

rt practices in cross-border cooperation with  
m argi-food and Development Footprint for the  
ns of the Balkans”

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# THE COVID ERA

At a time of global health pandemic, the most affected areas are economics and social life. Along with the practical limitations of travel, both because of personal security reasons and due to objective risks in the environment, the world of tourism has changed.

**Tourism is one of the most affected sectors of the pandemic crisis. It employs about 27 million people and is responsible for about 10% of the EU economy. Europe welcomed 66% fewer international tourists in the first half of 2020 and 97% less in the second half of the year.**

**As a result of the crisis, about 6 million jobs have been called into question.**

**The pandemic is changing tourists' preferences and moving them towards greener alternatives.**

In a situation, similar to that of the seafarers between Scylla and Charybdis, tourism entrepreneurs have to find their own ways to survive.



After the restrictive measures, the tendencies for Balkan citizens are connecting with enjoying the rich diversity of culture, nature and gastronomy in their own or another country in the Balkan region.

Tourism after COVID-19 in the Balkans is nearby, where people can travel by car, safe and in a short distance.

## SWITZERLAND LAGO RITOM - LAKE

## BULGARIA - THE SEVEN RILA LAKES



## THAILAND - PHUKET ISLAND



## GREECE ZAKYNTHOS ISLAND



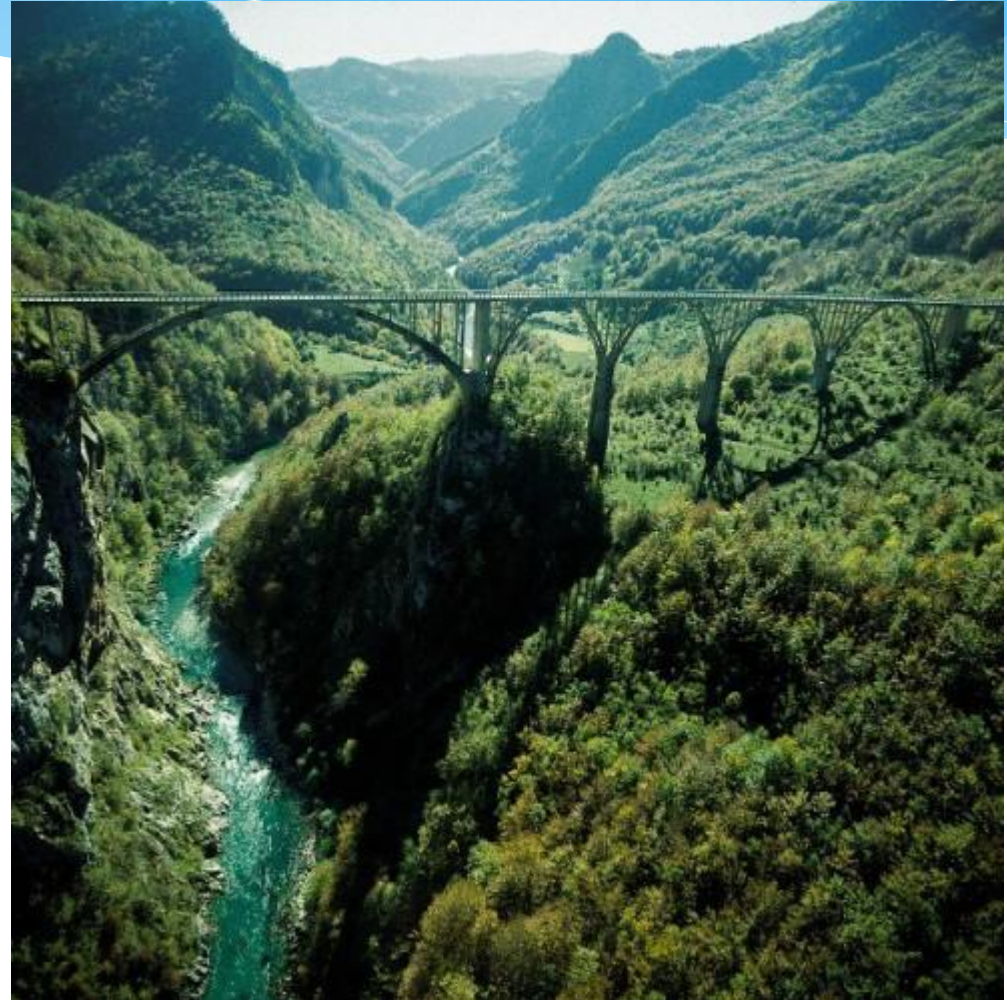
# ROMANIA



# PORTUGAL



The Tara River Canyon in Montenegro is the deepest in Europe, second only to the Grand Canyon in the United States.



