



GUIDE TO IMPLEMENTING THE INTERPRETATIVE PROGRAM / Basic information, description of activities, supporting materials /

SYNERGY Interpretative Program designed for adults



Basic information about Lyubimets, Ivaylovgrad and Orestiada municipalities - biological biodiversity, cultural and historical heritage



GENERAL INFORMATION ABOUT THE MUNICIPALITY OF LYUBIMETS

Lyubimets municipality is located in the eastern part of Haskovo region. It occupies an area of 335 square kilometers and ranks sixth in the district on this indicator. To the east it borders the municipality of Svilengrad and the Hellenic Republic, to the south - the municipality of Ivaylovgrad and to the west - the municipalities of Madjarovo and Harmanli.

The inhabitants of the municipality number 10,074 people. The average population density is 30 d / sq. km.

Lyubimets Municipality has an extremely good transport and geographical position. The international road E-80 passes through the territory of the municipality and through the town of Lyubimets, which connects Western and Central Europe through Sofia, Plovdiv, Haskovo, Lyubimets and Svilengrad with Istanbul, the Middle East, Asia and North Africa. The Maritsa highway, which has the same direction as the E-80, also passes by Lyubimets. In addition to the road corridor, the railway passes from here. the line from Western and Central Europe through Sofia-Plovdiv-Dimitrovgrad-Lyubimets

for Svilengrad, Istanbul and the Middle East. The road connecting the Sakar region with Ivaylovgrad passes through the town and the municipality.

The land of Lyubimets has a long historical life, which is measured in millennia. The first settlements in this area date

back to 6,000 years . During the Thracian period - the third, second and first millennium years , this area has a material and cultural rise, which puts it on a par with remarkable Mediterranean culture. At that time it was inhabited by the Thracian tribe Odrisi, which retained the longest ethnic appearance, created a state organization and high material and spiritual culture.

In the Middle Ages, this area also lived an intense and cultural life, traces of which we find near some of the settlements. During this period, Christianity - driving the cultural and spiritual life in the Middle Ages was introduced in this area earlier than in other parts of Bulgaria.

Five hundred years of Ottoman rule are a period of complete stagnation. Settlements are declining cultural life. Somewhere in the beginning of these centuries the settlement was founded, which today is the town of Lyubimets.

This area came to life at a new pace after the Liberation. It is included within the borders of Bulgaria after the Unification of Bulgaria

Compared to the neighboring territories, the Mediterranean climate influence is stronger here. The water resources of the municipality are formed mainly at the expense of the outflow of the Maritsa River and its tributaries. Of the minerals, non-metallic minerals are the most common. Clay deposits have been discovered along the Maritsa River.

GENERAL INFORMATION ABOUT THE MUNICIPALITY OF IVAYLOVGRAD

Ivaylovgrad is a town in southeastern Bulgaria. It is located in Haskovo District and is the administrative center of Ivaylovgrad Municipality. It is 335 km southeast of the capital Sofia and 117 km in the same direction from Haskovo. Near it are the cities: Krumovgrad (56 km west), Madzharovo (57 km northwest) and Lyubimets and Svilengrad (61 and 69 km north, respectively). Ivaylovgrad is located near the border with the Hellenic Republic - Slaveevo-Kiprinos border checkpoint is only 5 km east.

Ivaylovgrad is located among the extreme eastern hills of the Eastern Rhodopes, in the middle reaches of the Arda River (the river flows about 2 km north of the city) and along its

	<p>tributaries Byala and Luda River. To the north, west and south it is surrounded by the flat eastern Rhodope hill Sirta, and to the east is the lowland of the river Maritsa. The average altitude of the city is 104 m. Not far to the northeast, for 36 km, the waters of the Arda River fill the longest dam in Bulgaria - "Ivaylovgrad".</p> <p>The relief of the region has a well-defined low-valley and valley character. The hills are made of gneisses, amphibolites, shales, marbles, granites, andesites, sandstones and limestones. This fact is the reason for the production of rock facing and inert materials - gneiss, marble, tuff, limestone.</p> <p>Extensive oak forests grow in the area, which are a prerequisite for the development of forestry. In the municipality of Ivaylovgrad is the largest State Forestry with an area of 50 170 hectares. As part of the Eastern Rhodopes, Ivaylovgrad municipality is rich in biodiversity. The local flora and fauna is represented by over 1335 species of plants, 350 species of butterflies, 21 species of fish, 10 species of amphibians, 26 species of reptiles, 273 species of birds and 59 species of mammals. The primary representative of the flora is the forest vegetation. The largest areas are occupied by oak forests. There are 7 species of oak, which build pure and mixed forests. Here are Mediterranean communities, dominated by evergreen influenza, periwinkle. On the territory of the municipality of Ivaylovgrad are the protected areas: "Meanders of the Byala River", "Hambar Dere", "Likana" and the cave "Dupkata".The area "Meanders of the White River" was declared in order to preserve a unique landscape for Bulgaria with an exceptional diversity of rare and endangered species of plants and animals. It covers the most attractive part of the middle reaches of the White River with a beautiful complex of meanders the villages of Zhelezari and Meden Buk), where some of the few natural forests in our country from the Eastern Red Plane and Lianas included in the National Red Book are preserved. Of the 94 bird species identified, 56 are of European importance, and here are 6 of the 9 biologically restricted species for Bulgaria, typical of the Mediterranean area - Spanish stonecrop, great olive mockingbird, red-breasted nettle, little black-headed nettle, white-fronted magpie and black-headed oatmeal. . The area is a permanent feeding and resting place for the globally</p>
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	<p>endangered black vulture and one of the most important nesting places in the country for the snake eagle, the short-toed hawk, the little eagle, the stuffed animal, the lark, the great olive mocker and the white-headed shrike.</p> <p>The climate in Ivaylovgrad region is transitional-Mediterranean and is characterized by hot summers and mild winters. Rainfall is low, especially in winter. The soils are mostly leached cinnamon forest. Ivaylovgrad emerged in the late sixteenth century near the ruined medieval Bulgarian city and metropolitan center Lutitsa / now Ladja / under the name Ortakoy, meaning Middle Village, so named probably because of its central location on the roads from Lyubimets through Dimotika and Soflu to Alexandroupolis / Alexandroupoli / and from Smolyan and Kardzhali to Edirne. In the XIX century. until 1912 The city is a prominent spiritual, cultural and commercial center with about 2000 inhabitants, whose main livelihood is trade, coppersmithing, tinsmithing, sericulture, tailoring, horsemanship. After gaining its independence until 1923. Ortakoy accepts many refugees from Asia Minor and Eastern Thrace.</p> <p>During the Ottoman presence and during the Bulgarian Renaissance, information about the region was scarce. For the most part, they relate to the time after the Liberation and clarify the economic, economic and political situation of the Edirne province and especially its important centers Edirne, Dimotika and Soflu. They also mention the Ortakoy kaza as a small and insignificant area in the vast province. Due to the strife in the Ottoman Empire, the Kardzhali raids and in search of a better livelihood in the late eighteenth century. and in the XIX century. mass exodus of the Bulgarian population to Asia Minor begins After the Russo-Turkish War of Liberation, according to the decisions of the Berlin Congress in 1878, the Ivaylovgrad region, along with other regions of White Sea Thrace and Macedonia, remained under the Ottoman Empire. The migrant movements are within the borders of newly liberated Bulgaria. Hundreds of Bulgarian families are heading to Northern Thrace and Dobrudja.</p> <p>In the summer of 1913 in the Gyumri region the so-called Gyumri Autonomous Government chaired by Hafez Sally. The autonomists "effectively" used the period until the restoration of Bulgarian administrative rule in the Aegean</p>
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	<p>regions and on July 29, 1913 arrived in Ivaylovgrad. In September and October, the local Bulgarian population was left to the whims of rabid bashibozouks, Turkish army deserters, Greek and Albanian chauvinists led by Ilyaz Bey. The villages of Kamilski dol, Siv kladenets, Pokrovan, Huhla, Gorno Lukovo, Gornoseltsi, Gugutka, Popsko and Drabishna were set on fire, and the population - 335 men, women, children and the elderly - were slaughtered. Hundreds of houses, churches, schools, community centers were destroyed. Prof. Ljubomir Miletic writes about this unprecedented genocide in his book <i>The Destruction of the Thracian Bulgarians</i>: "Everyone has suffered so much that the Ortakoy district can be said to be the most unhappy of the affected districts of New Bulgaria." To this day, this book is kept as a particularly expensive relic in these settlements, so that future generations will remember those "silent heroes" and their sacrifice in the name of freedom. The complete de-Bulgarianization of the Ivaylovgrad region was prevented after the intervention of the 28th Infantry Regiment and the detachments of the famous Thracian voivodes Dimitar Madjarov and Rusi Slavov. The stories of Bulgarians who survived the events, recorded later, reveal the fate of the thousands of civilians expelled from their native places. After the signing of the peace treaties, a rapid socio-economic and cultural revival of the Ivaylovgrad region began. The institutions, organizations, departments and structures of the Bulgarian statehood are created. In October 1913 the first Bulgarian school was opened in Ivaylovgrad with 354 students, today's Hristo Botev High School, and in 1914 the Chitalishte was established, which still continues to preserve and promote Bulgarian. In 1932 the idea was born to build a monument to those who died in the Ivaylovgrad region during the wars of 1912-1913 and 1915-1918. 1937 The monument is an impressive 18 m obelisk with a bas-relief - the Order of Bravery. An ossuary of those killed in the fighting was built at its foot. To this day, this monument, as well as the dozens of memorial plaques in the municipality of Ivaylovgrad, are reminiscent of the terrible bloody drama that the population of this region is experiencing.</p> <p>In 1996 the Initiative Committee, with the participation of the chairman of STDB, the chairmen of the Thracian societies in</p>
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Haskovo, Kardzhali and Ivaylovgrad, the mayor of Ivaylovgrad, businessmen and prominent public figures, raised funds from donations and built a memorial complex "Ilieva Niva" near the village. Glumovo, Ivaylovgrad municipality, consisting of a monument to the Thracian children who died in 1913, the chapel "St. Petka "and a Thracian fountain. Every year the National Thracian Youth Festival "Ilieva Niva" is held here, in which thousands of Thracians and descendants of Thracian Bulgarians from all over Bulgaria participate.

