



trainee's
2010 guide
banja luka

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WELCOME!

Dear Trainee

Let's have a good time! Just relax and enjoy because the members of IAESTE Bosnia and Herzegovina are ready to help you spend the greatest summer in your life. We are looking forward to welcome you to our country. Our team consists of student who will do their best to help you. For specific questions and problems you are always welcome to contact us.

Although your practical training is the main reason for your staying here in Bosnia and Herzegovina, you will also have many opportunities to meet new people from countries all around the world and to meet our people who are always in good mood and ready to have a good time. You will also experience our culture and our way of life. We are sure you'll love it!

Banja Luka has a lot of things to offer, so just follow the rhythm of the town. This is a city of young people, which are very kind and friendly.

The aim of this guide is to help you in getting and staying here. We recommend you to read this guide carefully before your departure and bring it with you. It might be useful.

The reception committee will do its best to make sure that your stay in Banja Luka is unforgettable.



IAESTE @ BOSNIA AND HERZEGOVINA

This year will be our 11th year of student exchange through IAESTE program. In the year 2000 IAESTE BiH has started its exchange again, after 8 years of break. The team of students, professors and deans of the faculty, together with the representatives of the industry, make sure that students from abroad get the high quality practical training at some of our companies. In order for the incoming students to feel comfortable and welcome we have the reception team, which takes care of them and carries out the organization of weekend trips and parties.

PRE DEPARTURE INFORMATION visa requirements

For entering Bosnia and Herzegovina you need a passport and you might also need a valid visa, which you can get in Bosnian embassy in your country. If you don't have a Bosnian embassy in your country, you will be able to apply for Bosnian visa in any other country, but more information on this you will get from IAESTE office in your country. All necessary documents for getting visa will be sent to you.

Nationals of the bellow listed countries shall be exempted from visa regime when entering and staying on the territory of Bosnia and

More information about visas and Bosnian embassies abroad, you can find on: www.mvp.gov.ba

- | | | |
|---------------------|----------------------|--------------------------------------|
| 1.Andorra | 19.Croatia | 37.Malaysia |
| 2.Argentina | 20.Ireland | 38.Malta |
| 3.Australia | 21.Iceland | 39.Sovereign Military Order of Malta |
| 4.Austria | 22.Israel | 40.Mexico |
| 5.Belgium | 23.Italy | 41.Monaco |
| 6.Brazil | 24.Japan | 42.Nicaragua |
| 7.Brunei Darussalam | 25.Costa Rica | 43.the Netherlands |
| 8. Bulgaria | 26.Republic of Korea | 44.Germany |
| 9.Montenegro | 27.Canada | 45.Norway |
| 10.Czech Republic | 28.Qatar | 46.New Zealand |
| 11.Chile | 29.Cyprus | 47.Panama |
| 12.Denmark | 30.Kuwait | 48.Paraguay |
| 13.Estonia | 31.Latvia | 49.Poland |
| 14.Finland | 32.Liechtenstein | 50.Portugal |
| 15.France | 33.Lithuania | 51.Romania |
| 16.Greece | 34.Luxembourg | 52.United States of America |
| 17.Guatemala | 35.Hungary | 53.Salvador |
| 18.Honduras | 36.Macedonia | 54.San Marino |
| | | 55.Singapore |
| | | 56.Slovakia |
| | | 57.Slovenia |
| | | 58.the Holy See |
| | | 59.Serbia |
| | | 60.Spain |
| | | 61.Sweden |
| | | 62.Swiss Confederation |
| | | 63.Turkey |
| | | 64.UK |
| | | 65.Uruguay |
| | | 66.Venezuela |

GETTING HERE

First of all, it's not difficult to get here. You can travel to Bosnia and Herzegovina in three ways: by plane, by bus or by train.

by train

By train, Banja Luka is connected only with Sarajevo, Zagreb and Belgrade. The train travels once per day. One way ticket costs about 15-20 €.