# ROMANIA

## BIGAR WATERFALLS



## THE MYSTERY OF CASTLES





Traditional Romanian cuisine is varied, rich in taste and includes many culinary customs and traditions.

Mamaliga is popular Romanian dish of boiled corn flour with salt and a few drops of sunflower oil.



Grilled  
meatballs or  
kebabs.

Toba is a traditional  
dish prepared  
during the  
Christmas holidays



**SLOVENIA-LAKE BLEED**

**"SLOVENIAN CHEESE THAT  
TASTES LIKE THE WIND"**



# MONTENEGRO-KOTOR

One of the remarkable meat delicacies in Montenegro is this Newshchsky ovughn-smoked or dried ham. The meat is processed high in the mountains in the open and hot sun.



**CROATIA- PIASATSA BEACH  
DUBROVNIK**

**Croatian cuisine is very diverse,  
Peka is a traditional method of  
slow cooking, popular in Dalmatia,  
which is used to prepare  
vegetables, meat or seafood on an  
open fire.**



## SERBIA THE MEANDERS OF THE UVAC RIVER

In SERBIA, the aromas of the dishes are bequeathed by the preferences and customs of the southern Slavs.



**Serbia is among the top five producers of raspberries in the world (127 011 tons as of 2018).**



**NORTH MACEDONIA**      **LAKE**  
**OHRID**

**NORTH MACEDONIA**  
The production of fresh fruits and vegetables represents 45.8% of agricultural production in the country and is export-oriented.  
Ayver – present in every home.



**ALBANIA Lake Bovilla resembles a Norwegian fjord**

**Meat dishes are the most common dish in Albania.  
The most popular are beef dish (ferges), roast beef in fermented milk sauce (rosto-misalche-kosi)**





