

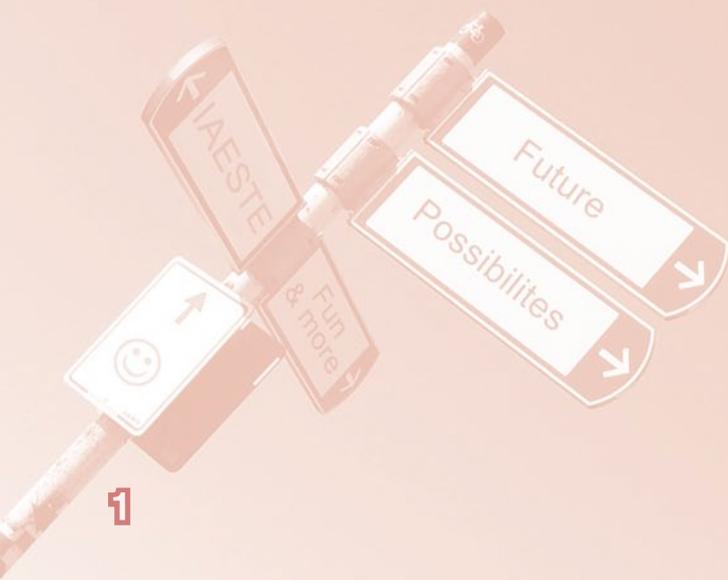


IAESTE

Macedonia

Reception booklet

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Welcome note

Dear Trainee,

It is great that you have decided to come to Macedonia! You will not regret it! We are happy that we can warmly welcome you to our country. You are about to embark on a summer where you will fulfill your passion for adventure and hunger for knowledge. We want you to have a wonderful, interesting, entertaining and breathtaking time in our country.

You shall not only gain practical experience at work, but also have a lot of fun during your free time. We have prepared many different activities to give you the opportunity to meet great friends in fantastic surroundings.

To ensure that you enjoy your stay in Macedonia right from the beginning, we have collected some information in this little brochure. This guide is meant to provide you with useful hints you might need in everyday life, living costs, public transport and most important a little checklist for your departure, an agenda useful upon your arrival.

If you need more information, don't hesitate to contact us by e-mail, fax or phone. Meanwhile we wish you a lot of fun reading the following pages and look forward to welcoming you to Macedonia.

Hope to see you soon, all best from
Yours friends in IAESTE Macedonia

About Macedonia



The Republic of Macedonia is a small country (25 713 square km) situated in the southern part of Balkan Peninsula. It is a natural bridge between East and West, North and South.

The Republic of Macedonia abounds in natural beauties and rarities. Many have named it "the pearl of the Balkan". The numerous mountains, forests, rivers and lakes present a great tourist attraction.

The cultural map is exceptionally rich and varied. The cultural heritage is testified by valuable archaeological sites, large number of churches and monasteries with their icons, frescoes and woodcarvings.

Several international cultural events and festivals are held each year-Ohrid Summer Festival (July, August), Balkan Folklore Festival (July), Struga Poetry Evenings (August).

National folklore and traditional arts and crafts are still cherished (Galicnik Wedding). The old town and village architecture is still attractive for tourists.

Macedonia is biblical country, so it is not possible to write our history in couple of lines. That's why I am welcoming you to come to Macedonia and explore her history. And not only that, now Macedonia is a modern country with modern way of living. So, you'll have it all: knowledge, fun, sightseeing, visiting historical places, and enjoying the wonderful nature

Time Zone: CET (Central European Time), GMT +01:00

Population: ca. 2.000.000 inhabitants: Macedonians, Albanians, Turks, Serbians, others...

Capital: Skopje, 700.000 citizens

Other bigger cities: Bitola, Prilep, Kumanovo, Ohrid, Stip, Tetovo, Veles.

Languages: The official language is Macedonian. An Indo-European language, from the Slavic language family, belongs to the South Slavic group.

Official alphabet is the Cyrilic. The phonetic principle is applied in the orthography which means that each sound has corresponding letter; thus the Macedonian alphabet has 31 letters.

Other spoken languages: Albanian, Turkish, Serbian, Vlach, English

Serbia & Montenegro



Urosevac

Prizren

Belanovce

Vaksince

Kukes

Vratnica

Blace

SKOPJE

Vesala

Tetovo

Restelica

Gostivar

Volkovija

Titov Veles

M a c e

Peshkopi

Maqellare

Shapenza

Debar

Kicevo

Albania

Crni Drim

Prilep

Librazhd

Urake

Ohrid

Lake Ohrid

Resen

Suvodol

Bitola

Brod

Pogradec

Peshkopi

Gorica

Lmubojne

Kremenica

Dragos

Florina

Zvezde



Bulgaria

Pelinci
Sopot
Tabanovce

Kriva
Palanka

Gyueshevo

Kyustendil

Stanke
Dimitrov

Kumanovo

Tsurvaritsa

Blagoevgrad

Kocani

Delcevo

Obel

Stip

Radovis

d o n i a

Negotino

Strumica

Sandanski

Kavadarci

Zlaterevo

Petrich

Lake
Doiran

Stari
Dojran

Sidliirokastron

Gevgelija

Bogorjca

Kilkis

Polikastron

Edhessa

Vardar

Strumica



Welcome to Skopje

Skopje, the capital and the largest city (700.000 inhabitants) with a mixed atmosphere of the Orient and the West and a history of more than 2000 years, is the right place to start discovering the Republic Of Macedonia.

