

AIESEC Skopje

Reception Booklet

It's up to you!

Dear Guest!

It is our greatest pleasure and honor to be your hosts for your incredible and exciting experience in Macedonia!

Together, we'll make sure that your stay in Macedonia we'll be a life-changing one and that you will always treasure it in your heart.

So prepare yourself for a unique trip to the place we're you come with St. Paul and leave with Alexander the Great!

WELCOME TO MACEDONIA!



Get to know Macedonia dear Guest...



Republic of Macedonia

National Name: Republika Makedonija

Current government officials

Land area: 9,597 sq mi (24,856 sq km); total area: 9,781 sq mi (25,333 sq km)

Population (2006 est.): 2,050,554 (growth rate: 0.3%); birth rate: 12.0/1000; infant mortality rate: 9.8/1000; life expectancy: 74.0; density per sq mi: 214

Capital and largest city (2003 est.): Skopje, 587,300 (metro. area), 452,500 (city proper)

Other large cities: Bitola, 84,400; Kumanovo, 78,900; Prilep, 56,900

Monetary unit: Denar

Languages: Macedonian 67%, Albanian 25% (both official); Turkish 4%, Roma 2%, Serbian 1% (2002)

Ethnicity/race: Macedonian 64.2%, Albanian 25.2%, Turkish 3.8%, Roma (Gypsy) 2.7%, Serb 1.8%, other 2.2% (2002)

Religions: Macedonian Orthodox 32%, Islam 17% (2002)

The country is a member of the UN and the Council of Europe and a member of La Francophonie, the World Trade Organization (WTO), and the Organization for Security and Cooperation in Europe. Since December 2005 it is also a candidate for joining the European Union and has applied for NATO membership.

Put some boots on and let's take a hike in the mountains together...

The mountains in Macedonia are divided according to the following criteria: Time of origin, the geological composition, the size and the geographical orientation, they are divided in two groups: Rhodope and Dinaric. Height: high, medium and low. In the first division, the Rhodope group is considered as older and embraces the larger part of the mountain regions in eastern Macedonia, while the Dinaric group is younger



and divided in 3 subgroups: Vardar zone, which includes the mountains on the both sides of the river Vardar, right after the great curve of the river north-west of Skopje. Pelagonia massif, located on the west-southwest of the Vardar zone and eastern of the Shara zone. Shara zone, the highest one in Macedonia, is located in the most western part of the country, and stretches in north-south direction along the borders with Serbia and Montenegro, Albania and Greece.



The mountains in the Republic of Macedonia, by their shape are very different, ranging from mild round shape in the eastern part, to fully Alpine in the western part. Such diversity offers great possibilities for developing sports as alpinism, sport climbing, speleological, canyoning, paragliding, skiing, ski-climbing etc. On the slopes of some of the mountains, there are ski-centers, such as Popova Shapka on Shar Planina, Mavrovo (Bistra), Begova Cheshma (Baba), Krushevo (Krushevo Mountain), Oteshevo (Galichica) and other smaller centers, constantly developing.

It's high time that we took a bath in the lake together...

Lake Ohrid

Lake Ohrid is the largest and most beautiful of Macedonia's three tectonic lakes. Its astonishingly clean, clear waters together with the serene stillness of its mountain setting have captivated visitors since prehistoric times. The lake is enormous, at some 30 kilometers (18 miles) long and up to 288 meters (945 feet) deep. While the lake is fed by water from three rivers, most of Ohrid's water comes from another lake- Prespa, on the other side of the Galichica Mountain. Being at a higher elevation, Prespa spills its water down to Ohrid through mountain springs, the most important being Ostrovo near the monastery of St Naum, and Biljana near Ohrid town.

With its unique flora and fauna characteristic of the tertiary period (2-4 million years ago), Ohrid is one of Europe's great biological reserves. Most of the lake's plant and animal species are endemic and unique to Ohrid. The most famous among these are two types of Ohrid Trout (letnica and belvica, in Macedonian). Other unique Ohrid creatures include two types of eel as well as the bleak, whose scales are used for making the well-known Ohrid pearl. This treasured jewel is produced according to a secret method passed down from generation to generation. Sport fishing attracts many passionate fishermen from Macedonia, Europe and the world.



