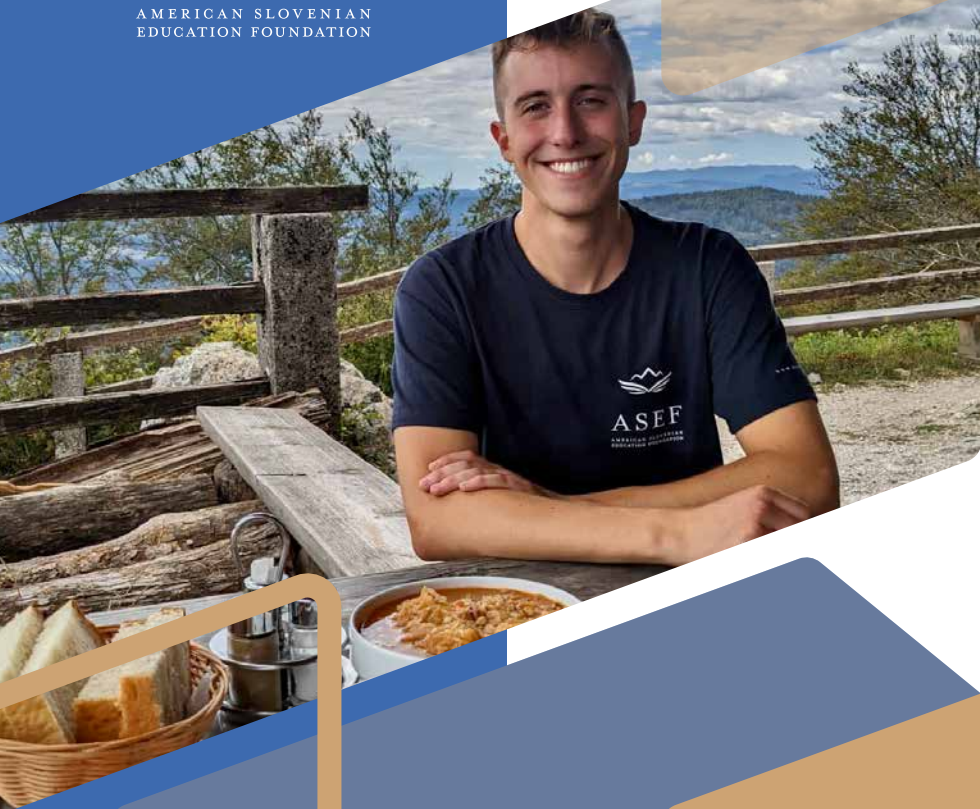




HANDBOOK

FOR ASEF VISIT SLOVENIA FELLOWS



Welcome to ASEF – a vibrant institution committed to enriching Slovenian educational endeavors and fostering collaboration among Slovenian scholars and scientists worldwide.



REPUBLIKA SLOVENIJA
URAD VLADE RS ZA SLOVENCE
V ZAMEJSTVU IN PO SVETU

WELL COME

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Our mission

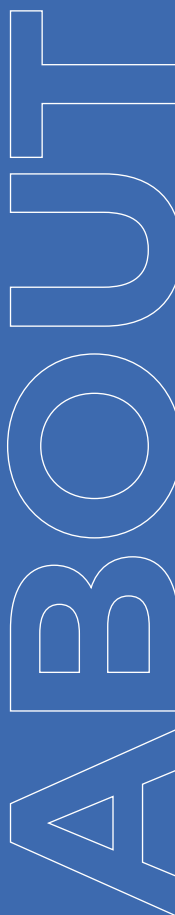
Our mission is to provide a framework to address brain drain challenges, facilitating the reconnection of talents with their native countries across the globe.

Our story

Established in 2014 in San Francisco, USA by esteemed **professor Jure Leskovec, Ph.D.**, and **Mr. Peter Rožič**, deputy director of the European Social Centre in Brussels. Two years later, a branch of the ASEF - **ASEF Institute for Education and Research** was established in Ljubljana, SI with its co-founders being **Jure Leskovec** from Stanford, **Andrej Košmrlj** from Princeton, and **Marinka Žitnik** from Harvard.

ASEF has grown to include over 150 research mentors from diverse backgrounds. These mentors play a vital role in executing our fellowship programs, which have engaged over 200 young individuals in our 10-week programs: **Research Abroad** and **Visit Slovenia**.

In 2020, we introduced the ASEF Tutorial Program, offering **mentorship to ASEF Junior Fellows**. This program, inspired by teaching methods from the University of Oxford and Harvard University, is supported by ASEF members trained at these prestigious institutions.



FOREWORD



Tina Kosi, MSc,
*Director of the Office
of the Republic of
Slovenia for Youth*

The “Visit Slovenia” programme opens doors to new challenges

Youth mobility is one of the key factors in the process of personal and professional development. The modern world is full of challenges and opportunities that an individual can best seize by being open to new knowledge, experiences, and intercultural exchanges.

Along these lines, the “Visit Slovenia” programme offers an exceptional opportunity for talented young people with Slovenian roots who would like to enrich their academic and professional knowledge, while also getting to know Slovenia, its culture and its language up close.

This one-year scholarship programme enables participants to take part in a ten-week research or working visit to a university, a company, or a research institute in Slovenia. Participants gain an invaluable opportunity to work in a dynamic environment, where they can upgrade their academic or professional competencies under the mentorship of renowned Slovenian experts.

In so doing, they deepen their knowledge and develop skills that they will be able to use in their future careers, while also networking and establishing personal contacts.



The “Visit Slovenia” programme, however, goes beyond the purely academic or professional aspect, providing participants with a deep personal experience. The scholarship holders are actively involved in the activities of the ASEF Scholarship Association, where they participate in research projects, connect with other scholarship holders, and participate in events, workshops, and regularly held public lectures. The programme encourages them to develop leadership skills and their careers and, above all, form strong ties with the homeland of their ancestors.

Another important element of the programme is social responsibility. Scholarship holders are expected to actively contribute to the community and share their experience and knowledge in the framework of ASEF mentoring support, thereby giving back to the community. This encourages them to adopt a broader view of the world and better understand the importance of mutual assistance and sustainable development.

As the destination of this unique programme, Slovenia offers a myriad of reasons that make it a perfect choice for such an experience. With its rich cultural heritage, stunning nature, and innovative research environments, it allows young people to discover their own identity while also professionally establishing themselves in the international arena.

Networking with domestic and foreign experts, obtaining global-scale experiences and acquiring first-hand knowledge of the Slovenian way of life are just some of the invaluable advantages offered by this programme.

In addition to academic and professional development, the programme also provides a unique opportunity to become familiar with organisations operating in the youth sector. In this way, participants are introduced to the possibilities of informal education, volunteer work, and various initiatives aimed at the development of young people and their potential. In addition to broadening their horizons, this also provides them with new opportunities for collaboration, networking, and active involvement in youth work, which is extremely important for their personal and professional development.

The mobility of young people is crucial for the development of their independence, for expanding their horizons, and for better understanding the wonderful diversity of the world surrounding them. The “Visit Slovenia” programme opens doors to new challenges, promotes interdisciplinary cooperation, and prepares young people for a successful career in the global environment. If you wish to combine academic excellence, cultural identity, and innovation, this is an exceptional opportunity worth taking advantage of.