Destination	Time table	Time of traveling
belgrade - banja luka	10:20 21:40	9 hours
zagreb - banja luka	08:50 21:25	4 hours
sarajevo - banja luka	10:20 21:20	5 hours

by bus

By bus, Banja Luka is well connected with many european countries. If there is not direct line from your country to Banja Luka, you can use lines to Zagreb, Ljubljana, Sarajevo or Belgrade.

bus station

Ljubljana
Zagreb
Belgrade

website

www.ap-ljubljana.si
www.akz.hr
www.lasta.co.yu

by plane

If you want to use low cost airlines the closest cities where you can get are Ljubljana, Belgrade and Zagreb. From these places you can catch a bus or a train to Banja Luka.

As long as you have given us the correct information about your arrival (in your N5-b form) and sent it on time, we will meet you at the airport or bus/train station in Banja Luka.

If you have any problems when you arrive here, just contact our reception officer (his/her phone number you can find on our web page in contact section; be sure to write it down before you leave your country) and we will come and pick you up. We will then take you to your accommodation.

If there are any problems, don't panic, you can always get to your accommodation using bus No 14b or Taxi. Address of your accommodation you can see below.

ACCOMMODATION

The accommodation is not luxurious, but it is quite cheap. Accommodation for all incoming students is arranged in hotel rooms, where they will be placed together with students from other countries. The name of the hotel is Sama ki hotel. All students will be living together. There are rooms with one, two or three beds and a bathroom, but you have to bring towels. There is one kitchen for several rooms and you can cook for yourself, but don't expect that all dishes will be provided. Bed sheets and pillowcases will be also available, and they will be changed at least three times per month. Beside that cleaning lady cleans room every morning.

The price per month for one person was 185KM last few years. It is necessary to pay for your accommodation in advance (within first 24 hours).

Hotel's address is:

Sama ki hotel
Stefana Prvovjen anog 1,
Banja Luka
Phone: +387 51 436 561

BOSNIA AND HERZEGOVINA

Bosnia and Herzegovina, country in south-eastern Europe, on the Balkan Peninsula, bounded on the north and west by Croatia, on the east by Serbia, and on the south by Montenegro. It has a territory of about 51,129 km² (about 30,677 sq mi). Major cities are: Sarajevo, Banjaluka, Zenica, Mostar, and Tuzla.

population

Before the civil war in the early 1990s, Bosnia and Herzegovina had a population of 4 364 574 (1991). By the time the war ended in 1995, about 3.4 million people were left in the country. Muslims constituted the largest ethnic group, with about 44 percent of the total population. Serbs constituted the second largest ethnic group before the war, with approximately 31 percent of the population, and Croats made up 17 percent of the population.



language

All three ethnic groups speak language formerly known as Serbo-Croatian, which is now split in three languages called Serbian, Croatian and Bosnian. Muslims and Croats use the Latin alphabet, and Serbs use both Cyrillic and Latin alphabet.

government

After the conflicts of the 1990s, a new national constitution was created that specified relations between The Federation of Bosnia and Herzegovina and The Republic of Srpska.

climate

The climate is continental moderate with average 143 rainy days in a year. Banjaluka also has 1821 sunny hours during the year, with average annual temperature of 10,7°C. The lowest ever recorded temperature was -27°C, and the hottest was 41°C. During the summer, temperature varies from 25°C to 35°C.



banja luka
central square

BANJA LUKA

BANJA LUKA, city in northern Bosnia and Herzegovina, is capital of Republic of Srpska. It is the biggest city, economical and cultural centre of the Republic of Srpska and the second biggest city in Bosnia and Herzegovina. Before the war, the area of Banja Luka, which covers 1 239 km², had population of 195 000. Today, the population has reached 250 000.

history

Archaeological localities bearing witness of the ancient inhabitants of the Vrbas river region have been discovered in the broader region of the city. Furthermore, it was on February 6, 1494 that the current name of the town was originally referred to. Around the year of 1580, during the period of the Turkish occupation, Ferhad Sokolovi , pasha, commenced building the old part of the town in the perfect place for a town to be developed, at the spot where Crkvena flows into the Vrbas river.