In 1980 Lake Ohrid was proclaimed a place of world cultural and natural inheritance by UNESCO.



Lake Mavrovo



The largest artificial lake in Macedonia is part of Mavrovo National Park. Due to its elevation (over 1,000 meters, or 3,000 feet), this mountain lake sometimes freezes over in winter. Abundant with the famous trout, Lake Mavrovo also makes for an excellent swimming and boating spot in the summer

months. An additional point of interest is the half-submerged church in the middle of the lake.

Lake Prespa

The two Prespa Lakes – Golema (Great) and Mala (Small) are the only ones on the Balkan Peninsula to have islands. The five- Golum Grad, Mala Grad, Pirg, Agios Achillaeos and Vidrinec- are located in the three countries that share the lakes today, Macedonia, Albania and Greece. With its irregular coastline, plethora of bays, extraordinary cleanliness of water, pristine nature, and setting between three national parks, Prespa is truly a place one must visit.



With a surface area of 273 sq. km, Great Prespa Lake is the second largest in Macedonia after Ohrid. Between the two lies the Galicica Mountain, through which flows an underground stream named Zavir.

Through it, Lake Prespa supplies Lake Ohrid with water that comes out on the other side near the monastery of St. Naum and in the Biljana spring near Ohrid town.

The Prespa region is ecologically speaking the cleanest part of Macedonia, its nature seemingly untouched by human hands. The white pelican, black raven, heron and gull all congregate near the lake so abundant with fish, which include varieties such as trout, carp, red finned carp, chub, barbell, and others.

While the unpopulated island of Golem Grad is a protected nature reserve, it is also accessible to tourists. The island is characterized by its century-old juniper trees, as well as the abundance of endemic animal life. When the level of the water falls, old settlements from the 11th and 12th centuries become visible.

Lake Dojran

According to an old legend, a Macedonian girl named Dojrana was accustomed to fetching water from special springs that had to be sealed following use. Yet at the very moment Dojrana was filling her jugs, she heard that her beloved had come back from the army, and forgot to seal the springs. Lake Dojran was, the legend says, the result of her unthinking euphoria.



Due to the Mediterranean climate of southern Macedonia and the proximity of the balmy Aegean not far to the south, vegetation starts blooming in the Dojran area in early spring and continues to do so until late autumn. And so though Lake

Dojran is only 10 meters (30 feet) deep at its deepest point, it is brimming with life. Owing to the large quantity of weeds that grow in the lake and the large number of plankton on its surface, Dojran's waters are considered to be very beneficial for treating rheumatism, skin diseases and respiratory diseases, and many tourists come for precisely this reason.

Characteristic of the lake are the fishing boats and the fishermen's huts standing on stilts above the surface of the water. The method of fishing here is very original and very old, performed with the help of the cormorants, gulls and other birds that fly above the lake, directing the fish into the baskets where they are gathered in huge quantities.

The father of history himself, Herodotus, noted Dojran's great richness in fish way back in the 5th century B.C.E. According to him, the lake was so teeming with fish that if you put an empty basket in the water at night, by morning it would be full. These days, the best known types of fish are red-finned carp, trout, perch, sheatfish, eel and claw-fish.

Lake Mladost

Some 7 km (4.2 m) from Veles, Mladost (meaning, 'young') artificial lake provides an ideal escape resort. Abundant with fish, hidden in the deep forests of central Macedonia, it is a blue gem waiting to be discovered by the wandering traveler.

Lake Spilje – Debar

Debar's Lake Spilje is the second-biggest artificial lake in the country, set in the solitude of Macedonia's western forests. As it is rich with many species of fish, Lake Spilje is visited by passionate fishermen, and also makes for good boating.



How about we stopped by in Skopje and have a burek?

Skopje



In its 2,500 years of existence, Macedonia's welcoming capital city has had many different incarnations. All of them – from Roman to Byzantine, from Ottoman to Yugoslav – have left indelible traces on the city, as is evidenced by Skopje's varied architecture and its mix of cultures. Yet in addition to its strong historical associations, Skopje is also a forward-looking city offering an abundance of modern amenities and attractions.

