



My Travel Diary

Walking. Thinking.
Feeling. Sharing.



"Those who choose sustainable tourism can enjoy rich experiences without harming nature or the environment."

Here's an example from the travel world:

If you Fly from Ljubljana to Milan, you leave behind around **130 kg** of CO².

If you go by Train, it's only about **12 kg** of CO². And if 8 people share a car, it's just around **22–28 kg** of CO² per person released into the atmosphere of our blue planet.

That's quite a difference!

What is CO²?

CO² is a gas we can't see — but it comes from cars, planes, and factories when they burn fuel.

A little CO² is normal. Even we breathe it out! But today, there is too much CO² in the air.

Too much CO² acts like a blanket around the Earth. It traps heat and makes our planet warmer and warmer.

That's called climate change.

What happens when Earth gets too warm?

- Ice melts in the mountains and at the poles
- Oceans rise
- Forests dry out
- Animals and plants lose their homes
- Weather gets more extreme — more storms, more heatwaves ...

Okay, from now on, you will be traveling light and on foot – that’s the most sustainable way to travel... Congratulations!

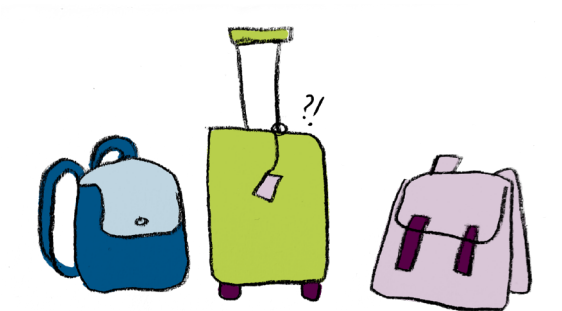
Whoever takes time, will notice more – about the world and about themselves.

Those who travel on foot know how important it is to travel light.

Packing your backpack for the Alps means thinking about what really matters.

Maybe we should let that inspire how we shape our whole lifestyle.

Light luggage – take what you need, and let go of what you don’t ...



Day 1 – Let’s go!

**Where are we now? How was the travel for you?
Draw or paste a photo of your first day here:**

Questions to think about today:

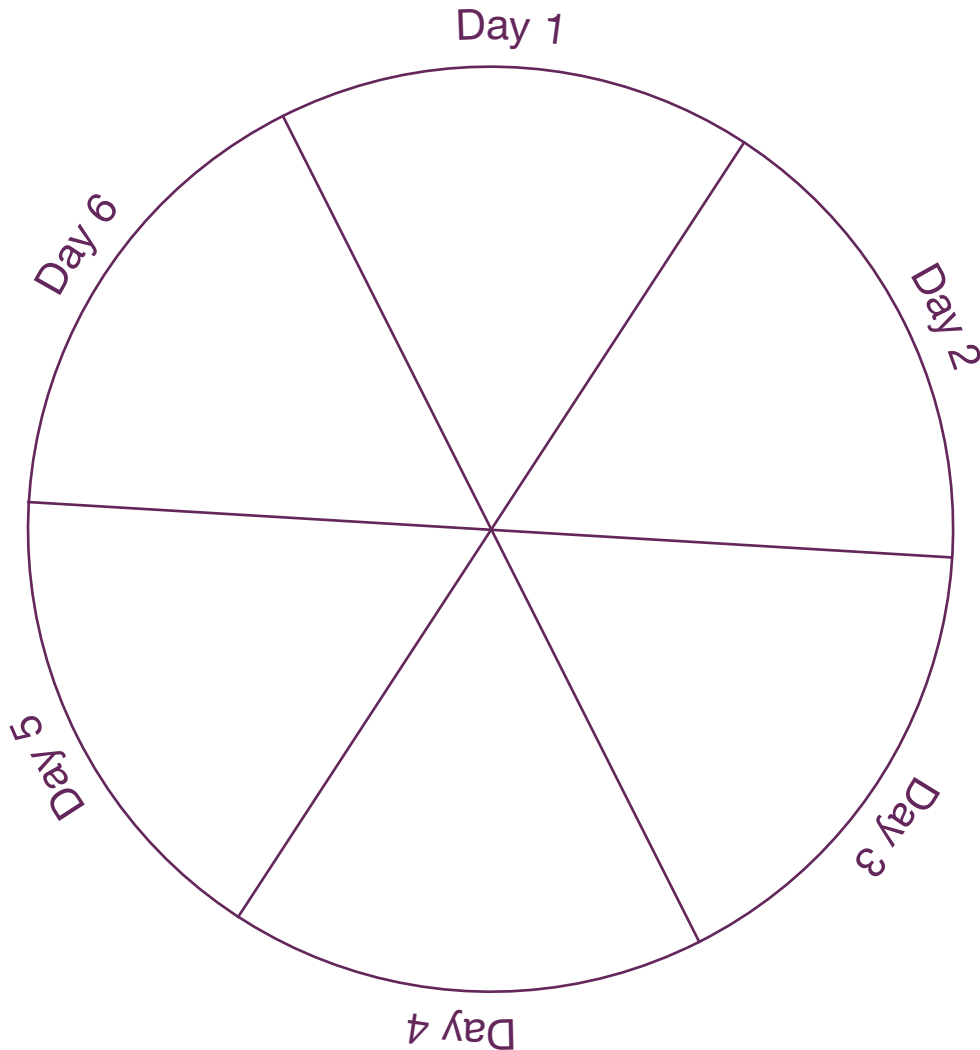
- What was the first sound you really noticed today?
- Did anything surprise you?
- What did you leave behind at home — and do you miss it?