It is a place where many roads and civilizations have met and mingled. As the ancient city Scupi, it was an important place since the Roman and Byzantine empires, and some of its ruins (after an earthquake in 518 AD) can still be seen in the NW suburbs. It may have been rebuilt and named JUSTINIANA PRIMA in 535, as a birth place of the Eastern Emperor Justinian I, and a seat of the province.

It was also a well-known trade centre during the long rule under the Ottoman Empire (1392-1912), although it suffered another earthquake in 1515 and was burnt down, because of a plague, by the Austrian general Piccolomini in 1689, who invaded Macedonia following the first peasant revolt against the Ottoman Empire led by Karpos Vojvoda.

Also we can proudly say that Mother Teresa lived in Skopje by her 18-th year. Skopje today is growing into a modern city with all the known vistas, views of its international architecture, but with the preserved and restored old and oriental quarter on the left bank side of the Vardar river.

Places you must visit in Skopje: Old Stone Bridge, the church of Holy Salvation with the marvelous wood-carved iconostasis, Mustafa Pasha Mosque, the church St. Panteleimon, the Matka Lake and the church St. Andrew, Vodno, etc.

Welcome to Bitola

Once you are in Macedonia, a town that you must visit is Bitola. It is the second largest town in Macedonia and it is about 150 kilometers far from Skopje. You can get there by bus or by train.

The information about the timetable you can get at:

Bus station in Bitola (+389 47 231 420) or Train station in Bitola (+389 47 237 110)

And now when you have arrived in Bitola there are some things which are interesting to be done....

First: Take a nice long walk on "Sirok sokak". "Sirok sokak" is a walking zone, a street which links two parks. On this street you can see the old houses with authentic architecture, the national theatre, and at the end of the street there is the "Saat kula" or the Clock Tower. It is not known when it was build but nowadays still exists the legend "that the Turkish authorities of that time collected from the Bitola county villages around 60 000 eggs and used them in the construction together with the mortar, in order to make the walls more resistant and strong." Also don't forget to drink your morning coffee in some of the cafés that are placed in "Sirok sokak", especially on Sundays. On Sundays everybody in Bitola is out shopping or drinking coffee. If you are interested in old architecture you should also see the old bazaar. There are other interesting and important historical buildings in Bitola. The Jeni mosque is located in the centre of the city. Near the mosque there is a minaret, 40 m high. Today, in the rooms of this mosque permanent and temporary art exhibitions are being held.

The Bezisten (the old Turkish market), which had 86 shops and 4 large iron gates. The shops were used for selling textiles, and today they are also being used for selling.

When you are in Bitola you should visit the archeological place Heraclea too. Heraclea Lyncestis is an important settlement that was founded by Philip II in the 4th century BC and was one of the major cities in the Roman Balkans.

In the evenings you can go and see a play in the national theatre or you can go and have a couple of drinks with your friends again in one of the coffee shops placed on "Sirok sokak", like Intermezzo or Jazz café, and then go in one of the night clubs (Positive, Rascekor...) which Bitola has. If you are in Bitola in the period between the 26th of September and the 1st of October then you ought to visit the 27th international film festival Manaki brothers. And you need at least one more day so you can go on the magnificent Pelister mountain (2601 m), which is right next to Bitola and it is a national park with exquisite flora and fauna, and a well-known ski resort. If you feel hungry there are a lot of good places where you can eat. If you feel like pizza or something else from the Italian cuisine, I recommend the pizza DeNiro (+389 47 229 656) or pizza Bure (on "Sirok sokak"), or if you feel like authentic Macedonian atmosphere and food you can go in the restaurants Grne or Kotle.



Welcome to Ohrid

What makes Ohrid the most popular tourist resort is the beautiful Ohrid Lake often called "the pearl of the Balkans".

Ohrid, on the shores of the lake with the same name, is the oldest centre not only of the Macedonian Culture and letters but of all the Slavs. It was a seat of Climent and Naum, the followers of Cyril and Methodius, who invented the first Slav (Glagolitic) alphabet and were the first writers and translators of the Scriptures in the Old Church Slavic.

The church of St.Jovan of Kaneo belongs to the 14th century is one of the most attractive ones. It is situated in the old part of the town on the steep cliff above the lake.

The Monastery of St.Naum is built on the steep south shore of the lake 30 km from the town. There is a legend that says that if you touch the sarcophagus (where the relics of St.Naum are still there) your wish will come true.

The best view of the city, its surrounding and the lake is obtained by the dominant position of the citadel which was one part of the capital of the powerful albeit short-lived, Empire of Samuel (976-1014).

The town of Ohrid is frequently visited by some great names in the field of art, literature and sport. It is host to a number of cultural events such as: the Ohrid summer, the Balkan folklore festival, the popular Ohrid marathon and etc.

The best beaches can be found in the localities of Kaneo, Gorica, Gradishte, Ljubanishte and etc.