Here one can find sleek modern hotels above cobblestoned Ottoman streets, stately neoclassical homes right around the corner from grand old Yugoslav-era buildings, chic cafes, shopping malls and brightly-colored new offices, red-bricked Byzantine churches and rounded Turkish mosques.

The concentrated complexity of Skopje today entices visitors, offering a great variety of things to see and do and constantly reminding of the city's storied past. Chief among sights to see are the Stone Bridge crossing the River Vardar, the Ottoman-era Old Town (Stara Charshija), and the Kale Fortress walls. In the meandering narrow streets of Stara Charshija one feels the spirit of the old city, with its little shops, mosques with their ceramic tiled interiors, and the outdoor bazaar and hamam that survive from Turkish times. A short climb up to the Kale Fortress is well rewarded; from this hilltop where Skopje's masters ruled for centuries one enjoys a commanding view of the city and its environs.



The world's best cities all contain at least one secluded natural escape. Skopje has two – a long, tree-lined park along the river, and the forested hills of Mt. Vodno, which overlooks the city from the southwest and offers excellent hiking and wilderness serenity within

walking distance of downtown Skopje. The summit of Mt. Vodno is also crowned by the enormous Millennium Cross that presides over the city. From here one gets even more magnificent views of Macedonia's capital.



Macedonia's capital offers something to satisfy all modern tastes and appetites. It features brand-new cinemas, hotels and restaurants, as well as shopping malls offering all of the latest fashions, and usually at lower prices than in Western countries. The city is a major regional center for concerts, theatrical performances, dance and sporting events, all of which frequently involve well-known stars from abroad, as well as the best in local talent.



Skopje also boasts reliable public transportation and taxis, as well as a plethora of modern internet cafes for keeping in touch with the folks back home. And it is also one of the safest cities in Europe. Hotels operating to the highest standards are centrally located, the water is

eminently drinkable and the food hearty and nourishing, with all international tastes represented- in addition to the excellent local cuisine, of course!

10 things you never thought of regarding Macedonia!

1. Women live longer in Macedonia. Their average life is 74 years, while that of men is 70.
2. Almost half the population is under 30 years of age. There are 165,716 inhabitants of Macedonia over 65 of the population.
3. Macedonia has 34 mountain peaks exceeding 2,000 meters. The highest is that of Mount Golem Korab which is 2,753 meters above sea level. Titov Vrv in the Shar Mountains is 2,748 meters high, while the peak of Turchin in the same range reaches 2,702 meters.
4. The town of Ohrid and Lake Ohrid have been placed under the protection of UNESCO as an outstanding environment.
5. About 700,000 tourists spend more than 2.5 million nights annually visiting the Macedonian lakes, mountains, spas and other tourist resorts.
6. The first railway on the Balkans was the railway between Thessalonica and Skopje, built in the 19th century.
7. Macedonia has two universities - the St. Cyril and Methodius University at Skopje, and the University of St. Clement of Ohrid at Bitola with about 27,000 students. They consist of 29 schools and colleges and 1,218 faculty members, 800 of whom have doctorates.

8. The leading areas of industry in Macedonia are in metallurgy and metal-processing, and also in the chemical, textile and timber industries.
9. The Skopje Zoo is the first established in the Balkans.
10. The 'Vardar' Skopje soccer team were one-time champions of the former federal football league and winners of the former Yugoslav Cup and have competed in the Balkan Cup, the Central European Cup, the UEFA Cup and the European Cup-Winners' Cup.

You can never get enough culture...

The society is traditionally patriarchal, with Orthodox Christianity exerting a strong influence among the non-Muslim population. Traditional clothing is colorful, with rich embroidery, but folk costumes are no longer worn by many people, who dress instead like other southern Europeans. Traditional foods have much in common with those elsewhere in the Balkans, favoring breads and roasted meats. The republic produces excellent fruits and vegetables and is famous for its peppers. The wines are very good and are being increasingly produced for export.

