



Co-funded by the
Erasmus+ Programme
of the European Union



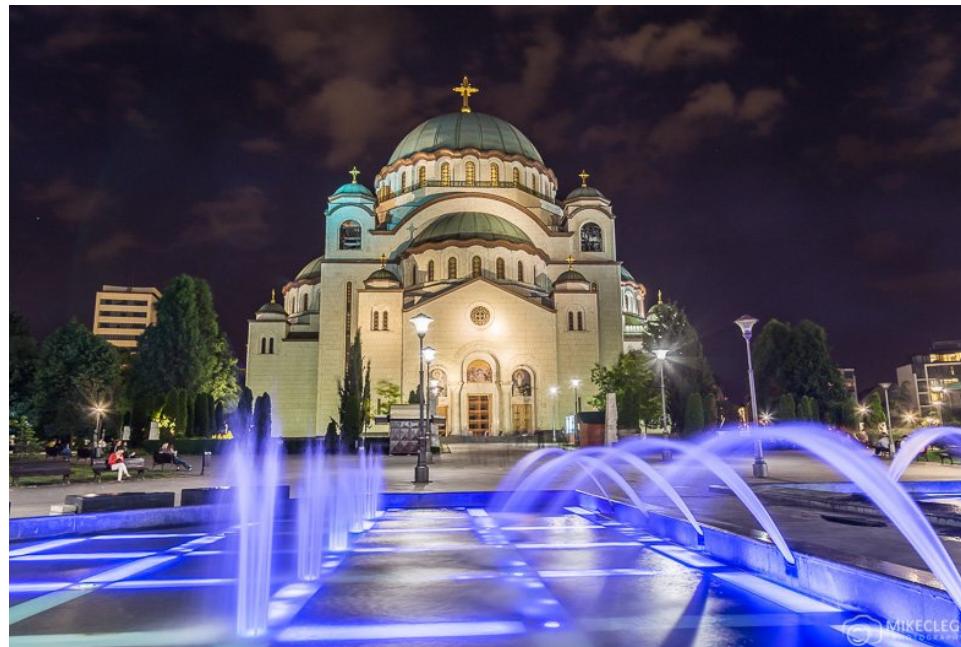
INFOPACK

Modul 1

22.-25.04.2021.

Belgrade, Serbia
(online)





The city that never sleeps: Belgrade

Located at the confluence of the Sava and the Danube, Belgrade is one of the oldest cities in Europe and, next to Athens, the largest urban entity in the Balkans.

There are few other cities in Europe with such a turbulent and complex history like Belgrade's. However rough the city's past may be, Belgrade has come up from the ashes more beautiful and prosperous than ever.

As one of the oldest cities on the continent, Belgrade is full of history, stunning sites, and exciting things to do. In recent days, Belgrade has re-named itself as an hot-spot for all types of travelers with something to do for everyone. From strolling the trendy streets of Skadarlija to climbing the Fortress to enjoying the buzzing atmosphere of the city, you are sure to find your ideal thing to do.

The city is buzzing with excitement, there are tons of lovely restaurants and treat shops, and the best part is that it is incredibly affordable.

Explore the trendy Skadarlija Street

Skadarlija Street is a well-known street in Belgrade due to its cute cafes and stunning aesthetics.

This bohemian street has been a hot spot since the 1800s due to its superb dining and nightlife.

This is a great street to explore to check out the restaurants, admire the street art and watch some street performers.



Enter the Belgrade Fortress

The Belgrade Fortress is one of the most impressive sites to see in Belgrade.

The fort defended the city of Belgrade for over 2,000 years, and despite its length history and decades of attack, it is in excellent condition.

The white stone walls stand tall, the bridges remain intact and the interior grounds are lovely. In the fortress, you can find walls that overlook the Danube and Sava rivers and offer panoramic views of the city.

Relax in Kalemegdan Park

Inside the Belgrade Fortress is the largest park in Belgrade – called Kalemegdan – that is perfect for a stroll or to sit and relax in.

This central park is full of ample green space and is located on top of a hill that overlooks the rivers below. There are various sports courts in the park ranging from tennis to basketball.

More so, there is a zoo, several galleries, and even a museum.



Check out Knez Mihailova Street



Knez Mihailova is the most frequented street in all of Belgrade.

Every day hundreds of tourists and locals walk along the beautiful street to go shopping or looking for a restaurant to eat in.

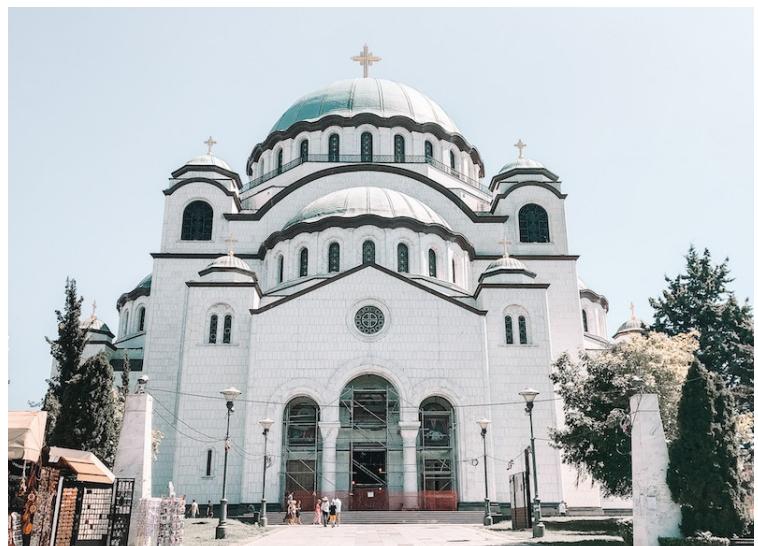
In the day it is much calmer with people walking around to shop, while in the evening the streets come alive and are buzzing with excitement.