NAGOVOR

mag. Tina Kosi,
direktorica Urada
Republike Slovenije
za mladino

Program Obisk Slovenije odpira vrata novim izzivom

Mobilnost mladih predstavlja enega ključnih dejavnikov v procesu osebnega in profesionalnega razvoja. Sodobni svet je prepleten z izzivi in priložnostmi, ki jih lahko posameznik najbolje izkoristi z odprtostjo za nova znanja, izkušnje in medkulturne izmenjave.

V tem duhu program Obisk Slovenije (Visit Slovenia) ponuja izjemno priložnost za nadarjene mlade s slovenskimi koreninami, ki želijo obogatiti svoje akademsko in strokovno znanje, hkrati pa od blizu spoznati Slovenijo, njeno kulturo in jezik.

Gre za enoletni štipendijski program, ki udeležencem omogoča desettedenski raziskovalni ali delovni obisk na univerzi, v podjetju ali na raziskovalnem inštitutu v Sloveniji. Udeleženci pridobijo neprecenljivo priložnost za delo v dinamičnem okolju, kjer lahko nadgradijo svoje akademske ali strokovne kompetence pod mentorstvom priznanih slovenskih strokovnjakov.

S tem ne le poglobljajo svoje znanje, temveč tudi razvijajo veščine, ki jim bodo koristile v nadaljnji karieri, in se povezujejo ter vzpostavljajo osebnostne stike.



Vendar pa program Obisk Slovenije presega zgolj akademski ali poklicni vidik – udeležencem omogoča tudi globoko osebno izkušnjo. Štipeđdisti se aktivno vključujejo v dejavnosti Društva štipeđdistov ASEF, kjer sodelujejo pri raziskovalnih projektih, se povezujejo z drugimi štipeđdisti in sodelujejo na dogodkih, delavnicah ter rednih javnih predavanjih. Program jih spodbuja k razvijanju vodstvenih sposobnosti, kariernemu razvoju in predvsem k oblikovanju močnih vezi z domovino svojih prednikov.

Pomemben element programa je tudi družbena odgovornost. Od štipeđdistov se pričakuje, da bodo skozi mentorsko podporo ASEF aktivno prispevali k skupnosti, delili svoje izkušnje in znanje ter tako vračali družbi. To jih spodbuja k širšemu pogledu na svet in zavedanju o pomembnosti medsebojne pomoči in trajnostnega razvoja.

Slovenija kot destinacija za ta edinstven program ponuja nešteto razlogov, zakaj je idealna izbira za tako izkušnjo. S svojo bogato kulturno dediščino, osupljivo naravo in inovativnim raziskovalnim okoljem omogoča mladim, da odkrijejo lastno identiteto, hkrati pa se profesionalno uveljavijo v mednarodnem prostoru. Povezovanje z domačimi in tujimi strokovnjaki, pridobivanje izkušenj v globalnem merilu ter priložnost, da mladi iz prve roke doživijo slovenski način življenja, so neprecenljive prednosti, ki jih program ponuja.

Poleg akademskega in strokovnega razvoja pa program omogoča tudi edinstveno priložnost za spoznavanje organizacij, ki delujejo v mladinskem sektorju. S tem se udeleženci seznanijo z možnostmi neformalnega izobraževanja, prostovoljnega dela in različnih iniciativ, ki so usmerjene v razvoj mladih in njihovega potenciala. To ne le širi njihova obzorja, temveč jim odpira tudi vrata do novih priložnosti za sodelovanje, mreženje ter aktivno vključevanje v mladinsko delo, kar je izjemnega pomena za njihov osebni in poklicni razvoj.

Mobilnost mladih je ključnega pomena za razvoj njihove samostojnosti, širjenje obzorij in razumevanje sveta v vsej njegovi raznolikosti. Program Obisk Slovenije odpira vrata novim izzivom, spodbuja interdisciplinarno sodelovanje ter mlade pripravlja na uspešno kariero v globalnem okolju. Za vse, ki si želijo prepletati akademsko odličnost, kulturno identiteto in inovativnost, je to izjemna priložnost, ki jo je vredno izkoristiti.

FOREWORD



**Minister Matej
Arčon**, Urad vlade
RS za Slovence v
zamejstvu in po
svetu

Dear ASEF Fellows



It is with great pleasure that I welcome you to Slovenia as part of the ASEF Junior Fellows Program.

Your participation in this program is not only an opportunity for academic and professional growth but also a chance to deepen your connection with our culture and people. Strengthening ties among Slovenians worldwide is of great importance, and this fellowship serves as a bridge between our homeland and the global community.

During your stay, you will collaborate with esteemed mentors, engage with leading institutions, and contribute to innovative projects. This experience will also allow you to immerse yourself in the local society, build lasting connections, and discover our shared heritage. Slovenia takes great pride in supporting individuals like you, whose work fosters knowledge

exchange, collaboration, and the preservation of our rich traditions.

I encourage you to embrace every opportunity—whether through research, cultural exploration, or community engagement. We hope this experience inspires you to maintain a lasting bond with our country and contribute to its development.

On behalf of the Government of the Republic of Slovenia and our Office for Slovenians Abroad, I

extend my best wishes for a successful and fulfilling stay. May your time here be filled with learning, discovery, and meaningful connections, and may this journey inspire you to keep Slovenia close to your heart.

Yours sincerely,

Matej Arčon
Minister

NAGOVOR

Spoštovane štipendistke in štipendisti ASEF



Z velikim veseljem vas pozdravljam v Sloveniji v okviru ASEF štipendijskega programa.

Vaša prisotnost predstavlja priložnost ne le za strokovni in akademski napredek, temveč tudi za utrjevanje vezi z jezikom, kulturo in ljudmi, ki delijo vaše slovenske korenine.

Program ASEF predstavlja pomemben most med domovino in slovensko skupnostjo po svetu, saj krepi povezovanje ter spodbuja izmenjavo znanj in izkušenj.

Med bivanjem v Sloveniji boste imeli priložnost sodelovati z uglednimi mentorji, vzpostaviti stike z vodilnimi institucijami in prispevati k inovativnim projektom. Ob tem boste bolj spoznali družbeno okolje, navezovali nova poznanstva in odkrivali bogato kulturno dediščino. Naša država s ponosom podpira posameznike, kot ste vi – tiste, ki s svojim delom prispevate k znanstvenemu

napredku, mednarodnemu sodelovanju ter ohranjanju tradicij in vrednot našega naroda.

Vabim vas, da v celoti izkoristite to edinstveno priložnost – bodisi prek raziskovalnega dela, vključevanja v lokalno okolje ali spoznavanja slovenske kulturne dediščine. Verjamem, da bo ta izkušnja v vas vzbudila željo po nadaljnjem sodelovanju s Slovenijo ter okrepila občutek pripadnosti.

V imenu Vlade Republike Slovenije in Urada za Slovence v zamejstvu in po svetu vam želim bogato in navdihujočo izkušnjo. Naj vam čas, preživet v Sloveniji, prinese nova znanja, neprecenljive izkušnje in trajna poznanstva. Naj ostane v vaših srcih kot prostor, kamor se boste vedno z veseljem vračali.

