



## BULGARIA

Bulgaria is a country in Southern Europe. It borders five countries (Romania, Serbia, Republic of Macedonia, Greece and Turkey) and The Black Sea. Bulgaria is the 16-th largest country in Europe. Bulgaria's capital city and largest settlement is Sofia, with a permanent population of 1,378,000 people. Bulgaria is a member of the European Union, NATO, the United Nations and the World Trade Organization.



## RAZLOG

<http://razlog.bg/>

<http://razloginfo.com/news.php>



Razlog is a town in Razlog Municipality, Blagoevgrad Province in the Southwest part of Bulgaria. It is situated in the Razlog Valley which is placed between 3 mountains – Pirin, Rila and the Rhodopes. It is a town with around 18, 000 people. The town is famous for the International “Starchevata” Carnival held on 1<sup>st</sup> January. Razlog Cove on Livingston Island in the South Shetland Islands, Antarctica is named after Razlog.



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## PEACE – THE PROJECT

The intercultural learning and cooperation implies a set of values, attitudes, modes of behaviour and ways of life that reject violence and prevent conflicts by tackling their root causes to solve problems through dialogue and negotiation among individuals, groups and nations. There are many conflict areas and fields on the territory of the EU countries and beyond that is why the training of multipliers who will work with youngsters in such areas is of a big importance.

The training course will be divided into 4 modules covered in 10 days. The training will propose the multipliers tools to work with young people to prevent conflicts, intolerance, xenophobia and discrimination.

As a whole the project will help:

- Develop models for effective behaviour in multicultural environment of young people from conflict areas and fields
- Create a feeling among the youngsters that they are part of a whole, to explore the things that unite them, as well as their differences
- Young people perceive differences as values, to become more sensitive to those differences
- Young people increase sensibility to intolerance and discrimination
- Young people become aware of the manifestations of discrimination and the ways for reaction against it, the problems in multicultural dialogue and ways to improve it
- Develop a tolerant community among young people from conflict areas and fields
- Improve young people's knowledge and awareness on other cultures.

**The project is implemented under the Europe for Citizens Programme of the European Union with the financial support of Central European Initiative through the Cooperation Fund.**





## Interesting facts and some advice

Instead of doing like other countries, in Bulgaria people shake their heads Up and Down for “No” and Left and Right for “Yes”

The sign “Ж” doesn’t mean “beware of spiders”, it is the sign for ladies room.

Tap water is safe to drink especially in the region you are going to stay.

Rakia is a national strong drink. It is made out of fermented fruits. The most popular Rakia is made of plums, grapes or apricots. Its alcohol by volume is 40 degrees and goes up to 50-70 degrees when home-made.

Bulgarians have their own way to make it through hangovers – it is called Shkembe chorba – it’s a tripe soup cooked with milk and spices. It is served with vinegar and dried chilli peppers. You should definitely try it. For the vegetarians we also have something – nice juice from pickled cabbage. Typical Bulgarian food to try: Giyvetch, Moussaka, Kiufte, Kebapche, Shishche, Sach, Tarator, Shopski style cheese, banichka, boza, baklava, lokum.

Boza: It is a thick beverage, made from wheat-ferment. Bulgarians usually have it for breakfast with “Banichka”. When asked, some tourists say it tastes like glue.

Banichka: It is a traditional Bulgarian pastry prepared by layering a mixture of whisked eggs and pieces of cheese between filo pastry and then baking it in an oven.

Sunflower seeds (Semki): Eating baked sunflower seeds is a national challenge for Bulgarians. They are usually sold in parks or in the streets, wrapped in an old newspaper or nineties homework draft.

There is a technique for eating the seed-you have to spit it out, making a specific “phew” sound.

Make sure to bring a pack of seeds if you go to a local football game.

Chushkopeck: Bulgarians are popular for their 20-th century invention device-a cylindrical kitchen device used to bake peppers.

Crossing the streets in Bulgaria is a challenge. Most drivers won’t stop or even slowdown at a zebra areas marked for crossing.

## PLEASE REMEMBER TO:

Bring warm clothes as the temperatures can vary a lot from -10 to +10 for example. We will be in a mountainous region so it’s really cold in the morning and in the evening.

Bring swimming suit because there are facilities for swimming and SPA.

Bring food & drinks for the intercultural evening.

Bring your best mood and whatever you find appropriate.

Bring a game that is traditionally played in your country.