Ohrid also has a beautiful night life; there are a lot of night clubs that promise good party so you won't regret if you join us in Ohrid.

***Before You leave**



Checklist (Or don't forget :)

- Valid passport (visa if necessary)
- Insurance
- Tickets
- Acceptance note
- Arrival information send by IAESTE LC Skopje or LC Bitola
- Pocket money for the bus from the airport in case no one appears there
- Sufficient money for the first month
- This booklet
- ISIC card (International student card)
- At least two passport photos of yourself
- International Driving license if you intend driving
- Alarm clock
- Camera
- Cd-player, Mp3-player or walkman
- Adapter for your electrical equipment (220V/50Hz)
- Electrical chargers for: mobile phone, camera and player
- Swimming suit
- Sleeping bag
- May be needed (rucksack, trekking boots).
- Something for your country presentation (information material, flag, music, or some specialties for international evening)
- First Aid Kit
- Special medicine if necessary
- Humour and smile.
- Mood for great party

Visa

If you are a citizen of one of these countries, no visa is required for you (for a period of 3 months): Austria, Croatia, Czech Republic, Denmark, Italy, Finland, France, Germany, Iceland, Hungary, Malta, Netherlands, Norway, Poland, Turkey, Spain, Switzerland, Sweden, United Kingdom.

The citizens of the following countries can obtain the visa at our embassies in their countries or in the nearest country where we have one: Brazil, Canada, Thailand, Egypt, Estonia, Tunisia, Japan, Jordan, Greece, Russia, Syria, Slovenia, and USA.

For more information regarding visa matters visit the web site of the Macedonian Ministry of Foreign Affairs: www.mnr.gov.mk



**Your arrival in
Macedonia**

You can enter Macedonia by plane, train, bus or car. To decide what kind of transportation you want to use, read this text. It is probably cheaper to buy a return ticket in your own country.

Macedonia has two international airports: Skopje and Ohrid. Check which one is closest to the place where you are going to stay. Before leaving your country, you have to know:

- Where you will be staying
 - Whether somebody will pick you up or if you need to find the way yourself
- Refer to Form "O" of the IAESTE documents. Find out who is arranging your accommodation (company, LC Skopje, or LC Bitola). If this document is missing, please contact the IAESTE office in your country as soon as possible. Please be aware that most of the shops and restaurants are closed on Sundays.

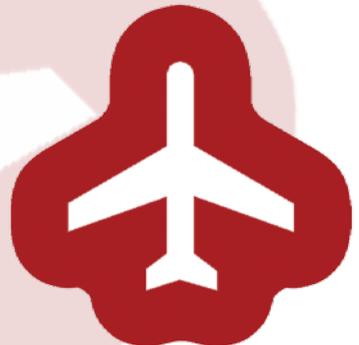
By plane

The Skopje Airport – "Aleksandar Veliki" (phone: +389 2 3148333) is around 15 km far from the centre.

There are regular and charter flights from every major European city to Skopje and Ohrid by domestic and foreign air companies (MAT, Lufthansa, Croatia Airlines, Adria Airlines, Austrian Airlines, Olympic, Swissair, Turkish Airlines, JAT, etc.).

If there isn't direct flight from your country you can choose to arrive in some of the near airports such as: Sofia (Bulgaria), which is 250 km away from Skopje, Thessalonica (Greece) 260 km. There are regular bus lines from Sofia to Skopje twice a day. Also the airports in Ljubljana (Slovenia), Zagreb (Croatia) and Belgrade (Serbia) can be used for connection.

(Note: some countries nationals may need transit visas for Bulgaria and Serbia).



By bus

If you chose to travel by bus, connections are available from the major cities in Europe (Brussels, Vienna, Malmö, Sofia, Istanbul, Belgrade etc.). Those that will travel from, or through Germany can contact the travel agency Deutsche Touring, found in most of the cities, which has buses to Macedonia twice a week; those from Austria can contact Europe travel agency.

The international bus station (+389 (2) 2466313) is located in the centre of the city, together with the Central Railway station.

(Note: If you travel through Serbia check whether you need a visa!)



By train

You can use the connections from Vienna, Budapest, Ljubljana, Zagreb, Belgrade, Thessalonica or Athens. They arrive at Central Railway Station in Skopje (phone: +389 (2) 3164255) every day. For those whose traineeship is in Bitola, phone: +389 (47) 237110.

Public transport in Skopje:

Regular bus transport starts around 5am and finishes around 11:30pm. There are night buses on all major routes. Bus ticket costs 30 denars with no difference for the destination. Taxi service is easy to get and not too expensive. The fares are 50 denars for start for the first 2km, and 20denars for each kilometre afterwards. There is no additional charge reflecting number of passengers.

Accommodation

Lodging for the students will be arranged by IAESTE Macedonia. It will be either in a dormitory or in a private household. Estimated cost of lodging is ca. 4500MKD.