S spoštovanjem,

Matej Arčon
minister

OUR VALUES

Our three core values are permeated by a special care for Slovenian heritage:

1



ACADEMIC EXCELLENCE:

We seek an uncompromising standard of excellence in teaching, learning, and scholarship within and across disciplines.

2



CHARACTER FORMATION:

We seek to form the whole person: men and women distinguished by intellectual rigor, moral character, community building and the ability to make ethical decisions.

3



DEDICATED SERVICE:

We seek to prepare global citizens who advocate for the benefit of humanity and contribute to the intellectual, economic and cultural vitality of society by serving those in need and promoting the flourishing of all.

With ASEF, we are building a world where knowledge, values, and connections open doors to new opportunities and contribute to the sustainable development of society.

ABOUT ASEF JUNIOR FELLOWS PROGRAM:

Visit Slovenia

The ASEF Junior Fellows Program to Slovenia is a one-year program, which gives young people the opportunity to do a 10-week work/research visit at a university, company, or a research institute in the area of their field of study/expertise. The purpose of the fellowship program is to give talented young people of Slovenian heritage an opportunity to grow professionally, while also getting to experience Slovenia, its language and culture. Additionally, ASEF fosters international academic and research exchange through a parallel Junior Fellows Program, which allows Slovenian students to conduct research abroad. This program aims to strengthen research and study exchange between Slovenia and other countries, to give talented Slovenian students the ability to realize their potential to the fullest.

EXPECTATIONS FOR JUNIOR FELLOWS

During their stay, Junior Fellows are representing ASEF. Therefore they are expected to behave well, work hard, be responsible and proactive, and fulfill their obligations. Junior Fellows should engage in activities organized by the ASEF Society of Fellows, including research projects and collaborations with other Fellows, participation in the events organized by ASEF, leadership, and career development workshops, and attend regular public lectures and other events organized by ASEF. Further, Junior Fellows are expected to contribute to ASEF and give back to the Slovenian community under the guidance and mentorship of ASEF. After the visit, Junior Fellows are expected to write a report for the ASEF website.

BEFORE THE VISIT

Prepare for your visit



To help you prepare for your stay in Slovenia, we have put together a list of essential tasks and the support ASEF provides, ensuring you don't forget anything important.





FINANCIAL COSTS

ASEF will cover the costs of your travel and housing expenses. This includes a return flight ticket and accommodation during a 10 week stay in Slovenia which will be arranged by ASEF. ASEF will also provide you with a stipend of €100 per week (€1000 for the full 10-week stay) which should cover all other costs. In case of individual preferences such as purchasing a one-way flight ticket, opting for more luxurious accommodation or incurring higher food costs, you will be responsible for covering these additional expenses independently.



VISA

During your stay, having a visa is not necessary as you will be an unpaid observer at the university, research institute or company who is sponsored by ASEF.



INSURANCE

You are responsible for arranging your own health insurance, as ASEF does not provide or manage insurance coverage.



ADMINISTRATION

ASEF will provide all the necessary information about required documents, signed forms, and important deadlines. To stay updated and avoid missing anything, check your email regularly and if you have any questions do not hesitate to ask.



USEFUL TIPS

Connect with other Junior Fellows visiting Slovenia – they may have the same questions as you and might already have some answers. Besides, getting to know each other before your trip can be very helpful.

Curious what it's really like to live and work in Slovenia as an ASEF Fellow?

Tune into the ASEF Podcast episode “Meet the Fellows – Sophia and Maja’s Visit to Slovenia” to hear their firsthand stories, helpful tips, and reflections on reconnecting with their Slovenian roots. Be sure to check out other episodes and subscribe - new conversations are added regularly, so there’s always something inspiring to discover!



LISTEN TO ASEF PODCAST



What to pack for your visit

To help you prepare for your stay in Slovenia, we have put together some useful packing tips.

1

You should consider packing elegant clothes for possible formal receptions and social gatherings.

2

Slovenia is a country where sports activities are part of our everyday life, therefore it is essential to bring comfortable sportswear for leisure time activities that ASEF will organise. To be prepared, also bring a raincoat and some long sleeve shirts because the weather can be unpredictable, especially when you get closer to mountains.

3

If you're arriving in the summer, be sure to pack light, breathable clothing, as not all buildings are air-conditioned.



Two-day trip organised by ASEF

PACKING LIST

Travel Essentials

- ☐ Passport
- ☐ Flight tickets
- ☐ Travel insurance documents
- ☐ Credit/debit cards and cash (EUR)
- ☐ Phone, charger, computer, notebooks (if needed)
- ☐ Plug type: Type C and Type F (both have two round pins)

Clothing

- ☐ Summer (everyday) clothing
- ☐ Elegant clothing
- ☐ Sportswear
- ☐ Everyday shoes
- ☐ Elegant shoes
- ☐ Sports/comfortable shoes
- ☐ Swimsuit

Additional things

- ☐ Medication/ pills (if needed)
- ☐ Personal care, toiletry bag
- ☐ Towel
- ☐ Backpack for any sports activities
- ☐ Hat and sunglasses
- ☐ Slippers (no shoes indoors)

Living in Slovenia

Living in Slovenia offers many pleasant surprises, but being aware of a few practical details can help you settle in smoothly.

Firstly, check the opening hours of stores and supermarkets – many of them close on Sundays and holidays. Also, while credit and debit cards are accepted in many places, cash remains widely used, and some smaller shops might not accept cards.

Slovenia's natural beauty provides endless opportunities for outdoor activities, but it's essential to be cautious. Ticks are common, so after spending time outdoors, make sure to check for any that may have latched onto your skin. If you find one, carefully remove it with tweezers, ensuring the entire tick is out to minimize the risk of infection. For prevention, it is a good idea to apply tick and mosquito repellent spray before heading outside.

Hiking in Slovenia's mountains is popular, but don't underestimate the trails – they can be more challenging than they appear. If you're not familiar with the terrain, it's best to avoid venturing into the more demanding areas alone. Instead, consider exploring Rožnik, a lovely and accessible spot in Ljubljana, perfect for a relaxing outdoors in the afternoon.



Short presentation of Slovenia

To help you get acquainted with Slovenia, we've prepared a chapter that highlights the most essential information about the country.

About Slovenia

Slovenia lies at the intersection of the Alps, the Mediterranean, the Pannonian Plain and the Dinaric Alps.

Lonely Planet
describes
Slovenia as:

"An earthly paradise of snow-capped peaks, turquoise-green rivers and Venetian-style coastline, Slovenia enriches its natural treasures with harmonious architecture, charming rustic culture and sophisticated cuisine."



Cerkev sv. Primoža in Felicijana na Jamniku - Ivan Gradišnik



83% of the population of Slovenia identify as Slovenes. The official language is Slovene and, according to the last census, it is the mother tongue of 88% of the population. 48.6% of young people (aged 19–24) are involved in higher education. In Slovenia, as many as 99.8% of students study English, about 41% German, 2.6% French and 2.5% Spanish. The average Slovene speaks three languages, and the most common foreign languages are English, German and Italian.

Important people of Slovenia



PRIMOŽ TRUBAR: a protestant reformer from the 16th century and the author of the first books in the Slovene language: Abecednik in Katekizem. Abecednik was written to help people learning the alphabet and Slovene language and Katekizem is a religious book used for teaching in Christian Churches.