statue
on the entrance of former SDK

The town was devastated several times during the wars between the Turks and Austrians, and its inhabitants were killed or sent into exile. The year of 1737 was particularly crucial for the town since it was then that the battle for the fortress of Kastel, that turned out to be severely detrimental for both war sides, was fought. It was usually after suchlike raids made by Austrians that the period of different kinds of pestilence would have come forth, out of which the plague was the most horrible one. The one from the 1813-1816 period was horrible in particular since it simply ravaged the town population. With Bosnia-Herzegovina administratively divided into the governmental units of vice vizier in 1851, Banja Luka became a regional administration center. The town had 1 126 houses at its disposal at the time, 103 out of which were in the parts with the Serbian majority. On the basis of the census executed in 1851 the population of the administrative unit of Banja Luka numbered 152 752, 69 266 out of whom were the Orthodox, 48 752 Muslims, and 34 633 the Catholics.

The School of Theology founded by Vaso Pelagi in 1867 was the first important educational institution in the town. Towards the end of the Turkish period in Bosnia the Banja Luka-Gradiška road was built, while the Banja Luka-Dobrljin railway destination line was opened in 1873.

Banja Luka was occupied by Austro-Hungary in 1878 and connected by roads to the towns of Prijedor, Kotor-Varoš and Jajce, along with several railway lines through woodlands that were used for the transportation of the immense wood potential. Brisk trading between the cities of Vienna, Trieste, Prague, Pest and Banja Luka made a great contribution to the financial situation of its executors, offering some new perspectives. The most important events for the development of the town in the Austro-Hungarian period, which was marked by the work of Petar Ko i , a great Serbian writer, were the opening of a big grammar school in 1895 in the field of culture and education, and the construction of the Tobacco factory and «Bosna Holz», a lumber processing enterprise in the field of economy. Besides, the coal mine of Lauš, was being developed to a certain degree as well.



banski dvor

BANJA LUKA

During the short period of the reign of Svetislav Tisa Milosavljević, ban, from 1930-1933, some important monumental facilities were built: the administration building, Banski dvor the residence of ban, Sokolski dom, the Hygienics Institution and the Mortgage House.



The air forces of the German army bombarded the town on April 9, 1941, which was repeated by the Allies in 1944, resulting in even severer destruction.

The disastrous earthquake that struck the town in 1969 was the gravest calamity in the postwar period. The first one of 7,5 degrees of the Mercalli scale struck the town on October 26 followed by the next one of 8,5 degrees of Mercalli scale the following morning. The horrible effect was that 19 people were killed and 1000 were injured. Even though the development of the town did not take its regular and natural course, the postwar Banja Luka became very important centre of economy, healthcare, culture and sports that one million people gravitated to.

Apart from its road and rail connections to the rest of the continent, Banja Luka has been included in air travel after the construction of the airport.

youth

Banjaluka is the youth centre of Republic of Srpska and Bosnia and Herzegovina. All through the year it is filled with young people who organize their lives through different youth and students' organizations and associations. These associations usually organize different exhibitions, parties and concerts that are very often during the summer period. In the summer of 2008, music festival "Demo fest" was established, which gathered many artists from former Yugoslavia and other European countries.

culture

Banjaluka is also well known as the centre of culture, with the Museum of Republic of Srpska, the National Theater, the Public and University Library, the Cultural Center of Banski dvor, the Archives, the Institution for the protection of the monuments of culture, the Children's Theater and the Museum of Modern Art. The University of Banjaluka was established in 1975.

During the summer period, festival "Banjaluka ljetne igre", that takes place mainly in old fortress Kastel, attracts a lot of tourists and gives its inhabitants an excellent contents for the summer vacation. Banja Luka has 5 local TV and 14 local radio stations.

sport

As a town of young people, Banja Luka is an important centre of sport whose handballers, boxers and other sportsmen and sportswomen used to win medals in European championships and the Olympic games. In year 2009, Banja Luka was host of World rafting championship.

ALPHABET

Serbian, Croatian and Bosnian are closely related Southern Slavic languages formerly known collectively as Serbo-Croatian. They have about 18,5 million speaker in Serbia and Montenegro, Croatia, Bosnia and Herzegovina.

