Fighting for survival is no new concept to the rural settlements in the Alps - a place home to 14 million people.

In the past, most inhabitants leave the rural villages once they come of age, but the trend is changing. New residents are settling down in the old villages, filling them with life while preserving old traditions. Viewers will be introduced to five mountain villages in the Alps. Discover how the inhabitants are trying to keep these villages alive and develop sustainably through the use of traditional values and new knowledge.

Episodes/Featured Villages:
1. Slovenia: The border villages
2. Austria: The Alpine nomads
3. Switzerland: The chestnut village
4. France: The herb village
5. Italy: The resurrected village

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