FRANCE PREŠEREN: a national poet who lived in the 19th century and wrote Zdravljica that later became the Slovenian national anthem. He brought several new poetic forms into use, including the ghazal, the ballad, and the sonnet wreath. One of the most known poems is A Wreath of Sonnets which was dedicated to Prešeren's unrequited love Julija Primic.



SLAVOJ ŽIŽEK: a philosopher and cultural critic who is known for his provocative ideas and unique blend of Marxist theory, Lacanian psychoanalysis, and pop culture analysis. He critiques ideology, capitalism and contemporary society through provoking books and lectures.



LUKA DONČIĆ: a professional basketball player who plays in the NBA, one of the top basketball leagues in the world. He was named an NBA All-Star for 5 times and played for the Dallas Mavericks and for the Los Angeles Lakers.



JOŽEF STEFAN: a physicist and mathematician who lived in the 19th century and is famous for a law that is today known as the Stefan Boltzmann law. The law states that the total power radiated per unit area of a black body is proportional to the fourth power of its absolute temperature.



HERMAN POTOČNIK NOORDUNG: a space science pioneer who came up with the idea of a geostationary satellite. His book *The Problem of Space Travel: The Rocket Motor*, published in 1929, describes potential construction of the space station, which influenced the development of space technology.



TINA MAZE: is a Slovenian alpine skier who won four Olympic medals and became the most successful winter Olympian since Slovenian independence.



PRIMOŽ ROGLIČ AND TADEJ POGAČAR: world-class cyclists who have won major international competitions, including Tour de France and Vuelta a España.

SKI JUMPING: Slovenian ski jumpers consistently achieve top results on the world stage, showcasing their talent and dedication. Each year, Planica hosts the World Cup Finals, which is one of the most important sport's events for Slovenia. Some of Slovenia's most successful ski jumpers include Timi Zajc, Domen Prevc, Anže Lanišek, Peter Prevc, and Nika Prevc, who have all made a significant impact in international competitions.



Slovenian traditions

CELEBRATIONS AND FOOD

1

KURETOVANJE (PUST FESTIVAL):

The biggest carnival in Slovenia takes place in Ptuj every year, usually in February or March. During this lively event, people dress up in a variety of creative costumes, but the most iconic figures are the Kurenti. These traditional characters, dressed in fur and adorned with bells, dance through the streets, ringing their bells to chase away winter and welcome spring. Apart from the iconic Kurenti, Slovenian donuts, known as krofi, play a significant role in this celebration. Traditionally filled with apricot jam, the most authentic krofi can be found in Trojane, a small village that lies 33 km away from Ljubljana. If you're traveling toward eastern Slovenia, a stop in Trojane to taste these delicious treats is a must!



Scan the QR
code to see
Kurentovanje



2

MARTINOVANJE (ST MARTIN'S DAY):

Slovenia's most significant wine-related celebration takes place on November 11th. According to tradition, this is the day when must officially transforms into wine, symbolizing the end of the grape harvest. It's a time of joy and festivity, deeply rooted in Slovenian culture, with lively gatherings, wine tastings, and delicious traditional dishes. A typical meal for St Martin's day consists of a roast goose or duck with shredded flatbread (mlinci) and stewed red cabbage. For many Slovenians, Martinovanje is more than just a celebration – it's a cherished expression of their connection to the land and the art of winemaking.



Zlati grič v Slovenskih Konjicah - Ivan Gradšnik

3

RELIGIOUS TRADITIONS:

Slovenia has a strong connection to Christianity, which is reflected in its celebration of important holidays like Christmas and Easter. These holidays are cherished family occasions, marked by loved ones gathering and enjoying delicious meals. During Christmas, tables overflow with a variety of delicious dishes, from savory meats to sweet desserts. Grandparents often take on the role of ensuring that no one leaves hungry! Easter is celebrated in a similarly festive way but with a stronger focus on traditional foods. The holiday meal typically includes hard-boiled eggs dyed with fun colours, ham, horseradish, and potica – a beloved Slovenian nut-filled pastry. Many Christian families bring these foods to church on Easter Saturday for a special blessing.



In addition to the dishes already mentioned in this chapter, there are many other traditional foods that make Slovenian cuisine truly special.

MAIN DISHES ARE:

- **Idrijski žlikrofi** (Slovenian dumplings) are a unique type of pasta that is filled with potato filling.
- **Prekmurska gibanica** (Prekmurje layer pastry), traditional dish of Prekmurje, is a layered dessert that includes poppy seeds, walnuts, apples and quark fillings.
- **Kranjska klobasa** (sausage) is heavily smoked sausage that is usually eaten with horseradish, mustard and bread.
- **Kremšnita** (Bled Cream Cake) is a dessert that originated in Bled, featuring a delicate, crisp crust layered with a smooth custard filling and topped with airy whipped cream.
- **Potica is a traditional rolled pastry.** The classic version includes walnut filling, but there are also other popular variations which include poppy seeds, tarragon or cottage cheese.

Interesting fact:

On Sundays, most Slovenian households prepare a typical Sunday lunch which includes beef soup with noodles, fried chicken or roast beef, roasted potatoes and a salad.



**Link to
recipes**

As you can see, Slovenia offers a variety of dishes that are a must-try when visiting. For culinary enthusiasts, the QR code will take you to a site featuring recipes for Slovenia's most famous dishes, so you can recreate them at home!

SLOVENIAN HOLIDAYS

There are several National Days in Slovenia, some of them are bank holidays, the American equivalent of which would be a federal holiday, with the difference that in Slovenia, most of the country has a work-free day. On bank holidays, the great majority of shops are closed and public transport runs by Sunday or holiday schedules.

Work-free days

- **1 and 2 January:** New Year
- **8 February:** Prešeren Day, Slovenian Cultural Holiday
- **Easter Sunday, Easter Monday**
- **27 April:** Day of Uprising Against Occupation
- **1 and 2 May:** Labour Day
- **The 7th Sunday after Easter:** Whit Sunday or Pentecost
- **25 June:** Statehood Day (there is usually a big celebration in Ljubljana with cannon salvos from the Ljubljana castle)
- **15 August:** Assumption Day
- **31 October:** Reformation Day
- **1 November:** Day of Remembrance of the Dead
- **25 December:** Christmas Day
- **26 December:** Independence and Unity Day

Our language

Slovenian, a member of the Slavic language family, is a unique and distinctive language spoken by just 2.3 million people.

The first written records of Slovenian date back to the 10th century with the Freising Manuscripts (Brižinski spomeniki).

What makes Slovenian truly unique is its dual form, diverse dialects, and much more. You can explore these fascinating features through various language courses.



Firstly, you can use online courses, provided in the QR code below, which will help you learn basic phrases and teach you how to excel in your pronunciation.

Secondly, ASEF provides you with the opportunity to apply for Slovenian language courses at the Centre for Slovene as a second and foreign language, where you can even apply for a scholarship for certain courses.



Hello / Hi (informal)	Živjo / Zdravo
Hello (formal)	Dober dan
Bye (informal)	Adijo
Goodbye (formal)	Nasvidenje
Thank you	Hvala
Please / You're welcome	Prosim
Excuse me / Sorry	Oprostite

Yes	Da
No	Ne
I speak a little Slovenian	Govorim malo slovensko
I don't understand	Ne razumem
Do you speak English?	Ali govorite angleško?
You're welcome	Ni za kaj

VISIT THE DURING

Navigating the Research Landscape in Slovenia



Slovenia's dynamic research landscape will welcome you with open arms, offering you a unique chance to collaborate with leading mentors and dive into interesting projects.