The division between Croats and Serbs originates from the 12th century, when both groups converted to Christianity. The Serbs aligned themselves with Constantinople and the Eastern Orthodox church and adopted the Cyrillic alphabet, while the Croats favored the Roman Catholic church and the Glagolitic alphabet.



cyrillic alphabet (azbuka)

А а	Б б	В в	Г г	Д д	Ђ ђ	Е е	Ж ж	З з	И и
A a	B b	V v	G g	D d	Đ đ	E e	Ž ž	Z z	I i
[a]	[b]	[v]	[g]	[d]	[d͡ʒ]	[e]	[z]	[z]	[i]
Ј ј	К к	Л л	Љ љ	М м	Н н	Њ њ	О о	П п	Р р
J j	K k	L l	Lj lj	M m	N n	Nj nj	O o	P p	R r
[j]	[k]	[l]	[ʎ]	[m]	[n]	[ɲ]	[o]	[p]	[r]
С с	Т т	Ћ ћ	У у	Ф ф	Х х	Ц ц	Ч ч	Џ џ	Ш ш
S s	T t	Ć ć	U u	F f	H h	C c	Č č	Dž dž	Š š
[s]	[t]	[t͡ɕ]	[u]	[f]	[x/h]	[t͡s]	[t͡ʃ]	[d͡ʒ]	[ʃ]

latin alphabet (abeceda)

A a	B b	C c	Č č	Ć ć	D d	Dž dž	Đ đ	E e	F f
A a	B b	Ц ц	Ч ч	Ћ ћ	Д д	Џ џ	Ђ ђ	E e	Ф ф
[a]	[b]	[t͡s]	[t͡ʃ]	[t͡ɕ]	[d]	[d͡ʒ]	[d͡ʒ]	[e]	[f]
G g	H h	I i	J j	K k	L l	Lj lj	M m	N n	Nj nj
Г г	Х х	И и	Ј ј	К к	Л л	Љ љ	М м	Н н	Њ њ
[g]	[x/h]	[i]	[j]	[k]	[l]	[ʎ]	[m]	[n]	[ɲ]
O o	P p	R r	S s	Š š	T t	U u	V v	Z z	Ž ž
О о	П п	Р р	С с	Ш ш	Т т	У у	В в	З з	Ж ж
[o]	[p]	[r]	[s]	[ʃ]	[t]	[u]	[v]	[z]	[z]

LANGUAGE

cyrillic	pronunciation	latinic
А а	father	A a
Б б	bed	B b
В в	very	V v
Г г	good	G g
Д д	day	D d
Ђ ђ	joy	
Е е	men	E e
Ж ж	leisure	Ž ž
З з	zoo	Z z
И и	he	I i
Ј ј	you	J j
К к	kind	K k
Л л	look	L l
Љ љ	million	Lj lj
М м	me	M m

cyrillic	pronunciation	latinic
Н н	no	N n
Њ њ	onion	Nj nj
О о	door	O o
П п	pea	P p
Р р	room	R r
С с	son	S s
Т т	top	T t
Ћ ћ	check	
У у	rule	U u
Ф ф	fish	F f
Х х	his	H h
Ц ц	lots	C c
Ч ч	chalk	
Џ џ	jive	Dž dž
Ш ш	she	Š š

HELPFUL VOCABULARY

English	Serbian	1	jedan	11	jedanaest
Yes	Da	2	dva	12	dvanaest
No	Ne	3	tri	13	trinaest
Please	Molim vas	4	etiri	14	etrnaest
Thanks	Hvala	5	pet	15	petnaest
Good morning	Dobro jutro	6	šest	16	šesnaest
Good afternoon	Dobar dan	7	sedam	17	sedamnaest
Good evening	Dobro ve e	8	osam	18	osamnaest
Hi	Zdravo	9	devet	19	devetnaest
Good	Dobro	10	deset	20	dvadeset
How are you?	Kako ste?	30	trideset	To say other numbers like	
Where?	Gdje?	40	etrdeset	26, 53, 89, you simply use	
When?	Kad?	50	pedeset	combination of previous	
What?	Šta?	60	šezdeset		
How much is it?	Koliko ovo košta?	70	sedamdeset	26 = 20 + 6	
Why	Zašto?	80	osamdeset	dvadeset-šest	
I am	Ja sam	90	devedeset		
My name is ...	Ja se zovem ...	100	sto		
What is your name?	Kako se zoveš?				

