

drievie

Ideas, tutorials, recipes, jokes and
survival techniques

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Motto

Each generation has specific conditions for living. Some situations in life repeat.

Some experience is required. Only some advice is understood and accepted.

Dedication

To my daughter.

This book will (probably) be read mainly by people aged 13-18. It offers them the most.

Everyone (between ages 7 and 107) can find something useful here.

I am trying to combine theoretical knowledge (x completed training), practical experience (see CV), and actual global context.

I was glad to find out that the gentleman from the town Vinci (Florence region) had made similar findings as me. But he was not so modest and funny as I am :).

Happiness





We want to be happy.

We search for pleasure everywhere and every day in:

- Society
- Money
- Chemical preparations (and other sweets, ...)
- Internet (and other networks, ...)

Finally, we find out that we don't have to look for it. Because it is all present in:

- Family
- Work
- Sports (endorphins, ...)
- Experience



To the reader

I recommend reading this book in peace and quiet. This creates the space for (self) reflection.

Some ideas are good to discuss in a team.

Some ideas can be shared at the appropriate time.

Some ideas need to be absorbed over time.

Incorrect understanding can result in indigestion and other misunderstandings :-).

The purpose of this book is to advise on how to live better.



Format

We process a large amount of information (daily).

The one-page content is becoming more common (A4 format - the digestible information quantity).

Therefore, I have structured the book in a slightly different way and used more keywords than usual.

Recommended dose: 1 page/day (before dinner :-).

Family



Time

“Hard times create strong men.
Strong men create good times.
Good times create weak men.
And, weak men create hard times.”
G. Michael Hopf

Question: What time is it?
Answer: Different from the time when you asked.





Zuzka's puffed omelette

Insert 2 eggs (yolk and egg whites), 1 dcl water, 1 tablespoon (hill) plain flour and salt (a pinch) into a shaker.

(Of course, it is also possible to use a 0.7-litre jar with a closing lid.)

Mix all ingredients (by shaking for 1 minute) and pour into a pan with heated oil. Carefully turn with the wider turner (for 3 minutes).

Tip - If we prepare food for a larger group of people, it is good to serve with bread :-).

1 omelette = 1 portion / Preparation time: 10 minutes



Roles and casting

Naturally, it is necessary to take care of several areas for the family to function.

Possible setup:

Father - Protection, Resources, Housing, Planning, Explanation, Decisions, ...

Mother - Children, Household, Health, Food, Improvement Suggestions, ...

Tip - The sex of the human body determines its functions.



Spring lettuce soup

Insert semi-coarse flour (1 tablespoon) into a pan with lard or oil. Make a bechamel. Add 2 finely sliced garlic. Roast it a little. Add 1 litre water. Add 2 bay leaves, 3 new spices, vegetables broth. Let it boil.

Mix (in another bowl): 0.5 litre of milk, flour (1 tablespoon), 1 sweet cream. Add the mixture to the soup (while stirring). When it boils, toss in washed and torn lettuce (5x7 cm) and finely chopped dill (2-3 stems). In the end, add a little sugar, vinegar and salt, to taste.

Tip - Athletes should (at the end) fry the bacon (small cubes 0.7 cm) and smuggle them into the soup :-).

4-6 portions / Preparation time: 35 minutes

Parent



We (all) like to take over working procedures, solutions and opinions.
The parent is the child's closest experienced authority.
(That's why.)

Being a “role model” for children (in relationships, work, sports, experiences) is the most important thing.

Tip - It will be more difficult for us to promote the sport if we don't like it.
But, a 2-hour walk (through the forest) is also hiking.

Shopping



It's a good idea to ask yourself a few questions (before each purchase):

Do I really need this thing? (joy/benefit for more than a few hours?)

What requirements should it (the purchased goods) meet?

Don't you or other members of your family already have it?

Could you buy the used thing (check second hand, used items)?

What is the offer?

New product (eg features, durability)?

Price comparison (eg at multiple sellers, promotions, discounts)?

Tip - Customer product reviews (eg e-shop comments, or dTest, Reviews, ...).

Ďatelinka (band)



In 1971, Ďatelinka Folk Music was founded in Detva. The band name is Ďatelinka, like the plant: Clover (*Trifolium pratense*).

Clover is a symbol of happiness.

Clover with 4 leaves (four-leaves clover) appears rarely, 3 leaves are common (*Trifolium* = 3 leaves).

Tip - The dominant feature of folk music is the virtuoso and extremely dynamic playing of the foreman, or “primáš”.

One of them is Ondrej Molota (leader of Folk Music Ďatelinka). Ondrej Molota has an excellent technique. Despite the handicap. He plays the bow with his left hand, despite he is right handed (as a boy, he lost four fingers on his left hand).

Modesty



Lots of food (obesity) - less food (the joy of food).

Lots of toys (boring) - fewer toys (the joy of the game).

Lots of spending (poverty) - less spending (the joy of saving).