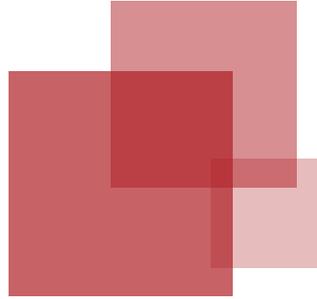
Upon
Arrival

Arrival

Before your coming please inform us about the exact time and place of your arrival. So we can wait for you. If in spite of this, if nobody is there please follow the next instructions:

1. DO NOT PANIC!
2. Try to call the responsible for incoming or call the central office (you can find all information in the chapter Contacts)
3. If all else fails, come to the central office (you can find all information in the chapter Contacts).

Notice: Working hours of the central office: from 10h to 14h.



Useful information

Electricity

220 volts, 50 Hz

Driving license

International; the driving is on the right hand side of the street.

Telecommunications

In order to place an international telephone call from Macedonia, you have to dial:

1. 00 to indicate that an international connection is required
2. The telephone code of the target country
3. The city code within the target country, usually omitting the zero (0) that precedes it
4. The subscriber's telephone number

Note: Phone calls made between 20-08h cost 50% cheaper.

You can also use VoIP to make international calls. There are two ways to do that:

1. Go to an Internet café
2. Buy a VoIP voucher card and use any phone free of charge.

There are three mobile operators in Macedonia: T-Mobile, Cosmofon and VIP. You can buy SIM pre-paid card in any of their stores. I suggest visiting their official stores and seeing which one offers the lowest prices for making phone calls to your country.

Useful phones:

Police: 192

Fire service: 193

First Aid: 194

Medical Assistance: 3130 311

Information: 188

Government & Economy

Macedonia has fully committed itself to developing a market economy and parliamentary democracy and to building an economic and political system of the modern European type. While maintaining its ancient cultural values and traditions, Macedonia has fully committed itself towards EU integration and general European trends in science, technology and in lifestyles, promoting and affirmation of its creativity and culture.



Money

Macedonian currency's name is DENAR. There are coins of 1, 2 and 5 denars and notes of 10, 50, 100, 500, 1000 and 5000 denars.

Money can be exchanged at hotels, banks and exchange offices at the current rate of exchange. Credit cards American Express, Visa, Diners club, MasterCard and Eurocard are accepted up to a total amount of 150EUR per day. Travellers checks can be exchanged in any major bank office (mentioned below). Bank post offices are open between 7am and 7pm during the week, and on the weekends between 7am and 1pm on Saturdays.

Banks and their phones:

Komercijalna Banka	+389 2 3296-800
Stopanska Banka	+389 2 3295-295
Tutunska Banka	+389 2 3105-600
Uni Banka	+389 2 3128-192
ProCredit Banka	+389 2 3219-900

At the moment of preparing this booklet the exchange rates are:

61.19 MKD = 1 €

38.84 MKD = 1 \$

76.89 MKD = 1 £

Religions in Macedonia

One of the many things that make The Republic of Macedonia so fascinating is the cultural and therefore religious diversity, which is inherent in this part of Europe. This beautiful and attractive region led to the settlement of many different peoples in the past, creating the unique combination for which this country is famous for. Here will be presented information about the most numerous religious communities in Macedonia which might be of interest to you, and will help you understand them. It should be noted that the numbers included are given by the religious communities themselves, and are exact (for those communities that have records of membership) or estimated. The order of presentation is in accordance with the order of date of the registration of the religious communities.

Macedonian Orthodox Church

Ecclesiastical personnel: 400
Believers: 2 000 000 with believers in foreign countries (around 65% of Macedonians)
Estimated existence of the religious community: In the world: I century A.D.
In Macedonia: I century A.D.
Type and number of religious objects:
Churches: around 1400
Monasteries: around 180
Religious object of greater importance:
Archiepiscopal Minster "St. Kliment Ohridski"
Address: Bul. Partizanski Odredi 12, 1000 Skopje
Phone: +389 2 3237218

Islamic Religious Union of the Republic Macedonia (IRU)

Ecclesiastical personnel: 600
Believers: 900 000 with believers in foreign countries (around 33% of Macedonians)
Estimated existence of the religious community: In the world: VI-VII century A.D.
In Macedonia: XIV century A.D.

Type and number of religious objects:
Mosques, Islamic Centers: 590
Mektebs: 500
Turbes: 50
Religious object of greater importance:
Mosques of Jahja Pasha, Sultan Murat, Mustapha Pasha
Address: Mufti of IRU – Skopje
Phone: +389 2 3117410

Catholic Church

Ecclesiastical personnel: 16
Believers: 17 391 (around 0.35% of Macedonians)
Estimated existence of the religious community: In the world: I century A.D.
In Macedonia: I century A.D.
Type and number of religious objects:
Churches: 13
Monasteries: 8
Religious object of greater importance:
Cathedral Church "Presveto srce Isusovo"
Address: Petar Pop-Arsov 47, 1000 Skopje
Phone: +389 2 3229167

The other religious communities are newer and have less than 1 000 believers. Because of the limited space to present all of them, for additional information get in touch with the person responsible for this booklet

Climate of Macedonia

Although very small, Macedonia is diverse in many, many ways. Among them is the climate. There is a division in three different types of climate found here: mildly continental, mountainous and changed Mediterranean. Depending on the location, it can be said that the climate is a "mixture" of the three types named above.

