

## We are regardful and gentle of environment

Vydrovská dolina (Vydrovska valley) – country tourism destination, ideal possibilities for eco and enviro tourism to regenerate physically and psychically. Beautiful nature, folk architecture, traditions, hospitable people, sport, experience and adventure and much more. Use local suppliers services labelled “We are regardful and gentle of environment”. You will have good feeling.

Enviro tourism can be developed where flora, fauna and cultural heritage balance with visitors and society satisfaction. It reduces negative impact of travelling to environment; it offers possibility for public to work and to get education. By this way it becomes sustainable – at present and future, too.



## ENVIRO TOURISM IN VYDROVSKA VALLEY IN ČIERNY BALOG AND REGIONAL BACKGROUND

### 1. Natural value protection and visualization

- **Forest open-air museum** – 70 stops nature trail about the meaning of forest ecosystem, history and woodcraft
- **National natural reservation Dobroč Virgin forest** – remnant of thousand years old virgin forest which man can enter just to have a look
- **Slovak Hucul Club** – ecofarm in Sihla keeping wild Carpathian horses Hucul for short or long term hiking

### 2. Keeping special cultural values

- **Local folklore, traditions, crafts, holidays, cultural festivals** are still alive as in past
- **Nature trail about village history and traditions** – more than 400 years village history on 2 kilometres trail will leave strong impressions

### 3. Enlarge wild public knowledge

- **Forest open-air museum** relax, entertainment, acknowledging the nature and life on the Earth. Walking for children with filling working sheets
- **Enviro centre Vydra** many environmental education programmes, programmes and workshops for children and adults, education as entertainment and game

### 4. Transport by train, bicycle, and footpath

- **Čiernohronska railway** – historical railway, in past it carried wood, nowadays it carries tourists to Forest open-air museum
- **Tourism, bikes hire** all-day trips in beautiful nature. Special service for cyclists: [www.vitajtecyklisti.sk](http://www.vitajtecyklisti.sk)

### 5. Local craft products in local shops

- Souvenirs made up from natural materials, traditional craft products in infocenters
- **Marek's yard** – family farmstead, breeding farm animals, soil cultivation, making natural products and sale from yard with the programme
- **Bandit's yard** with chalet, restaurant with traditional dishes and cultural programme

### 6. Service providers participate on environmental programmes

- Certificated service providers protect environment by application of practical arrangement and offer quality service. Find them and participate in environmental protection

### 7. Environmental programmes for visitors

- Every active visitor participating in the environmental programme while visiting Vydrovska valley and the region, information about practical arrangements available

### 8. Voluntariness and philanthropy

- The volunteers vitalized Vydrovska valley and nowadays Vydrovska valley offers them possibility how to spend free time purposeful with work and fun.
- Support of VYDRA environmental programmes and their development

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*Editor: VYDRA – vidiecka rozvojová aktivita (rural development activity)  
Published on recycled paper*

*The project “We are regardful of environment in Čierny Balog” is realised with the financial support of financial mechanism of European Economic Community, Norwegian Financial Mechanism, Norway grants and state budget of Slovak Republic*



## LET'S BE CONSIDERATE OF ENVIRONMENT



## Let's be considerate of environment

Years ago people used to live much more in harmony with nature. They took advantage of especially natural sources for their living and they helped each other. Plenty of things have changed, era has changed, environment has changed but especially WE have changed. The main cause of the change is the human being. Nowadays, it is again only a man, WE -individuals. WE can change the world and our future, to make it better. It is just up to us.

It is very important to realize each activity, each product or service has an impact on environment and all of us. A Man changes the environment **80 times quicker** than nature itself. Only by changing our life style, attitude and every day habits we can protect and improve the environment we live in. That is why we should understand, analyse and measure relation between a human being and the environment and to cater them for decisions making. Still, there exists a choice.