USEFUL THINGS TO KNOW

emergency calls

122
immediate action
police

124
ambulance

123
fire department



main hospital

Poliklinika
Zdrave Korde 1
phone: 051 216 725

pharmacies

Centralna apoteka
Veselina Masleše 18
phone: 051 225 630

Apoteka 1.Maj
Milana Tepica 23
phone: 051 223 540

other numbers

090-513-000
bus station

051-301-229
railway station

051-535-210
airport

taxi

1566
1500
1555
1544
1511
1533
1551

telephone

Telephone booths are available all over the country. You can use them only with phone cards (available for 5, 10 and 20 KM at traffics and post offices; ask for "TELEKARD"). For international calls it is much cheaper to call from post office. Central post office (just phone department) works all day. You can also make a call from your accommodation, Sama ki hotel. It should be also cheap.

On the area of Bosnia and Herzegovina there are 3 GSM operators that offer prepaid service. Prepaid package of each operator includes SIM card and 10KM credit and costs 10 KM.

Central post office
Kralja Petra I Kara or evi a 61

GSM operators:

mtel
ERONET
BH TELECOM

money and banking

The currency in Bosnia and Herzegovina is Konvertibilna Marka - KM (1 KM=100 pfening). Some exchange rates are:

1 KM = 0.70 US\$
1 KM = 0.51 €



It is better to exchange Euros to KM, because they are not acceptable everywhere. In everyday life you pay nearly everything in cash, the use of credit cards is not so developed in shops. You can withdraw some money from all cash automates (ATM), they accept all the major credit cards (Visa and MasterCard). Traveler's checks are usually cashed with higher commission.

NLB Razvojna banka
Kralja Petra I Kara or evi a

Hypo Alpe-Adria-Bank
Aleja svetog Save 13
I.F. Juki a 9

Raiffeisen bank
Vase Pelagi a 10
Jevrejska bb

Volksbank
Jevrejska bb

Nova banjaluka banka
M. Bursa 7

USEFUL THINGS TO KNOW

price list

The prices given below are in KM.

Shops are usually opened from 7:00 a.m. till 10:00 p.m. and they work for entire week. You can find them on each corner in the town.

in shops

Loaf of bread [Hjeb]	1.20	Bananas (1 kg) [Banane]	1.50
Milk (1 liter) [Mlijeko]	1.30	Orange (1 kg) [Narandže]	1.90
An Egg [Jaje]	0.23	Apples (1 kg) [Jabuke]	1.40
Cheese (1 kg) [Sir]	9.00	Cigarettes [Cigarete]	2.00+
Ham (1 kg) [Sunka]	12.00		
Coca cola (2 liter)	2.50	in cafes	
Beer [Pivo]	1.00-3.00	Coffee [Kafa]	2.00
Wine (1 liter) [Vino]	6.00+	Beer	2.00+
Fruit juice (1 liter) [Sok]	2.00	Fruit juice(0.2l)	2.50
Mineral water (1.5 l) [Mineralna voda]	1.20	Mineral Water(0.33l)	1.50

foreign newspaper

There are no local daily newspapers in English language. Various foreign magazines and newspapers such as Times News, Cosmopolitan, Vogue, Elle, Glamour, Movie line and various music and sport newspapers are available.

transport

In Banjaluka, public transport includes only buses. They operate from 5:00 a.m. till 11:00 p.m. If the bus is not available, you can always use taxi. Taxi numbers you can see in previous chapter (in important telephone numbers). The destination between city center and accommodation costs about 5 KM.

Bus tickets can be bought in the bus. Ticket for all local lines costs 1.60 KM. When you change bus-line, you have to buy a new ticket. If you're going to use bus more often, it is better to buy monthly ticket (~30 KM). [If you decide to buy monthly ticket, consult some of the IAESTE members]

postal service

The Central Post Office is situated in Kralja Petra I Karaorjevića 93 and operates from 7:00 a.m. till 8:00 p.m. from Monday to Friday and on Saturday from 7:00 a.m. till 6:00 p.m. On Sunday it is closed.