During your research visit, you'll not only contribute to impactful research but also immerse yourself in a vibrant community that values innovation and international collaboration.

Slovenia boasts a higher-than-average number of PhD students and new doctoral graduates compared to the EU, reflecting its commitment to academic excellence. The country is home to world-class universities and research institutions, such as the University of Ljubljana and Jožef Stefan Institute, excelling mostly in high-tech and medium-tech industries. In addition, Slovenian researchers are highly active internationally, producing numerous co-publications with foreign collaborators. You will play an important role in enhancing public-private partnerships and fostering interdisciplinary research collaborations.

Slovenian institutions maintain strong commitment to high ethical and professional standards, so you should keep in mind a few key points:

1) ACADEMIC INTEGRITY

Plagiarism, data fabrication and other forms of academic dishonesty are taken very seriously in Slovenian academic institutions. Always properly cite your sources and ensure the accuracy of your data.

2) RESEARCH ETHICS BOARDS/COMMITTEES:

If your research involves human subjects, animal research, or sensitive data, it will likely need approval from the institution's ethics board. Discuss this with your mentor early in your visit. Be prepared to provide detailed information about your methodology, data handling procedures, and consent processes.

3) INTELLECTUAL PROPERTY:

Understand the policies regarding intellectual property at your host institution. Clarify ownership of research results and potential inventions with your supervisor before beginning your research. Discuss potential publications and presentations.

4) CONFIDENTIALITY:

Respect the confidentiality of data and information you encounter during your research. Be mindful of data protection regulations, especially when handling personal data.

Working with your Mentor and Research Group

While specific practices will vary depending on your field, you can consider some general guidelines to ensure a smooth and productive research process:

Communication is Key:

Maintain open and regular communication with your supervisor and colleagues. Don't hesitate to ask questions, seek clarification, or discuss challenges you are facing.

Planning and Organization:

Slovenians appreciate well-organized and structured work. Invest time in planning your research activities, setting realistic goals for your 10-week visit, and tracking your progress.

Collaboration:

Collaboration is often encouraged in Slovenian research. Be open to working with other researchers, sharing ideas, and contributing to team efforts.

Time Management:

Be punctual for meetings and respect deadlines. While the pace of life might feel relaxed compared to other countries, professionalism and efficient time management are valued.

Language:

While English is widely spoken in academic and research settings, learning a few basic Slovenian phrases will be appreciated and can help you connect with colleagues on a more personal level.

Field-Specific Practices:

Research practices vary across disciplines. Spend time understanding the specific norms and expectations in your field within the Slovenian context. You can find many insights about the general research Slovenian landscape in this guidebook.

Networking:

Actively participate in seminars, workshops, and conferences at your host institution. These events provide excellent opportunities to learn about current research trends, connect with other researchers and present your own work. Don't forget to lean on your ASEF community as well: reach out to other ASEF Fellows and attend ASEF events.

Bautista Kraševac, ASEF Junior Fellow 2024: "Learn about what the other fellows in Slovenia are researching. It's valuable to know what your peers are working on. Remember, you'll be surrounded by talented young individuals."

Key principles:

Uphold academic excellence by showing respect to your mentors and offering support to those who follow in your footsteps. Embrace intellectual curiosity, resourcefulness, and a commitment to excellence in teaching and creative pursuits. Strive to cultivate strong moral character and contribute to a vibrant, supportive community. Let your work serve the greater good – advancing humanity and enriching the intellectual, economic, spiritual, and cultural fabric of society.

What to Expect:

To give you a clear overview of what your visit in Slovenia might look like, we asked two ASEF Junior Fellows about their experience.

Read about their insights and advice below:

1. What is something you wish you would have known before you came to Slovenia?

Janko: *One thing that I wish I would have known is that most placements for these research visits expect you to be there full-time and treat it as a full-time job to an extent.*

Sophia: *I wish I had a better understanding of the Slovenian public transportation system. With a better understanding, I feel like I could have started exploring the country earlier. That's exactly what you should do – go explore!*

2. What kind of goals did you set together with your mentor before you started working and how did those goals change during your research process?

Janko: *The goals that I set with my mentor was to visit as many departments in which physical therapists work as I could so that I could get a complete view of this career. This changed along the way as I found certain departments that fit my style more than others and I decided to spend more time in those places.*

Sophia: *My mentor and I set goals to help integrate me into the office's day-to-day functions. We planned for me to learn the tools the company used and gain a strong understanding of the company's product. These goals changed drastically throughout my visit because I completed those milestones early on. Then, I was put on a new project that I was able to help manage. It was a great, immersive, and hands-on experience rather than just reading articles and completing modules all day. Another goal that quickly emerged was to connect with as many people at the company as possible. I used this opportunity to expand my network.*

3. What is something that surprised you about the work ethic and culture in Slovenia (positively or negatively)?

Janko: *I enjoyed that the work days start early, have an early lunch break, and finish at around two or three in the afternoon because it allows one to have a much better work-life balance.*

Sophia: *I was positively surprised by the work culture in Slovenia. The people at my company genuinely seemed to enjoy their jobs and collaborate well with their teams. I loved being part of the company's strong "family feel."*

4. What were some of the challenges that you faced during your visit and how were they addressed/how did you overcome them?

Janko: *A challenge that I faced was that many of my mentors were under the impression that I was already a physical therapist. My mentors were very good about adjusting and making sure that I was getting the experiences that I needed to get.*

Sophia: *One of my biggest challenges during my visit was overcoming the language barrier to build personal connections. Initially, it was hard for me to make connections with my co-workers because people were always speaking Slovenian. I overcame these challenges by setting up lunch chats with co-workers and attending social events. This allowed people to see my personality, which helped me build connections throughout the company.*

5. What are the most important and interesting takeaways from your (research) visit to Slovenia?

Janko: *The most important takeaways from my visit were being able to experience the healthcare system in Slovenia as well as the typical work schedule. I also learned many things about my career path and found different career paths within physical therapy that I did not know even existed.*

Sophia: *The most important takeaway from my visit was the people that I met. I built a network that will never go away. I still talk to my co-workers all the time.*

6. What do you wish to highlight for other fellows about the process?

Janko: *I would make sure to establish early communication as well as your experience level so that your mentor should know what to expect and to properly assign you work and projects.*

Sophia: *Take advantage of every opportunity you can to integrate yourself into the culture. Do not be afraid of the differences – embrace them!*

Everyday Life

ARRIVING

If you land at the airport in Ljubljana (Jože Pučnik Airport), we recommend you to take the shuttle service **GoOpti** to the city centre. You can buy the ticket on their website or at the airport (look for the sale point or ask someone to direct you there). If you feel more adventurous, you can also take the shuttle bus (Nomago) or the urban bus (line 28).

COMMUTING

For everyday commutes, use Ljubljana's public transport system (**LPP** – *Ljubljanski potniški promet*), a bus network that covers a large part of the city centre and the suburbs. The price for one journey is €1.50, which you can pay on the bus (just tap and hold your card on the terminal positioned at the front and back doors until you hear an affirmative sound). For the most accurate travel time, check the timetables on your preferred Maps app.

