

ICDET INFO-KIT

Sofia, Bulgaria

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ABOUT US - ICDET

The International Centre for Development of Education and Training (ICDET) is a Bulgarian non-profit association based in Sofia, working in education, youth development, training and European cooperation. ICDET promotes learning, intercultural exchange and European values through local and international projects, Erasmus+ activities and non-formal education. Its work includes opportunities for young people, educators, youth workers, VET trainers, adult education professionals and other members of the education community. ICDET also acts as a hosting and coordinating organisation for VET mobilities, school mobilities, staff training and job-shadowing experiences.

ICDET
International Center
for Development of
Education and Training

IMPORTANT INFO

Sofia is the capital and largest city of Bulgaria, combining a historic city centre with a modern European atmosphere. Bulgaria uses the Bulgarian lev (BGN), although card payments are increasingly common. The official language is Bulgarian, while English is widely used in international, educational and tourist environments. The emergency number is 112. Sofia has a continental climate, so visitors should check the weather forecast before travelling and bring comfortable clothing suitable for walking and changing temperatures. Bulgarians are generally welcoming and friendly, and learning a few Bulgarian expressions can be a fun way to connect with local people.



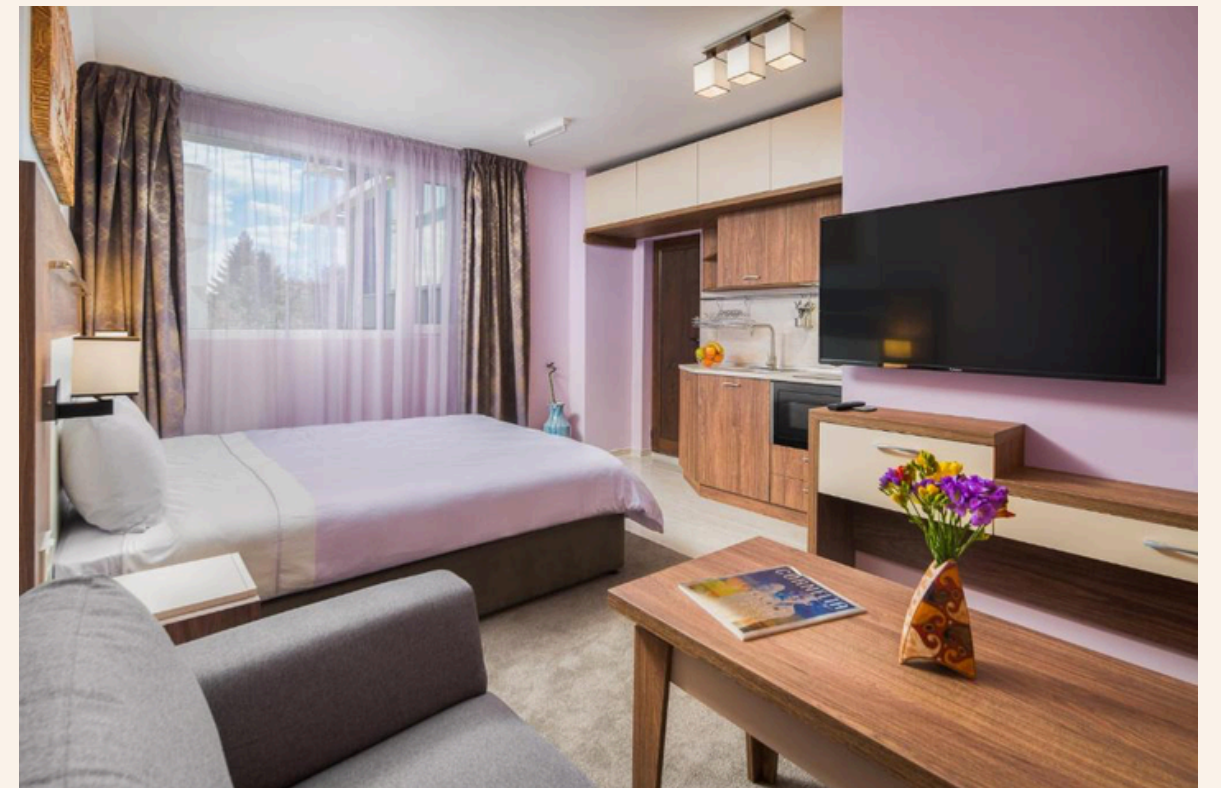
MEANS OF TRANSPORT

Sofia has an extensive public transport network including metro, buses, trams and trolleybuses, so you can easily explore the city without a car. The metro is especially useful for travelling between Sofia Airport and the city centre. For planning your journey, Google Maps is a convenient option for checking routes and walking connections, while Moovit can be useful for combining metro, bus, tram and trolleybus routes.

For official public-transport information, use the Sofia Urban Mobility Center (UГM) resources, which provide route, stop and timetable information, including real-time updates and vehicle positions.

ACCOMMODATION

- <https://www.booking.com/Share-MDyaiD0>
- <https://www.booking.com/Share-o5ky56>
- <https://www.booking.com/Share-H6FM4z>
- <https://www.booking.com/Share-3tOA35>
- <https://www.booking.com/Share-gaPgBx7>



LOCAL TIPS

Sofia offers an interesting combination of traditional Bulgarian culture, modern cafés, international restaurants and lively public spaces. Take time to explore the city centre, visit a local bakery or market and try traditional Bulgarian food. Some specialities to look for include banitsa, shopska salad, Bulgarian yoghurt, grilled meats and local pastries. Sofia also has a growing café and restaurant culture, with many affordable options for students and international visitors.



POINTS OF INTEREST



ALEXANDER NEVSKY CATHEDRAL

One of Sofia's most recognisable landmarks and one of the city's most important Orthodox churches.



SAINT GEORGE ROTUNDA

An ancient Roman building located in the heart of modern Sofia, surrounded by remains of the city's Roman past.



ST. SOFIA CHURCH

One of the oldest churches in the city and the building that gave Sofia its name.



SERDIKA ANCIENT COMPLEX

Discover the archaeological remains of ancient Roman Serdica beneath the modern city centre.



BANYA BASHI MOSQUE

A historic mosque located near the central mineral baths.



VITOSHA BOULEVARD

One of Sofia's main pedestrian streets, filled with cafés, restaurants and shops.

DAY TRIPS

Sofia is an excellent base for discovering Bulgaria beyond the capital. Depending on the time available, participants can visit Plovdiv, with its Roman heritage and charming Old Town; the Rila Monastery, an important cultural and religious landmark surrounded by spectacular mountain scenery; or Veliko Tarnovo, famous for its medieval history and impressive Tsarevets Fortress. These destinations offer a great combination of history, culture, architecture and nature.



LANGUAGE TIPS

Greetings

Здравейте! (Zdraveyte!)
Hello!

Добро утро! (Dobro utro!)
Good morning!

Довиждане! (Dovizhdane!)
Goodbye!

Благодаря! (Blagodarya!)
Thank you!

Моля! (Molya!)

Please / You're welcome.

Извинете! (Izvinete!)
Excuse me!

Getting around

Къде е метрото? (Kăde e metroto?)
Where is the metro?

Къде е гарата? (Kăde e garata?)
Where is the railway station?

Колко струва? (Kolko struva?)
How much does it cost?

Useful

Да - Yes

Не - No

Добре - OK / Good

Помощ! (Pomosh!) - Help!