As might be expected in a country with such a diverse population, the cultural life of the FYROM is rich. Folk music draws on Byzantine traditions as well as those associated with the Muslim cultures of the Middle East. Current popular music groups have drawn on this mixed heritage to produce strikingly original music. Many of the Orthodox Christian monasteries and churches are decorated with beautiful frescoes and other works of art. In 1995 a FYROM film, *Before the Rain*, gained recognition in the United States and was a finalist for an Academy Award in the best foreign-language film category. An internationally renowned gathering of poets is held every year in Struga, on the shores of Lake Ohrid.

Prepare yourself for this great adventure...

Preparation

You are now preparing to start your internship experience in Macedonia. Before you arrive there are some things that you should know. Don't forget to take with you: Passport/Visa!

	Passport Required?	Visa Required?	Return ticket Required?
British	Yes	No	No
Australian	Yes	Yes	Yes
Canadian	Yes	Yes	Yes
USA	Yes	No	No
Other EU	Yes	No	No

PASSPORTS: Passport with at least three to six months' validity (depends on the individual case) required by all nationals of countries referred to in the chart above.

VISAS: Not required by all nationals referred to in the chart above for tourist and business stays of up to three months except:

(a) nationals of Australia and Canada.

Nationals of Australia and Canada should have a return ticket, invitation letter or hotel booking to obtain a visa.

Note: Nationals not referred to in the chart above are advised to contact the embassy to check visa requirements.

Types of visa: Single-entry; Double-entry; Multiple-entry.

Validity: Valid for up to three months. Transit visas valid for up to five days.

Application to: Nearest diplomatic or consular mission.

Let's talk about the money!

Currency Macedonia

The currency of Macedonia is the Macedonian Denar, with one Denar equalling 100 Deni. Notes come in denominations of Den5,000, 1,000, 500, 100, 50 and 10, with coins coming in denominations of Den5, 2 and 1, and 50 Deni.

Money can be easily exchanged in official exchange bureaus and banks, and though most currencies are accepted, Euros are the easiest to deal with. Traveller's cheques are accepted in certain places, though to avoid additional exchange charges they should be made out in US Dollars or Euros. ATMs are not widespread and credit and debit card acceptance is very limited.

To convert any amount of money from your currency to the Macedonian currency just use the link <http://www.domainit.com/currency.html>



Prices

Here is a list of common goods and services that might come in handy when coming here in Macedonia.

Item	Bread	Mineral water	Macedonian Beer	Ham	Taxi	Ice-cream
Units of measure	1 loaf (0.6 kg)	0.5 liters	2 liters	0.25 kg	1 km	1 ball
Price in MKD	15-20	20	70-90	60-70	50 first 3 km, 15 per km after	10

Jump in and let's go to Macedonia...

How to get there?



By air: International airports in Skopje and Ohrid connect Macedonia with several major European cities. Close regional airports in Belgrade, Sofia and Thessaloniki can also be used, as they are all within a few hours' drive from Macedonia.

There is unfortunately no airport shuttle bus yet in Skopje, which means travelers are obliged to take a taxi for the 17 km (10.2 m) trip to Skopje. This costs around 10 euros (\$12).

By train: An international train, operating twice daily, connects Ljubljana, Slovenia and Thessaloniki, Greece by way of Macedonia. Stops include Tabanovce (the Macedonia-Serbia border crossing point), Kumanovo, Skopje, Veles, Gradsko, Negotino, Demir Kapija, and Gevgelija (Greek border crossing point), as well as a few small villages. An east-west railway to connect Bulgaria with Macedonia is at present under construction.

By car: The international highway E-75 runs north-south from Serbia to Greece, bisecting Macedonia. This is the most common route for overland tourists to take for entering

Macedonia. There are also good roads connecting the country with Bulgaria to the east and Albania to the west.

By bus: A number of bus lines connect Macedonia with all neighboring countries and other European cities. Buses are frequent, and offer relatively inexpensive fares and professional service.

Getting around

By car

Numerous car - rental companies, run by both Macedonian companies and local representative of recognized Western companies are available in Macedonia. In the latter category companies like Sixt, Avis and Hertz are included, whereas some of the most prominent Macedonian entities include Biveks, Ineks, Mn, Ni-Mar Komerc and Putnik-Eurodolar.

Rental car prices in Macedonia generally run from 40-50 Euros (\$48-60) per day, though for longer periods of time the rate can be somewhat lower. In order to rent a car, be prepared to present a valid passport and driver's license from your home country.

Since many of Macedonia's most prominent attractions are located not too far from fairly well-built roads, most tourists will be satisfied to rent a regular compact car. However, for tourists seeking to go "off the beaten track" and head into the mountains or woodlands, a 4-wheel drive vehicle might be a better option.

While roads in Macedonia are generally good, drivers should watch out for falling rock zones in mountainous areas, for cows and sheep in rural spots, and for signs everywhere (as they can be confusing or even non-existent). Drivers should also note that the Macedonian government has recently passed a law declaring it illegal to talk on a mobile phone while driving, and also requires that drivers leave their headlights on, even during the day. Seatbelts are also mandatory.

By Bus

Traveling on public inter-city buses in Macedonia used to be quite an interesting experience, since it almost always included loud folk music and the risk of having to travel next to very different people with sometimes not so pleasant habits, subject to many urban legends and jokes. At present, public buses have improved and most have air-conditioning as well. Still, if you decide to travel by a public inter-city bus, do check it first before buying a ticket.

Some travelers have an irrational, all-pervasive fear of fresh air (or *promaja*, that is, a draft), which invariably causes passengers to force windows to remain shut, even on hot days when everyone is obviously sweating miserably. Since some locals will probably never

be convinced that fresh air is not in fact harmful, travelers wishing to avoid such a scenario may wish to go by car.

Local Buses

Skopje's buses work regularly from 5 AM to midnight, with irregular service during the late night hours. Other cities such as Kumanovo, Bitola and Tattoo all have local buses, which service the urban areas and sometimes outlying villages.

Ohrid Bus Summer Timetable

Ohrid (main bus station) - St.Naum

Period: 1 June 2006 – 31 August 2006

6:00; 8:00; 9:30; 11:00; 12:15; 15:30; 17:00; 18:30; 20:30

Some Important Notes on Taxis

It's generally a good idea to find taxis either by phoning a well known company (or having your hotel do so), or locating a cab in a visible taxi rank. Avoid lone cabs, and especially avoid taxi drivers soliciting tourists at bus or train stations.

When booking over the phone, do so right before you plan to leave - the company will send a cab within 5 minutes, but not allow you to book a car for any specified time more distant than that (except in the case of a trip to the airport or train station at an odd hour of the night).

Legitimate companies can be recognized by name and often by their four-digit phone number starting with 9 printed on the car door (for example 9177, 9193). Some of the better companies include: DeLuxe, Bel Mercedes, Kommak Komerc, Kompanija S, Pulsar, Pulstar, Staro Vodno, Mercedes D, Puls Komerc, Plava Laguna, Vodno, Pinki, Vardar and Teniks. At least one taxicab company promises that all its drivers speak English:

Taxis also provide a means of inter-city travel, but do note one very important detail. Simply asking for a cab to take one to some other town or city will be exponentially more expensive than taking a shared, usually unofficial cab, with local people going to the same place.

For example, while a taxi driver might charge up to 20 Euros (\$24) for a ride to Kumanovo (35 km or 21 m. from Skopje), a similar ride in a shared car containing 4 passengers costs exactly 80 denars (1.30 euro) each- barely more expensive than a bus ticket. Shared cars thus often make for a cost-effective and much speedier alternative to inter-city buses.

Travelers interested in this option will find dozens of drivers standing around the entrance of the Skopje bus station, shouting out the name of the town to which they will be going.

Towns most often served in this manner include Kumanovo, Veles, Stip, Strumica, Kocani and Radovis.

By train

Macedonia has a small network of rail service convenient to several cities. For long distances, someone traveling alone is apt to save money using rail. Routes are often scenic but no tour guides are available to explain features.

Speak the language of Mother Teresa

Here are some basic words and sentences that could make you look like a true Macedonian 😊, click on the Cyrillic word to hear the pronunciation of it.

English	Macedonian	Cyrillic
Good morning	Dobro utro	Добро утро
Good afternoon	Dobar den	Добар ден
Hello	Zdravo	Здраво
What are you doing?	Sto pravis?	Што правиш?
How are you?	Kako si?	Како си?
I'm fine.(ok)	Dobro sum	Добро сум
Here you are	Povelete	Повелете
How much does it cost?	Kolku cini?	Колку чини?
Thank you	Blagodaram	Благодарам
Thank you (colloquial)	Fala	Фала
Goodbye	Prijatno	Пријатно
Excuse me/I'm sorry	Izvinete	Извинете
Yes	Da	Да
No	Ne	Не
1,2,3,...10	1,2,3,...10	1,2,3,...10
Hundred	Sto	Сто
Thousand	Iljada	Илјада

Feeling hungry?

Cuisine & Wine

Macedonia has a long and praised tradition of culinary delights. Over the centuries, many civilizations have enjoyed the produce of its fertile soil. Having avoided negative influences of urbanization, Macedonia remains the agricultural heartland of the Balkans, filled with a wonderful variety of foodstuffs native to both Mediterranean and Central European climates. In fact, few countries as small as Macedonia can offer such variety of products including everything from citrus fruits, grapes and hazelnuts to tobacco, rice and mountain teas.

In addition, Macedonia is also rich in meat, producing beef, chicken, pork and lamb, and a whole range of game. Macedonia's many lakes yield a variety of freshwater fish, most famous of all being Lake Ohrid Trout.

As a dairy producer, Macedonia is especially well known for its cheeses: soft white cheese (sirenje), similar to Greek feta; yellow cheese (kashkaval), similar to Italian Locatello Romano; and also its yoghurt and milk. Every Macedonian village offers unique and tasty local varieties.

Macedonia is also famous for its wines, produced by unusually high quality grapes, such as Vranec, classic Cabernet Sauvignon, and mellow Merlot. Today, several small boutique wineries in Macedonia produce delectable red and white wines comparable to any French, Italian or California vintages. Besides its wines, Macedonian vintners produce fiery brandy (rakija) and mastica. Products of Macedonia breweries are enthusiastically guzzled by tourists and locals alike.

Traditional Macedonian cuisine combines Balkan and Mediterranean characteristics, inherited largely from Turkish tastes that prevailed during long centuries of Ottoman rule. Some specialties, such as taratur (sour yogurt with bits of cucumber), pindzur (cream salad with peppers and eggplant) and the world-famous baklava are characteristic of Balkan cuisine in general.

Other Turkish-influenced dishes include grilled beef kabobs and the omnipresent burek, a flaky sort of pie filled with ham, cheese, spinach, ground beef and combinations thereof.

Macedonian dishes like tavce gravce (baked beans), shopska salata (a salad made of sliced tomato, cucumber and onion, topped with ground soft white cheese), selsko meso (pork chops and champignon mushrooms in a rich brown gravy), pastrmajlija (a sort of pizza topped with meat and sometimes egg) and, above all, ajvar (the national sauce, made from sweet red peppers).

Are you in for some sports?

How about hiking?

Three day tour

Canyon adventure, Culture and Nature

Short tour description: This canyoning tour is more than just an athletic tour. During the trip to village Kolesino and Kolesino waterfalls we'll visit tourist attractions like: The church of Holy Mother - located in a cave near the Vardar River 20 km in front of city of Veles; Archeological site Stobi - one of the largest and best preserved archaeological sites in Macedonia and practically it's an open book that contains the civilization path of the people of this area starting as early as the 3 century B.C. through and into the following nine centuries; Monastery of Veljusa - bare witness the records of the church inventory drawn up in 1164, preserved in a copy originating between the 13th and the 14th century; Monastery of Vodoca - There are no exact historical data on the church construction. The oldest church is in the Eastern side build in the first half of the 11th century.

One day tour

Hiking, Vodno – Matka

One day tour

Hiking – St. Nicolas Shishevski, Canyon Matka

Short tour description: This tour will include hiking up to the church of St. Nicholas Shishevski (Sveti Nikola Shishevski), an enjoyable scenic journey by boat to the Monastery of St. Andrea where traditional lunch will be served. The St. Nicholas Shishovski Monastery is situated on top of the cliff above Lake Matka, thus giving the visitor a spectacular view of the lake and its surroundings. As with most beautiful locations in Macedonia there is a monastery church, St. Andrea. The Monastery St. Andrea was built 1389 and contains frescos of great artistic value.

One day tour

Hiking the Macedonian Natural Pyramid Peak Ljuboten – Mt. Shara

Short tour description: If you decide to participate in this one day hiking tour we assure you that it will be unforgettable hiking adventure which you'll never forget. With its specific positioning Luboten peak offer spectacular view over entire Mt. Shara massif to the west; Mt. Jakupica, Dautica and Karadzica in central and (in good weather conditions) Mt. Pirin in the east of our country. Spectacular pyramidal peak with narrow summit ridge

and steep mountain slopes covered with icy snow. All this thins will get your adrenaline level high during the winter ascend of the peak.

How about biking?

Check out the links below:

Daily mountain biking tours on location Mavrovo :

<http://www.exploringmacedonia.com/?ItemID=6C7A760FD07FBF4BB30A848476FD0491>

Summer Hit:

<http://www.exploringmacedonia.com/?ItemID=1AE482229037A5418D1A2A5E3745BF9C>

Sky below clouds:

<http://www.exploringmacedonia.com/?ItemID=68CFD825DE2ADD48A198F6139DDF40BC>

Nature and Wilderness:

<http://www.exploringmacedonia.com/?ItemID=615969B521E56944BF61363270D43E07>

Under the wheels of my MB:

<http://www.exploringmacedonia.com/?ItemID=0D699E0A12001944ACFF3334A1504858>

How about speleology?

Ice Cave:

<http://www.exploringmacedonia.com/?ItemID=4B2EBC07C1620147B7510CB37FD5B88E>

Peshna Cave:

<http://www.exploringmacedonia.com/?ItemID=6BA858120B7363439C71A3CD83119124>

Vertical Speleo:

<http://www.exploringmacedonia.com/?ItemID=85BE031B27970745AA3677F1E9E05851>

Bozguni Cave:

<http://www.exploringmacedonia.com/?ItemID=85BE031B27970745AA3677F1E9E05851>

Momicek Cave:

<http://www.exploringmacedonia.com/?ItemID=45F0AEC25BABA34EB1A16029E2AB8DAA>

How about paragliding?

About paragliding :

<http://www.exploringmacedonia.com/?ItemID=EBC811D394A09742869CEF51E4D39CDE>

Discover Skopje from the sky:

<http://www.exploringmacedonia.com/?ItemID=C0C50E857056A84CBDC107DBCEF8EF84>

Paragliding – Tandem flight from Vodno :

<http://www.exploringmacedonia.com/?ItemID=37304310408BE74D8328E59CB143F7A2>

Tandem flight in Krusevo:

<http://www.exploringmacedonia.com/?ItemID=1ABBE4C112FC8A41B60DEC186B8E044E>

Tandem flight on a small flight – Skopje :

<http://www.exploringmacedonia.com/?ItemID=2A59EC6D00AB8C4A9E9D178A651732B2>

Weekend paragliding tour in Krusevo :

<http://www.exploringmacedonia.com/?ItemID=CAD9AFB063BF664894CDEBABC8E71F6A>

Paragliding Tandem flight in Mavrovo:

<http://www.exploringmacedonia.com/?ItemID=5AB0A847A13F4845A5955FEFD2039235>

Paragliding Tandem flight in Ohrid:

<http://www.exploringmacedonia.com/?ItemID=7442EE34D205C0478C848ADC65E70D8C>

What's the time?

Check out the current time in Macedonia at the following link:

<http://www.timeanddate.com/worldclock/city.html?n=673>



See ya soon in Macedonia!!