### ADVANTAGES AND IMPACTS OF SIMPLE CHANGES IN LIFE TO THE ENVIRONMENTAL SUSTAINABILITY:

1. Cost savings, decrease utility bills
2. Improving quality of products and services
3. Gaining new skills and habits in environmental protection
4. Feeling a good factor

### PRINCIPLES OF ENVIRONMENTAL BEHAVIOUR:

1. **To reduce scrap-heap, to reuse what is usable, to recycle**  
– Conscious shopping, using returnable and recycled materials and products
2. **To use just organic and recyclable materials**  
– Paper, glass, metals, plastic, etc.
3. **To limit the amount of packaging waste, to economize more**  
– Returnable packing, buying in bulk
4. **To monitor dangerous substances in products**  
– Man's health protection and nature protection
5. **To prefer local products and shops**  
– Save fuelling by reduction transport  
– Local production support, regional welfare
6. **To apply energy and nature saving regulations**  
– More money, less load on nature
7. **To implement social programmes**  
– Equality of opportunities, better employment
8. **To do sport in the nature**  
– The healthiest regeneration

### PRACTICAL STEPS IN THE ENVIRONMENT PROTECTION:

#### 1. Reduction of energy consumption

- To turn off all appliances rather than using stand-by regime
- To remove ice from a refrigerator
- To use low energy illumination
- To use electrical appliances with rating "A"
- To make heating more effective by house and window insulation
- To air the room shortly and intensively
- To control and regulate heating system thermostatically
- To insulate wall behind the radiator by aluminium
- To cook in dishes with the cover
- Not to wash on the half mood, to fill up the washing machine

#### 2. Reduction of water consumption and pollution

- to control and review water consumption
- to prefer a shower to having a bath – it is more economical
- not to do washing up under the flowing water
- to equip households with ball type mix tap
- to install dual flush toilets
- to use soap dispenser in restrooms
- to collect rain water for re-using it
- to use phosphate and chlorine free soaps, detergents and cleaners

#### 3. Responsible shopping

- To shop under the shopping list
- To put shopping to your own textile bag
- To buy local products in local shops
- To buy bio-food products not containing "e"s
- To buy products in returnable boxes
- To mind products ingredients already in the shop

#### 4. Waste management

- To keep, regularly review and record the amount of waste
- To limit the amount of packaging waste
- To compost or to have an organic waste collection
- To reuse or recycle textile, paper, printer cartridges, etc.
- To give clothes, books to charity for reusing
- To separate waste – glass, aluminium, iron, plastic bottles and containers

#### 5. Local craft support

- To use, promote and buy local craft products
- To make shopping in small local shops
- To gain information about people, their lives, traditions and habits
- To take part in welfare projects
- To share own experience and skills

#### 6. Transport and relax

- To use public transport
- To travel together with friends
- To use free time programme without car – tourism, cycling
- To recognise local bike hire and tourism

#### 7. Natural and cultural heritage

- To gain information from guides, maps, books, tourist – information offices
- To visit organized cultural festivals and events
- To install bird bats
- To grow own plants in the garden

#### 8. Public education on the environment protection

- To use new environment protection regulations
- To follow prestigious specialists advices
- To look for new information, gain new skills
- To inform relatives, friends and colleges
- To be involved actively in voluntary activities and projects

### RECOMMENDED WEBSITES:

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| <a href="http://www.setri.sk">www.setri.sk</a>                   | Tips and advices how to economize energy     |
| <a href="http://www.biospotrebiteľ.sk">www.biospotrebiteľ.sk</a> | Healthy life style                           |
| <a href="http://www.ekoobchod.sk">www.ekoobchod.sk</a>           | Products for better life                     |
| <a href="http://www.dajsvodu.sk">www.dajsvodu.sk</a>             | Why to drink tap water                       |
| <a href="http://www.ekoporadna.sk">www.ekoporadna.sk</a>         | Healthy environment guide                    |
| <a href="http://www.zianechajzit.sk">www.zianechajzit.sk</a>     | Information on more considerate life         |
| <a href="http://www.priateliazeme.sk">www.priateliazeme.sk</a>   | Environment protection                       |
| <a href="http://www.zivica.sk">www.zivica.sk</a>                 | Environment and ethical education centre     |
| <a href="http://www.spirala.sk">www.spirala.sk</a>               | Environment education in the Slovak Republic |
| <a href="http://www.fairtrade.sk">www.fairtrade.sk</a>           | Helpful information about fair business      |
| <a href="http://www.greenpeace.org">www.greenpeace.org</a>       | Environment protection                       |