

Trainer Camp Podgorica 2014

Survival guide

Montenegro



“Crna Gora” (Montenegro) got its name by the dense forests that covered mountain Lovcen and the surrounding area. The forests were so dark that the viewers got the impression of a "black" mountain. Just as the nature, the history of Montenegro is very colorful. The turbulent life of Montenegro was spiced up by many people, but its permanent strive for freedom remained dominant throughout its history. Every part of Montenegro will tell the curious traveler many interesting stories from the various periods in time - from the grand Roman Empire to the modern times. Although its territory is rather small, this proud country has a lot to say when it comes to its history. Here we will mention just short modern history. The 20th century represented a difficult period for Montenegro, as it lost its independence and it disappeared from the political map of Europe. When the World War I broke out, Montenegro sided with Serbia and the allies. Serbia annexed Montenegro in 1918 and thus Montenegro lost everything that it gained through the centuries: its statehood, army and dynasty. With the fall of the Kingdom of Yugoslavia before the fascist Germany in World War II, Montenegro proved again that the spirit of freedom cherished by its people did not disappear. After World War II Montenegro improved its legal and state status and became one of the six equal republics of the Yugoslav federation. After the turbulent years, in the end of the 20th century, and after the disintegration of former Yugoslavia, Montenegro remained in the union with Serbia, thus these two republics formed the State Union of Serbia and Montenegro. Most citizens at referendum held on May 21, 2006 voted independence of Montenegro. On 03.June 2006. the Montenegrin Parliament declared the independence of Montenegro, formally confirming the result of the referendum. Serbia did not object to the declaration. Thus today Montenegro is an independent state internationally recognized. UN received Montenegro as 192nd country member on July 27, 2006.



The Government of Montenegro has set the development of Montenegro as an elite tourist destination a top priority cause Montenegro has both a picturesque coast and a mountainous northern region. The Montenegrin Adriatic coast is 295 km long, with 72 km of beaches, and with many well-preserved ancient old towns. National Geographic Traveler (edited once in decade) features Montenegro among the "50 Places of a Lifetime", and Montenegrin seaside town Saint Stefan was used as the cover for the magazine. The coast region of Montenegro is considered one of the great new "discoveries" among world tourists. Lonely Planet in 2013 listed Montenegro in top 10 world destinations to visit.



Montenegro - Facts and Figures

- Area: 14,026 sq km
- Population: 678,177
- Capital city: Podgorica (pop: 136,473)
- People: Montenegrins 43%, Serbs 32%, Bosnians 8%, Albanians 5%, other 12%
- Language: Montenegrin (official)
- Religion: Christian Orthodox 74.2%, Muslim 17.7%, Catholic 3.5%, other 0.6%
- Monetary unit: Euro
- Borders: Adriatic 293km Albania 172km Bosnia 255km Croatia 14km Kosovo 60km Serbia 143km
- Longest river: Tara (110km in Montenegro)
- Largest lake: Skadar 370/530 square kilometers (shared with Albania)
- Highest point: Bobotov Kuk (Durmitor) 2,523m
- Longest beach: Velika Plaža, Ulcinj 13km
- Deepest canyon: Tara River Canyon -1,300 m (4,300 ft)
- Biggest bay: Bay of Kotor
- National parks: Durmitor -390 km² , Lovćen -64 km² ,Biogradska Gora -54 km², Skadar Lake -400 km²
- UNESCO World Heritage: Durmitor, Tara River Canyon, old city of Kotor.

Podgorica



Podgorica is the capital and largest city of Montenegro. The city is situated only a few dozen kilometers from both winter ski centers in the north and seaside resorts on Adriatic Sea. The municipality of Podgorica accounts 10.4% of Montenegro's territory and 27.3% of its population. Besides being an administrative center of Montenegro, Podgorica is also its economic, cultural and educational focal point. The name literally means "under the Gorica"; in the Montenegrin language Gorica (meaning "little mountain") is the name of the hill that overlooks center of the city. Between 1946 and 1992 it was called Titograd in honor of President of Yugoslavia, Josip Broz Tito. In World War II it was bombarded over 70 times and was devastated to the ground. Most of the old architecture was destroyed, so Podgorica is mostly modern city. In the last decade it has been emerging as a modern pro-western city. Although not as rich in museums and galleries as the historic Royal Capital Cetinje, there are several noteworthy museums, among which are the Podgorica City Museum, the Museum of Marko Miljanov and the Natural History Museum. Notable art galleries of Podgorica are Petrovic's Castle and House of the Honor Guard.

