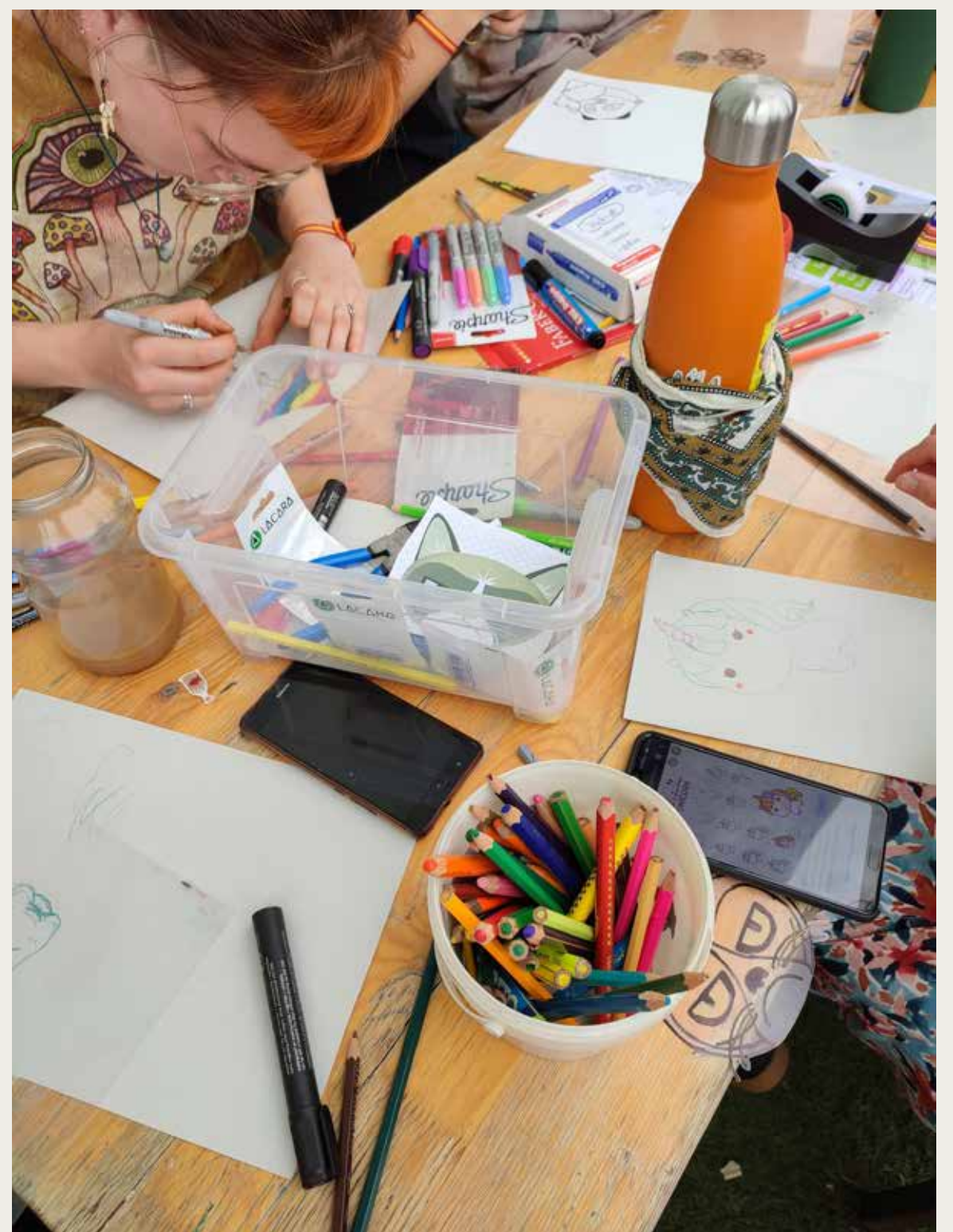


LET'S LEARN FROM EACH OTHER!

ea
he

Shrink plastic

Materials:
Shrink plastic
Paper
Pencils
Permanent
markers
Coloured pencils
Scissors
Key chains
An oven
A tray
Baking sheets
Acrylic spray



Muffin recipe

Wet ingredients:

1 cup sugar
1 cup yogurt
1/2 cup oil
1 pack vanillin sugar
2 eggs



Dry ingredients:

2 cups flour
1 pack baking powder



Mix wet ingredients and dry ingredients separately, then lightly mix the dry into the wet ones.