## Essentials

**Hello – Zdrasty**  
**How are you? – Kak si ?**  
**Goodbye – Ciao/Chao**  
**Yes – Da**  
**No - Ne**  
**Thank you –Blagodarya/ Mersi**  
**Please – Molya**  
**I'm Sorry –Izvinete/ Opaa**  
**Excuse me – Izvinete**  
**What is your name? – Kak se kazvash?**  
**Exit – Izhod**  
**Entrance – Vhod**  
**Open – Otvoreno**  
**Closed – Zatvoreno**  
**Prohibited – Zabraneno**  
**Help – Pomosht**  
**Go away – Mahay se**  
**Very cool – Mnogo yako**  
**Come one! Let's go! – Ayde Ayde**

Currency : The Lev is the Bulgarian currency. You can pay only in Leva. There are many exchange or bank offices in the streets to change money. Never accept offers to change money from people in the street- you will definitely be cheated. Also there are plenty of ATMs.

Exchange rates (as of 06.01.2011)

**1 EU = 1.95583**

**1 USD = 1.494030**



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## TRAVELLING AROUND SOFIA

**TAXI:** You can stop a taxi anywhere by waving your hand. Every taxi must have rates sticker at the passenger window with rates for price per km, price for waiting, day and night rate. When travelling by taxi, check the meter regularly. Average fare for taxi ride from the airport to the city center should be around 16 leva and from the city center to the railway/central bus station – around 6-7 Leva. If you want to go directly from the airport to the central train/bus station it will be about around 20 Leva. It's a good idea to ask the driver how much it would cost before you get on.

One of the most famous and reasonable TAXI companies is "OK TAXI". Usually the number of the company is written on the cars, it is: 02/973 21 21. Be careful and check the phone number because there are many fake "OK TAXI" !

## TRAVELLING FROM SOFIA TO RAZLOG

You will take a bus from central bus station to Razlog as the first one leaves at 7:30 am and the last one at 4:45 pm. Somebody from the IIC team will welcome you for you at the bus station in Razlog.



The bus schedule Sofia-Razlog-Sofia is available at :

<http://www.centralnaavtogara.bg/index.php?mod=06a943c59f33a34bb5924aaf72cd2995&d=1>





**ARRIVAL:**

**26.01.2011**

**DEPARTURE:**

**06.02.2011**



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CONTACT US

**For any issues (concerning the project mainly 😊😊😊) please do not hesitate to contact the organisers!**

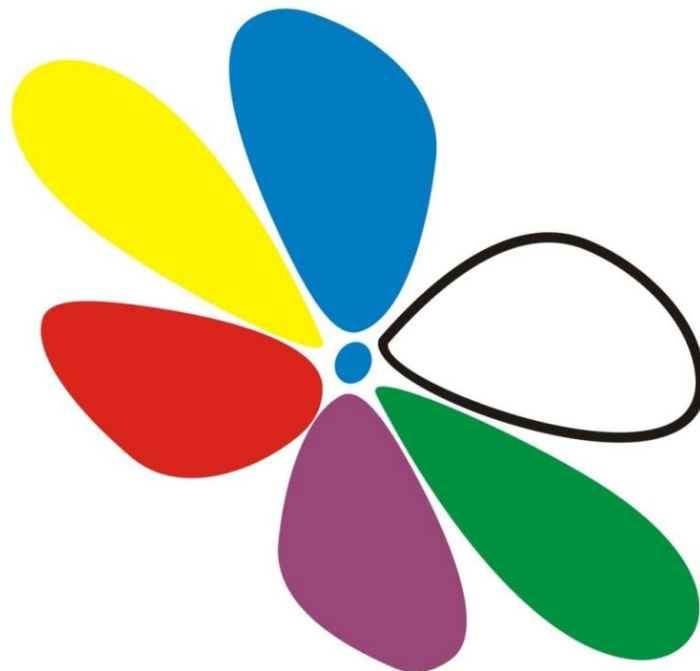
**Kostadinka Todorova - +359898522414**

**Magdalena Avramova - +359888830644**

**Elena Kadeva - +359897820180**

**Ivan Munin - +359886435669**

**Stefan Kopanarov - +359898727053**



**International Initiatives for Cooperation**





# ACCOMMODATION

*The “Papi” hotel is located in the heart of Razlog, offering perfect accommodation for its guests. The cosy family hotel has double rooms and suites with bathrooms, television, balconies and necessary equipment. The luxury suite offers a beautiful view of the remarkable landscape with the gorgeous mountains.*

*There is a guarded parking lot outside the hotel.*

*The “Papi” hotel has a restaurant, a lobby-bar, a ski-wardrobe as well as a sauna and jacuzzi which guarantee your complete relaxation. The cheerful atmosphere of the hotel cafe-garden will contribute to a pleasant stay in the hotel.*

*The “Papi” hotel provides excellent service and warm hospitality throughout the year.*

*For more information: <http://www.hotelpapibg.com/>*



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