For a more convenient and cheaper option, which also allows you unlimited bus transfers up to 1.5 hours, buy the **Urbana Card** at the ticket office, tourist center, or newsstand. It costs €2 to purchase and can be topped up with up to €50.

The card also allows you to use the bicycle-sharing system **BicikeLJ**, which costs symbolic €1 for a week or €3 for a whole year (the first 60 minutes of each ride are always free). Once you obtain your Urbana Card, register at the BicikeLJ website and rent your bike from the self-service terminals at each bike station or use the BicikeLJ app.

For a more reliable and efficient service, use the **Bolt** app, which allows you to request a ride or ride any of the Bolt scooters across the city. You can also call a taxi service: we recommend **Taxi Metro** (080 1190) or the app **Platforma**. The starting fee for a taxi fare is around €2, with additional €1.70 to €1.90 for each kilometer. If you have a car and wish to pay for parking, we recommend the app **EasyPark**.

FOOD

Ljubljana has a vibrant culinary scene, a blend of traditional Slovenian dishes and international flavors. Keep in mind that it is also particularly welcoming to vegetarians and vegans. Here are some of our favorite restaurants:

Slovenian Cuisine: Slovenska hiša, Gostilna Sokol, Gostilna na Gradu, Druga violina

Pizza: Verace, Gostilnica 5-6 kg, Pop's pizza, Piccola, Zbornica

Burgers: HoodBurger, Pop's place, Kavarna Tiskarna, Fari's, Zbornica

Asian Cuisine: Tloft, Shambala, Zanooodle, Osha Asian Bistro + Maharaja (Indian Cuisine)

Balkan Cuisine: Das ist Valter, Baščaršija, Čevabdžinica Sarajevo '84

Vegan Restaurants: Barbarella Juicebar, Veganika, Mandala, Gaudi & Naan, Radha Govinda

If you prefer to dine at home, use the **Wolt** delivery service (via their app). Grocery stores are available all over the city and are usually open from 8am until 8pm. The most accessible are Spar, Lidl and Hofer (Aldi). Just keep in mind they are closed on Sundays.

CULTURE

If you're passionate about culture, Ljubljana is the perfect city to explore.

Cankarjev Dom, the largest cultural and congress center in Slovenia, hosts concerts, exhibitions, and international events throughout the year. The **Slovenian Philharmonic** and the **Slovenian National Theatre Opera and Ballet Ljubljana** showcase classical performances and operatic masterpieces. If you're a theater enthusiast, check out the **Slovenian Youth Theatre** or the **Slovenian National Theatre** for contemporary spins on traditional Slovenian dramas.

The **National Gallery** is a must-see for its impressive collection of Slovenian art spanning from the Middle Ages to early modernism. If contemporary art intrigues you, visit the **Museum of Modern Art, Museum of Contemporary Art Metelkova** (MSUM) or **Cukrarna Gallery**. The **City Museum of Ljubljana** provides fascinating insights into the city's history, including archaeological treasures like the world's oldest wooden wheel. For something truly unique, head to the **Plečnik House**, dedicated to Jože Plečnik, the architect who shaped much of Ljubljana's iconic designs. Don't forget to check out the **Ljubljana Castle**.

Ljubljana comes alive in the summer with its vibrant festivals. The **Ljubljana Festival**, running from June to September, features world-class ballet, opera, and musical performances in stunning venues like **Križanke**. If you're a jazz enthusiast, you will love the **Ljubljana Jazz Festival**, one of Europe's oldest jazz events. Enjoy the variety of tastes and smells at the **Open Kitchen**, held every Friday from spring to autumn at **Pogačarjev trg**. Warm summer nights are the perfect time for **Film Under the Stars** at Ljubljana Castle, a unique cinematic experience in a picturesque setting.

Alternative culture thrives at **Metelkova**, a repurposed military barracks turned into an avant-garde art and cultural center, known for its vibrant street art and live performances. **Kino Šiška** is one of the city's most iconic hubs, known for indie rock, hip hop, and electronic music concerts, as well as exhibitions and performance art. For indie and European cinema, visit **Kinoteka** or **Kinodvor**. **Pritličje**, **Daktari**, **TOZD** and **Pub Lajbah** are some of the local's favorite bars. Check out the new **Center Rog** for workshops and exhibitions.

For further
information about
events in Ljubljana,
check this page:



SPORTS

Ljubljana offers a diverse range of sports facilities and activities. The city is home to modern facilities like **Sports Park Stožice**, which hosts international basketball and football matches. **Tivoli Hall** is a popular venue for indoor sports and swimming. **BIT Sport Center** is popular for racquet sports enthusiasts, while **Bolder Scena** offers more than 1,000 square meters for bouldering.

You should find many paths dedicated to cycling, running and walking, mainly in Ljubljana's largest park – **Tivoli Park**, and along the **Path of Remembrance and Comradeship** (PST), a 32.5 km long trail encircling Ljubljana. The annual **Ljubljana Marathon** in autumn, which attracts participants from all around the globe, is one of the biggest sports events in the city.

Hiking is very popular in Slovenia, but it should be taken seriously. For a short hike, visit nearby **Šmarna Gora** or **Polhograjska Grmada**. If you wish to explore the higher mountains, make sure to have the necessary equipment and be physically and mentally prepared. Check websites like **Hribi.net** for detailed trail information, weather forecast and other safety tips.

BASIC TIPS

If you need to print something, we recommend the **Printbox** kiosks, located in various locations across the city. You can print, scan, and upload files from your USB stick by purchasing credits online or at kiosks using cash or NFC devices.

For a **SIM card**, go to the nearest Hofer store (also known as Aldi in some countries), which offer prepaid SIM cards under their HoT (Hofer Telekom) brand. They provide affordable mobile services, including data, calls, and SMS. Ask the store staff to assist you with plan selection and activation.

In the urban areas, credit and debit cards are widely accepted, but we advise you to carry some cash to more rural locations. **Tipping** in Slovenia is not mandatory or too common, but you can tip around 10% of the bill for good service in restaurants, cafes, and bars, especially in tourist areas.

In Slovenia, it's quite customary to remove your shoes when entering someone's home. Hosts often provide slippers for guests, so don't be surprised if you're offered a pair. When bringing gifts, it's common to present them in decorative gift bags rather than wrapped boxes.

Ljubljana and Slovenia in general have a very strict and effective **recycling system**. It might be helpful to remember what each color on the different trash cans represents: green is for glass (empty bottles and jars), yellow for packaging (mostly plastics and cans), blue for paper products, brown for organic and black for residual waste.

USEFUL TELEPHONE NUMBERS

112: General emergency number (ambulance, firefighters, mountain rescue)

113: Police (emergency cases)

080 1200: Police – anonymous number

1987: AMZS – road assistance

+386 (0)1 200 55 00: American Embassy

Address: Prešernova 31, 1000 Ljubljana

+386 (0)1 306 12 15: Tourist Information Centre – TIC

Address: Adamič-Lundrovo nabrežje 2, 1000 Ljubljana

Exploring Slovenia

We strongly encourage you to set some time aside during your visit to explore Slovenia's picturesque towns, distinct regions and stunning nature. Here are our top recommendations:



Maribor

Maribor, Slovenia's second-largest city, is known for its historic landmarks like the Maribor Castle and the Franciscan Church. There you can also find the oldest vine in the world – it's more than 400 years old. For some extra fun, visit the Lent Festival, which is usually held at the start of the summer.