Many goals/tasks (confusion) - fewer goals/tasks (the joy of achieving a goal).

Lots of work (exhaustion) - less work (more energy for family, sport, experience).

A lot of time spent with a partner (stress) - less time with a partner (the joy of meeting).

Lots of sports (exhaustion) - fewer sports (time to regenerate).

Tip - Sometimes we understand the meaning of words later.

Friends



It is not necessary:

To have many (more than 5-10).

To meet daily.

To have only at your age.

It is possible:

They will give you their answers (to your questions).

They will help you if you need it. Because you do it too (for them).

Sometimes, they replace missing family members (father, mother, brother, sister, ...).

You will meet them at school, work, sports, or at other activities (places).



Roasted almonds for celebration

Pour an almonds package (200-300 grams) into boiling water for 2 minutes. Then remove, pour (cold water) and peel. Put the peeled almonds on a towel (to get rid of water). Carefully put them into a pan with heated oil. Fry until golden (on low fire). Pour the roasted almonds into a porcelain (or glass) bowl, salt thoroughly when still hot and mix.

Tip - Be careful. Do not bake almonds until brown.

1 package is for 1-4 people / Preparation time: 15 minutes

Fear



Fear is a natural protective mechanism (helps to survive). But, it is often overestimated. Different types of fears (and what prevents the fear):

Death - Living with respect for the surroundings.

Loss of a loved person - Understanding the person (before the loss).

Unsuitable surroundings - Change of surroundings or change of surroundings.

New surroundings - Curiosity and interest in the surroundings.

Lack of information - Understanding the key information.

Loss of humor - Grimacing in the mirror and joking.

Tip - Step-by-step planning of activities (which needs to be fully focused on). This can help us, to handle more difficult situations.



Winter jumble (Winter čalamáda)

It is usually prepared in October or November.

Slice 5 kg cabbage, 1 kg onion, 2 kg red paprika, 5 larger carrots (slice to noodles) into a sufficiently large container. Cover with 2 Deko packs (pickling spice), 2 tablespoons salt, 8 dcl vinegar, 75 dkg granulated sugar.

Optional: potassium metabisulphite (1 coffee spoon) - to preserve it and to preserve color (someone use: citric acid).

Let stand for 12 hours (stirring occasionally).

No need to sterilize. Press into washed glass jars, close. Store in a dark place (lasts until spring).

Partner



If:

Women are looking for the strongest man.

Men are looking for the most reliable woman.

Then:

Men should constantly improve fitness, strength, endurance.

Women should constantly improve discipline, communication, understanding.

Tip - Someone will make more mistakes and someone less. When the mistake is made, it is good to understand why it happened (reason, mistake root-cause).



Alternative partner

Cycling with additional wheels on each (or only one) side:

They are mainly used by children when start cycling.

They can prolong the children's time (when children rely on help).

Cycling without additional wheels:

They can significantly support parents.

(If they help to maintain balance and overcome fear.)

Adult cyclists do not need additional wheels at all.



Bean goulash

Cut 2 onions (1 cm cubes) and fry until golden, in rapeseed oil (it burns less). Add bacon (1 cm cubes) and sausage (0,5 cm circles).

Add 1 can(240 grams) of beans (chickpeas or corn are also excellent), 2 dcl chicken broth (or 1 instant broth), 1 sliced chilli, ground black pepper, parsley, 1-2 litres water.

Tip - It is possible, to add 1 handful of dried parasol mushroom (*Macrolepiota procera*). If we managed to dry :-).

4-8 portions / Preparation time: 20 minutes



Priorities

If you had 10 points to assign, how would you do that?

Glory - 7

House with garden - 4

3 million money (groschen) - 5

Health - 1

A job I enjoy - 2

Children - 3

Traveling around the world - 5

A partner I can count on - 2

Sports victories - 6

All of the above - 11



Goals (Objectives)

If the priority is (for example) Health.

The goals can be:

1 run, 10 km (or 1 hour) in the park, weekly.

1 walk, with the family, weekly.

1 cycle trip, weekly. Connected with the visit or shopping (farm products) - from May to September.

1 walk, in the forest (2 hours), weekly - from September to May.

Ginger Syrup (Ďumbier Sirup)



We will need: 1/2 litre of vodka, 6 tablespoons honey, 125 grams ginger, 1 lemon.

Put sliced ginger, honey, vodka, sliced lemon (remove the yellow part of lemon skin) into a bottle with a wider neck. Mix (by shaking).

Let it rest for 3 days. Strain and pour back the solution into the bottle.

Tip - Dosing 0.5 dcl (in the evening). Prevention for: cold and the flu (all winter :-).

Tip - The amount of used vodka may be increased to 1 litre, in justified cases.

Tip - Whiskey (or another distillate) is also a perfect choice.

Rolled plan



Area	Step 	Step 	Step 	Goal
Mathematics	Explanation	Sample	Example	Addition
Skill (craft)	Course	Sample	Work	Customer
Son	Explanation	Sample	Experience	Raised son

Tip - The master has failed more times than the beginner has even tried.