## **BOSNIA-HERTZEGOVINA**

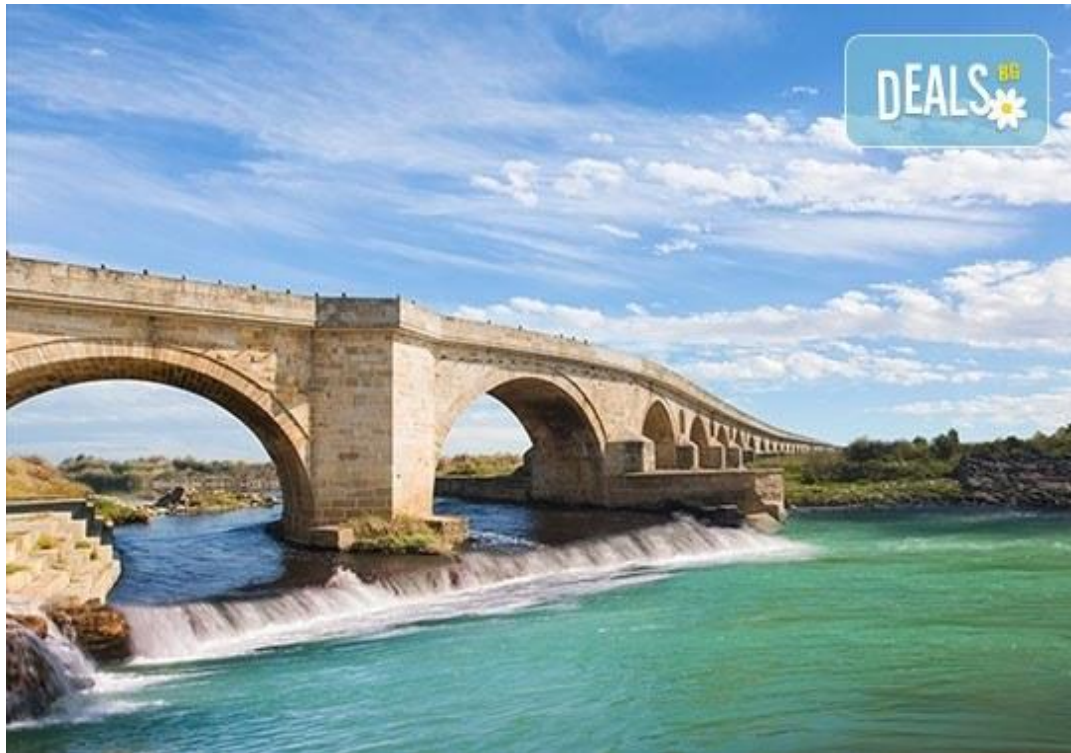
### **Old Bridge in Mostar**

**Bosanski Lonac is one of the national dishes.  
In Bosnia-Herzegovina.**



**TURKEY – EDIRNE ADRIANOPOLE**

**MEET THE EUROPEAN AND ASIAN  
TASTES**



# BULGARIA - RILA MONASTERY



FB/TimeLapse Bulgaria  
WWW.FRAMEFORCE.NET

## Bulgarian Lyutenitsa - a real antioxidant bomb

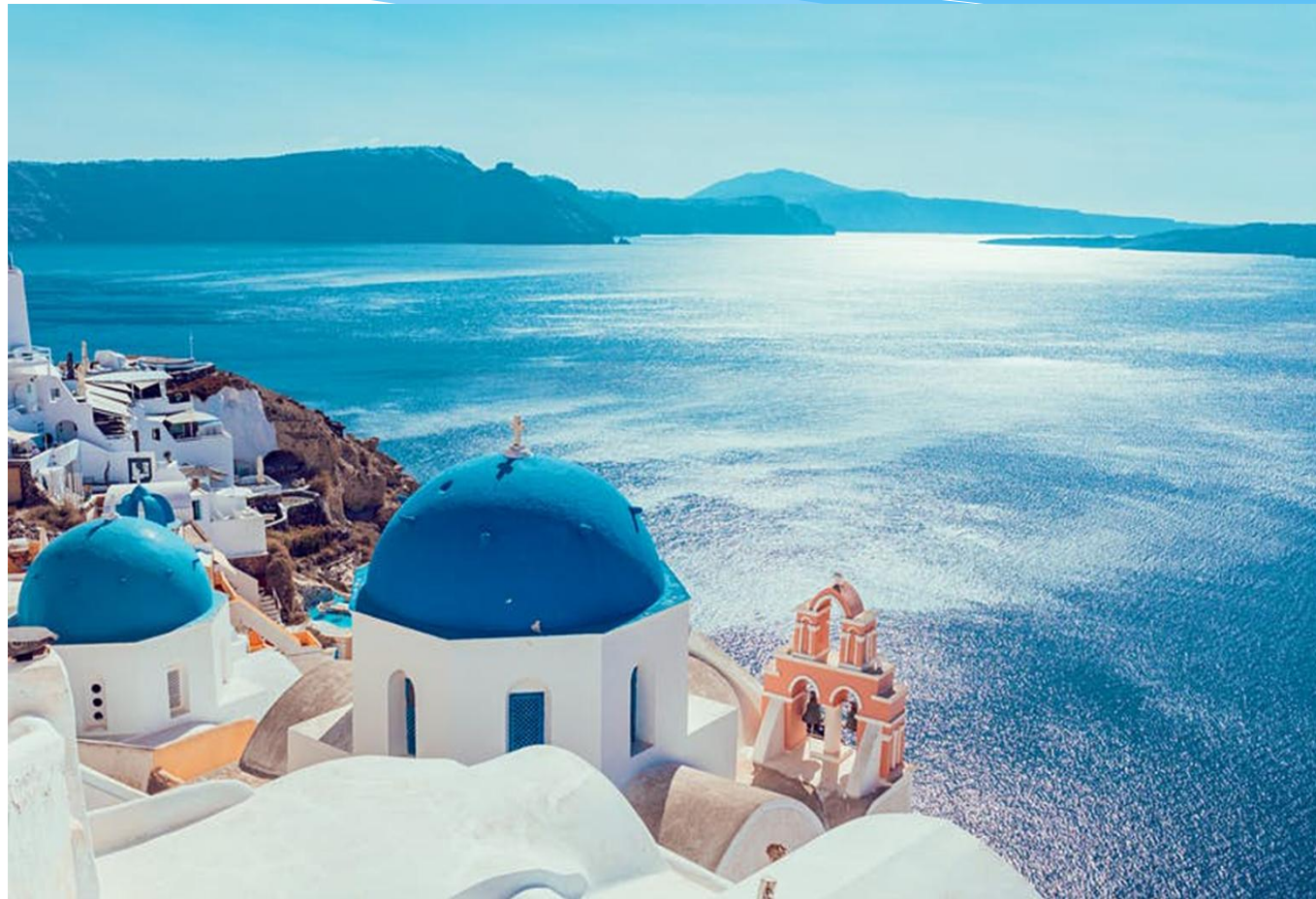


One of the healthiest Bulgarian culinary products – irreplaceable on the Bulgarian table and with incomparable taste!

In general, yogurt is made through bacterial fermentation of whole milk with the main ingredient that turns it into yogurt, namely the bacterium *Lactobacillus Bulgaricus*!



# GREECE- CYCLADES



Greece is a kind of culinary paradise,  
and each of its regions is known for a specialty.



**BALKAN cuisine** Many of the dishes we call traditional for a country are actually similar in way of preparation and ingredients with other Balkan countries .

➤ BEAN SOUPE



➤ SARMI



BANIZA



PITKA