Pohorje

On your way to Maribor, you can stop at Pohorje, a paradise with dense forests, serene lakes, and year-round activities. Rogla, its vibrant hub, offers 42 km of ski trails in winter and cycling or hiking in summer. Don't miss the Treetop Walk Pohorje for breathtaking views or the tranquil hike to Black Lake and Lovrenc Lakes.



Ptuj

Step into Slovenia's oldest town and immerse yourself in its rich history. Wander through the cobbled streets and admire rich gothic architecture of buildings dating to the mid-9th century. While you're there, visit the majestic Ptuj Castle, explore fascinating museum collections and visit nearby spas.



Prekmurje

Explore Prekmurje, a region known for its rolling hills and unique culture. Climb the Vinarium Panoramic Tower, visit the Goričko Castle and the historic Babičev Mlin, the last remaining traditional water mill on the Mura River. For a deeper dive into local traditions, visit Lončarska vas Filovci, an open-air museum showcasing traditional pottery and rural life. Don't forget to taste the local specialty called Prekmurska gibanica.



Olimje

Don't overlook Olimje, a charming village with a lot to offer. Visit the Olimje Monastery to admire its baroque altar or Olimje's chocolate factory for handcrafted chocolates and sweet tastings. Relax at Jelenov Greben, where you can feed friendly deer and enjoy local dishes, before you unwind at Terme Olimia, one of Slovenia's top thermal spa resorts.



Noordung Space Center

If you are interested in technology, visit the Herman Potočnik Noordung Space Center in Vitanje. Explore interactive exhibits and discover the legacy of Slovenia's space pioneers.



Velika planina

Velika planina is a popular and accessible destination for hiking and skiing. The Cable Car provides easy access, while the Church of St. Mary of the Snows adds a cultural touch. The plateau's serene beauty and traditional lifestyle make it a very unique experience.



Škofja Loka

Discover one of Slovenia's most charming medieval towns a little over 30 minutes away from Ljubljana. Take a stroll through the preserved old town, enjoy its serene atmosphere and check out the Capuchin Bridge and the Devil's Bridge. The Škofja Loka Castle offers breathtaking views and a glimpse into local history.



Iški vintgar and Krim

Iški vintgar is a scenic gorge of the Iška river, which offers a lovely and serene retreat from the hustle of city life in Ljubljana. In the summer, if you're brave enough, you can take a dip in the cold and refreshing river. There you can also find the beginning of the ascent to Krim; a two hour hike to the top awards you with a beautiful view of the surroundings.



Lake Bled and Lake Bohinj

Lake Bled, with its picturesque island and medieval castle, is one of the top tourist spots of Slovenia. While the view there really is spectacular, we recommend a



visit to Lake Bohinj, nestled in the Julian Alps less than a 30 minute ride away. Lake Bohinj is Slovenia's largest natural lake and a paradise for outdoor enthusiasts. While you're there, don't forget to check out the Savica Waterfall and the Vintgar Gorge as well.



Lake Jasna and Kranjska Gora

Lake Jasna, with its crystal-clear waters and stunning alpine backdrop, is a popular spot for swimming and relaxation. Just a short drive away, the Zelenci Nature Reserve will impress you with its emerald-green colored lake. Kranjska Gora, a gateway to the Julian Alps, offers numerous skiing, hiking and cycling paths, with the breathtaking views along the Vršič Pass.



Soča

Soča River is one of the most beautiful rivers in the world. It is extremely clean and offers many opportunities for activities. You can drink from the source of the Soča River, go down the Soča Brzice in Bovec or see the remains of the Soča Front from the First World War in Kobarid. Tolmin Gorge is less crowded than the famous Vintgar Gorge, making it a peaceful alternative for nature lovers.



Štanjel and Goriška Brda

Travel to Štanjel, a picturesque village perched on the Karst Plateau. Admire the Ferrari Garden, designed by Max Fabiani, and wander through narrow streets lined with medieval architecture. The Štanjel Castle and its panoramic views make this village unforgettable.

While you're there, spend some time in Goriška Brda, a paradise for lovers of cuisine and good wine. We recommend you try their prosciutto and the traditional white wine Rebula.



Postojna Cave

Postojna Cave is one of the largest cave systems in the world. You can visit the first few kilometers on a small train, while the rest of the vast interior can be explored on foot. Make sure to also visit the Predjama Castle, the outpost of the robber knight Erasmus. Many agencies in Ljubljana offer a package trip to the Postojna Cave and the Predjama Castle.



Škocjan Caves

A UNESCO World Heritage site, these caves are renowned for their vast chambers and subterranean river. The Silent Cave and the Murmuring Cave offer breathtaking views, while the Reka River adds to the mystical atmosphere. Guided tours provide insights into the caves' geological and ecological significance.



Coastline

The Slovenian coast covers a small, but charming stretch along the Adriatic Sea. Step into the enchanting town of Piran, often called the “Venice of Slovenia,” with its narrow cobblestone streets and colorful buildings. Izola is the perfect spot to relax and enjoy peaceful beaches away from crowds. For a secluded beach experience, hike or boat your way to Moon Bay in Strunjan Nature Reserve

Find more
information at:
**Ljubljana Tourist
Information Centre**



Traveling across Slovenia:

There are several accessible modes of transportation you can use while traveling through the country:

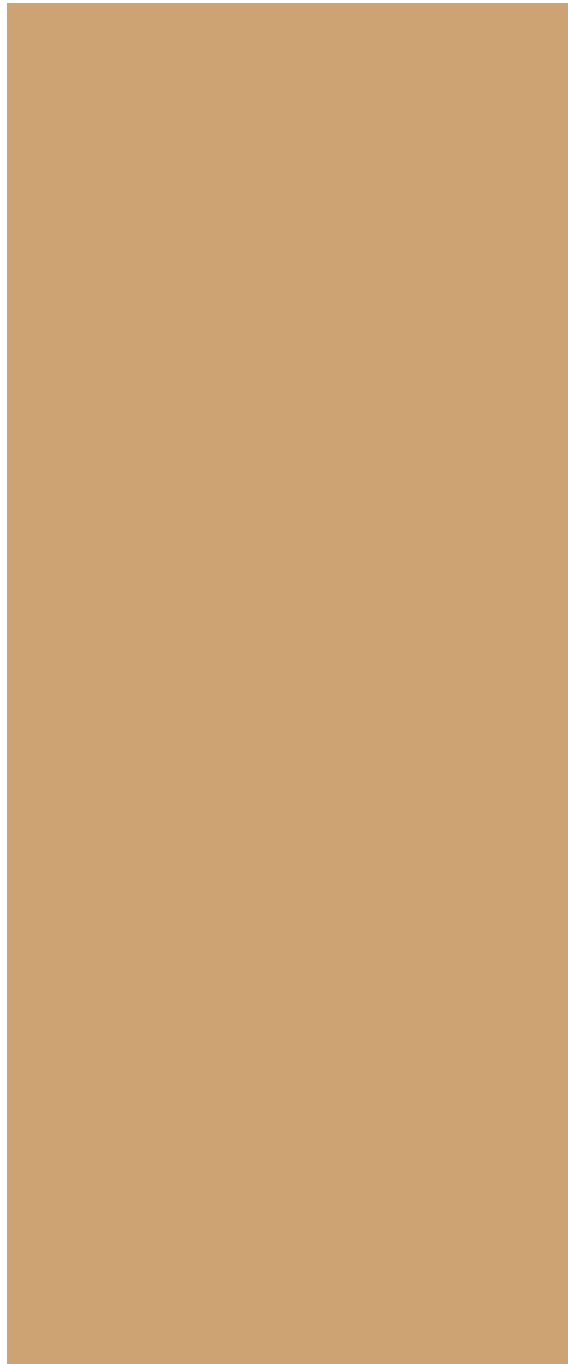
Slovenian Railway system (Slovenske železnice): The train system connects major cities like Ljubljana, Maribor, and Koper, with routes passing through scenic landscapes such as the Soča Valley and the Julian Alps. Make sure to check out the time-table beforehand on their website.