Maturity

Ability (to learn) to survive and take care of the family:

Cat: 1 year.

Dog: 2 years.

Chimpanzee: 9 years.

Human: 18-24 years (in the current Central Europe conditions: 30-40 years).

Tip - 10/10 specialists claim: The most important period for human personality formation is the age 3-10 years.

It is still explained to children that something is wrong quite playfully.

Seclusion Near a Forest (movie) Na samotě u lesa



The central melody is the song - When I grazed those horses (Když jsem já ty koně pásal).

Alternate movie name - Grandpa Komarek's Praguers.

Josef Kemr (who played a pensioner) was only 54 years old during the filming.

Ladislav Smoljak (story in the mill) told a fire instruction.

Zdeněk Svěrák received a fee for the screenplay twice (Instead of returning the money. He wrote the screenplay for the movie: Vesničko má středisková).

Tip - It is not raining, it „chčije a chčije“ /tchiye and tchiye/.

Day



We solve an important task (before lunch).

We can make someone happy.

We may meet someone, who is dealing with a more difficult situation than we do.

We learn and try new things.

It may be the last (day).

We dedicate 1/3 of the day to rest and sleep.

We do not forget to brush our teeth (in the evening). We wash our eyes (in the morning).

Tip - If we improve 1 area every day (personally), that's 365 improvements a year.



New Year's Eve cheese balls

Whip 3 egg whites into the solid snow. Mix with 250 - 300 gr finely (0.5 mm, the finest grater) grated Eidam cheese (fat in dry matter: 30%). Make balls (1.5 - 2 cm) from the mass (created by mixed snow and cheese).

Wrap them in breadcrumbs. When having 8-10 balls ready, put them slowly put in a 1 cm layer of hot oil in the pan. When the top layer (crumb) turns golden (not brown), pick it up carefully on a napkin (to remove excess oil).

Tip - This delicacy is served with wine, beer. But it is also suitable for soft drinks.

1 portion for 4 people / Preparation time: 30 minutes

Brain



Brain likes:

Milk (+ milk products), Eggs, Legumes (beans, peas, chickpeas, ..), Nuts, Fruits, Meat, Fish,

but also Sun, Movement, Fresh air, Humor, Music, Sleep, Activity.

Brain doesn't like:

Stress, Negative Thinking, Large quantity Of Alcohol, Nicotine and Sugar.

Tip - Ideas have a big impact on mood, reactions, behavior and decisions (the feeling of happiness).



Respect

It is obtained gradually.

It gets lost easily.

Decency helps it.

Mistakes don't help it.

It creates value.

The money does not guarantee it.

Young people often do not have it.

It is the result of a way of life.

Tip - Drawing an image (in the sand) also has specifics. Some rules are applicable in life.

Chapter pictures



Summary:

Summary of topics:

- 1.
- 2.
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- 4.

Risks / Opportunities:

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Tip - If you are interested in some topics (after reading this chapter) write them down in the table and add steps (related to risks, opportunities).

Work





Learning

Several techniques can be used:

Copying (risky).

Repetition (laborious) + Remembering (temporary).

Understanding (fun).

Tip - Combining theory and reality using simple examples (samples, inspiration by nature) helps to learn.



Motivation

The result will bring the benefit for:

Me.

Family.

Interested parties.

Neighborhood.

The result will not hurt (anyone).

Tip - The effort made should be in balance with the result. The more effort, the better result should be.



Cheese bread

Grate 100 grams Eidam cheese, 100 grams blue cheese (or other hard cheese) and mix with 60 grams butter. Spread a mass on bread and bake (set the oven: 250 °C, approx. 5 minutes). Turn on the airflow (if there is such convenience on the oven/device).

High society can serve it with fresh vegetables (tomato, pepper/paprika, cucumber, ...).

Tip - Higher quantities cause sleep.

1/2 bread for 2-4 people / Preparation time: 15 minutes



Selection

When choosing (a school, a job, but also another decision), the Ikigai approach is applicable.

This is an intersection of activities:

I know. / I like it. / I help. / I earn.

Tip - Sometimes it takes a while to correctly identify and name an activity.



Ritual

Morning warm-up.

Radio during breakfast.

Family conversation.

Visit on Saturday.

1 beer (after Sunday lunch).

Book for the evening.

A trip to nature.

Tip - The procedures which made you happy as a child will also work in adulthood.

Problem solving



Requirement

Request

Need

Desire

(non-compliance)



Problem



Opportunity
(Respect)



Peaceful
communication
(Conversation)

Risk

(Anger)



Problem root-causes

Procedures - Don't exist, Are not correct, Are not suitable, ..

Devices - Status, Availability, Settings, ..

Measurement - Standard, Gauge, Measuring system, ..

Material - Out of specification, Incorrect specification, No specification, ..

Management - Don't Know, Don't Want, Can't, ..

