

Light on Our Feet – With a Book in Hand

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"Medvoške korenine lahkih nog naokrog,,

The Medvode group of the School of Health Association - Light on Our Feet



Reading and literacy can be promoted through physical activity, cultural experiences, and community life.

The School of Health Association



A non-governmental organisation:

- year-round outdoor morning exercise,
- physical health, mental well-being, and social inclusion.
- 260 groups in 95 municipalities,
- Medvode group is one of them.

Beyond Exercise



- Exchange of information about cultural and other activities in our community,
- exchange of seedlings, surplus vegetables and fruits,
- etc.,
- book recommendations,
- reading poetry or short prose.

Monthly Cultural Excursions



- Once a month
- a cultural heritage site somewhere in Slovenia,
- travelling by free public transport (65 years and over),
- combination of a little walk, guided visits, shared conversations, and time together,
- everyone's snack from his backpack,
- low costs, independence, participation accessible to everyone.

Koroška: still on Our Wish List



Carinthia region:

- the Forma Viva sculpture parks,
- the Easy-to-Read Resource Centre at the Ravne Library,
- the Reading Badge Museum in Prevalje.

Planning Means Learning

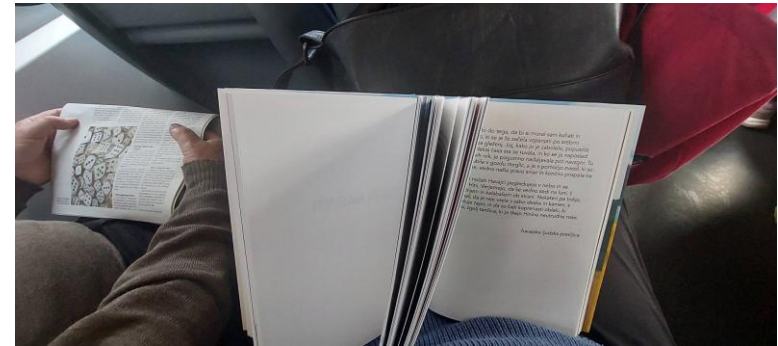


Preparing each excursion is itself a literacy activity:

- choose destinations together,
- search for information,
- check opening hours and admission fees,
- study public transport timetables,
- prepare background reading,
- and share what we discover with the group.

Examples of Literary Excursions

Reading and literature are always our travel companions



Mirna Peč: music and poetry

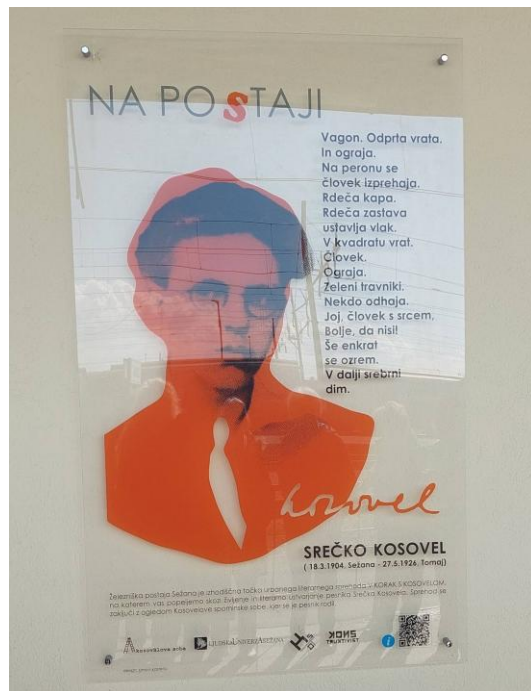


- Train journey to the museum of poet Tone Pavček (1928 -2011) and musician Lojze Slak (1932-2011)
- reading and singing in the Museum,
- reading Pavček's poetry together during the journey from books borrowed from the Medvode Library.



Sežana: following the poet Srečko Kosovel

- Srečko Kosovel (1904 – 1926),
- train journey to Sežana during the Kosovel Year,
- visiting places connected with the poet,
- reading his poetry along the way.

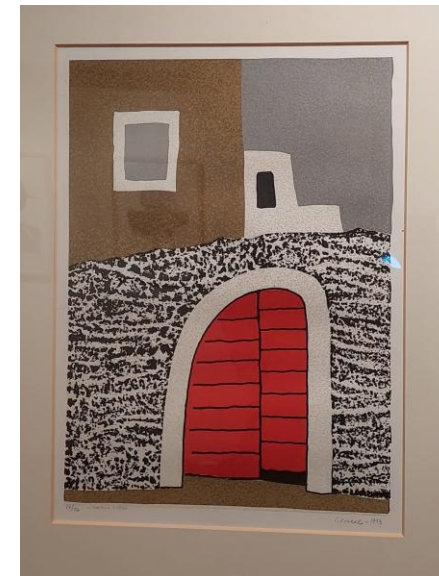


Štanjel ... is unique



Train journey to

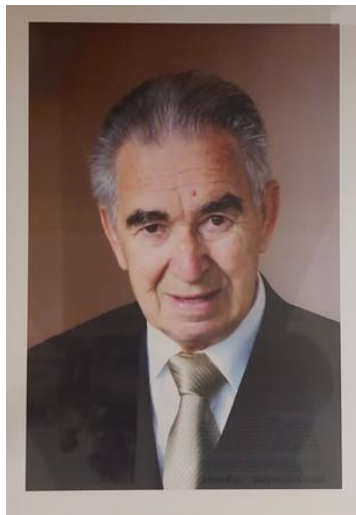
- Karst Museum,
- Lojze Spacal (1907-2000) Gallery,
- Museum of the Slovenian Language and Book.



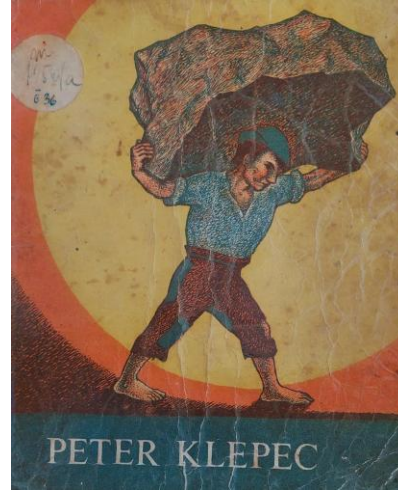
Šentrupert: the Growing Book collections



- Bus journey to:
- Hayrack Museum and the Church of St Rupert,
- unique collections of original children's book illustrations and Slovenian picture books translated into many languages, established by Jože Zupan.



Videm – Dobropolje: artist brothers Kralj



- ARS – doc of France Kralj and Tone Kralj,
- outdoor sculptures and the art of France and Tone Kralj,
- kamishibai performance of Peter Klepec, illustrated by Tone Kralj,
- meeting local pupils reciting the poetry of Tone Pavček.
- A few days later – the exhibition of Tone Kralj's paintings at the National Gallery.

Beyond these excursions



- developing digital literacy,
- regular library visits,
- reading with grandchildren,
- participating in the local Adult Reading Badge programme
- etc.



Books Bring Us Together

- Second-hand book exchange (twice a year),
- annual gathering of older readers in Senovo,
- visit to the Slovenian Book Fair.



Reading in Nature



Every September we combine a woodland walk with reading aloud. Participants choose their favourite poems, stories, or even their own creative writing.

Conclusion



- In our programme reading begins with curiosity, shared experiences, and a welcoming community.
- By combining movement, culture, and literature, we have discovered that it is never too late to become a reader.



- Thank you for your attention!
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