The mildly continental climate covers most of the area of Macedonia. It is characteristic for the lowlands and valleys. The summers are pretty hot and dry. The weather at daytime is usually sunny with temperature from 30 to 36°C but it can reach 40°C. At nighttime the temperature drops; it is cooler, but it isn't cold (temp. around 25°C). There might be changes in weather; thunderstorms, cold waves etc., but generally speaking it is hot, and it is not humid (which makes life a little bit more "livable"). Judging by the hot summers, a foreigner might expect mild Mediterranean winters. But that is not the case at all! It can be pretty cold (average temp. around 0°C or below) with minimum temperature of -20°C. The winters can be snowy, dry or rainy (in the past few years there was plenty of snow). In any case, heavy clothes are needed. The spring is beautiful, flowery, with optimal temperatures for walking and outings. But, alas, everything that is good lasts shortly. There is also the possibility of a fast change in weather; for spring showers, storms and even (sometimes when we least expect it) - snow. The autumn can be different every year- sometimes it is very sunny and the temperature is pleasant and sometimes is rainy, drizzly, foggy... Late autumn is cold, rainy foggy icy and dark. At the end of autumn it usually snows; it is a transition state to the incoming winter.

The clothes you need:

For the summer anything that won't make you feel hot (T-shirts, shorts summer dresses etc.). Also take a hat with you and walking shoes, which you will need during the excursions. Don't forget your swimming suit, believe you will need it. Also do not forget your sun glasses and sun-block cream.

Take a light blouse with you in case it rains. For the winter, anything that is warm is acceptable. If you like skiing, Macedonia has lovely mountains, so don't be shy take your skies with you. As for the others periods of the year, all you need is a light jacket, couple of sweaters and a pair of good shoes.

The mountainous climate is characteristic for the lowlands and plains. Oops... Anyway, it is fresh in the mountains and people tend to think with a cool head when they are up there. Summer days are not hot, nights are cool. The summers are green- the grass stays green unlike the dried-yellow grass of the valleys. The snow may last from November until April, on the higher mountains it can stay till the end of May. Spring and autumn are unpredictable; it can be warm, sunny and nice and it can snow or rain. A person who goes hiking in any time of the year should be well prepared for any type of weather.

The changed Mediterranean climate is typical for the southeast of Macedonia. There is a connection to the Mediterranean Sea by the river Vardar and its valley. These parts are the hottest parts of Macedonia. Unlike the case with the continental climate, the winters are mild and rainy. The influence of this climate is weakened in the north, but it can be felt as far north as the capital Skopje.

So, those are the three climate types. Again, it should be noted that there are many combinations of them depending on the location. The seasons change in this order: March-May=spring, May-September=summer, September-December=autumn, December-March=winter.

So to make a long story short: Macedonian climate varies a lot. The average temperature in summer is 30-38°C. The summers are hot and dry, but don't be surprised if you get caught in a summer shower. The temperature during the summer sometimes reaches over 40 degrees. This means stay away from the sun, unless you want to get sunstroke.

Costs of living

Supermarket or local shops:

Bread (loaf 0,6 kg) 18-30 MKD
Butter 30-70 MKD
Eggs (package of 6) 45-75 MKD
Milk (1l) 40-60 MKD
Mineral water (1.5l bottle) 20 MKD
Coke (tin/2l, bottle) 35/70 MKD
Juices (1l) 40-80 MKD
Beer (0.5l, bottle) 30-50 MKD
Wine (1l, bottle) 50-200 MKD
Tequila, brandy, vodka (1 l, bottle) 300-700MKD
Chocolate bars (100 g) 30-60 MKD
Cigarettes 20-100 MKD
Various kinds of pastries 10-50 MKD
Cheese (per kg) 50-300 MKD
White cheese (per kg) 300-480 MKD
Ham (per kg) 150-250 MKD
Snacks (depending on quantity) 10-150 MKD
Pizza (a piece) 50 MKD
Fruits and vegetables (1 kg) 20-100 MKD
Soap (bar) 20-60 MKD

Cafes, discos and restaurants:

Juice (glass) 50-100 MKD
Coke (glass) 50-80 MKD
Beer (0.33 or 0.5 l, bottle) 50-160 MKD
Tequila, brandy, vodka (glass) 50-80 MKD
Nescafe/cappuccino/ice coffee/hot chocolate (cup) 50-80 MKD
Coffee (cup) 20-100 MKD
Tea (cup) 20-60 MKD

Fast-food:

Burek (1/4 pie) 30-50 MKD
Ice-cream 40-100 MKD
Cakes and cookies (a piece) 10-100 MKD
Hamburgers and other sandwiches 30-180 MKD
Pizza 150-300 MKD

Supermarkets and Green markets

The biggest supermarkets in Skopje are:
Tinex market, Vero market, Hedis, MaxiD (SP market) and Kam market.
They all have lots of stores in the city, probably one (or more) near you.