In 1934 the newly annexed settlements were renamed and Ortakoy was renamed Ivaylovgrad.

In recent times in the Ivaylovgrad region gradually began to build a local economy and to develop agriculture and animal husbandry. Schools and community centers are being built, which take their place in the spiritual life of the region. Long-distance roads are being built - a necessary condition for communication, industrial enterprises are growing. Deep changes are taking place in the village, and the last hydroelectric power station of the Arda cascade has been discovered - the Ivaylovgrad hydroelectric power station.

GENERAL INFORMATION ABOUT THE MUNICIPALITY OF ORESTIADA

Orestida (Ορεστιάδα, Orestida) is the northernmost city in Greece and the second largest city in the prefecture of Evros. Orestida is the newest and northernmost city in Greece, located almost at the end of the Evros district, near the border with Turkey. It is located just 2 km in a straight line from the Evros River (Maritsa), which is the natural border between Greece and Turkey, and 64 km from Trietnes (the point where the border between Greece, Turkey and Bulgaria crosses). Its population is about 22,000 inhabitants (according to 2001 data). Orestida is located 2 km west of the banks of the Maritsa River, which is a natural border between Greece and Turkey. The modern city of Orestida is about 80 years old. In ancient times there was a small village, which according to legend was founded by Orestes - son of Agamemnon and Clytemnestra. The ancient Orestida was located in present-day Turkey.

Orestida is a modern city that is constantly evolving and of course the youngest city in Greece, as it was founded in the

	<p>early first decade of 1920 by immigrants of the old city, which is located in the Edirne region. Orestiada Square beats the heart of the city around the clock. A large number of cafes and taverns are available, giving the visitor the opportunity to try delicious traditional dishes and with exceptional quality wines and brandies, all from local producers.</p> <p>The city of Orestiada was founded by Greek refugees who were born in the Edirne region and mainly the suburb of Karagats. For this reason it was originally called Nea Karagats or Orestiada is now a modern Greek city, which is a typical sample of a settlement with a simple urban plan, large parallel streets and wide squares, which carries the traditions of the architectural plans of Edirne.</p> <p>Orestiada seeks to play an important commercial and social role in the area. The town has a railway station, a medical center, a philharmonic orchestra and a choir, and outside the village there is a sugar factory that processes sugar beets grown in the region. In the region there are large crops with asparagus, potatoes, tobacco, watermelons and cereals, in animal husbandry the main place is occupied by cattle breeding.</p> <p>In 1999, Orestiada became the fourth city to have departments of the Thracian University "Democritus". The departments at Orestiada are in agriculture and forestry, environmental management and natural resources. Both departments have five-year training courses and about 800 students. A characteristic place, a sign of the history of New Orestiada, is the monument erected by photographer Vassilis Kyriakidis on the site of the first well and the first houses in the city, surrounded by five poplars, which symbolize the decades of the city. Today, Orestiada is a modern Greek city, an important agricultural and commercial center in northeastern Greece, with good railway and road infrastructure. The city is a typical example of a refugee settlement with a simple urban plan and wide straight streets and squares, which carries the tradition and architectural heritage of Adrianople. Unfortunately, however, very few of the old houses have remained with the once special way of construction, and there is almost nothing left that resembles a refugee town. Life in Orestiada is concentrated on both central streets („ Vasileos Constantinu ”and“</p>
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	<p>Constantinople (Constantinople), which intersect in the square, and around them you will find many pedestrian areas that facilitate trade. Among other things, the city is famous for its bustling nightlife, which is a center of attraction for residents of the northern part of the district. In the field of culture, Orestiada has something to show through its annual events, which have become a tradition, as well as the many activities of various cultural institutions in the region. In addition to the Library, the Municipal Center for Cultural Development of Orestiada has the following departments: Conservatory, Theater Company, Dance School, Painting, Department of Fine Arts and Municipal Philharmonic.</p>
<p>Basic information about the objects and points of the route</p>	<p>DAY 1</p> <p>VILLAGE OF LOZEN, MUNICIPALITY OF LYUBIMETS</p> <p>In the southeastern part of Bulgaria, near the place where the borders of Bulgaria, Greece and Turkey meet, located in the fertile Thracian lowlands, is the picturesque village of Lozen. The old name of the village is Diniklia or Diinikli. The village dates back to about 260 years ago (1730 - 1750). At the time of its origin, the settlement was located southwest of today's Lozen. It was inhabited by Turks. They started settling it during the Turkish invasions in the 14th century. The settlement reached 900 houses (according to Hristo Stankov). Towards the end of the 17th - beginning of the 18th century a plague broke out in the village and many of its inhabitants were slaughtered, and the survivors emigrated and the village became depopulated. Traces of the Turkish cemetery in the Tuzla area have been found from this settlement, which spread over an area of 20 decares. In 1895 - 1900 the old Turkish cemetery was cleared of tombstones and turned into arable land, owned by the church "St. Dimitar" in the village. Remains of vineyards have been found in the Irinka area.</p> <p>Cultural and natural landmarks in the village of Lozen</p> <ul style="list-style-type: none"> - Near the village is the hill "Gradishteto", consists of three hills: "Presveta", "Kaleto" and "Christmas". There is a fortress on Kaleto peak, which was built in 1 h. BC from the Thracians. During the time of the Slavs, Gradishteto was turned into a monastery complex, with churches on each of the three hills.. - National Chitalishte "Prosveta" was founded in 1925. During

all these years of existence, the Chitalishte plays an important role in the public life of the village of Lozen, as a sustainable cultural institution with a specific mission to preserve and develop the traditional values of our nation. The deep connection with the past, with the traditions, with the educational process, the culture and the charity is the basis of the authority of the chitalishte. The songs and the songs of the local population are preserved in the village of Lozen. The Chitalishte supports and gives a place for amateur performances. Groups for authentic and processed folklore have been formed here, which with their participation in the festivals in the country popularize the songs and customs of Lozen. Near the village are the cave "Sredkovata Dupka" and the area "Hadja Bunar". People used to spend money on health in the well.

Regular events

The village fair is organized every year around St. Dimitrov's Day - the first Saturday and Sunday after the holiday (October 26).

Every year, in May or June, the National Festival of Authentic Folklore "Amber Bunch" is held. The organizer of the festival is the National Chitalishte "Prosveta-1925", together with the Ministry of Culture and the National Movement "Worthy of Bulgaria". The festival is part of the National Cultural Calendar of the Republic of Bulgaria and is one of the most important cultural events in the region.

The church "St. Martyr Dimitar "in the village of Lozen

The church "St. The Great Martyr Dimitar "in the village of Lozen was built in 1894. The local church, built for 2 years with donations, is the work of masters from Debar and is named after the Great Martyr Dimitar. Discovered in 1894, it was burned down during the Inter-Allied War in 1913, when the Turkish army expelled the Bulgarian population from the Aegean and Edirne Thrace and reached inland on Bulgarian territory. The temple was then rebuilt. It is unique in that the dome depicts the God of Hosts instead of the halo - the Holy

	<p>Trinity.</p> <p>TRADITIONAL RITUAL, CUSTOM-SEAT</p> <p>Sitting is a traditional ritual that unites entire neighborhoods and villages. Young people gather around the sedenkar fire, where song, dance, music, ritual, fairy tales, legends, riddles, jokes, teasing, superstitions alternate. Although it is perceived as a holiday, the basis of the seat is work. The boys take care of the fun, and the girls compete to show their skills in spinning, sewing and other "handicraft" women's work. Hard work is a very valuable quality, so there are older women who want to choose daughters-in-law for their sons.</p> <p>The household is always taken over by the girls, they determine when and where to gather - the girl imposes the seat. The Sedenkar period is during the inactive working hours, and the specific beginning depends on the day of the Holy Mother of God - patroness of the family and the home. According to patriarchal norms, a girl has no official right to declare her lover. The gathering of the first seat of the year has a ritual character. It is attended only by maidens who make magical calls for love and symbolic movements around the fire, using objects brought from the home of a loved one, plants and certain household items. At the end of the ceremony, a gift is prepared for the chosen one and the girls sing to attract the bachelors.</p> <p>On the doorstep of the house where the sitting took place, the bachelors thundered, played and shouted, and the mistress immediately opened the gates. In earlier times, the young were divided into male and female halves, and then mixed and sat "libe to libe". As soon as the boy sits next to his beloved, he demonstrates to everyone his attitude towards her and his feelings. "Taking a wrist" is the most common sign of love, it also has magical powers. The boy steals the wrist, and the girl can give it to him alone after the dance only if they have discovered their feelings in advance, then she sings about the girl and the bachelor and congratulates them. A girl who returns home without a wrist is "marked" and everyone knows that she has a lover. When the boy gets his beloved's wrist, he wears it in a prominent place. The bachelor gives an</p>
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apple in deep love relationships and it is the most desired sign of the girl. The sign of love is given by the boys and accepted by the girls. If a girl does not accept a sign, it is considered an insult and he takes revenge.

When the parents do not allow two young people to get married, the boy steals his beloved or she abuses him, which almost always happens in the sitting room.