Environment - Under, Above, Unstable (temperature, humidity, dust), ..

Man - Don't Know, Don't Want, Can't, ..

Money - Was not available, Is not available, Won't be available, ..

Information - Availability, Confidentiality, Integrity ..

Potato dumplings with sheep cheese (Bryndzové halušky)



Peel and grate 4 large potatoes (2 very finely, 2 to 1 mm noodles). Add 150 grams semi-coarse flour, a pinch of salt. Mix everything well. Let the water boil in a bigger pot. Throw the dough into boiling water, use a dumpling strainer (can also use a fruit strainer). When the dumplings float, after a few minutes (5-10, depending on dumplings size), we collect them with a sieve and insert into a larger bowl.

Mix with “bryndza” (150-200 gr), which we can crush by hand.

Finally, fry the homemade bacon (1 cm cubes). Someone also adds 1 onion (1 cm pieces roasted). And mix it all together.

Tip - On special occasions, we can add sour cream and/or chives.

Portion for 2-4 people / Preparation time: 55 minutes



Walk after work

(Especially) if a person:

Works with a computer.

Does not work manually.

Sits while working.

Works in a larger team.

Tip - It is healthy to take (an hour) break during the day.



Presentation

Clarity (I understand that. ≠ The recipient understands that.).

Positive atmosphere (demanding discipline).

Relaxation (and be able to get it).

Honesty (admit, if you don't know).

Involvement (never underestimate and never wake up the recipient).

Enjoyment (breaks are popular).

Conviction (naturally linked to the presenter's beliefs).

Tip - It is possible to use pictures, texts and jokes (Take into account who the customer/recipient is).

Mozart



His christened name is Johannes Chrysostomus Wolfgangus Theophilus Mozart. He was nicknamed „Wolfie.“

He started with music when he was three years old. At the age of five, Mozart could play the piano, harpsichord and violin.

He was 163 cm tall.

Composer and violinist Joseph Bologna was called "Black Mozart".



Oyster mushroom

Wash and slice the oyster mushroom (500 gr, or 1/2 kg) to 0.5x2 cm noodles. Cut 1 larger onion (1 cm cubes), roast it (on low heat). Pour oyster mushroom into the onion and fill with 3 dcl water. Add chilli powder, salt and curry spices. Finally, add the finely chopped fresh hot paprika. When the water evaporates, it is done. We can highlight the culinary experience with cumin bread. We can (in the end) wipe the plate dry with bread.

Tip - For better stewing of the oyster mushroom (*Pleurotus ostreatus*), cover the pan with a lid (for 4-6 minutes).

2 portions / Preparation time: 20 minutes

Decision making



- | | | |
|---------------|---------------------|-------------------------------|
| A) Stop. | + I avoid the risk. | - I don't see any new things. |
| B) Go. | + I see new things. | - I lose my comfort. |
| C) Do 1 step. | + I get more time. | - I come later. |

Tip - It is wiser in the morning (despite of more information in the evening).



Tartar sauce - Wolf

Insert into the jar (0.7 l):

1 egg (yolk and egg white, without shell), 1 medium onion (smaller cubes 0.5-0.7 cm), 2 small canned cucumbers (up to about 5 cm), or one larger (cut into cubes like onions), 1 teaspoon mustard (plain), a little salt, a little ground parsley and 1 finely chopped garlic clove, 1 tablespoon vegetable oil.

Subsequently, it is necessary to switch on the bar mixer. Mix it, with the chopping attachment (slowly add the next 1.5-2 dcl oil).

Tip - It lasts fresh for 5 days in the refrigerator (in a closed container).

Approx. 444 ml / Preparation time: 10 minutes

Surprise



Smile and stay calm (to avoid the lost breath effect).

Ask a simple question:

“Why do you think so?”

“Why do you do it?”

“Why do you say that?”

This is, how we find out more information.

Tip - This procedure also works as a defence against slandering.



Weight

	Teaspoon (5 ml)	Spoon (15 ml)	Cup (250 ml)	Glass (350 ml)
Flour	4 g	10 g	135 g	190 g
Salt	6 g	18 g	300 g	420 g
Honey	7 g	21 g	350 g	490 g
Butter	5 g	15 g	235 g	350 g
Sugar crystal	5 g	15 g	220 g	350 g

Tip - It means aligned (not above the edge).

Sleep



The body (growth, cell repair) and the immune system regenerates.

The brain is active: updates (maps), saves (memory), combines (dreams).

Jerking during sleep is natural (it can be associated with an experience).

For better sleep (in the evening):

- Book.
- Radio.
- Tea (milk).
- Close the problem (or schedule the next step).

Tip - The brain sometimes finds solutions (for complex problem) even during sleep.

Name



See page: Respect

Tip: The prince often uses the word "I".

The king uses the word "We" more often.

Chapter pictures



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Sport



Discipline



Training is necessary for good condition.

The training requires:

Start. (Inhale and make the 1st move.)