Green markets:

Green market situated in the centre of the town
Taftalidze situated in Taftalidze
Bunjkovec near the main Orthodox Church
Bit pazar at the old Turkish Bazaar

Learn to speak Macedonian

Word in English	Word in Macedonian (English pronunciation)	Word in Macedonian (Cyrillic alphabet)
yes	DA	да
no	NE	не
hello	ZDRA-VO	здраво
goodbye	PRI-AT-NO	приатно
please	MO-LAM	молам
thank you	BLA-GO-DA-RAM or FAN-LAH	благодарам or фала
it is nice to meet you	MEE-LO MEE EH	мило ми е
take me to my hotel	OD-NAY-SAY-TAY MAY DO MO-YOT HO-TEL, VE MO-LAM	однесете ме до мојот хотел, ве молам
where is the bathroom	KA-DAY EH VAY-TZE-TO	каде е вецето
how much does this cost	KOL-KOO CHEE-NEEH O-VA	колку чини ова
help / help me	PO-MOSH / POH-MOG-NAY-TAY-MEEH	помош / помогнете ми
doctor	DOK-TOR	доктор
police	PO-LIT-ZI-A	полиција
pharmacy	AP-TE-KA	аптека
taxi	TA-XI	такси
train	VOZ	воз
bus	AF-TO-BOOS	автобус
street	OO-LIT-SA	улица
left	LE-VO	лево
right	DES-NO	десно
middle	SRAY-DEE-NAH	средина
under	POD	под
beef	GOH-VED-SKOH MAY-SOH	говедско месо
chicken	KO-KO-SHKA	кокошка
lamb	YAG-NE	јагне
fish	RI-BA	риба
pork	SVI-NYA	свиња
veal	TELESH-KO	телешко
ham	SHOON-KAH	шунка
bake	PECH-EE	пече
boil	VAR-EE	вари
fry	PRZH-EE	пржи
vegetable	ZAY-LEHN-CHOOCK	зеленчук
salad	SA-LA-TA	салата
bread	LEB	леб
cheese	SEER-AY-NJE	сирење
rice	OR-IZ	ориз
potato	KOM-PEER	компир
soup	SOO-PA	супа
chocolate	CHO-KO-LA-DO	чоколадо
dessert	SLA-TKO	слатко
Coffee	KA-FE	кафе
tea	TCHAY	чај
milk	MLE-KO	млеко
beer	PEE-VO	пиво
purified water	NAY-GA-ZEE-RAH-NA MEEH-NAY-RAL-NAH VO-DA	негазирана минерална вода

Life and pleasure in Macedonia



Restaurants in Skopje

“Dzino” (“Џино”):

Type of food: Italian kitchen

Recommended: pizzas

Music: Balkanian music and old town songs

Situated at: the second floor of the city moll “GTC”

“Chinese restaurant” (“Кинески ресторан”):

Type of food: Chinese food

Recommended: rise with shrimps, fried ice-cream

Situated at: the beginning of the street “Vodnjanska” on the left side

“Galija” (“Галија”):

Type of food: various meals (mostly Italian)

Recommended: lasagne, spaghetti

Situated at: the street “Vodnjanska”, near the “Chinese restaurant”

“Vodenica” (“Воденица”):

Type of food: sea water and salty water specialties

Recommended: ohridska pastrmka

Looks: nice interior and exterior

Situated at: the street “Ivo Ribar Lola”

“Dal Met Fu” (“Дал Мет Фу”):

Type of food: various

Recommended: pizzas, pancakes

Music: pleasant

Looks: wide space regularly visited by people, with view towards the city square “Macedonia”

Situated: the city square “Macedonia”

“Anja” (“Ања”):

Type of food: pizzas

Recommended: pizzas

Music: pleasant

Looks: has a view towards the shore of the river “Vardar”

Situated: the city mall “GTC”, from the side near the river “Vardar”

“Irish Pub” (“Ирски Паб”):

Type of food: various

Recommended: onion rings, pomes frits with

beer (preferable “Skopsko”)

Music: foreign (suitable for conversation)

Looks: wooden, crowded, medium spaced, has a view of the river “Vardar”

Situated: At the corner of the city mall “GTC”, from the side near the river “Vardar”

“Nacional” (“Национал”):

Type of food: Macedonian national kitchen

Recommended: food: “Turli tava”, “Gravce tavce”, “Shopska salad”;

Drinks: various wines (“Aleksandria”, “T’ga za Jug”) and beers (“Skopsko”, “Bitolsko”) from Macedonia

Situated: in front of the city moll “GTC”, near the city hospital

“Uranija” (“Уранија”):

Type of food: Macedonian national kitchen

Recommended: food: “Turli tava”, “Gravce tavce”, “Shopska salad”;

Drinks: various wines (“Aleksandria”, “T’ga za Jug”) and beers (“Skopsko”, “Bitolsko”) from Macedonia

Situated: near the city park

“Marakana” (“Маракана”):

Type of food: Macedonian national kitchen

Recommended: food: “Turli tava”, “Gravce tavce”, “Shopska salad”; drinks: various wines (“Aleksandria”, “T’ga za Jug”) and beers (“Skopsko”, “Bitolsko”) from Macedonia

Situated: at the beginning of the city park

“Krigla” (“Кригла”)

Type of food: various, Macedonian national kitchen

Recommended: food: meat on grill, “Turli tava”, “Gravce tavce”, “Shopska salad” ;

Drinks: various wines (“Aleksandria”, “T’ga za Jug”) and beers (“Skopsko”, “Bitolsko”) from Macedonia

Music: suitable for conversation

Looks: wooden and warm

Situated: at the end of the street “Sv Kliment Ohridski”, in front of the building of the government

IAESTE International Evening

It is one of the most colorful, and interesting events. You will fulfil your hunger for culture, national kitchen, sound and folklore.