There are also local post offices in other parts of the city. The only way to send a postcard is from the post office.

Prices for sending postcards abroad are:

- 0.85 KM for Europe
- 1.00 KM for the rest of the world

placemarks on Google Earth

On Google Earth you can find our IAESTE BIH office, Samacki hotel and bus and railway station.

FOOD

national dishes

During your stay in Bosnia and Herzegovina, we hardly recommend you to try some of our national dishes. The most common foods include:

pasulj

stew made with beans and pork ribs

sarma

minced meat and rice roled in sour cabbage leaves

punjene paprike

stuffed peppers

pite

thin dough filled with cheese (sirnica), meat (burek) or green vegetables(zeljanica)

roštilj

grilled meats

ćevapi

small, elongated meatballs served with chopped onions

ćicvara

buttered corn flour porridge

uštipci

donut balls

National drink is **rakija** (alcohol drink usually made from plums).

restaurants

vin santo

...is one of the most exclusive restaurants in Banja Luka with a great variety of french and italian cuisine. The noble and elegant interior makes the atmosphere of the restaurant intimate, pleasant and memorable.

Vladike Platona 6

stari mlin

...has been built at the site of an old mill on the bank of river Vrbas, not changing the natural ambience and beauty of the river. With traditional interior and two terraces next to the river Vrbas, it is perfect place for relaxing away from city jam and noise.

Bogdana Marića 14

kazamat

...is very popular traditional restaurant in the chambers of old fortress Kastel on the bank of river Vrbas. Here you can find variety of national dishes.

fortress Kastel

ognjiste

...is restaurant with national and international dishes not far from Samački hotel.

Josifa Pančića 2

vrbas

...on the bank of river Vrbas in the city center with beautiful sight on the river and fortress Kastel.

Brace Potkornjaka 1

master

...restaurant and cocktail bar with authentic mexican food, great cocktails and deserts.

Šime Šolaja 7

alas

...fish restaurant offers saltwater and freshwater fish specialities, as well national and international dishes. It is situated in 200 years old building that is under protection of institution for cultural and historical monuments.

Braće Mažar i majke Marije

krma kod alekse

...old fashioned inn with our traditional food, vines and spirits.

Momčila Popovića

ENTERTAINMENT

cinemas

There is one cinema in Banja Luka: Palas with 5 movie halls. Movies are not synchronized, so you can watch them in the original language. Ticket price costs between 3 and 4 KM. Cinema Palas is situated under the central square.

Banjaluka is very nice place for social life. You can find various small cafes everywhere in the town. During the working days they are opened from 8 a.m. till 11 p.m. and they are most visited from 1 p.m. to 4 p.m. when it's time for daily coffee. Friday and Saturday are days for parties. People go out at clubs and discotheques then. They work for almost all night and they are placed in the center of the town, so it isn't difficult to find them. In these two days town is full of young people, especially at night. There is often live music in clubs.

some popular cafes

castra	provance
vienne	robinzon
teatar cafe	mystique
cubana	mr. x
hard rock café	zlatni lav

some popular clubs

boom boom room	city pub
demofest klub	underground



banja luka by night

DON'T FORGET

- *Yourself
- *Passport
- *Driving license if you intend driving
- *Papers related to your job
- *Enough money for living expenses until you receive your first salary (600+ KM)
- *Cash as you might not be able to get to a bank for the first few days
- *ISIC card, if you own one
- *Health insurance
- *Anything you may need for the International night!
- *Towels and toiletries
- *Medicine you take regularly
- *Camera
- *Alarm clock
- *Sleeping bag may be useful
- *Walking shoes
- *Beach towel and swimming costume

CONTACT

address:
IAESTE BiH
ul. Majke Jugovi a 1, Studentski dom
78000 Banja Luka
Bosna i Hercegovina

phone: +387 51 439 108
fax: +387 51 439 108
e-mail: iaeste@blic.net
web: www.iaeste.ba



BANJA LUKA before



BANJA LUKA now

