



## **IAESTE App: Country Information**

### **General information:**

- Country: Republic of Slovenia
- Capital: Ljubljana
- Population: 2.095.861 people (in 2020, about 2 million)
- National language(s): Slovenian
- Currency: Euro
- Time zone: GMT + 2 (Central European Time)
- Voltage: 230 V
- Phone country code: + 386
- Cities with IAESTE LCs: Ljubljana and Maribor
- Climate: Slovenia has a continental climate with four distinct seasons: spring, summer, autumn and winter. Spring (March-May) is very pleasant (average temperatures 15-20°C), some days remain cold, some clear and sunny, but there is quite some rainfall as well. The summers (June-August) are warm and dry (average temperatures: 25-30 °C). In autumn (October-November) the temperatures drop to an average of 10-15 °C. In Slovenia the winters are fairly cold (average temperatures 0-10 °C).
- The climate changes a lot with the landscape as well. The winters are milder next to the seaside, while the temperatures get quite low at higher altitudes.

### **Travel tips:**

Fun facts about the country:

1. Despite its small size (20 271 km<sup>2</sup>), Slovenia is a land of diverse and beautiful natural sights. It lies at the heart of Europe where the Alps and the Mediterranean meet the Pannonian plains and the Karst. Forests cover almost 60 % of its surface and more than 12 % of Slovenia's territory is covered in designated national, regional and natural parks. There are more than 13 000 caves, 10.000 kilometers of marked hiking trails and almost 27 000 km of rivers, streams and other waterways.
2. Slovenia is a land mountains and hiking. The largest mountain in Slovenia is Mount Triglav (2864 m). Due to its unique position it can be seen from many parts of Slovenia, which

include Ljubljana (the capital city) and even coastline cities like Piran. Reaching the top of mount Triglav is considered a rite of passage for most Slovenians.

3. Slovenia is famous for its diverse and excellent wine. It is home to the oldest grape vine in the world. It is believed to be more than 400 years old and is the oldest living specimen of a noble grape vine that still bears grapes.
4. During the winter Slovenians like to ski. Skiing is an important part of Slovenian culture and has existed here for more than 300 years. Slovenia was the first nation who began teaching skiing to the blind. Beside skiing, Slovenians are also known for ski jumping. The first ski jump over 100 m was achieved in Planica, Slovenia in 1936. Planica is also home to the second highest ski jumping centre in the world.
5. Slovenia is a nation of beekeepers. There are more than 10.000 beekeepers in Slovenia. The Carniolan honey bee, which is native to Slovenia is very popular among beekeepers due to its calmness, non-aggressiveness and immunity to diseases.

- Cities/towns that you recommend visiting:

**Ljubljana** – capital city of Slovenia. The most important landmark is the Ljubljana Castle. It is located on a hill above the city and offers great views of the city. Ljubljana is also a city of dragons. They are depicted on the city's coat of arms and the famous Dragon Bridge is adorned with four dragon statues. Through the heart of the historic city center flows the Ljubljanica river. The Triple Bridge that crosses it leads you to the Prešeren square, the main square of the city. It is named after Slovenia's most famous poet, who also wrote our anthem – France Prešeren.

**Bled** – This city is a symbol of Slovenia's beauty. It is known for its idyllic Alpine lake with a small island located in the center. The island has a small church and there are many legends connected to this place. The lake is surrounded by mountains and you can get a great view from a castle on the cliff next to the lake.

**Piran** – Piran is a beautiful small medieval city, located next to the Adriatic Sea. It is full of narrow streets and compact houses, which give shade during the day. Overlooking the city is the church of St. George, from where you have great views on the cliffs next to Piran and in nice weather you can even see Italy's shores.

**Maribor** – the second largest city in Slovenia. Besides being home to the oldest grape vine in the world, it has a lot of interesting historical sights. The most beautiful and oldest part of the town – Lent – is located next to the river Drava. It becomes most vibrant in the summer when the international multicultural Festival Lent takes place.

*(short description for each, pointing out the most important landmarks people should visit):*

- Other places you recommend visiting:
  - **Postojna Cave** – is the largest show cave in Europe. There is a 24-kilometre-long cave system, which you can experience while riding an underground train.
  - **Predjama Castle** – largest cave castle in the world. The impregnable castle has been situated in the middle of a 123 m high cliff for more than 800 years.
  - **Škocjan caves** – in contrast to the more touristic Postojna Cave, the Škocjan Caves are only accessible by foot. They are on the UNESCO's list of natural and cultural world

heritage sites, because they are home to one of the largest known underground canyons in the world.