INSTRUCTIONS: Every trainee should bring their own customary food, drinks, video and audio CDs, photos and even their own national clothes. If you don't know how to prepare it, you are not skillful with the cooking you can always find some snack, sweets or drinks in the supermarket.

So have fun presenting yourself in the best light and tasting the wonderful flavours of the life surrounding you

Shopping

Now we come to my favorite part: shopping. In Skopje you can find many shopping malls. And there, many stores from which you can choose what to buy. If you are looking for a trade mark goods, then go to Ramstore or to GTC (there you can find: Mango, Terranova, Caliope, Le Perla, Lacoste, Piere Carden, Swatch, Swarovski, Energy, Bitsiani, Tom Tailor, Nike, Tissot, Sorbino, Golden Point and many others). If you don't want to spend a lot of money you can buy clothes made in Macedonia or in Turkey. Or you can just enjoy in the wonderful shop windows.

But, do not forget to buy a souvenir that will always remind you of Macedonia.

Summer reception plan

Places we will visit during the summer:

- Krusevo (cultural and historic place, famous ski centre in Macedonia + dinner in Macedonian national restaurant in Prilep)
- Vodno (climbing to the top of the mountain near Skopje)
- Ohrid (visit to the oldest lake in Macedonia and the town on its shore. Both of them protected by UNESCO)
- Marco's monastery (barbecue near Skopje)
- Pelister (visit to the national park, walk trough Bitola + visit to antic town of Heraclea with beautiful floor mosaics)
- Galicnik (traditional Galicnik wedding, from this year ceremony protected by UNESCO)
- Hippodrome (horse riding)
- Ceples, Solunska Glava (climbing to this mountain top, walk trough wild nature)
- Katlanovo (barbecue near Skopje)
- Saraj (fishing + barbecue)
- Cardak (Skopska Crna Gora, mountain near Skopje)
- Monastery complex St. Joakim Osogovski

Please visit our web site to see the timetable.

Sports

Swimming Pools:

Swimming Pool Centar

Location: Bul.Koco Racin n.n. Skopje

Phone: (02) 3162 958

The pool has 2 indoor troughs. One trough is with Olympic dimensions 50x25 m and the other is with dimensions 25x12m. The maximum seating capacity is 1,200. It has a restaurant, changing rooms, showers, etc. There are fitness and aerobic clubs within the facilities.

Swimming Pool Karpos

Location: 8-mi Septemvri n.n., Karpos 3, Skopje

Phone: (02) 3063 108

The pool has 3 indoor troughs. One with dimensions 33x25 m, the other 25x12 m, and one is a children pool. The maximum seating capacity is 700 people, with changing rooms, toilets, showers, etc.

Swimming Pool Biser

Location: Bul. Jane Sandanski n.n. ARM, Skopje

This is an open-air swimming pool; the object contains an Olympic pool with the dimensions of 50 m length and 28 m width. The object also has additional 23 changing rooms, 16 shower cabins, 14 rest rooms, and a gym. The pool may be used for training and competitions water polo.

Squash Centre

Location: Lazar Licenovski 31 Skopje

Phone: (02) 3227 077

This centre is located under the Kale fortress and it's fully equipped with all the necessary equipment for Squash, also it has showers and dressing rooms.

Pool and Snooker

Jato 90

Location: Palmiri Tolati 81-b, Skopje

Phone: (02) 2535 458

Price: 200den for 1 hour

KM Biljard

Location: Drezdenska 19, lok14, Skopje

Phone: (02) 3071 744

Price: 200den for 1 hour

Tennis clubs

ABC

Location: Str."Iindenska"

Phone: +389 2 3063-622

www.abc.com.mk

Pricelist per hour

Before 16:00 h - 200 den

From 16:00 h until 24:00 h - 300 den

Jug

Location: City Park

Phone: +389 2 3118-530

Pricelist per hour

Before 20:00 h - 400 den

From 20:00 h until 24:00 h - 500 den

Interfalco

Location: Aerodrom

Phone: +389 2 3162-147

Pricelist per hour

From 07:00 until 11:00 h - 150 den

From 11:00 until 17:00 h - 100 den

From 17:00 until 20:00 h - 200 den

From 20:00 until 24:00 h - 300 den

Roller Skating and Jogging

Perfect location for roller skating, jogging and bike riding is the City Park and the 5 kilometres trail by the river Vardar, which is perfect for these sport activities.