Make a plan. (What? Where? When?)

Endure. (Easier than getting started.)

Edit plan. (What? Where? When?)

Tip - Sports are more fun than curing diseases.

Tip - If energy income (food) is in balance with the outcome (work, sports, exercise) you can eat (in reasonable quantity) almost any meal.

Hiking



The first tourist trail in Slovakia dates from 1874 (Banská Štiavnica, Gedeon).

After mining, the mining warehouse was converted into a shelter. The route (to shelter) was marked in white.

Today we have more than 15,000 km of hiking trails/tourist routes.

Tip - Talking is (often) very clever during the walk.

Summer tourism



Check the weather forecast (+ Mountain Rescue Service Alerts webpage).

Pay for insurance before the trip (Mountain Insurance).

Wear tried and tested shoes (preventer: cover the heel with a textile patch).

Start early in the morning (there is a risk of afternoon storms at higher altitudes).

Take water, fruit, sweets (grape sugar for quick energy), raincoat and spare T-shirt into your backpack.

At least, 1 in the group should have experience with the route

Tip - Route planning is possible electronically (eg Hiking.sk, Mapy.cz, ...), but even a classic paper map will suffice (in case of rain, keep it in a waterproof bag).

Winter tourism



Check the weather forecasts and Mountain Rescue Service Alerts webpage.

Pay for insurance before the trip (Mountain Insurance).

Do not underrate the quality of shoes, clothes, hats, gloves (the sensory temperature in the wind can be 10-20 °C lower), or other accessories.

At least, 1 mobile phone (switched off, in the inner clothing layer).

Follow only the marked routes (trails).

Prepare for reduced visibility, sunset and untrodden route (at least lamp, tea, sticks, grape sugar).

At least, 1 in the group should have experience with the route.

Tip - Consider the walking speed (snow slows you down).

Tip - Winter hiking is more dangerous. Don't underrate the situation!

Winter walk 3+



Warming up 2 hours ascent to a slight slope (valley) angle $5^\circ = 10\%$. (If temperatures are well below 0°C and the wind is blowing, clothing is even more important).

Cooling down 2 hours descent from a slight slope (valley) angle $5^\circ = 10\%$. (Sweaty clothes also have a cooling effect, in winter).

Hot End Hot shower (sauna). The feeling that follows will confirm the correctness of the procedure.

Tip - The slow speed has a great influence on the activity result (especially when climbing the hill).



Plum eggs

Let the eggs boil in cold water. As soon as they start boiling, count down exactly 4 minutes. Then pour out hot water. Pour twice with cold water. Then (once again) pour cold water and wait 1.5 minutes. Pick eggs, crack on each side and peel. (We talk about hen's eggs all the time.)

Tip - It may not work out always, but many times it does.

Preparation time: 15 minutes



Fitness (center)

When? 6 AM, 6 PM, or other time (it's up to you).

Where? As close as possible (to walk there on foot).

Who? Anyone who has the time and wants to be in better shape.

How? Gradually, regularly, under the coach's supervision.

How much? Annual or monthly tickets are more advantageous.

What? A combination of power and endurance.

How often? 2-3 times a week (combine with running), to have at least 2-3 days for regeneration.

Tip - Rather slower (1.5 hours), than in a hurry (1 hour).

Velociped



Choose the bicycle type according to the roads, you want to ride (asphalt/gravel/forest).

The basis is the right frame size and wheels size (consult 5 x and try 5 x).

The width and (especially) tire pressure are key, for the driving experience.

The comfortable seat is better (consisting of 2 symmetrical parts).

Regularly check, clean, lubricate the chain (lifetime approx. 700-2000 km).

Cleaning the dirt (incl. dust) prolongs the part's lifetime (takes minutes).

Handle basic service at home (cleaning, inspection, lubrication, tuning).

Start by looking for price/quality ratio (low-quality parts can be replaced).

Tip - Bike tuning takes a while (safety is always important).



Around Slovakia 2021

I returned to recreational cycling after 20 years (the year 2020 = 2000 km).

In 2020 I bought a book: Around Slovakia (publisher: Dajama)

The trip took 23 days (in July), approx. 2000 km, more than 400 photos.

Weight: me 95 kg, luggage 15 kg, bicycle 15 kg.

Daily route 70-110 km (It was easier, in the morning. Not so hot).

Bicycle washing + chain lubrication: 4x, defect: 0x.

Technical problems: 1x (chain skip, cause: temperatures over 35 ° C)

I recommend. An interesting experience. 3-4 day circuit (ring road) will make you happy as well (for sure).

Tip - The more I hurried, the less I enjoyed the trip.



Mushroom crumbie (Hříbová mrvenička)

Peeled mushrooms (5-10 pieces) cut (10x10x5.5 mm) and cook (approx. 30 minutes) in 2-4 litres of water. Peel 2 potatoes, cut (1.3 cm cubes) and cook with mushrooms, add crumbie.