The Sedenkar festivities continue until dawn, and after the roosters sing, it breaks up. The bachelors go first, followed by the girls as a girl and a bachelor only if they are relatives. The last meeting of the sedenkar is called "hooking of the seat" and has a ritual character.

THE SECRET WATERFALLS OR THREE WATERFALLS ECO-TRAIL IN THE VILLAGE OF MALKO GRADISHTE, LYUBIMETS MUNICIPALITY

The beginning of the eco-trail starts from the church "St. Athanasius" in the village of Malko Gradishte. The end of the eco-trail can be reached in about an hour with a slow and calm walk. The eco-trail is marked and there are benches for relaxation along the way. The road passes through the forest, at first it goes along a mountain river, which remains on the right. Not long after, the path narrows and there is a place of a small water spill, which is easily crossed with a slight jump. After crossing it, the river remains on the left. The waterfalls are in this direction. The first is a little harder to reach, the second is easier to achieve, and the third is the most accessible.

ORIENTATION

Orienting the directions of the world in an unknown place:

Direction: north - south:

the exits of the mosques - SOUTH

the annual circles of the stumps are more developed (wider) - SOUTH

the bark of the trees is rougher - NORTH

the bark of the pines is lighter - SOUTH

conifers have more resin - NORTH

the anthills are located next to solitary trees - SOUTH and

	<p>their slope is more sloping - SOUTH at the end of August the ripe sunflower looks - SOUTH more snow lingers on the slopes - NORTH the moss on the trees and rocks is located - NORTH at noon the sun - SOUTH the North Star - NORTH Direction: east - west the altars of the orthodox churches look - EAST the tombstones of the Christians look - WEST the sun rises - EAST and sets - WEST (every hour the sun moves by 15^o) Other ways to determine the direction: Clock - the hour hand points to the sun. The bisector points in a NORTH-SOUTH direction. Handy compass Option one Required materials: - needle, pin, piece of steel wire - a strong permanent magnet from a speaker, hard disk or other device; - part of a cork, "sea foam" or, as in this case: a hand cap from a bottle of mineral water. - water in a non-magnetic vessel. Magnetize the iron needle by rubbing it in one direction in the strong magnet (for example half a minute). Pierce the plug in diameter. Pour water into the container and place the stopper with the magnetized needle / drill to float freely. In a few seconds, thanks to the attraction of the earth's poles and its free movement, the floating compass will settle in a north-south direction. To determine which direction of the resulting arrow is north and which - south at noon look at the sun. For our latitudes, the south is in the direction of the sun. Option two / possible only if there is sun / 1. You find a place where there is no shade, if possible with flat terrain (even 30 cm is enough). 2. You find a straight stick 3. You drive the stick into the ground, and mark the top of its SHADOW 4. After about 15 minutes you mark the new tip of the shadow (it will have already moved)</p>
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	<p>5. Draw a line with the two points (the two markers you made)</p> <p>This line is East-West, with the first marker pointing to the West and the second marker pointing to the East</p> <p style="text-align: center;">MARKINGS</p> <p>Tourist:</p> <p>Signpost - usually there at the starting point, gives directions to the area, route and time of movement;</p> <p>Signs - on a yellow or white background; they are hung mainly at the starting point or at the crossroads</p> <p>Summer (ribbon) - placed in permanent places (rocks, stones, trees). Represents a square - 10x10 cm with three horizontal colored stripes; the middle stripe is the main orientation color - red, blue, green, yellow (extremely rare and brown). The side two are white (or yellow, as was the older standard). They show that the marking is tourist and serves to attract the attention of tourists. The red marking is mainly ridge. It marks the international routes E3, E4, E8. When it is necessary to use several primary colors in one place, each of them is surrounded by white.</p> <p>Attention! It passes on the side of the marking. When there are markings on two trees, one passes between them;</p> <p>If a marker is lost in an unknown way, the rule is - return the last, noticed marking and search within the radius of the next one. Not going forward on a supposed path often costs hours of confusion.</p> <p>If necessary, the branches of the trees that cover the measuring sign are pruned.</p> <p>Non-tourist markings:</p> <p>Boundary of a protected natural area - a two-color white-red stripe, above which the abbreviation indicating the type of protected area is written in red letters on a white background.</p> <p style="text-align: center;">KEEPING NATURE CLEAN</p> <p>When we talk about the Motherland, then the feeling must be even more special, because this is your place,</p>
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which you have to keep clean. Many great people have given their lives fighting for these majestically beautiful and green lands that build our homeland.

What we can do to make the earth cleaner:

Dispose of packaging and waste that was needed for your enjoyment in the trash.

-If it is a little far from you, walk quickly to the trash and throw away the used packaging again.

-But if there is no designated waste disposal area around, then keep it in you for a while,

by picking it up and then disposing of it in the right place for waste.

It will be good when we learn to love Nature, and to learn to dispose of waste separately.

- If you are a smoker, do not throw away the already smoked butts recklessly!

- Make remarks to those who do not follow the rules of pure nature:

- To have a greener environment:

- use more public transport instead of your own car;

- use a bicycle more often;

- walk :)

-Create all kinds of messages (notes, signs and all sorts of similar and interesting things). Place them in public places where they are noticeable and grab attention.

For example: "Please love nature. Garbage in the bag :)"

THE OLDEST CHURCH IN HASKOVO DISTRICT - ST. CONSTANTINE AND ELENA IN THE VILLAGE OF DOLNO LUKOVO

The story goes that at the beginning of the 17th century the plague epidemic destroyed the population of the village of Suvanli en masse. The few survivors believed that if they crossed a nearby river, the water might cross the contagion and save them. For this reason, they moved out of the village and moved from the other side of the river, where they created the village of Dolno Lukovo. After settling in the new place, the residents of the village of Dolno Lukovo decided to build a church. Although the construction of Orthodox churches was banned in the Ottoman Empire, unless a special permit was issued, in 1806 the locals began building it. Legend has it that they built the Christian temple in seven nights.

They told Turkish authorities that they were building a barn where passers-by could leave their livestock for the night. This is the reason why the appearance of the church resembles an agricultural building - without doors and windows. The locals were in a hurry to complete the temple in order to comply with the sultan's decree, which stated that a spiritual temple with a built roof was not destroyed. They followed another instruction of the sultan that the church should be lower than a man riding a horse. And although outside "St. St. Constantine and Helena" to look modest so as not to attract attention, in it local masters have painted unique murals, preserved to this day. On the clay plaster, with all-natural materials, iconographers have woven symbols of local livelihood - sunflowers, grapes, walnuts, the hemostatic herb shepherd's purse. They depicted the scenes of the Last Judgment in a way that represented their understanding and the spirit of the times - the sorcerer - a sinner holding a bag of coins, the adulterer with a millstone around his neck and the liar hanged on the tongue of an olive tree. Interestingly, the interior is divided into two - male and female compartment, which is rare in the Revival churches, and each of the families had a certain place, and his chair was different from the others. The church "St. St. Constantine and Helena" is one of the few with a holy spring in the altar, and right in front of it is a memorial stone plaque with the names of all the donors who donated funds for the construction of the temple. The plaque is illuminated by a crystal chandelier donated personally by a monk from Mount Athos. The church "St. St. Constantine and Helena" there is no bell tower and until 1950 the laity were accustomed to prayer from a wooden eyelid hung on one of the tall oaks around the temple. The church makes wishes come true. And in order for the miracle you pray for to happen, you must light two church candles. While burning, touch the crystal chandelier in the church, which was brought from Mount Athos. After you say your request, leave one candle in front of the icon of Jesus Christ and the other in front of the Mother of God. And then your request will be heard.

The temple is unique in many ways. First of all with the way it was built. At the time when the villagers decided to build the church, the construction of Orthodox churches was banned in the Ottoman Empire, unless there was a special permit. That is why the local people outwitted the Turkish rulers. They built the church in just seven days in the moonlight. They arranged the stones from the nearby river Byala, and explained to the Turks that they were building a stable. That is why the church looks like an agricultural building - without doors and windows. The church is unique in the fact that the holy water spring is located in its altar. And the rooms for women and men were separated, something unusual for a

Christian church. Each wooden chair on which the believers sat was made with a different shape and decoration. Undoubtedly the most interesting, however, are the murals. All images are painted by local artists, with natural dyes derived from plants. Directly on the clay plaster. The scenes look more like children's books than church murals. You can see how, according to the imagination of the locals, sinners are punished. The adulterer with a stone around his neck, the liar hanged on his tongue, sinners in cauldrons, the hand of God holding the scales of justice.

THE VILLAGE OF MANDRITSA-ARCHITECTURE

In the most extreme eastern parts of the Rhodopes, near the town of Ivaylovgrad, is nestled a unique village for Bulgaria - Mandritsa. It impresses with its architecture - large and spacious houses built of brick. The village speaks an unusual language for our country - archaic Albanian. The history of this village dates back to 1636. The village impresses with its authentic architecture, old-fashioned spirit, suitable for filming. Local legend has it that the village was founded by three Orthodox Albanian brothers. They were large pastoralists obliged by Bey Ali Pasha to supply the Ottoman army with milk, meat and other foodstuffs. For each sheep they receive one penny. As a token of gratitude for their faithful service, the commander allowed them to tour the entire Edirne province to find a suitable place to settle with their families and herds. He promises them as much land as they can walk around the herds from sunrise to sunset. Over time, Mandritsa grew, with more and more Albanians emigrating from their homeland. They bring with them their language, way of life and culture. They are building large brick houses in the Greek style, in which animals are housed on the first floor, silkworms on the second floor, and people living on the third floor. They make the village part of the silk road by producing one of the highest quality silk seeds in our lands. The architecture of the buildings in the village is impressive. There are two churches in the village. The Holy Sunday Cemetery is a small one-nave building built in 1708 - one of the oldest churches in the Rhodopes. The village church "St. Dimitar", built in 1835, is a three-nave pseudo-basilica of masonry with a wooden roof.