- **Triglav National Park** - It covers 4% of Slovenia's total land mass and is almost entirely covered by the eastern Julian Alps. It is known for its exceptional beauty and pristine nature. There are many lakes (for example Bohinjsko jezero), numerous waterfalls, gorges, rivers, creeks, streams, and mountains of staggering beauty.
- **Soča River** – nicknamed the Emerald river, Soča is famous for its stunning blue-green hue. It is also great for water sport enthusiasts, particularly fans of kayaking, rafting and fishing.
- **Velika planina** – The scenic high mountain plateau is the site of one of Europe's few surviving high mountain herdsman's villages. It offers great views and a unique landscape. Throughout the year it is also accessible by an aerial cable car.
- **Vintgar gorge** – situated next to Bled the Vintgar gorge is a 1600 m long and up to 250 m deep gorge, located 4 km northwest from Bled. The Radovana river has created many erosive features such as pools and rapids. The gorge ends with a beautiful waterfall.
- **Tamar valley and Planica** – Tamar valley is a great hiking destination during the summer and winter months. Planica is home to the second highest ski jump in the world. If you want the experience of a ski jump, you can take a ride on the steepest Zip line in the world.
- **Pohorje** – During the winter it is home to the largest ski resort in Slovenia and during the summer it is a nice hiking and biking destination. The most beautiful hike is from Rogla to Lovrenška jezera (Lawrence Lakes) which are located on a boggy plateau, about an hour hike from the ski resort.

Airports with budget airlines:

Slovenia has 3 international airports –in Ljubljana, Maribor and Portorož, but almost all flights come through the Ljubljana Jože Pučnik Airport. There are some budget airlines that fly to and from this airport (Wizz Air, Transavia, Easy Jet), but the destinations are limited.

An alternative is the Friuli Venezia Giulia Airport in Trieste, Italy or Treviso Airport, which is situated next to Venice, Italy. They are popular among Slovenian travelers, because the range of destinations with budget airlines is greater and there is a shuttle bus (called Nomago), which connects Ljubljana and these airports multiple times a day.

Website(s) with travel connections inside the country:

train - <https://potniski.sz.si/>

bus - <https://www.ap-ljubljana.si/>

public transportation (Ljubljana) - <https://www.lpp.si/javni-prevoz/vozni-redi>

ridesharing website - <https://prevoz.org/> - sadly this website is only in Slovenian.

Traditional food and drinks you recommend trying:

Salty:

- Carniolan sausage – traditional pork sausage, usually served with sour cabbage.
- Idrija dumplings (slov. Idrijski žlikrofi) – special kind of 'pasta' stuffed with a potato filling
- Štruklji - traditional Slovene dish, composed of rolled up dough with various types of filling. The most traditional are cottage cheese stuffed rolled dumplings.
- Pršut – dry-cured ham
- Buckwheat spoonbread (slov. ajdovi žganci) – it is usually dressed with cracklings, but it can also be enjoyed with milk or a stew.
- Jota – a delicious stew made out of beans, potatoes, sour cabbage, dried pork and spices.

Sweet:

- Potica (rolled dough Slovenian cake) – it is traditionally stuffed with fillings made out of walnuts, tarragon, cottage cheese, poppy seeds or raisins.

- Over Mura Moving Cake (slov. Gibanica) – the classic gibanica is made of nine layers of dough with fillings like poppy seeds, raisins, groundnuts and steamed apples.
- Kremšnita – is a custard and chantilly cream cream cake
- Slovenian doughnuts (slov. krof) – these donuts are usually filled with jam and are very popular during the carnival season

#### Drinks:

- Many white and red wines are produced in Slovenia, but the most famous is Teran – a red wine produced in the Karst region. It has a very full flavor due to the red Karst soil (terra rosa).
- Craft beers – there are more and more Slovenian breweries with great craft beers. There is even a beer fountain in Žalec.
- Slovenian spirits – schnapps (slov. žganje) is added to a lot of different fruits and spices, which make flavored spirits. Some of the most popular are Blueberry schnapps (slov. Borovničke) or Plum schnapps (slivovica).

Tipping in the restaurants: Tipping is not obligatory, especially for students, but the staff will be happy if you tipp.

Discounts for transportation: If you are under 26, you can get a 30 % discount off all rail fares in Slovenia, 50% of rail fares to Croatia and 15% off railplus ticket fares (<https://potniski.sz.si/en/young-people-under-26/>). Some bus companies also offer student discounts, but the best thing is to contact a particular bus company before travelling to make sure.

What is the common greeting in your country: We greet each other mostly with handshakes.

### **Emergencies - numbers:**

Police: 113

Ambulance: 112

Fire brigade: 112

### **Any other interesting or useful information:**

Students in Slovenia have Student boni. Those are coupons which allow everyone enrolled in regular university programs in Slovenia free meals up to the amount of 2.63 EUR per meal in all restaurants with government contracts. If the meal costs more, the student makes up the difference, but the maximum price of a meal (for the student) is 4,37 euro. Foreign students can also ask for boni, if they are a part of international exchange programs (IAESTE Slovenia arranges boni for all IAESTE interns).

Please also attach ~10 pictures with the most beautiful places from your country and any nice group pictures from your summer reception. Make sure the authors of the pictures agree with you sharing them. If you search for images on Google, first go to 'Advanced search' and set the usage rights to 'free to use or share'. You can also try [www.pixabay.com](http://www.pixabay.com) for images that are free to be used.





Bled



Piran





Ljubljana



Dragon Bridge, Ljubljana





Triglav National Park



Postojna cave





Maribor, Lent



Predjama Castle





Soča River





Krvavec, skiing resort

Photos from Slovenian weekend:







