22 APRIL - 27 APRIL 2024

WELLCOME TO



Carbon footprint CO2 for the travel and per person - 841,5

Trip to Bulgaria

22 April - 27 April 2024 Adventures, culture, history

www.adventure-bulgaria.org



Student profile

- Interests: culture, nature, adventures, history
- Love nature, (water) sports, dancing
- Fit and interested in climbing, caves, rope challenge courses

Pedagogical objectives

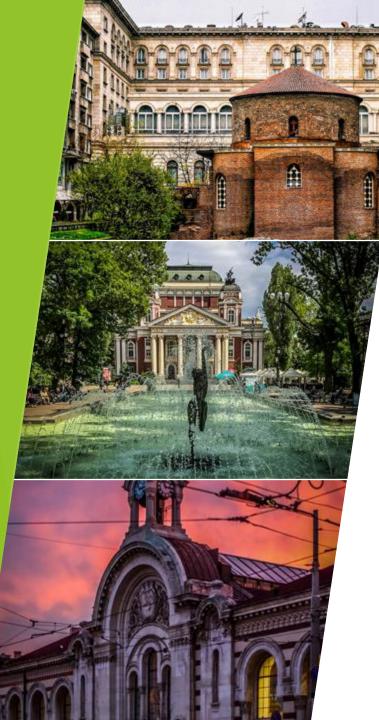
- Learn about Bulgarian culture and history
- Emphasis on Ancient monuments (Sofia, Plovdiv among the oldest European cities)
- Learn about Bulgarian nature
- Experience water adventures (rafting, kayaking) and rock climbing, waterfall rappels, etc.

Other objectives

- Learn about local traditions and cuisine
- Meet Bulgarians and interact with them
- Dance experience traditional and modern (folk dances, hip hop, breakdancing)

Ecological activity

Cleaning waste around the Iskar riverside



Day 1 and Day 2 - Culture and History

- 22 April Arrival at Sofia Airport (approximately 11:15 am via Frankfurt)
- 22 April (Afternoon) Sofia the capital of Bulgaria:

Guided historical walk in the City Center - from Roman times to nowadays:

- Ancient Sofia (Serdica) Architectural Complex
- St. Sofia Church IV century (Old Byzantine Church)

Day 2 - Sightseeing in Sofia

Sofia - capital of Bulgaria since 1879

Walking tour:

- St. Alexander Nevski Church
- Sofia University
- National Theater
- National Art Gallery
- Pedestrian Zone Vitosha Boulevard

Free time to explore museums and galleries according to students' interests, e.g. dances

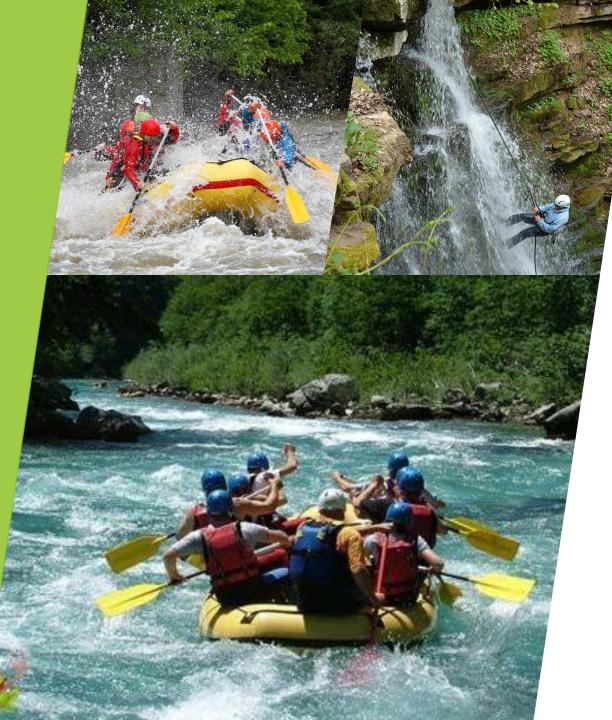


Day 2 - Dancing afternoon

From tradition to the modern world

- Students will visit the training room of the young Bulgarian hip-hop and breakdance group - X-energy crew winners of Best showcase for 2019 Battle of the year for the Balkan region
- Get to meet some of the dancers
- ► And learn some basic steps ☺





<u>Day 3 - Adventure</u> <u>Day</u>

Water sports

RAFTING

in Iskar River Gorge

(100 km from Sofia)

- Transport to the site is provided
- Before the adventure safety instructions are given
- The following equipment is provided: neoprene suit, neoprene shoes, helmet and life jacket
- Fully licensed instructors accompany the boats
- Adrenaline and fun guaranteed!





Day 4 - Climbing rope challenge course

God Eyes Cave

(120 km from Sofia)



Day 5 Culture and History

Day 4 - Plovdiv

- More than 8000 years old
- Second largest city in Bulgaria
- European capital of culture for 2019
- Sightseeing:
- Ancient Roman Theatre (II century AD)



Day 5 - Plovdiv







- Going back in time:
- Old Town historical walk
- Art district Kapana
- Possibly 1 night accommodation in Plovdiv

Last Day - 27 April

- check out

- arrival at 09:30 am at the airport in Luxemburg via Munich



WE HOPE YOU WILL HAVE AN UNFORGETABLE EXPERIENCE IN