The area around the village of Mandritsa is very interesting.

Wildlife, beauty, silence. The meanders of the White River are very close - a protected area where rare animals and plants are found. The deserted roads and paths are suitable for cycling, and many ancient, cultural and religious sites are nearby. In 2004 the village of Mandritsa was included in the tourist route "Cultural and historical mysteries of the Eastern Rhodopes".

BUBARSKA FARM BUBOLINKA

In the Rhodopes, sericulture penetrated from Edirne, first spreading to Ivaylovgrad and then to Svilengrad. The main trade relations are with Edirne and Soflu. This traditional livelihood has had a serious impact on the architecture of the region. The so-called The Beetle House has a specific planning scheme related to the combination of living and working activities. Bubolinka Silk Farm is located in a 200-year-old house in the village of Mandritsa. Years ago, sericulture was a well-developed industry in our country. It has been practiced in remote areas of the country where livelihoods are limited. Thus, the people in the villages had a source of income, respectively an incentive to stay in their native places.

DAY 2

MUNICIPAL HISTORICAL MUSEUM-IVAYLOVGRAD

The Municipal History Museum is housed in the building of the former city bath, which is a picturesque white building, restored by the municipality of Ivaylovgrad in 2009. Now it houses the collections dedicated to the archaeological, cultural and historical heritage of Ivaylovgrad. The old name of the town is Ortakoy, which means "village in the middle". The heritage of Ivaylovgrad is represented by many valuable finds from antiquity, the Middle Ages, the Ottoman period, the Russo-Turkish War of Liberation, as well as icons, old photos and maps and preserved objects from the life of the Rhodopes.

ETHNOGRAPHIC MUSEUM "PASKALEVA KASHTA" - IVAYLOVGRAD

Pascal's house is a typical silkworm's house from the end of the 19th century. It is an architectural monument of culture. It is made of adobe, welded clay, plastered on the outside with lime. The ground floor has been turned into a silkworm's hall, at the southern corners of which are wooden wooden siders. The salon exhibits folk costumes, tools, technology for breeding beetles, silk threads and products. The south facade is complete with windows with wooden shutters. On the walls under the windows are wooden mattresses with mattresses and pillows, covered with home-woven mattresses and white tablecloths trimmed with lace. This room has a deep built-in closet for bedding and carpets. Here is the small table on which the bowls for fig jam and the coffee tray are placed. Above it is the iconostasis, decorated with carvings. Next to the door is a small semicircular niche, where a lamp with colored glass and paintings, bought from Edirne - the dignity of every wealthy family.

PROTECTED LOCATION "HOLE"

It was declared a protected area in 1992. and is one of the smallest in the country with only 6.5 ha. The area includes the natural landmark precipice cave.

The protected area is in close proximity to Ivaylovgrad. It is accessible on foot and by vehicle. It is located above the city and overlooks Edirne and the villages in the valley. Its name is given by the abyss cave of the same name. It is not designated for people to visit. In a small area there is a mosaic of dry vegetation on calcareous terrain. The entrance to the cave is located next to the alley crossing the park. It is fenced to prevent persons from entering it. The cave is dry, one-storey and unbranched. It is formed in limestone rock and is diaclose. Its depth is about 8 meters and is about 32 meters long. It was first mapped by Boris Kolev and members of the Haskovo Speleological Society "Aida" on September 3, 1971. The fauna was first studied by Boyan Petrov and Stoyan Beshkov in April 1992. It was found that it is inhabited by 4 species of bats, including large, small and southern horseshoe

bat and cave long-winged. In the past, they probably formed a large colony, but today, due to frequent disturbances and the proximity of the alley to the cave entrance, it is inhabited only by single specimens.

FLORA

The flora is rich and includes over 350 species. The territory of the protected area is small, but characterized by a great variety of vegetation, grown on a limestone base. It is represented by a coniferous mixed deciduous forest of hornbeam, sagebrush, hairy oak, shrubs of the same species and red juniper, dracaena, jasmine, small meadows with sadina, Welsh fescue, fibrous koilo, beautiful koilo, bezlimza and rich herbivorous, aromatic herbs and semi-shrubs. Part of the territory is afforested with black pine. The species from the Red Book of Bulgaria that grow here are over 10. These are Thracian wild wheat, one-color horseshoe, yellow lesson, baldenza lesson, southern chapel, delicate micropirum, prickly palenis, and orchids underdeveloped limodorum, butterfly salep. There are 13 more species of orchids, among which the two-horned and spider bees, the perch and the pyramidal anacamptis are protected.

Fauna

The cave of the same name was found to be inhabited by 4 species of bats, which in the past probably formed a large colony, but now due to the frequent concern of people, the cave is inhabited only by single specimens. In the protected area there are the great crested newt, Crimean lizard, green lizard, colorful dragon, great archer. Among the birds there are a great white-tailed nettle, an auliga, a small olive mockery.

VILLA ARMIRA

One of the most interesting monuments from the era of the Roman Empire - Villa "Armira" is located in southern Bulgaria, 4 km southwest of Ivaylovgrad. In 1964, during the construction of a dam, the builders accidentally came across traces of an ancient building. Subsequent archeological excavations have uncovered the remains of a suburban villa from the period of Roman rule in our lands. It became popular

under the name Villa "Armira", after the name of the small river, a tributary of the river Arda, on the banks of which it was built. The villa is luxurious, with a remarkable layout, lavish marble decoration and original floor mosaics. It is one of the earliest and most accurately dated villa complexes from Roman times, studied so far in Bulgaria, and the richest private palace from this period, discovered in today's Bulgarian lands. It was built in the second half of the 1st century AD. by a prominent Thracian aristocrat as the center of a large landed estate in the valley of the Armira River. On an area of 3600 square meters, among a beautiful garden for walks, stood an impressive two-storey residential building with a panoramic terrace and a significant number of different rooms, enclosing in the form of the letter "P" outdoor pool in the middle. There were 22 rooms on the first floor alone.

Over time, the villa became narrow for its owners and at the beginning of the III century was expanded to the east with the construction of a spacious guest room - triclinium, and service rooms to it. In part of the building there was a Roman heating system - hypocaust, traces of which can be seen today.

As early as the first half of the 2nd century, a studio for artistic processing of white marble mined in the vicinity of Villa Armira was established. school in the world. Thanks to them, the villa gradually acquires the splendor and splendor of a real palace of the Roman Empire. The entire first floor was lined with perfectly made marble slabs and panels. They covered the walls of the corridors and all the representative rooms from floor to ceiling, as well as the pool itself, around which there was a wall colonnade and a beautiful fence. During the excavations almost 3000 fragments of marble were found in very good condition.

In terms of volume, variety and quality of marble decoration, Villa Armira remains the only such monument not only in today's Bulgarian lands, but also within the former Roman provinces of the Balkans, and its wall decoration makes it a unique monument of ancient architecture and art.

The floors of all rooms and corridors were covered with highly artistic mosaics with traditional motifs for ancient painting. Especially valuable is the mosaic from the master bedroom, at the northern end of which is a portrait of the owner from the

first half of the II century with his two children - the only portraits on a mosaic from the Roman era found so far in Bulgaria.

Of particular interest is the later mosaic of the triclinium (early III century), with an image of Medusa Gorgon - a symbol that is repeated many times in the decoration of the villa. This is the largest mosaic find in Bulgaria in terms of quantity and variety, exceeding in volume all other mosaics discovered in today's Bulgarian lands.

After nearly 300 years of prosperity, in the second half of the IV century. Villa Armira was set on fire and looted. Its destruction is associated with the great devastation of the vicinity of Adrianople in 378, when the Roman army under the command of Emperor Valens (364-378) was defeated by the Goths.

The villa has been declared an architectural monument in issue 67 of the State Gazette of 1968r.

3 DAYS

DASIU SQUARE WITH IMPRESSIVE TRAILS AND TECHNOLOGICAL ELEMENT "SUN TREE"

The center of public life in the city is its central square. On one side it is decorated with the bust of George Statatos, a fighter against national resistance, and in its center rises the impressive statue of Ecumenical Patriarch Cyril VI, who was hanged in 1821 in Adrianople. Recently, the restoration of the square, which initially provoked strong reactions from both professionals and some residents, has finally been completed, and the new square is now colorful, with an impressive fountain, although some say it is a bit ugly.