Bay of Kotor (free day)



Kotor is a coastal town in Montenegro. It is located in a most secluded part of Bay of Kotor. The town has a population of 13,510 and is administrative center of Kotor municipality. Kotor has one of the best preserved medieval old towns in the Adriatic and is a UNESCO world heritage site. It is home to numerous sights, such as the Cathedral of Saint Tryphon in the old town and the ancient walls which stretch for 4.5 km directly above the city. Kotor and its surroundings were under the rule of the Republic of Venice and the Venetian influence remains among the architectural influences. The Bay of Kotor, one of the most indented parts of the Adriatic Sea is sometimes called the Europe's southern fjord although it is actually a submerged river canyon.

With the nearly overhanging cliffs of Orjen and Lovcen, one of the great Mediterranean landscapes is created. In recent years, Kotor has seen a steady increase in tourists attracted by both the natural beauty of the Bay of Kotor and the old town of Kotor itself. The old town of Kotor is one of the best-preserved medieval towns in this part of the Mediterranean. It was succeeded in preserving its original form, so typical of towns between the XII and the XIV century. The asymmetric structure of the narrow streets and squares, combined with the numerous valuable monuments of medieval architecture, contributed to Kotor being placed on UNESCO's list. The cultural inheritance of this town is enriched by the unique architectural styles and the ambient atmosphere. The fortification system of Kotor, which protects it from the sea, is actually a wall 4.5 km long, 20 m high and 15 m wide, and is preserved as one of the world's historic values.

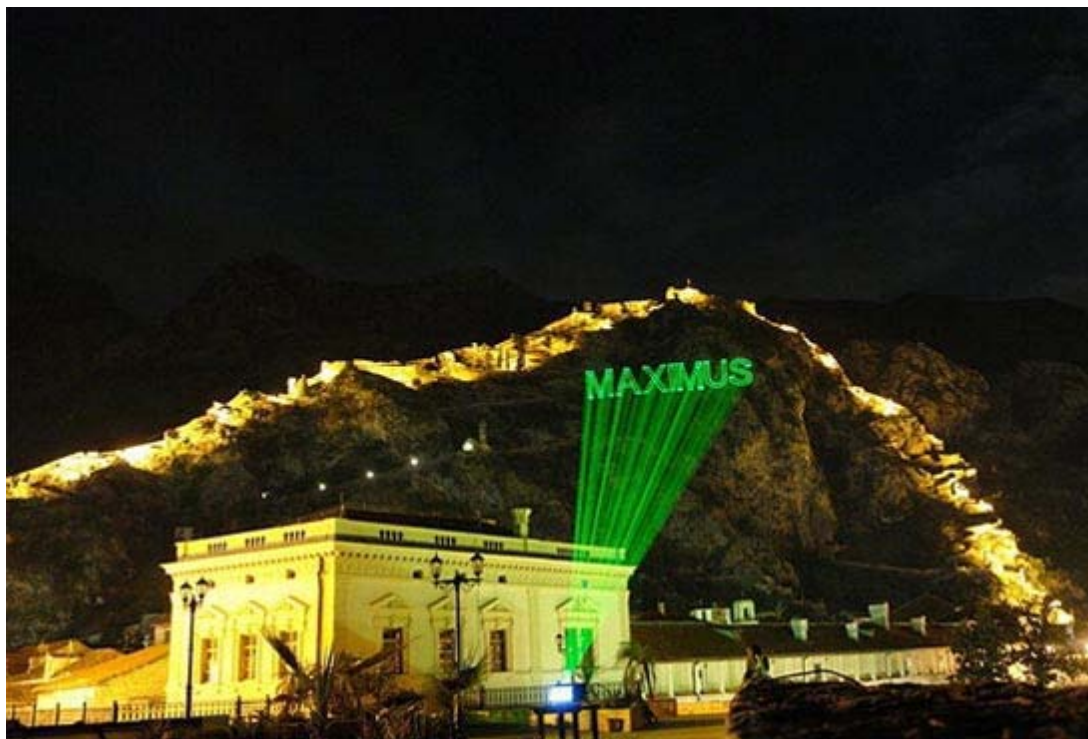


Sveti Đorđe and Gospa od Škrpjela islets off the coast of Perast are also among more popular destinations in Kotor vicinity.



Summer events, such as Summer Carnival or Bokelj Night, are visited by thousands of tourists. These are the most visited happenings in Montenegro during the summer, with over 30,000 people partying in Kotor during Summer Carnival. Kotor is not a premium destination for sunbathing, as there are no sandy beaches. However, the drive is no more than half an hour to some of the beaches on the Budva Riviera.

Nightlife in Kotor mainly revolves round the night clubs, bars and the discos which the city of Kotor has to offer. The city of Kotor offers a good number of bars in the old town of Kotor. All these night joints are located on streets and squares surrounding the city. Nightlife in Kotor generally leads its way to some of the open bars within the walls of the old town. Since these open bars are not allowed to play music after 1.00 am, the action is shifted to some of the night clubs of the city. Maximus is supposed to be the best address for holding all types of nightlife activities in the town. The club remains open till 6.00 am and provides ultimate entertainment to the visitors, the variety of musical performances, including the national and local music.



Core team

- **Main organizer:** Marko Kaludjerovic (marko.desertfox.kaludjerovic@gmail.com +38269225615)
- **FR responsible:** Nina Kulic (ninna.kulic@gmail.com +38268403430)
- **Logistic responsible:** Masa Miladinovic (masa.miladinovic93@gmail.com +38269750570)
- **PR:** Sandra Vujovic (sandravjvc@gmail.com +38267636704)
- **Social and Participant Responsible:** Milica Ivanovic (milicaiva89@gmail.com +38267572555)

Meeting point is in front of Technical Faculties building, George Washington Boulevard bb, Podgorica.

Accommodation – since dorms are full as academic year has started, we will rent two-floor house for trainers and participants. House is 3km from centre of Podgorica.

Food – student canteen

Transport - buses and taxis will be arranged

Weather - the temperature in Podgorica/Kotor in March is usually around 20 degrees.

How to get to Montenegro

In Montenegro there are 2 International airports: **Podgorica and Tivat**. There is also the International airport of Cilipi located in Dubrovnik (Croatia) in near vicinity of Montenegro (from Cilipi to the border of Montenegro there are only 16 km). **Airport Podgorica** (coded TGD) is located 11km from the capital of Montenegro. There is no public transport to town, but Montenegro Airlines runs a bus service to Trg Republike, the main square, departing a short while after each of their flight arrivals. Tickets cost €3 and can be bought on the bus. Taking a taxi from outside the terminal to the city centre will cost around €20, but just €5 if you call one of the local companies.(+3829700, +3829704, +3829706, +3829711, +3829714, +3829750 ...). **Airport Tivat** is ‘tourist airport’ the ideal choice of arrival to visit the Montenegro coast. Airlines flying to/from Montenegro: Montenegro Airlines, AirSerbia, Adria, Croatia Airlines, S7, Alitalia, Turkish and Austrian airlines. Ryanair goes during summer, for now only from Brussels and London. **Airport of Cilipi** (Dubrovnik, Croatia) is 150 kilometers away from Podgorica and there are organized transfers via buses to all destinations in Montenegro for travelers arriving at this airport. Airlines flying direct to/from Dubrovnik : Aegean Air, Aer Lingus / Aer Arann, Air France, Air Malta, airberlin/NIKI, Alitalia, Austrian Airlines, Blue1, British Airways, Condor, Croatia Airlines, easyJet, Estonian Air, Finnair, FlyNonstop, Germanwings, Iberia, Jat Airways, Jet2, Jetairfly, KLM, Lufthansa, Monarch, Norwegian, S7, SAS Scandinavian Airlines, SmartWings, Swiss/Edelweiss, TAP Portugal, ThomasCook (Belgium), Thomson Airways, Transaero, Transavia, Turkish Airlines, Virgin Atlantic, Vueling. **JAT(AirSerbia)** is national airline company of Serbia and has a number of scheduled flights to important centers in Europe. Also check low costs Wizzair and Easyjet flying to/from Belgrade. (Return ticket by train Belgrade-Podgorica-Belgrade 20 euros).

(Copied from touristic site of Montenegro, just in case)

From France

Paris - Dubrovnik - [Croatia Airlines](#)

Paris - Podgorica/Tivat - [Montenegro Airlines](#)

Paris - Podgorica - [Adria Airways](#)

Paris - Beograd - [Jat Airways](#) and [Air France](#)

From Scandinavian countries

Oslo - Dubrovnik - [Air Adriatic](#)
Stockholm - Podgorica/Tivat - [SAS](#)
Stockholm - Beograd - [Jat Airways](#)
Gothenburg - Beograd - [Jat Airways](#)
Copenhagen - Podgorica - [Adria Airways](#)

From Switzerland

Zurich - Dubrovnik - [Air Adriatic](#)
Zurich - Podgorica/Tivat - [Montenegro Airlines](#)
Zurich - Podgorica - [Adria Airways](#)

From Belgium

Brusselles - Podgorica - [Adria Airways](#)
Brusselles - Beograd - [Jat Airways](#)

From Holland

Amsterdam - Podgorica - [Adria Airways](#)
Amsterdam - Beograd - [Jat Airways](#)

From Hungary

Budapest - Dubrovnik - [Malev](#)
Budapest - Podgorica/Tivat - [Montenegro Airlines](#)

From Spain

Madrid - Dubrovnik - [Croatia Airlines](#) and [Air Adriatic](#)
Barcelona - Dubrovnik - [Air Adriatic](#)

From Italy

Rome - Dubrovnik - [Croatia Airlines](#) and [Alitalia](#)
Rome - Podgorica/Tivat - [Montenegro Airlines](#)
Rome - Beograd - [Jat Airways](#)
Milano - Beograd - [Alitalia](#)

From Germany

Frankfurt - Dubrovnik - [Croatia Airlines](#)
Frankfurt - Podgorica/Tivat - [Montenegro Airlines](#)
Frankfurt - Podgorica - [Adria Airways](#)
Frankfurt - Beograd - [Jat Airways](#) and [Lufthansa](#)
Munich - Podgorica - [Adria Airways](#)
Munich - Beograd - [Jat Airways](#) and [Lufthansa](#)
Dusseldorf - Beograd - [Jat Airways](#)
Berlin - Beograd - [Jat Airways](#)

From Austria

Vienna - Dubrovnik - [Austrian Airlines](#) and [Croatia Airlines](#)
Vienna - Podgorica/Tivat - [Montenegro Airlines](#)

Vienna - Podgorica - [Adria Airways](#)

From Russia

Moscow -Dubrovnik - [Air Adriatic](#)

Moscow - Podgorica/Tivat - [Kras Air](#)

Moscow - Belgrade - [Jat Airways](#)

From Czech Republic

Prague - Beograd - [Jat Airways](#)

Montenegro has railway line connecting Podgorica and Belgrade. As it belongs to European railway net it is possible to arrive in Montenegro by train. More information at: www.zcg-prevoz.me

Also Montenegro is connected with bus lines with Serbia, Croatia, BiH and other surrounding countries. <http://www.busterminal.me/timetable> <http://www.visit-montenegro.com/transport-bus.htm>

All year round there are scheduled ferry lines Bar - Bari - Bar and Bar - Ancona - Bar. More information you can find on Best Tourist Directory : www.tourism-montenegro.com

Basic language

Montenegrin pronunciation is completely phonetic, which means that every letter is pronounced the way it is written. A small hint for pronunciation: We have 8 letters that are not used in English alphabet. Those letters are:

- č - pronounced as ch in change
- ć - pronounced like č, but softer. Like c in ciao
- dž - pronounced as j in Jack
- đ - pronounced as j in Jesus
- lj - pronounced in a way you'll never learn
- nj - pronounced in a way you'll never learn too
- š - pronounced as sh in shaman

Good morning – Dobro jutro

Good afternoon – Dobar dan

Good night – Laku noć

Hi, Hello – Ćao

Goodbye – Doviđenja

Thank you – Hvala

Yes/no – Da/Ne

I don't understand – Ne razumijem

How are you – Kako si

Pleased to meet you boy/girl – Drago mi je što sam te upoznao/upoznala

Where is the nearest shop / hotel / restaurant / bar / toilet? – Će je najbliži market / hotel / restoran / bar / toalet

Waiter – Konobar

Bill – Račun

Are we going to drink something tonight – Oćemo li pit sto noćas

Important phone numbers

Police

Phone: +382 20 122

Firemen

Phone: +382 20 123

Ambulance

Phone: +382 20 124

Information

Phone: +382 20 1181

Help on roads

Phone: +382 20 19807

Telenor

Customer support: 1188

T-mobile

Customer support: 1500

M-tel

Customer support: 1600

And for the end most important thing:

10 MONTENEGRIN COMMANDMENTS

- 1. Man was born tired and he lives to rest**
- 2. Love your bed as you love yourself**
- 3. Rest during the day so during the night you can sleep**
- 4. Do not work, work kills**
- 5. If you see someone resting help him**
- 6. Work less than you can, and what you can give away to others**
- 7. In the shade is salvation, nobody has died of rest**
- 8. Work brings illness, don't die young**
- 9. If by chance you wish to work, sit, wait, you will see it will pass**
- 10. When you see others eating and drinking, move closer, if you see them working, move away, do not disturb them**

But for BEST events we stick to BEST commandment WORK HARD – PARTY HARDER!