The Church of St. Sava

The largest Orthodox Church in the Balkan region, and the second largest in the world,

St Sava is an ever-present monument in Serbia's capital.

High on the Vračar plateau, you can see the church's white granite and marble walls from any approach to Belgrade, while the 50 bells that sound noon ring out across the city.



Scope out St. Michael's Cathedral

St. Michaels Cathedral is located within walking distance from the Belgrade Fortress and is a significant symbol of Serbia's fight for independence.

The cathedral was painted and decorated by Dimitrije Avramović and Dimitrije Petrović who were some of the best Serbian artists of the time.



Co-funded by the
Erasmus+ Programme
of the European Union



Venue details:

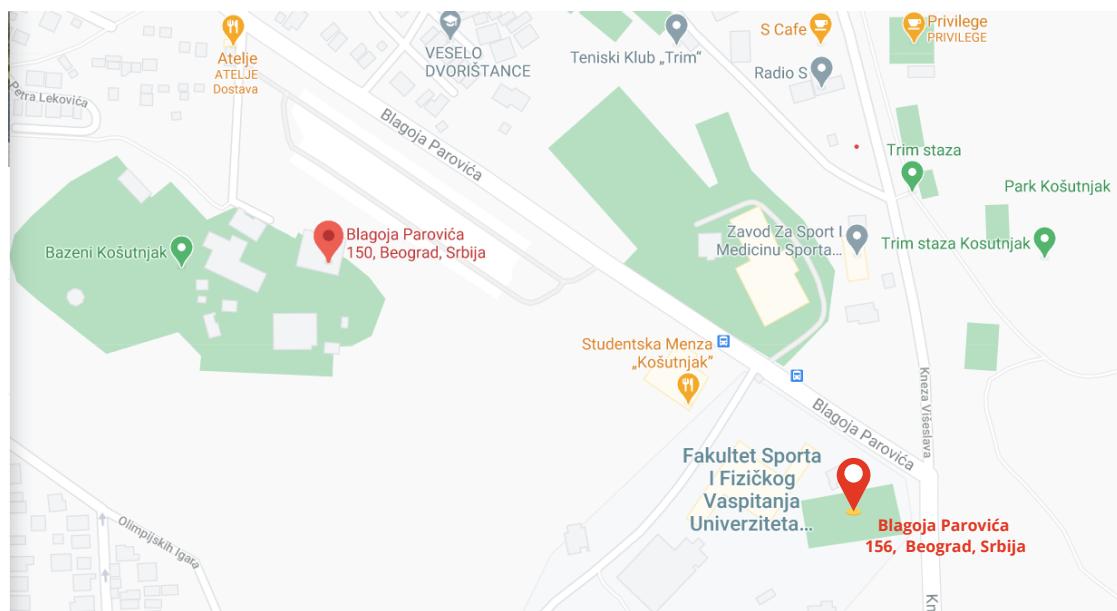
Theoretical part:

Faculty of Sports Belgrade
(Blagoja Parovica 156, Belgrade)



Practical part

Training Center of Serbian Institute
of Sport and Sports Medicine
(Blagoja Parovica 150, Belgrade)





Co-funded by the
Erasmus+ Programme
of the European Union



Where to stay?



Hotel Orašac -Garni

Kraljice katarine 53

<https://www.orasacgarni.rs/kontakt-hotel-a-orasac-garni-na-cukarici.html>

Balkan Hotel Garni

Rajka od Rasine 9

<https://garni.rs/sr/contact/>



Hotel Golden Hill, Beograd

Sumadijski trg 8

<https://goldenhillhotel.rs/#!/o-nama>



Weather



The climate in Belgrade is quite changing, it could be sunny and suddenly storming and raining, make sure to dress in layers and bring your rain coat and umbrella with you, and be prepared with them in your handbag when you go out.



Photography:

Partner organizations will take video and photograph throughout the duration of the activities.

Pictures will be shared on partner social network sites.

Please advise us If you are okay with sharing your pictures with you on it.



Dress code for the event:

Business casual (theoretical part)

Sports outfit: t-shirt, shorts and slippers (practical part)



Social media:

Official project facebook page (like, share):

<https://bit.ly/2ZjgCrK>



Hashtags:

#EuropeanUnion #AquaPrimorje #EUproject #erasmusplus

#erasmusplusproject #artisticswimming

#synchronizedswimming #synchro #education

#development



Must know

Currency – Serbian dinar (RSD) . The RSD is pegged to the Euro.

1 EUR = 117.97 RSD.

Time zone: GMT (Zagreb, Rome)



Co-funded by the
Erasmus+ Programme
of the European Union



Contact persons:



Marija
Šarko

primorje.sinkro@gmail.com

+385 91 724 5007

Yoanna
Docherska

info@bulsport.bg

Melanija
Mežnaric

udruga.sport.viv@gmail.com

Ljiljana
Arsovovic

office@sychro-serbia.org.rs





Co-funded by the
Erasmus+ Programme
of the European Union



DAY	TIME	LECTURER	TOPIC
THURSDAY 22.04.2021.	19:00-20:30	Ana Montero	Technical skills
FRIDAY 23.04.2021.	19:00-21:00 *with 10 min break	Dr. Marija Andeljković	Healt and nutrition
		Dr. Tamara Stojmenović	Injuries in sports
	19:00-22:00	Discussion time	
SATURDAY 24.04.2021.	18:00-20:30 *with 10 min break	Dr. Marija Andeljković	Healt and nutrition
		Dr. Tamara Stojmenović	Injuries in sports
	20:30-21:00	Discussion time	
SUNDAY 25.04.2021.	09:00-12:00 *with 10 min break	Ana Montero	Technical skills