ORESTIADA HISTORICAL AND FOLK MUSEUM

The museum has exhibited historical and folklore materials from Eastern Thrace, Eastern Rumelia and Western Thrace, from the period 1800-1950, mainly authentic rural and urban traditional Thracian costumes, church vessels, agricultural and professional instruments, musical instruments and household items. The most important exhibits are the traditional Thracian costumes and the most important activities of the Society are periodic exhibitions, cultural events and the implementation of educational programs. The purpose of the

	<p>museum is for visitors, locals and foreigners to learn more about the history of the region, their eradication from unforgettable homeland, the way of life of the first refugees in the new Orestiada, local tradition and the means used to defend the difficulties of their first relocation.</p> <p>The museum exhibits historical and folklore material from Eastern Thrace, Eastern Rome and Western Thrace from the period 1800-1950. In particular, the museum has authentic rural and urban traditional costumes of the Thracians, church utensils, agricultural and professional instruments, musical instruments and household items. The most important exhibits of the museum are the traditional Thracian costumes, and the most important activities of the Museum Association are periodic exhibitions, cultural events and the functioning of educational programs. The purpose of the museum is to help local and foreign visitors learn about the history of the area, the way of life of the first refugees from Nova Orestiada, the traditions of the area and the means they used.</p> <p>GAME FARM IN PENTAPHOLUS</p> <p>Eurothirama is a private farm where deer, wild boar and pheasants breed freely in large quantities. The complex has a restaurant, guest houses and a summer cafe by the pool. Most of the farm is a wide open space that allows visitors to observe the animals in their natural environment and enjoy the warm hospitality as well as many local traditional foods and beverages. In the complex you can try fresh traditional venison stews, wild boar barbecue dishes and pheasant dishes, along with home-made wine or brandy. In the cold months, food can be tasted by the fireplace, and in the warmer months in the outdoor garden or by the pool. Only local organic ingredients are used for food preparation. The farm was opened in 1997 as a game breeding station.</p>
<p>Description of at least 1 game or activity</p>	<p>RECREATION OF "SEAT"</p> <p>In the yard of the church "St. Martyr Dimitar "in the village of Lozen is a recreated place with household elements for a sitting. Chairs or benches are arranged. Household items that will be used in the restoration are arranged. There are several places for various activities: embroidery, spinning, carrying</p>

	<p>water with mints and knitting. Bulgarian folk music sounds.</p> <p>Upon entering the churchyard, each participant draws a sheet on which it is written in which activity he will participate and accordingly takes his place in the separate area of his chosen activity.</p> <p>The leader of the group provides information about the village, the church, the activities of the residents of the village of Lozen to preserve and promote Bulgarian folklore and traditions. For the fact that the community center promotes the traditional ritual, which is recreated with the participation of all present.</p> <p>General information about the seat is given. It explains what the activities of the sitting are and how they are performed:</p> <ul style="list-style-type: none"> -Embroidery - The process used to adjust, patch, repair and strengthen the fabric promotes the development of sewing techniques, and decorative sewing options lead to the art of embroidery. Embroidery in various forms has existed since man began to produce fabric. Today, embroidery is practiced all over the world, but is believed to have originated in China and the Middle East. The word embroidery comes from the French word "broderie", meaning decoration. There are plenty of symbols in our national embroidery. They are designed to appease and ward off evil forces and diseases, for healing, against lessons and evil eyes. They are also believed to bring fertility to women, fertility in the field and the health of children. With them, every shape, every color and every motif has its place and meaning. Placed on clothes, festive or weekdays, as well as on home decorations, they fulfill their purpose. In the past for faith and hope, and today - as a source of beauty and unique aesthetics, characteristic of Bulgarian life and soul. - Spinning - Spinning is an old hand-made technology for forming yarn into wires for weaving and knitting. A spur, spindle and vertebra are used. - Knitting-Knitting is a method of making textiles using yarn and needles. Knitted fabric consists of successive rows of loops called stitches. As each row progresses, a new stitch is pulled over an existing stitch. The finished stitches are strung on the needle while other stitches are passed through them. This process ultimately creates a fabric often used for different types of clothing.
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- Carrying water with menci- According to the folk order, what for the man is the ax, for the woman is the rocker. In other words - an assistant in certain activities, but also a means of protection. An invariable and obligatory attribute of young girls and brides, the rocker is present as a ritual object in many rites and customs. The wooden device for carrying water has long been obsolete, becoming part of ethnographic exhibitions. Although rare, today the rocker can be seen in some rural houses - in the vectors that people keep with nostalgia. But anyone who tries to carry water or things in denques with it (as they once did) will be convinced of its perfect shape. The long short tree has two curves. At the ends are recesses in which the handles of wooden buckets, mints or metal buckets are attached. The fulcrum is in the middle. Placed on the human shoulder, the rocker makes the load lighter and more comfortable to carry. It is only necessary that the load in both vessels is the same. In the past, only women carried water with a rocker. When it was necessary for men to cancel them, they did it by hand - with a buckle or other suitable vessel. A man who carries water with a rocker loses all dignity. It is even worse if he "ate the rocker" - ie a woman beat him. He was then exposed to great ridicule in the community. According to traditional beliefs in our country, the rocker protects girls and brides from dragons and fairies. Mythical creatures inhabit springs, rivers, lakes and the areas around them. They have filled all the meadows and mustaches - both during the day and at night. If the girl and the bride go there even during the light part of the day, they are in danger. Especially the "more respectable" (more beautiful) can have great misfortunes. But if they wear a rocker, the fairy and the dragon are powerless. "With the rocker every woman feels protected" - say the first Bulgarian ethnographers, describing customs and beliefs. The purpose of the rocker to protect and defend, as well as its constant application in traditional life, have given it a place of honor in rituals for marriage, health, treatment and prevention of bad influences. It is believed that the rocker made of oak, maple, ash and hornbeam has more power. The qualities attributed to these trees are also transferred to the rocker made by them. It is considered to be the best of hornbeam. At one of the wedding customs, the bride goes to the well to bring

	<p>water to pour for the father-in-law and mother-in-law for ritual washing. In this action, the water must be brought with her new rocker. Divination of the rings, wearing the colored or silent water of St. George's Day and many other holidays and customs cannot pass without the "special participation" of the rocker. And another curious detail: the beautiful curves that outline the shape of the rocker, our people find in the drawing of hills and mountains. There are similar names in many places in our country. An unusual curve of the cornice, created by master Kolyo Ficheto, is also known in the Bulgarian Revival architecture. That's what it's called - "Fichevska rocking chair".</p> <p>Attendees are shown how the activities are carried out as they try to study them.</p> <p>The sitting ends with a demonstration of kneading and rolling bread. The participants are also involved in the kneading and grinding.</p>
<p>Natural interpretation of outdoor and indoor</p>	<p>Participants receive information on orienteering by natural signs. They get acquainted with the interpreter with types of markings and opportunities for orientation in the forest of people from the past period - without modern means. They receive information about the eco-trail "Secret Waterfalls" in the village of Malko Gradishte.</p> <p>At the beginning of the route, participants are divided into 2 teams and each group receives a sheet and a pen with a crossword puzzle. The first team to solve the crossword puzzle receives a second logical task sheet. The team that first solved the crossword puzzle and the logical task continues to the Secret Falls. After the end of the route there will be lunch in the open air. Participants will receive information about keeping nature clean and caring for it.</p> <p>On the second day of the route a visit to the natural locality "Dupkata" in Ivaylovgrad is planned. After the presentation of the basic information about the site, 2 games are planned, which will be held near the site, outdoors. For this purpose, the participants will be divided into two teams and each team will receive a sheet with a puzzle and a pen and a sheet with the game "Arrange the letters - find the type.</p> <p>Both the winners and the losers will receive prizes on both days of the route.</p>

Description of the route	<p>DAY 1</p> <ol style="list-style-type: none"> 1 Visit to the church "St. Martyr Dimitar "in the village of Lozen - recreating a traditional ritual from the past Sedyanka, which will include participants in the route; 2. Visit to the eco-trail "Secret Waterfalls" in the village of Malko Gradishte; 3. Outdoor lunch in nature; 4. Visit to the church in the village of Dolno Lukovo; 5. Visit to the village of Mandritsa - viewing the typical architecture of the village; 6. Visit to a silkworm's house in the village of Mandritsa; 7. Overnight and dinner in the village of Mandritsa or in Ivaylovgrad; <p>DAY 2</p> <ol style="list-style-type: none"> 1. Visit to the Municipal Historical Museum - Ivaylovgrad; 2. Visit to the Paskalev House in Ivaylovgrad; 3. Visit to the Dupkata area; 4. Lunch in a restaurant in Ivaylovgrad; 5. Visit to Villa Armira; 6. Departure for Greece; 7. Visit to the colorful Dasio Square, with the impressive fountain technological element "Sun Tree"; 8. Accommodation in a hotel in Orestiada; 9. Dinner at a Greek fish restaurant; <p>DAY 3</p> <ol style="list-style-type: none"> 1. Visit to the historical and folklore museum of Orestiada; 2. Visit to the Evrothirama game farm in Pentalofos - 3. Lunch at the game farm; 3. Departure to Bulgaria;
Age of participants	18 + years
Recommended number of participants:	Up to 30 participants
Recommended time: / duration /	<p>Three-day route with 2 nights in Ivaylovgrad and in the area of Orestiada:</p> <p>Day 1 -Lyubimetz Duration-about 5 hours and a half;</p> <p>Day 2 Ivaylovgrad Duration - about 4 hours</p>

	Day 3 Orestiada Duration - about 3 hours
Objectives:	<p>Creation of interest in the historical past, respect for the cultural and historical heritage and natural heritage, desire to preserve and develop it.</p> <ul style="list-style-type: none"> -Provided an opportunity for expression and inclusion of each participant in games and activities. -Improving experiences and raising visitors' awareness of the cross-border region. -Providing support materials to the employees working in the field of tourism from the three municipalities for interpretation of the resources in the region. -Improving the opportunities for presenting information about the region to visitors and tourists
Tasks	<p>DAY 2</p> <ol style="list-style-type: none"> 1. In the yard of the church in the village of Lozen information is provided about what the sitting was, when and how it was held. The purpose of old household items is shown and explained - hurka, spindle, wool, needle, fabric and threads for embroidery, knitting needles with yarn, coins for carrying water or others. Demonstration of "carrying water with menci" and an opportunity to try to do it yourself. / As a possible option / They are told about typical Thracian dishes and demonstrated kneading and grinding. 2. Provision of information about the eco-trail "Secret Waterfalls" in the village of Malko Gradishte On the way to it is carried out:- Orienteering. They get acquainted with the interpreter with types of markings and opportunities for orientation in the forest of people from the past period - without modern means. Placing message boards; <ul style="list-style-type: none"> -Solving a thematic crossword puzzle; -Solving a thematic logical problem 3. Providing lunch outdoors in nature 4. Providing information about the church in the village of Dolno Lukovo - 5. Providing information about the village of Mandritsa and the typical architecture of the village 6. Providing information about a silkworm's house in the village of Mandritsa 7. Providing accommodation and dinner in the village of Mandritsa or in Ivaylovgrad