# Blueberries in the Balkans have more antioxidants than in Western Europe





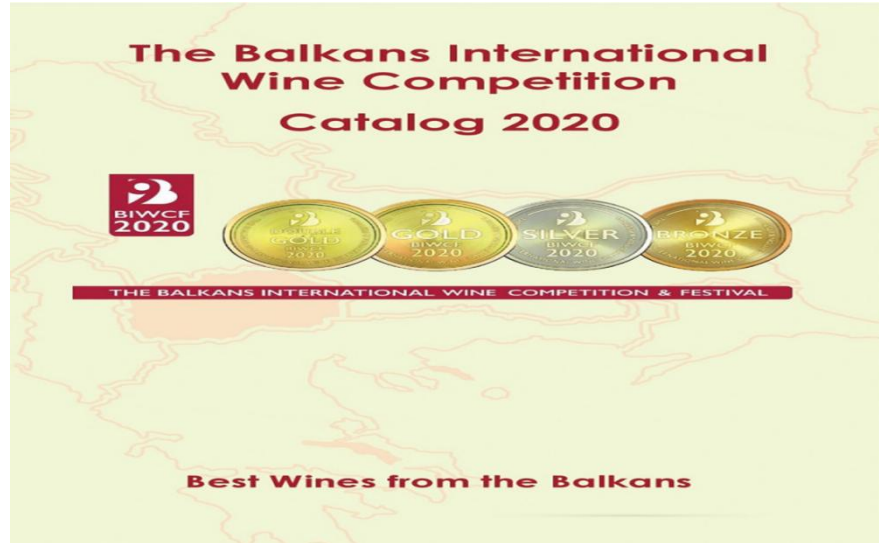
**Large collection of various cereals and edible seeds and honey.**



Traditional fermented milk products have been prepared since ancient time by various civilizations in the Balkan Peninsula.



# Balkan wines are a colorful bouquet of flavors-Good practice



The Balkans are the fifth largest wine producer in the world.

They are immediately followed by France, Italy, Spain and the United States.

More than 50 unique varieties can be found in the region that cannot be found in any other part of the world. Balkan wines of local varieties have taken over the taste and customs of the peninsula .

More than 13,000 bottles of Balkan wines can be found in the wine museum on the peninsula in Pleven.

Located in one of the caves in Kaylaka Park, the museum preserves the history of winemaking and viticulture in Bulgaria, as well as a rich selection of wines, some bottled almost a century ago.





Thank you  
for your  
attention!