Bus Network: Operated by companies like Nomago and Arriva, buses cover nearly every corner of Slovenia, including smaller towns and rural areas. You can buy your ticket on the bus.

If you would prefer to travel with a car, use Prevoz.org (you can visit the website or download the app). This carpooling platform connects drivers with passengers heading in the same direction, offering a flexible and cost-effective way to travel. It's widely used for trips between cities and to more remote areas.

BlaBlaCar: Another popular carpooling service, BlaBlaCar allows travelers to share rides across Slovenia and even to neighboring countries. It's a great option for longer journeys or when public transport schedules don't align with your plans.

If you would like to rent a car, we recommend Avant2Go, a great car-sharing service with electric vehicles and more than 180 locations across bigger cities where you can pick up and drop off vehicles easily. The service is pay-as-you-go, with costs based on mileage and rental duration. The whole process can be done via a mobile app.



Reflection Prompts for your Progress Journal

**Track your progress and reflect about the experiences during
your visit in the Progress Journal below:**

*What new skills did you
acquire? How did you expand
your knowledge?*

*Are you communicating
your needs and boundaries
transparently?*

*Are you managing your time
effectively?*

*Are you taking full advantage
of networking opportunities?*

*Are you putting time aside for
exploring? What is something
you still wish to explore?*

*In what ways are you
connecting with your Slovenian
heritage?*

Space to write down any additional thoughts and reflections.

THE VISIT AFTER

How successful was your research visit?



At the end of your ASEF research or work visit in Slovenia, we invite you to take a moment to reflect on your experience.



This is not just a questionnaire for us – it's an opportunity for you to assess how much you have grown, what skills you have developed, and how this program has shaped your personal and professional journey.

By completing the

End-of-Visit Reflection

you will:



Recognize the progress you've made in your academic and career path



Reflect on the connections you have built with your mentor, the Slovenian community, and fellow ASEF scholars



Identify areas for further growth and future collaboration



Help ASEF improve the program for future fellows

Your feedback is highly valuable. It allows us to strengthen the program and create an even better experience for future generations. Please scan the QR code below to access the reflection form.



Keeping in touch through the ASEF Alumni Association

After completing your research or work visit in Slovenia, you automatically become part of the ASEF Alumni Association. This network offers opportunities for professional growth, ongoing collaboration, and deeper connections with ASEF Fellows, Mentors, and the broader Slovenian academic and professional community.

How to stay an active member of the ASEF community?

As an ASEF Alumni member, you will receive updates on activities in Slovenia, the U.S., and beyond. Staying connected through the ASEF newsletter and email ensures you remain engaged and informed. ASEF is also eager to celebrate your achievements and share your success stories across its platforms.

You also have the opportunity to give back – whether by participating in the selection process for new Fellows, mentoring upcoming scholars, or collaborating with former mentors. Additionally, you can contribute to conferences, support ASEF's outreach efforts, and help organize key networking events such as the ASEF Gala, strengthening connections within the global Slovenian community.

Activities for Society of Fellows & Alumni Association:



ASEF Story

A series of conversations where successful entrepreneurs share their professional journey and experiences.





ASEF Speaker Series

Public lectures by ASEF professors on their research work and interesting findings.



ASEF Podcast

Where the leaders of today inspire the leaders of tomorrow.



ASEF Gala

An event to celebrate the progress of the organization and the extraordinary achievements of Slovenians, while raising funds for the next generations of talented young ASEF students and strengthening bridges between Slovenians worldwide.



Research work

We are engaged in research work in the projects of education, consulting and publishing, mainly in the field of social sciences and humanities.

How to stay involved in the Slovenian Academic Community?

Your connection to Slovenia doesn't end after your research visit – it can be the beginning of long-term academic collaborations. ASEF provides opportunities to stay engaged with Slovenian research institutions, mentors, and fellow scholars.

Many alumni continue working with their ASEF mentors, contributing to research projects, co-authoring papers, or pursuing joint academic initiatives. Others stay involved by participating in scientific symposia and academic events, which showcase Slovenian research excellence and foster international collaboration.

Some Fellows take their connection even further by staying in Slovenia to continue their studies or build their professional careers. Whether through PhD programs, postdoctoral research, or academic and industry positions, Slovenia offers exciting opportunities for those who want to remain part of its academic and professional landscape.

The ASEF Alumni network is a valuable resource for maintaining strong ties with Slovenia, advancing professionally, and contributing to the global Slovenian community. Whether through mentorship, research collaborations, or career opportunities in Slovenia, your journey with ASEF doesn't end after your visit – it only begins.

How to keep the ASEF spirit alive?

We know that wrapping up an incredible experience is never easy. But saying goodbye doesn't mean the journey is over! Bautista Kraševac, a Junior Fellow from the 2024 generation, has shared some thoughtful tips to help you stay engaged with ASEF and make the most of your experience even after your visit to Slovenia:

- **Keep in touch with other ASEF fellows and team members!** Now you have friends all over the world, especially in Slovenia. It's always nice to check in and see how your colleagues are doing. You might even plan your next visit to Slovenia together.
- **Include as many pictures as you can in your visit report.** There's nothing like sharing the great time you had with some nice photos.
- **Get involved in as many ASEF activities as you can.** It's always rewarding to give back to the community that supported you.
- **Accept invitations to participate in the selection process and information meetings for future fellows.**
- **Spread the word about ASEF in your local Slovenian communities!**

How to Share Your Experiences and Inspire Future Generations

We encourage you to promote ASEF within your local Slovenian communities and universities back home.

Upon your return, you can easily access promotional materials, including the ASEF brochure, a PowerPoint template, and videos, all collected in one place.



Simply scan the QR code to access these resources and share them with others.

We also invite you to contribute to ASEF's online presence by sharing your inspiring story in the form of a one-page report, which we will feature on our website and social media platforms.

Your experiences and insights can motivate others to embark on their own ASEF journeys. **To participate, simply scan the QR code to access the form, where you can submit your visit report along with short feedback to improve the program.**



As an example, take a look at this visit report from a previous Fellow.

And feel free to include as many pictures as you'd like – we will share them along with your story.

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Information in this guidebook is subject to change.
Please check official sources for the latest updates.