	<p>DAY 2</p> <ol style="list-style-type: none"> 1. Providing information about the municipal historical museum-Ivaylovgrad 2. Providing information about Paskalev's house in Ivaylovgrad 3. Providing information about the Dupkata area. On the way to it is held: <ul style="list-style-type: none"> -Solving a riddle -Sort letters - find the animal species -Playing signs with messages; 4. Providing lunch in a restaurant in Ivaylovgrad 5. Providing information about Villa Armira 6. Departure for Greece 7. Providing information on the colorful Dasio Square, with the impressive fountain technology element "Sun Tree" 8. Accommodation in a hotel in Orestiada 9. Dinner at a Greek fish restaurant <p>DAY 3</p> <ol style="list-style-type: none"> 1. Providing information about the historical and folklore museum of Orestiada 2. Visit to the Evrothirama game farm in Pentalofos - 3. Lunch at the game farm; 4. Departure to Bulgaria
<p>Necessary materials and aids</p>	<ul style="list-style-type: none"> ➤ Old household items - hurka, spindle, wool, needle, fabric and thread for embroidery, knitting needles with yarn, rockers, water-bearing coins or others. ➤ Materials and devices for kneading and grinding / tray, rolling pin, bowl, flour, water, yeast, eggs, etc./ ➤ Worksheets with logical task ➤ Sheets of paper with a crossword puzzle; ➤ Pens; ➤ Sheets of paper to solve the puzzle ➤ Sheets of play paper "Sort the letters - find the animal species Prizes for winners and losers of the Games in the area "Secret Waterfalls" ➤ Prizes for winners and losers in the Games at the "Hole" area. ➤ Message boards ➤ Laser pointer

	<ul style="list-style-type: none"> ➤ Color images of orchids ➤ Color images of bats
<p>Activities of the interpreter:</p> <ul style="list-style-type: none"> ➤ Introduces the group and presents the program; ➤ Presents the rules for movement and safety of the participants; ➤ Provides basic information about the municipalities included in the route and what they observe and is the subject of current activities; ➤ Organizes the games - gives instructions and guides them; ➤ Guides the participants along the route and is responsible for their behavior and safety. 	<p>Activities of the participants:</p> <ul style="list-style-type: none"> ➤ Observe the order and safety rules established by the interpreter; ➤ Participate in the games suggested by the interpreter; ➤ Discuss and give suggestions for the course and pace of movement and the possible enrichment of activities; ➤ Appropriately evaluate the program in terms of attractiveness, usefulness, feasibility, adequacy of the age group of participants.

**DETAILED DESCRIPTION OF THE SYNERGY ROUTE
with participants aged 18 + years**

Given the international epidemic situation related to COVID-19, not all border crossings are open for crossing. Since the beginning of the epidemic, for most of the year, the Kiprinos-Slaveevo border checkpoint has been closed to both sides of the border. An option for traveling to Greece is through the KP Voyvoda checkpoint - Ormenion border checkpoint. 2 variants of the Synergy route have been developed, depending on which border checkpoint will be passed.

OPTION 1 - passing through the Kiprinos-Slaveevo border checkpoint

The beginning of the first day of the route is scheduled to start at 10:00 from the town of Lyubimets. The assembly point is on the square in front of the community center. Departs for the village of Lozen, located 7 km. From the town of Lyubimets.

In the yard of the Church "St. Martyr Dimitar "in the village of Lozen, a place has been prepared for the reconstruction of the seat. Chairs or benches are arranged. Household items that will be used in the restoration are arranged. There are several places for various activities: embroidery, spinning, carrying water with mints and knitting.

Bulgarian folk music sounds.

Upon entering the churchyard, each participant draws a sheet on which it is written in which activity he will participate and accordingly takes his place in the separate area of his chosen activity.

The leader of the group provides information about the village, the church and the custom. General information about the seat is given. It explains what the activities of the seat are and how they are performed. Attendees are shown how the activities are carried out as they try to study them. The sitting ends with a demonstration of kneading and rolling bread. The participants are also involved in the kneading and grinding.

The duration of the activity is about 1 hour and is expected to end around 11:00.

At 11:00 the group departs from Lyubimets / from the parking lot to the municipality / with organized transportation to the village of Malko Gradishte. The distance from the town of Lyubimets to the village of Malko Gradishte is 22 km. Getting there takes about 30 minutes.

At 11:30 the participants are in front of the church "St. Athanasius" in the village of Malko Gradishte. From there the beginning of the route begins.

Participants receive information on orienteering by natural signs. They get acquainted with the interpreter with types of markings and opportunities for orientation in the forest of people from the past period - without modern means. They receive information about the eco-trail "Secret Waterfalls" in the village of Malko Gradishte. Each participant receives a sheet and a pen with a crossword puzzle and a task to answer the questions and find the key concept in the crossword puzzle. /Application 1/

Everyone who solves the crossword puzzle receives a worksheet / Appendix 2 /. All participants receive prizes.

The end of the activity is expected around 12:30. After the end of the route there will be lunch in the open air.

Participants will receive information about keeping nature clean and caring for it. After lunch, they clean the place and put up signs with the message "Please love nature. Garbage in the bag."

Lunch ends at 13:30 and follows departure for the village of Dolno Lukovo, Ivaylovgrad municipality. The distance to it is 75 km. Getting there takes about 1 hour and 30 minutes or until 15:00. It is possible to take a break in the middle of the trip at the dam wall of the Arda River.

Arrive in the village of Dolno Lukovo at 15:00. Until 15:30 the church in the village is viewed. Basic information is provided.

At 15:30 we leave for the village of Mandritsa, which is at a distance of 7 km and can be reached in about 10 minutes.

At 15:40 we arrive in the village of Mandritsa. Basic information is provided by the guide about the history of the village and its architecture. Next is a walk in the village and a tour of the typical village houses. This lasts until 16:20.

At 16:20 a silkworm farm in the village of Mandritsa is visited and visited. The visit lasts until 17:00.

At 17:00 he left for Ivaylovgrad. The distance to it is 20 km and takes about 25 minutes. Arrive in Ivaylovgrad around 17:30. Followed by hotel accommodation and free time to explore the city.

Dinner is provided at a local restaurant at 19:00.

The second day begins with breakfast provided for all participants.

At 10:00 a visit to the Municipal History Museum-Ivaylovgrad is planned, in which the participants, in addition to the basic information from the guide, will also receive a talk and visit the museum. This activity will end around 10:30 p.m.

At 10:30 the participants visit the ethnographic museum "Paskalev House" in Ivaylovgrad. Apart from the basic information from the guide, the participants will also receive a talk and a tour of the house. This activity will end around 11:00.

At 11:00 the participants with organized transport will go to the protected area "Dupkata" located near Ivaylovgrad. The movement to it is organized transport.

Each participant receives a sheet and a pen puzzle. The task is: To find 12 animals and plants in the puzzle, looking in different directions - horizontally, vertically. **"/ Annex 3 /**

Everyone who solves the puzzle gets a worksheet with a set of letters. The task is: To find the names of animals and plants by shifting the letters. Game "Sort the letters - find me" **/ Appendix 4 /**. Participants put up signs with the message "Please love nature. Garbage in the bag."

The activity ends at 12:00.

From 12:00 to 13:00 lunch is scheduled at a local restaurant in Ivaylovgrad.

At 13:00 the participants visit the villa "Armira". Apart from the basic information from the guide, the participants will also receive a talk and a tour of the villa. This activity will end around 14:00.

At 14:00 the participants with organized transportation will go to the neighborhood "Slaveevo" located about 5 km from the city center. There is a checkpoint through which they will pass to Cyprus in Greece.

In the afternoon he left for Orestiada. The distance from Ivaylovgrad to Orestiada is 45 km and takes about 50 minutes. Arrival in Orestiada is expected to arrive around 14:00.

At 15:00, participants will visit and explore the colorful Dasio Square, with the impressive fountain and the technological element "Sun Tree". They will receive basic information about the square, the city and its sights. This activity will end around 3:30 p.m.

Followed by hotel accommodation and free time to explore the city.

Dinner is provided at a Greek fish restaurant at 19:00.

The third day begins with breakfast provided for all participants.

At 10:00 a visit to the Historical and Folklore Museum of Orestiada is planned, in which the participants, in addition to the basic information from the guide, will also receive a talk and visit the museum. This activity will end around 11:00.

At 11:00 we leave for Pentalofos, where we will visit the Evrothirama game farm, which is 48 km away. Arrival at 11:40. It is planned to inspect the farm until 13:00

From 13:00 until 14:00, lunch is provided at the Evrothirama game farm

At 14:00 departs for Bulgaria through the checkpoint Ormenion-Checkpoint KP Voyvoda, located about 22 km and takes about 25 minutes or to the checkpoint Kiprinos-Checkpoint Slaveevo, which is about 20 km and takes about 20 minutes. / Given the KOVID situation, not all border checkpoints are open for crossing /

OPTION 2-with passing through the checkpoint KP Voyvoda - Border checkpoint Ormenion

The beginning of the first day of the route is scheduled to start at 10:00 from the town of Ivaylovgrad

At 10:00 a visit to the Municipal History Museum-Ivaylovgrad is planned, in which the participants, in addition to the basic information from the guide, will also receive a talk and visit the museum. This activity will end around 10:30 p.m.

At 10:30 the participants visit the ethnographic museum "Paskalev House" in Ivaylovgrad. Apart from the basic information from the guide, the participants will also receive a talk and a tour of the house. This activity will end around 11:00.

At 11:00 the participants with organized transport will go to the protected area "Dupkata" located near Ivaylovgrad. The movement to it is organized transport.