Roast 2 tablespoons flour (until pale red) with oil/lard. Add a pinch of sweet pepper/paprika, add 3 dcl water. Mix to get rid of lumps and pour into the soup.

Finally, taste: pepper, salt, vegeta, parsley, a pinch of garlic, chilli.

Tip - The crumbie recipe (prepare first): Mix coarse flour and 1 egg into a hard dough (on a wooden mat). Grate the dough (on a crumbie grater) = approx. 5 mm grains. We can also buy a crumbie (or ask capable chefs).

6-12 portions / Preparation time: 45 minutes



Day (Around Slovakia 2021)

Alarm clock (approx. 7:30, after 7-8 hours of sleep).

Breakfast (15 minutes).

Move - Activity (local attractions, nature, conversation, monument, ...).

Move - Activity (local attractions, nature, conversation, monument, ...).

Lunch (30 minutes + siesta: 15 minutes).

Move - Activity (local attractions, nature, conversation, monument, ...).

Move - Activity (local attractions, nature, conversation, monument, ...).

Hygiene (pleasant experience especially after day at temp above 30 °C).

Dinner (30 minutes).

Planning (for the next day: route, activities (attractions, ...), accommodation, ...).

Calm



How not to lose it, or gain it again:

Loneliness - Trying to appreciate what we have (because everyone is missing something).

Nature - Don't think, just look around you.

Work - Everyone (who does something) makes mistakes.

Selection - Not all meetings and debates are needed.

Way of communication - Keeping your distance and good mood (despite the circumstances).

Tip - The calm is always temporary.



Vegetable salad Šalalalali

200 g cherry tomatoes, 3 green peppers, 100-150 g cheese (according to your preferences), 3 cloves garlic, 200 ml white yogurt.

Cut tomatoes, peppers and cheese into 1 x 1.5-2 cm pieces. Place into a bowl.

Taste with 1 teaspoon soy sauce, a pinch of salt, chilli and mix.

Tip - If we expect physical activity, we can replace yogurt with sour cream :-).

Portion for 2 people. Preparation time: 15 minutes

Poletíme? (band)



Martin Šonka (the world champion of the Red Bull Air Race series) is a guest in the video clip “Let’ dál” (Fly on).

Jáchym (trumpeter) and Ondrej Hájek (keyboardist) are the sons of the pastor. Together with the Vojta Konečný (violinist), they sang old songs in the Evangelical Church at Mass.

Rudolf Brančovský (bandleader and singer), is also involved in painting. His style: “Rudolfism” arose from a deep need to create (without any pedagogical distortion).

Health



It also affects:

Inputs - Food, beverages, complementary goods (natural products are the purest).

Environment - The natural environment of man is nature.

Maintenance - We can handle basic service at home (cleaning, inspection, lubrication, tuning).

Mechanical damage - You can also take risks more safely.

Wear and fatigue - Often directly related to the immune system.

Thinking - An unresolved issue for a long time.

Tip - A healthy person can (quickly) find a new reason for dissatisfaction.

Waste



Priority:

1. Waste prevention (bag, bottle, bunch, larger packages, no packing, ...)
2. Re-use (paper, electronics, batteries, clothing, furniture, ...)
3. Recycling (paper, glass, metal, plastic, batteries, ...)
4. Another recovery, such as energy recovery (incineration, ...),
5. Disposal (landfill, discharge, incineration, ...)

Tip - I'm thinking right now. Best waste = uncreated waste.

Herbs



Elder (*Sambucus nigra*) - breathing, rheumatism, sweating, ...

Thyme (*Thymus serpyllum*) - digestive and nervous system (headaches), asthma ...

Lavender (*Lavandula*) - calming, anti-inflammatory effects, ...

Tilia (Linden, Basswood, Lime tree) - respiration, urinary system, digestion, ...

Thistle (*Silybum marianum*) - liver, digestion, diseases of civilization, ...

Agrimony (*Agrimonia eupatoria*) - anti-inflammatory effects, urinary system, digestion, vocal cords, ...

Sage (*Salvia officinalis*) - anti-inflammatory effects, menstrual cycle, ...

Rosa canina - immunity, metabolism in spring fatigue, pregnancy, ...

Nettle (*Urtica dioica*) - diuretic, detoxification, acne, rheumatism, digestion, ...

Chapter pictures



Summary:

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Tip - If you are interested in some topics (after reading this chapter) write them down in the table and add steps (related to risks, opportunities).

Experiences



Sentences



As the classic author says. “Low pressure is for the weaker people.”

“I'm going to cook goulash. I'd rather cook more. So that it does not remain.”

“I've got nothing.”

“Don't pull his tail. All the time.”

“Don't make a shame on yourself.”

“The more delays I have, the more time I have.”

“It just looks like that, but it really is.”

“What hat is that?”

“We will stop laughing. If we do not laugh.”

Travel



I plan.

I see.

I taste.

I listen.

I know.

I understand.