For blueberry muffins add 10 dag of blueberries at the end.

- For chocolate muffins add 10 dag of chocolate chips (or chopped chocolate) at the end. You can also add two tablespoons of cacao.
- For apple muffins add a teaspoon of cinnamon powder to the dry ingredients and 2 chopped apples at the end.
- You can also improvise and just add anything you want in it - candies, fruits, spices etc.
-

Oil or butter up the muffin models (or use paper models) and fill till 2/3 full.

Bake for 20 minutes at 180 degrees in a ventilator oven. Bake till brown and the toothpick comes out dry.

Dance workshop



Here are some links to the songs we danced to in our workshop. Hope you enjoy them!

Carimbo de macaco

https://www.youtube.com/watch?v=EcPn7H9F_4E

Cotton eye Joe

<https://www.youtube.com/watch?v=mOYZaiDZ7BM>

Soku – souku, Baci – baci:

<https://www.youtube.com/watch?v=3lB7m4aVUh0>

A ram sam sam

<https://www.youtube.com/watch?v=zBttxAMxaXE>

Dream catchers

Materials:

Metal hoop

Yarn in different colours

Feathers

Different coloured beads



Start by choosing a colour of yarn and gluing one end to the metal hoop. Proceed by wrapping the metal hoop with the yarn so the hoop can't be seen. Leave some string at the end so you can hang up the dream catcher when it's finished.

Then choose a different colour of yarn to make the net. Loop it around the hoop in bigger intervals and secure it by tying it around the loop. There should be an odd number of loops.

When you get to the end of the hoop, start the new row by tying the yarn around the first set of loops. when the inner circle gets to small to continue, finish the net by tying a knot around the next string instead of looping it. You can add some beads to the net by placing them on the yarn while looping it.

Cut three or more 10-20 cm long strings of yarn and tie them to the opposite side of the hoop than the end of the string that was left there for hanging up the loop. Put the beads on the hanging strings and tie the feathers on the ends of the strings.

Hang the finished dream catcher above your bed for good sleep without nightmares.

Mindfulness

Mindful awareness or meditation is a very useful tool to disconnect from our thoughts and to help us focus on our breath in order to have a clearer vision, relax and focus on the here and now.

You can start by laying on the floor or sitting in a comfortable position and closing your eyes. Take three deep breaths inhaling for 4 seconds, keeping the air in your lungs for 3, and exhaling through the nose or mouth for 4 seconds. This will help you relax and bring your awareness to the here and now. If there's any part of the body in which you feel discomfort try bringing the air there and relieve the tension in the area (shoulders, neck, jaw...).

The point of meditation is to unplug our head from the constant flow of thoughts our minds have. We have multiple thoughts a day because that's the way our brains work and it's impossible to stop it.

Some useful techniques to do this are:

- Breath: Focus deeply on every inhalation and exhalation feeling the air coming in and out of your body.

- The sky and the clouds: The point of meditation is to observe our minds and try to identify the flow of thoughts coming up without getting attached to them and trying not to judge them. You can imagine a clear sky and see the thoughts that come as clouds passing by. They come to your head, you identify them and you let them go. One million times your mind will wander and one million times you will bring it back to the here and now.

- Mantras or affirmations: Repeating mantras silently like "So hum" (I am) or "Ohm" creates a vibration in the body and helps us bring our mind to the here and now. You can also pick some affirmations like "I give myself stability, love and compassion" or "I inhale calm and I exhale stress" while breathing in and out. Pick whatever suits you.

A meditation practice can last from 1 minute to hours. 10 or 5 minutes is the ideal time to do it if you are getting started. Whatever feels comfortable for you. Putting on some relaxing meditation music, Tibetan bowls sounds, nature sounds or frequencies and help you relax. I hope you enjoy it!



Martial arts

The activity intended to make a little introduction to the self defense martial arts with some elements of the Japanese philosophy applied to it.

The idea was to teach some techniques against a punches, grapplings to the hand, choking and raping atempts on the ground (femenine self defense), circular movements and keeping the distance to the oponents.

As little introduction the idea wasn't about teaching useful things as most of this techniques need a lot of training to do it in a real life situation. The main point was to show the sensations and skills needed staying away from violence





DISCONNECT TO CONNECT

Organizer: Center za mlade Domžale



Partner organisations:
Asociación Juvenil Almenaras, You in Europe,
Parcours Le Monde - IDF



Co-funded by the
Erasmus+ Programme
of the European Union



The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.