Everyone gets a sheet and a pen puzzle. The task is: To find 12 animals and plants in the puzzle, looking in different directions - horizontally, vertically. **"/ Annex 3 /**

Everyone who solves the puzzle gets a worksheet with a set of letters. The task is: To find the names of animals and plants by shifting the letters. - Game "Sort the letters - find me" **/ Appendix 4 /**. Participants put up signs with the message "Please love nature. Garbage in the bag."

The activity ends at 11:30.

At 11:30 the participants visit Villa Armira. Apart from the basic information from the guide, the participants will also receive a talk and a tour of the villa. This activity will end around 12:00.

From 12:00 to 13:00 lunch is scheduled at a local restaurant in Ivaylovgrad.

Lunch ends at 13:00 and follows departure for the village of Dolno Lukovo, Ivaylovgrad municipality. The distance to it is 20 km. Getting there takes about 30 minutes or 13:30.

At 13:30 we arrive in the village of Dolno Lukovo. Until 14:00 the church in the village is viewed. Basic information is provided.

At 14:00 we leave for the village of Mandritsa, which is at a distance of 7 km and can be reached in about 10 minutes.

At 14:40 we arrive in the village of Mandritsa. Basic information is provided by the guide about the history of the village and its architecture. Next is a walk in the village and a tour of the typical village houses. This lasts until 15:20.

At 15:20 a silkworm farm in the village of Mandritsa is visited and visited. The visit lasts until 16:00.

At 16:00 he left for Ivaylovgrad. The distance to it is 20 km and takes about 30 minutes. Arrival in Ivaylovgrad around 16:30. Followed by hotel accommodation and free time to explore the city.

At 19:00, dinner is provided at a local restaurant and overnight at a local hotel.

The second day begins with breakfast provided for all participants.

After breakfast we left for the municipality of Lyubimets.

At 10:00 the group left Ivaylovgrad for the village of Malko Gradishte with organized transportation. The distance from the town of Ivaylovgrad to the village of Malko Gradishte is 50 km. Getting there takes about 1 hour. At 11:00 the participants are in front of the church "St. Athanasius" in the village of Malko Gradishte.

Participants receive information on orienteering by natural signs. They get acquainted with the interpreter with types of markings and opportunities for orientation in the forest of people from the past period - without modern means. They receive information about the eco-trail "Secret Waterfalls" in the village of Malko Gradishte. Participants are given a sheet and a pen with a crossword puzzle. They are tasked to answer the questions and find the key concept in the crossword puzzle. /Application 1/

Everyone who solves the crossword puzzle receives a worksheet / Appendix 2 /. Everyone receives prizes.

The end of the activity is expected around 12:00. After the end of the route there will be lunch in the open air.

Participants will receive information about keeping nature clean and caring for it. After lunch, they clean the place and put up signs with the message "Please love nature. Garbage in the bag."

From 12:00 to 13:00 there is an outdoor lunch in nature.

After lunch he left for the village of Lozen. The distance to it is 15 km, which takes about 20 minutes.

At 13:30 the church in the village of Lozen is visited.

In the yard of the Church "St. Martyr Dimitar "in the village of Lozen, a place has been prepared for the reconstruction of the seat. Chairs or benches are arranged. Household items that will be used in the restoration are arranged. There are several places for various activities: embroidery, spinning, carrying water with mints and knitting.

Bulgarian folk music sounds.

Upon entering the churchyard, each participant draws a sheet on which it is written in which activity he will participate and accordingly takes his place in the separate area of his chosen activity.

The leader of the group provides information about the village, the church and the custom. General information about the seat is given. It explains what they represent and how the activities of the sitting are performed. Attendees are shown how the activities are carried out as they try to study them. The sitting ends with a demonstration of kneading and rolling bread. The participants are also involved in the kneading and grinding.

The duration of the activity is about 2 hours and is expected to end at about 15:30.

Next departure for the town of Lyubimets and accommodation in a hotel.

Free time to explore the city follows.

Dinner is provided at a local restaurant at 19:00

The third day begins with breakfast provided for all participants.

After breakfast he left for the municipality of Greece.

At 10:00 with organized transport the group departs from Lyubimets through the checkpoint KP Voyvoda - Ormenion border checkpoint for Orestiada, Greece.

The distance from Lyubimets to Orestiada is 70 km and takes about 1 hour and 20 minutes. It is planned to arrive in Orestiada around 11:10.

At 11:10 a visit to the Historical and Folklore Museum of Orestiada is planned, in which the participants, in addition to the basic information from the guide, will also receive a talk and visit the museum. This activity will end around 12:00.

At 12:00 the participants will visit and explore the colorful Dasio Square, with the impressive fountain and the technological element "Sun Tree". They will receive basic information about the square, the city and its sights. There will also be a walk in the center of Orestiada. This activity will end around 12:30 p.m.

Lunch is available in a Greek restaurant from 12:30 until 13:30

From 13:30 to 14:30 there is free time to explore the city

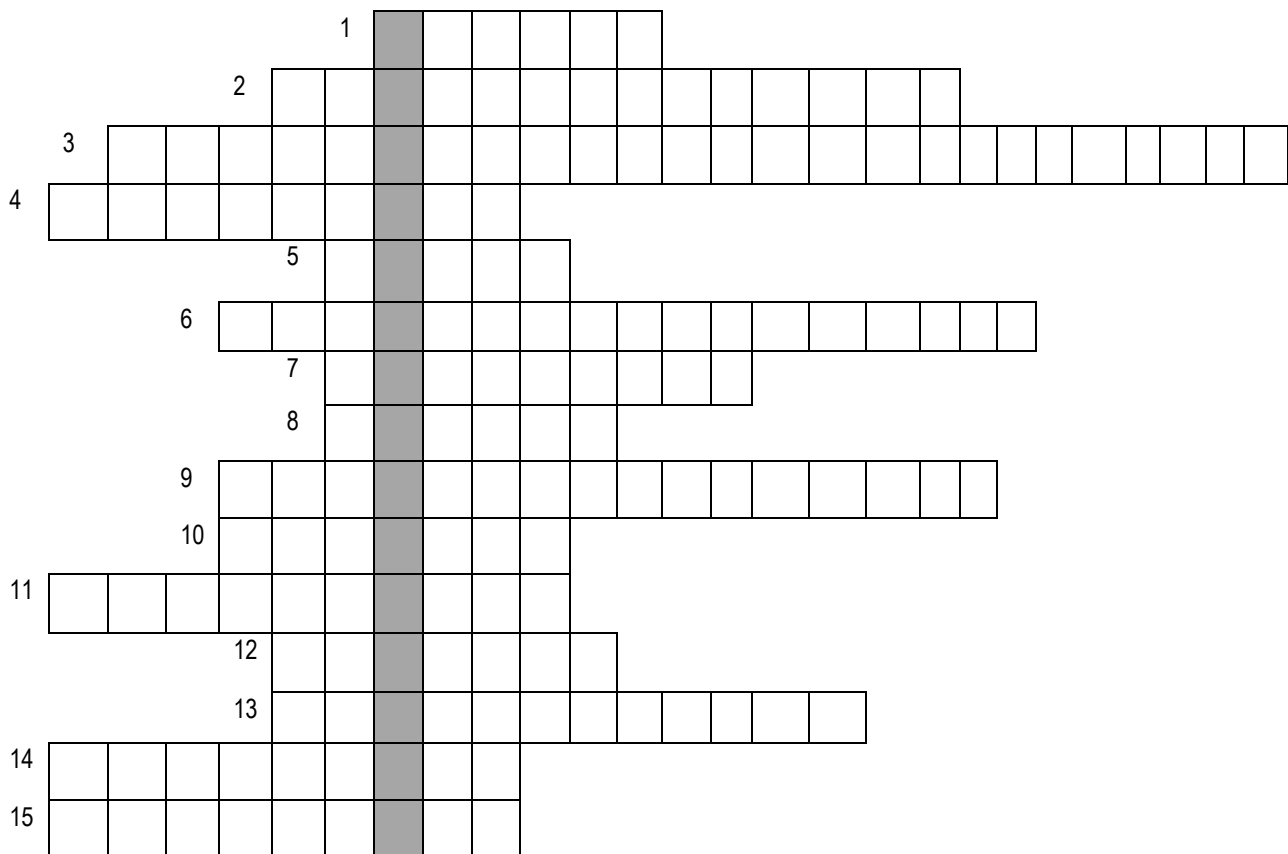
At 14:30 depart for Pentalofos, where you will visit the game farm Evrothirama, which is 48 km away. Arrival at 15:20.

From 15:20 to 16:30 a tour of the Evrothirama game farm is planned

At 16:30 we left for Bulgaria through the Ormenion border checkpoint - KP Voyvoda checkpoint in the direction of Lyubimets and Ivaylovgrad.

APPENDICES:

Application 1



By correctly filling in the crossword puzzle in the shaded boxes, the participants will understand the name of the natural site that is being visited.

To make it easier for participants, they receive a list of 30 plants and animals, 15 of which are included in the crossword puzzle.

Toad, sunfish, Rhodope silivryak, forest lark, Caspian marsh turtle, great olive mocker, newt, jasmine, cinderella, catfish, plane tree, heron, red deer, blue rock thrush, rainforest, little eagle, yellow eagle, yellow , auliga, skobar, muzhdryan, figs, imperial eagle, worm, swallow, perchovka, papunyak, periwinkle, hairy oak, small eagle

1. A species of small-tailed amphibian. The common ones are brown, with a spotted belly, whose main color varies from orange to white. They reach an average length of 8-11 centimeters, with males being larger than females. During the breeding season, the males acquire a brighter color and a visible skin edge (crest) on their backs.