My Soundtrack

Pick a song for this day:

My day in a painting!

Each day, you are invited to colour one paragraph with the colours, symbols, shapes, or words that represent your day.



Day 2 – Walking the change

Slow Travel = Travel with your senses.

Try this today:

- Walk quietly for 10 minutes (how was it?!)
- Notice 3 different smells
- Touch 3 natural things (stone, leaf, bark...)

Write or draw: highlight of the day?

Evening Chat

What was the best conversation today?

Challenge:

Create a video or audio recording by interviewing a person of your choice. Prepare one or more thoughtful questions related to mountain time, hiking, focusing on sustainability and mindful living. Try to include these key terms in your questions: Changemaker, hiking, sustainable, minimalism, utopia, consideration, empathy etc.

Question ideas:

What is slow life for you?



My Thoughts on Slow Life

Look at these slow life ideas. Circle one that speaks to you:

- Spend less
- Simplify
- Practice gratitude
- Celebrate the ordinary
- Adapt the plan

Write one sentence about how you'll try this tomorrow:

Alone in a Cabin

Imagine:

You're in a mountain hut for 3 weeks, alone. What 3 things would you bring? Draw or list them.

- 1.
- 2.
- 3.

Day 3 – Best moment so far

Try to describe or draw the best moment for you until now:

Slow Life Quiz (just for fun!)

When something goes wrong, I usually ...

- Try again until it works
- Ask someone for help
- Take a break and try later
- Wait that someone notices.

What kind of trip do I dream about?

- Sport holidays!
- Spa and chill
- Sun and seaside
- Cabin in the mountains, quiet

I prefer to do:

- something I already know
- something new that I have perfectly prepared for
- sleep
- something I have never done before and know nothing about

P.S. don't forget to fill out the wheel on the p.5!

Bonus Challenge: Interview a friend

Ask someone:

- What's your dream adventure?
- How are you taking care for the environment?
- What do you like about hiking?

Day 4 or your other notes ...

Last Page – What I'll take home

Not objects — but memories.
What will stay with you?

- A funny moment:
- A beautiful view:
- Something I learned:
- A feeling I want to keep:

*Quotes to
think about*



„To walk is to keep your soul in step.“
– Achill Moser

„Walking is the perfect way to discover real life. It's freedom.“
– Elizabeth von Arnim

„We forget that despite all the machines and buildings, we are still only a part of nature.“
– Nejc Zaplotnik



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