Fitness clubs

Aleksandar Palace

Location: Bul. Oktomvriska Revolucija n.n. Skopje

Phone: (02) 3092 392

Atleta

Location: Bul. K.J.Pitu 24-a, Skopje

Phone: (02) 2468 846

Vardar

Location: Naroden Front 35, Skopje

Phone: (02) 3077 047

Oxygen

Location: Atinska 12, Skopje

Phone: (075) 327 818

Aerobic Centres

Arabeska

Location: Vladimir Komarov 16-3/19 Skopje

Phone: (02) 2464 778

Olimpik

Location: Bul Koco Racin b.b. Skopje

Phone: (02) 3110 519

Football courts

Gac

Location: Georgi Dimitrov b.b. Skopje

Phone: 070 755 700

Kolibri

Location: Nikola Karev b.b. Skopje

Phone: 070 267 033

Koco Racin

Location: Salvadore Alende 2, Skopje

Phone: (02) 3179 279

Sport Halls

Sports Hall Jane Sandanski

The sports hall Jane Sandanski is located 4 km southeast from the centre of the city of Skopje.

The hall is specialized in basketball, has a seating capacity of 2,000 persons, has a restaurant and cafe, changing rooms, showers, toilets, etc. Numerous competitions within European cups and Basketball Association of Macedonia have taken place in the Jane Sandanski stadium.

Sports Hall Rabotnicki

The sports hall is located in the City Park of Skopje, near the City Stadium, which is situated 5 km from the city centre. The dimensions of the hall are in accordance to the international norms for the following sports: basketball, volleyball, wrestling, karate, table tennis. The capacity is 2,000 seats. The hall was built in 1970, and in the years that followed it hosted international basketball and volleyball matches. The football field may be found on the same site as well as the following auxiliary rooms: two changing rooms (for the hosting and visiting team), one changing room for the judges, showers, and toilets. The Offices have telephone lines, fax and computer.

Sports Recreation Centre KALE

With a capacity of 3,000 viewers the sports and recreational centre Kale presents one of the most representative sports complexes in Skopje and in the Republic of Macedonia. The European handball champion and winner of the European Super Cup in women category "Kometal Gyorche Petrov" from Skopje holds its training sessions in Kale. The centre also hosts international sports games, such as European and world championship qualifications of the national handball teams, boxing and wrestling contests, international karate tournaments, etc. The sports stadium is used by a large number of sports clubs for the purpose of training sessions and starting matches in the national leagues and championships in handball, basketball, ping-pong, and other sports. Several sports stadiums with changing rooms, a sauna, a journalist box, have been adapted to host elite international championships. SRC Kale is only 1.5 km north of the centre of Skopje.

Notice: These Sports Halls are just for official sport happenings and cannot be used for training or individual sports activities.

City Stadium

It is located in the Skopje City Park, 1 km from the centre. It is the largest stadium in Macedonia with a seating capacity of 25,000 persons. The football playing grass field, which was built in accordance to international standards, hosts many matches of National championships, as well as Macedonian Cup and matches of the Macedonian National team. The stadium is also used for athletic competitions. It has a 6-lane track for running (100 m, 200 m, 400 m, 1500 m, 3000 m, 5000 m, 10.000 m, 4x100 m, 4x400 m) and road walk (5.000 m, 10.000 m), and arenas for decathlon, javelin throw, shot put, discus throw, hammer throw, high jump, and long jump. The stadium has changing rooms, toilets, showers, a restaurant, etc.

Notice: This stadium is used just for official sport happenings and cannot be used for training or individual sports activities.

Night life in Skopje

Paris is the city of light, New York never sleeps, Rome is the eternal city and Skopje is all about PARTIES! Day or night, cold or hot – it's party time!

It is the people that make the city and in Skopje you will find cheerful, active and happy people always prepared to have fun and party, no matter what.

You come to Skopje and want to go out? Let's see.....

You can choose from hundreds of cafés that offer different kind of atmosphere, music and party. You can go to Insomnia, Alo Alo, Opium, Plaza De Torros, Kartel, Anja.... at the city shopping center near the river Vardar which are great for a daily coffee with friends and sunbathing by the way, Rock café, Art café, Balet, Ljubov (Love), at Porta Bunjakovec, where you can find live rock music, There are cool places at s.c. Beverly hills, s.c. Biser and Leptokarija. Try on the street Macedonia - Barcelona, Bastion, Living room, where you can enjoy in live performing musicians day and night, Visit the relaxing New

Age, always crowded Blue café, international

pubs, find Jazz at T-Club and cocktails at Aloha. In summer main party region is the city park. A lot of young people get together, play guitars, sing and have fun. After 12 pm you can choose from Clubs, cabarets and discotheques. In the city park there are Colosseum, Cabrio and The Cube. They have weekly program that offers different party every day, famous DJ guests, big event parties and different kind of music. On the main square B2 and Process are always full and better in winter: In the city park you can go to Marakana if you like Rock music. There are different live bands performing every day. Also a place like this is Escape at the main train station. From the clubs you can visit Trend, Club Kartel and Cabarets City, Millennium that offer special program with guests singers and dance shows.

And of course you should try going out at "Kafana" with food, drink and music from this region. It is great party, but don't get used to it. So, people, you can choose and be sure – you





Important links:

www.iaeste.org.mk
www.discovermacedonia.com.mk
www.exploringmacedonia.com
www.gomacedonia.com
www.mymacedonia.net

www.culture.in.mk
www.culture.org.mk
www.airports.com.mk
www.skopje.mk
www.skopjeonline.com.mk
www.skopje.com.mk

If you have any questions you can contact someone from the IAESTE Macedonia Summer Reception Organisation