2. *Large herbivorous mammal of the order Hoofed animals. The female is called a hind. It inhabits not very dense deciduous and mixed forests in flat, semi-mountainous and mountainous areas. It feeds on plant food, grass, buds, leaves, twigs, rhizomes and more.*

3. *A species of reptile in the Asian tortoise family. They are distributed in freshwater reservoirs between Central Asia and Turkmenistan. They reach a shell length of about 25 centimeters. They feed on a variety of aquatic invertebrates and plants, the young being mostly carnivores, and with age they begin to eat more plant foods.*

4. *The most common species of the order Tailed amphibians. He is the largest member of the Salamander family. It reaches 15 - 25 cm in length, in rare cases - up to 30 cm. It is black in color with bright yellow spots or stripes, the amount of which can vary - some specimens are almost entirely black, while in others yellow predominates.*

5. *A tree species also called plane tree or apple tree is a genus of angiosperms - deciduous trees. It includes about 10 species of large trees, reaching 30 - 50 m in height. In nature, they are found mainly along river banks and in other wetlands, but it is possible to grow them in drier places.*

6. *A species of water frog that is found in Bulgaria throughout the country. Except in ditches with water, it is found in small swamps and puddles, in semi-dried streams and rivers, rarely in larger bodies of water. It lives both in the plains and in the mountains.*

7. *A species of snake of the Viperidae family, common in the Balkans and parts of the Middle East. It is considered one of the most dangerous European snakes because of its long teeth (up to 13 mm) and relatively strong venom. Reaches a length of 50 - 70 cm, very rarely over 100 cm. The head is triangular in shape and covered with small unevenly spaced scales. At the top of the front shields there is a specific growth ("horn"), which is very easy to recognize. The color is beige to light brown with a dark zigzag stripe on the back.*

8. *A bird, also called a golden spit, is one of the small species in the order Sparrow-like. Body length about 23 cm, wingspan 44 cm and weight about 75 g. The plumage is a beautiful combination of yellow and black, the beak is red. The legs are blue. It can be known for its characteristic short melodic sounds. It is found almost everywhere in Bulgaria. Inhabits the edges of forests, parks, protective belts, vineyards and orchards and places with single trees.*

9. *An evergreen perennial plant known as the "resurrection plant" or the flower of Orpheus. The name "Orpheus Flower" or "Orpheus Flower" is deserved because of a legend that where a drop of blood fell when Orpheus' body was torn, a small blue-violet flower sprouted. Its existence has been found to date back about 25 million years. In Bulgaria it is found on limestone rocks in the area of the Rhodope town of Ardino, along the Arda River, around the Jagodina Cave. It is among the "resurrected" plants can survive three years in a herbarium. The flowers range from pale pink to dark purple in the shape of a funnel.*

10. *Wood species is a type of small ash, very strong wood, used to make hoes for axes, picks, etc. There are white colors. It can reach a height of 20 m and a diameter of 60 cm, but more often remains smaller. Its crown is ovoid, rounded and straight. The bark is smooth and yellowish-brown. The fruit is an elongated nut provided with a wing. In Bulgaria it is found throughout the country up to 1200 m above sea level. This is the most widespread species of this genus in Bulgaria. It grows on rich and fertile, as well as on poor and dry soils. Its leaves are used in folk medicine.*

11. *A bird with body sizes from 72 to 100 cm, and the wingspan is between 190 and 267 cm. Adult birds are dark brown, almost black, with a very characteristic golden color on the back of the head and neck. The main color of the tail feathers is yellowish-gray with dark thin transverse stripes on the tip ending in a dark stripe. Endangered species.*

12. *A bird also called a "gypsy rooster". Prefers semi-desert areas, steppes, meadows, orchards, sparsely dotted areas. September is a month of small groups heading to Africa for winter. It feeds mainly on small invertebrates and mostly locusts, crickets and hogs. As a mostly steppe bird, it sometimes "bathes" in ashes and never in water. A monogamous bird.*

13. *Species amphibian, light green with dark green spots. Very drought-resistant species, found in Bulgaria throughout the country up to an altitude of 1200 m. It feeds on insects, worms, arachnids, snails. It is known to destroy many agricultural pests (Colorado potato beetles, cabbage caterpillars and others).*

14. *Species of deciduous tree of the Beech family, genus Oak. It is up to 20 m high. Young twigs and buds are densely hairy, the leaves are highly variable in shape and size, up to 10 cm long. The acorns are seated.*

15. *A bird of the family of small birds of the order Passeriformes. They are extremely fast and maneuverable pilots who develop speeds up to 120 km / h. A migratory bird wintering in Africa. They feed on insects that hunt in the air. Their backs are black with a metallic sheen, and the entire lower side of the body is white.*

Answers:

а	к	с	н	к	е	о	р	х	и	д	е	я	в
к	е	л	я	в	г	а	б	ъ	р	о	н	д	ч
о	х	а	н	в	м	е	у	и	ш	п	о	б	е
к	п	м	у	ш	м	у	л	а	г	а	т	в	р
о	т	н	л	д	д	з	р	ф	п	у	о	ж	е
т	о	р	у	к	и	в	е	т	р	н	г	о	н
р	и	з	п	ъ	с	т	ъ	р	с	м	о	к	б
и	к	г	а	р	л	л	а	я	г	в	н	в	о
т	п	ж	в	т	ч	к	р	в	е	о	а	и	р
о	и	ч	е	ъ	ф	х	п	р	л	о	с	г	к
н	р	е	ц	т	ц	е	р	в	и	к	ъ	т	а
т	е	р	д	щ	ъ	р	к	е	л	о	с	о	в
а	н	в	х	р	п	и	я	о	р	ж	ъ	г	ъ
д	ъ	е	в	е	с	н	и	ц	а	т	н	к	з
е	и	н	щ	к	с	д	з	г	л	т	к	о	т
ц	с	а	о	з	м	и	е	г	у	щ	е	р	к
а	о	х	ж	о	щ	с	м	а	т	к	о	х	ш
р	з	в	а	р	ъ	м	б	а	р	в	я	и	ж
с	о	о	с	и	а	г	к	р	р	б	р	д	й
к	я	й	м	п	и	й	с	к	о	а	к	с	к
и	ж	н	и	м	о	р	и	о	г	з	о	к	е
о	т	а	н	а	г	у	н	ж	а	я	т	и	к
р	г	т	ш	а	р	а	н	в	ч	ц	я	д	а
е	а	м	о	р	ф	е	й	д	а	г	о	ж	к
л	о	ж	п	ъ	с	т	ъ	р	п	о	р	е	х
е	у	з	м	и	о	р	к	а	т	г	п	л	б

Answers:

а	к	с	н	к	е	о	р	х	и	д	е	я	в
к	е	л	я	в	г	а	б	ъ	р	о	н	д	ч
о	х	а	н	в	м	е	у	и	ш	п	о	б	е
к	п	м	у	ш	м	у	л	а	г	а	т	в	р
о	т	н	л	д	д	з	р	ф	п	у	о	ж	е
т	о	р	у	к	и	в	е	т	р	н	г	о	н
р	и	з	п	ъ	с	т	ъ	р	с	м	о	к	б
и	к	г	а	р	л	л	а	я	г	в	н	в	о
т	п	ж	в	т	ч	к	р	в	е	о	а	и	р
о	и	ч	е	ъ	ф	х	п	р	л	о	с	г	к
н	р	е	ц	т	ц	е	р	в	и	к	ъ	т	а
т	е	р	д	щ	ъ	р	к	е	л	о	с	о	в
а	н	в	х	р	п	и	я	о	р	ж	ъ	г	ъ
д	ъ	е	в	е	с	н	и	ц	а	т	н	к	з
е	и	н	щ	к	с	д	з	г	л	т	к	о	т
ц	с	а	о	з	м	и	е	г	у	щ	е	р	к
а	о	х	ж	о	щ	с	м	а	т	к	о	х	ш
р	з	в	а	р	ъ	м	б	а	р	в	я	и	ж
с	о	о	с	и	а	г	к	р	р	б	р	д	й
к	я	й	м	п	и	й	с	к	о	а	к	с	к
и	ж	н	и	м	о	р	и	о	г	з	о	к	е
о	т	а	н	а	г	у	н	ж	а	я	т	и	к
р	г	т	ш	а	р	а	н	в	ч	ц	я	д	а
е	а	м	о	р	ф	е	й	д	а	г	о	ж	к
л	о	ж	п	ъ	с	т	ъ	р	п	о	р	е	х
е	у	з	м	и	о	р	к	а	т	г	п	л	б

- | | |
|------------------------|---------------------------|
| 1. Орхидея; | 7. Шаран; |
| 2. Келяв габър; | 8. Змиорка; |
| 3. Мушмула; | 9. Тритон; |
| 4. Пъстър смок; | 10.Царски орел; |
| 5. Щъркел; | 11.Червена хвойна; |
| 6. Змиегущер; | 12.Черен бор |

Annex 4

Arrange the letters - find the names of plants and animals by rearranging the letters

1.

нрамя	м				
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2.

рноуг	г				
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3.

крошвийъат	в			т		ш				
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4.

къмла мконарор	м				к	к		р					
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5.

карад	д				
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6.

лгелвоба дшялое	б							в	л		ш			
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7.

рузьб	з				
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Answers:

1.

нрамя	м	р	я	н	а
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2.

рноуг	г	о	р	у	н
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3.

крошвийъат	в	ъ	р	т	о	ш	и	й	к	а
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4.

къмла мконарор	м	а	л	ъ	к	к	о	р	м	о	р	а	н
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5.

карад	д	р	а	к	а
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6.

лгелвоба дшялое	б	е	л	о	г	л	а	в	л	е	ш	о	я	д
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7.

рузъб	з	у	б	ъ	р
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