I help.

I talk.

Tip - Not everything is going according to plan. But we know about it.

Mushrooms



In the morning. Visibility in the forest is better.

You can see more than a (mushroom) hat walking uphill.

They grow (especially) after rain. Or when there is enough water in the forest.

When the season starts, it's the right time.

Less accessible places tend to succeed (but this is not the rule).

We will give a few pieces to an experienced mushroom picker (mushrooms check reward).

Tip - We do not need expensive tools for drying. Just paper (for baking) and plenty of sun.



Girolles and eggs

Cut 1 onion and 1 garlic clove (small 0,71 cm cubes). Fry in oil (until glassy). Add 10-15 pieces (medium-sized) girolles (cleaned and sliced into 1 cm noodles). Stew for 20 minutes (we can pour, 1-2 dcl water in it). Add a pinch of salt, spices, cumin and peppers. Finally, add semolina (1 tablespoon), 1 egg (but preferably 2). Cover with a lid (for 2 minutes) and that's it.

Tip - It is possible to supplement the girolles with other edible mushrooms (adjust the preparation time accordingly). Girolles (*Cantharellus cibarius*) belongs to the harder mushrooms.

Portion for 2 people. Preparation time: 30 minutes

Game



Name: Guess! What I'm thinking about?

Rules: The player invents the word (does not say it).

The next player asks the questions (one by one).

The player (who came with the word) only answers: Yes, No, I don't know.

If more than 2 players. Each player has 1 question (and then the next in order).

Themes: Area, we want to improve (Job, Name, City, Animal, Thing, Plant, ...)

Tip - The smoothest is a game (communication) when played by 2 players.

Slovakia



Central (Middle) Europe.

Highest point: Gerlachovský štít (2655 m above sea level).

Lowest point: Bodrog river near Streda nad Bodrogom (94 m above sea level).

2nd most forested country in the EU.

9 national nature parks.

120 castles and chateaux.

1300 mineral springs.

6000 examined caves.



Garlic milk

10 garlic cloves, 500 ml milk, 125 ml water, 1.5 teaspoons honey (or granulated sugar).

Heat milk with water in a pot, add crushed garlic and boil. As soon as the garlic milk starts to boil, turn the heat over and mix until about part of the volume evaporates. Don't leave garlic unnecessarily at the boiling point (it saves beneficial garlic ingredients). Then strain the milk, add honey or sugar and mix well. Drink garlic milk hot or (at least) warm (especially in autumn-winter time).

Tip - The nobility (of course) adds a little butter and a pinch of marjoram.

Portion for 2-3 people. Preparation time: 15 minutes

Country



Visa (passport, permit, ...).

Climate (temperature, month, day/night, humidity, ...).

Security (vaccinations, crime, insurance, tel., Net ...).

Currency (prices, cash withdrawal before the trip + ATMs availability, ...).

Language (possibility to use world languages, ...).

Religion (local customs, Hi/Please/Thank you ...).

Transport (public, taxi, rental, map, ...).

Food (international, local, map, ...).

Accommodation (center, privacy, map, ...).

Restrictions (seasonal, important phone numbers, ...).

Slovakia



Visa (member: EU, UN, NATO, CERN, WTO, V4, ...).

Climate (temperate zone, average temp.: summer 25°C/winter -5 °C ...).

Security (crime: low, tel .: +421, net: .sk, slovakia.travel, mzv.sk).

Currency (euro (€), prices: Central Europe + ATMs availability: 20 km).

Language (Slovak (Slavic), world languages: English, German, Russian).

Religion (Christianity, Ahoj/Prosím/Ďakujem).

Transport (public: bus/train, taxi: cities, car rentals: regional cities).

Food (international, local: Bryndzové halušky, Kapustnica).

Accommodation (prices: Central Europe).

Restrictions (weather: shmu.sk, phone numbers - IRS: 112, HZS (Mountains rescue service): 18 300).



Cabbage soup (Kapustnica)

Put the fermented cabbage (1 kg) in a pot. Add 1-2 bay leaves, salt, sugar, and 1-2 handfuls of dried mushrooms (small pieces: 1 cm) and 2 litres water (preferably 2.5 litres). You'd better taste it at the end than oversalt it (cabbage in the barrel is already salted). Add 2 garlic cloves (cut into slices). Cook, until the cabbage and mushrooms are soft (slowly, approx. 1 hour). After/for 30 minutes, we also add 2 potatoes (1 cm cubes). When the soup is almost ready add sweet and sour cream, mixed with plain flour (1.5 tablespoons) and 0.5 l of water (or milk). Boil for the next 10 minutes (to lose the flour taste) and season. If necessary, add salt. If it's too sour, add sugar.

Tip - You can (of course) add sausage, bacon, or smoked ribs.

6-12 portions / Preparation time: 99 minutes



Luggage (Backpack)

Documents (ID card, health card, driver's license, ...).

Money (cash, bank card, reserve cash, ...).

Telephone (charger, power bank, laptop, ...).

Medical devices (medicines, patches, lenses, glasses, ...).

Hygiene (toothbrush + paste, soap, ...).

Clothes (only necessary + one spare, it is possible to wash ...).

Footwear (spare, (sports, home) especially for multi-day events ...).

Protection (sunglasses, sunscreen, cap, umbrella, ...).

Tip - Always protect important things (eg: inner closing pockets, bags, ...).

Music



The right music can:

Inspire (creation).

Calm down (rest, stress reduction).

Entertain (individual, society).

Motivate (sports, physical activity).

The wrong music can often do the exact opposite.

Silence and short breaks work great for learning.

Tip - Not only what we eat but also, what we listen to affects our health.

Into the Wild (movie)



Bus 142 is transferred to the Alaska Museum of the North, Fairbanks.

Eddie Vedder's first solo album was “Into the Wild” soundtrack.

The last book (that the real Chris McCandless read) was "Doctor Živago."

Sean Penn originally considered casting Leonardo DiCaprio and Marlon Brando in the movie.

Tip - Happiness is only real when is shared.



Natural antibiotics

Honey.

Garlic.

Onion.

Ginger.

Horseradish.

Chilli (Cayenne pepper).

Vinegar.

Curcuma (Turmeric).

And many more ...

Garlic



Stomach, colon, breast cancer prevention.

High blood pressure, high blood cholesterol levels, the risk of blood clots.

Protects against: viral diseases, colds, fungi, parasites, inflammation.

Relieves some allergies symptoms.

Helps regulate blood sugar level.

Anticancer effects.

...

Tip - The natural garlic aroma is reduced by: milk, green tea, coffee, honey, apple, citrus, mint.

Led Zeppelin (band)



When they started thinking about establishing a band somebody probably said the comparison "like a lead zeppelin". Meaning: it will not succeed :-).

Their songs never reached 1. position (top) on the charts.

Due to complaints (Zeppelin family members) changed their name (The Nobs) for a short time.

Robert Plant was in the 3rd line when the band was seeking the singer.

Jimmy Page (13-year-old) wanted to be a scientist and find a cure for cancer.

John Paul Jones (14-year-old) played the organ in church.

John Bonham never took drum lessons.



Onion

It affects the cholesterol in the blood.

Thrombosis prevention (blood clot formation).

It helps with asthma.

Supports appetite.

The body gets rid of heavy metals (lead, mercury, ...).

Prevents thinning bones.

Helps treat allergies.

...

Tip - The natural onion aroma is reduced by: milk, green tea, coffee, honey, apple, citrus, mint.

Carving



Wood: linden, fruit trees (depending on region), birch, ...

Chisels: quality is in every country (Pfeil, M-stein, Kirschen, Stubai, ...).

Technique: two-handed, direction from the body, perpendicular to the fibers, towards the material, ...

Treatment: beeswax, dissolved in technical gasoline (polish gently)...

Course: there are not many champions, but more than you would expect...

Template: something simpler at the beginning (bowl, relief), use a pencil for drawing the shape...

Workshop: just find an equipped space (school, carpentry, ...)...

Safety: Sharp chisel blade + High pressure on the wood = Watch your fingers!

Tip - It takes time. But, it's fun.



Plant the tree

If you need to inhale fresh air.

If you suffer from heat.

If there is little water in the country.

If there is a lot of water (and snow) in the country.

If you want wooden furniture or burn wood.

If you like fruit.

If you like birds singing.

If your baby was born.

Tip - Before planting - find out what, when, how, where. After planting - water.



Young potatoes in peel

Young potatoes (they are no longer green + have a thin skin). Wash and remove all pieces of clay and sand. Do not cut the smallest potatoes (up to 2 cm). Larger potatoes are cut in half or 4 pieces. Place on a baking sheet (the side with the skin down). There is no need to cover it with oil.

Bake approx. 40 minutes (200 degrees). When the cut sides turn yellow-orange and the potato is soft inside, it's done. Pick the potatoes on a plate. Cut in half. Cut a piece of butter on top. Add salt (while the butter is melting) and eat it gradually.

Tip - Gourmets can taste the potatoes (before baking) with various spices. This is not necessary. Simplicity is beauty.

20 small potatoes = Portion for 2 people. Preparation time: 55 minutes

Chapter pictures



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Congratulations.

You have successfully read the
book.



Thinking



You do not have to agree (with all the opinions presented in this book).

We must die (that's why we should live).

We can discuss (until we agree or understand).

We should think (but also know, when to stop thinking, to take decisions).

Thanks



You people (with clear view and a sense of humor).

This is not an easy discipline. Also to all of us, who do joke (or try to :-).

It is necessary to take into account the history, region, knowledge and social context of the author (when reading this book).

Price: Free



I believe, the book gave you something or inspired you.
Support the author (balance will be maintained).

(Guide: 1-2 cinema tickets price :-).

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Thank you.

