



STOBI, THE CAPITAL CITY OF MACEDONIA SECUNDA EXCAVATION PROJECT, REPUBLIC OF NORTH MACEDONIA

Course ID: ARCH 365T

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Academic Credits: 8 Semester Credit Units

FIELD SCHOOL DIRECTOR(S)

Dr. Silvana Blazhevska – Archaeologist-senior curator at National Institution Stobi, Macedonia
(silvana.blazevska@gmail.com)

Dr. George A. Bevan - Associate Professor, Department of Geography and Planning, Queen's University, Canada (bevan@queensu.ca)

PROJECT COORDINATOR

Dr. Angela Pencheva – Visiting professor at the Department Of Archaeology and Center for Vocational and Continuing Education, New Bulgarian University, Sofia; Balkan Heritage Program Director
(angelapbh@gmail.com)

Dr. Mathew Schueller – Visiting professor teaching professor at the department of Classical Studies at William and Mary University, Balkan

INSTRUCTORS:

Goce Pavlovski, archaeologist at National Institution Stobi, N. Macedonia;

Jovan Radnjanski, archaeologist at National Institution Stobi, N. Macedonia;



OVERVIEW

The ancient city of Stobi was the largest city in the northern part of the Roman province Macedonia, later capital of the province Macedonia Secunda and an important urban, administrative, trade and religious center during the Roman and Late Roman periods. Located on an exceptionally significant position, on the intersection of the two main roads, north-south road (Thessalonica-Stobi-Sigidunum) and the diagonal road (Heraclea-Stobi-Serdica), the town possessed all preconditions for greater rise and development.

First historical records for Stobi are found in Roman historian Titus Livius, who recorded the Paionian *urbs vetus Stobi* as a place close to the battleground where Macedonian king Philip V defeated the Dardanians in 197 BC. The same author reveals that in the period after 168 BC, when the Romans conquered the Macedonian kingdom, Stobi entered the fourth *meris*, and became a trade center from where salt was distributed to the north, to Dardania. When the Roman province of Macedonia was established in 147 BC, Stobi was the largest city in the northern part.

Roman period: The salt trade and strategic position allowed Stobi constant rise in the following centuries of Roman rule. Pliny recorded Stobi as *oppidum civium Romanorum*, a status gained during the time of Augustus meaning that there must be a community (conventus) of Roman citizens who possessed *ius Italicum*, besides the local population and other foreigners. The citizens who enjoyed Roman civil rights belong to the tribes *Aemilia* and *Tromentina*.

Stobi became *municipium*, a status which appeared on the first coins minted in Stobi by Vespasian in 72/73 AD, and on few inscriptions dated in the period between 1st and 3rd century AD. The imperial mint at Stobi, with interruptions, lasted until the time of Caracalla (198-217 AD). The town suffered in the second half of the 3rd century, due to the intrusion of the Goths and Herules in 267/69 AD, and later, around the year of 300 AD, by an earthquake. These events, along with the general crisis in the Roman Empire caused the decline of the prosperity of Stobi.

Few public buildings from this period are partly uncovered at the site: the Theatre, the House of Polycharmos with the northern part adapted to a Synagogue, the Temple of the Egyptian deities Isis and Serapis, the Building with Arches (the Library), and partially uncovered urban villa named *Casa Romana*, located close to Erigon River. Their grandiose architectural solutions, manner of building, used materials along with the magnificent marble, stucco, painted and sculptural decoration points to a city where benefactors were some of the emperors and local prominent families.

Late Roman period: The large reconstruction of the city occurred during the 4th and especially in the 5th century. Since Constantine issued the Milan Edict in AD 313 which equated the Christianity with the other religions, many cities throughout the Empire became bishop's seats, including Stobi. Budios was the first recorded bishop in Stobi, who participated at the First Ecumenical Council in Nicaea in AD 325. Besides Budios, six other bishops from Stobi are recorded in the sources or inscriptions.

In AD 388, Emperor Theodosius visited Stobi from where he issued two edicts. When new provincial division was established in AD 386, Stobi probably became the capital of the newly formed province of Macedonia Salutaris, and slightly later, when the province was reorganized and renamed as Macedonia Secunda, ancient sources mentioned eight cities within the province and Stobi was mentioned as first. In AD 447 Stobi and seventy cities or towns on the Balkans suffered in the raids of the Huns, while Theodoric and the Ostrogoths plundered Stobi on their way to Dyrrachium in AD 479. Most of the excavated buildings and fortifications at Stobi belong to the Late Antiquity, and were erected between the 4th and 6th century. A new inner fortification wall was built on the eastern side in the early 5th century, thus shortening the city's territory. Some of the existing houses were renovated and more large residences were built with many rooms organized around the central inner courtyard with fountains and pools, lavishly decorated with mosaics and rich architectural marbles: the House of

Parthenius, the Theodosian palace, the House of Peristeria, the so called Casino, as well as two public baths and the city fountain. The buildings were divided by streets, some of them paved and colonnaded.

Christianity largely shaped the urban layout of the city. The Early Episcopal basilica was built in the late 4th, renovated by bishop Eusthatios in the early 5th century. In the late 5th century a new, larger Episcopal basilica was built on an artificial terrace, 4.5 meters above the Early church. Three more basilicas are known from the second half of the 5th century within the city walls (North basilica, Civil basilica, Central (Synagogue) basilica and three outside the fortification: the Cemetery basilica, Basilica Extra Muros and Basilica in the village of Palikura, 2km southeast of Stobi.

The earthquake in the early 6th century caused damages to the buildings. Major repairs and rebuilding is recorded on the public and residential buildings as well as on the fortification. The incursions of the Slavs and Avars and other tribes from the north during the second half of the 6th century devastated the cities throughout the Balkans. Besides the earthquakes and barbaric incursions, the bubonic plague during Justinian reign which caused depopulation as well as climate changes were reasons for decline in the second half of the 6th century and abandonment of the city in the first decades of the 7th century. The city was probably stroke by another earthquake shortly before or after it was abandoned.

Medieval period: The last historical records mentioning Stobi refers to the victory of the Byzantine emperor Basil II over the military garrison stationed in Stobi in the year of 1014. During the Medieval period (11th-14th centuries) a small settlement existed, judging by the remains discovered in the southeast part of the city, around the Temple of Isis and in the corridors of the abandoned Theater, while the small cemetery was found above the remains of the Civil and Central basilica. In the following centuries Stobi vanished into oblivion until it was discovered in the second half of the 19th century.

HISTORY OF EXCAVATIONS

The first excavation at Stobi began during the First World War, in 1917 a group of German officers stationed at the site uncovered the remains of three basilicas. Later, in 1918, excavations were led by German architect F. Krischen. Between 1923 and 1940, excavations were organized by the Museum of Prince Paul (National Museum in Belgrade) conducted by several prominent scholars: B. Saria, R. Eger, V. Petkovic, J. Petrovic, Dj. Mano-Zissi. From 1955 until 2008, excavation and conservation activities were undertaken by the Archaeological Museum of Skopje, Museum in Veles, Museum of Macedonia in Skopje and the Institute for Protection of Monuments of Culture. Between 1970 and 1980, during the joint Yugoslav-American project for Stobi, excavations were directed by Dj. Mano-Zissi (Belgrade University), J. Wiseman (University of Texas at Austin, later Boston University) and Blaga Aleksova (Skopje University). The National Institution Stobi (NI Stobi) was founded in December 2008 as an independent governmental institution under the Ministry of culture. The large-scale excavations conducted by S. Blazhevaska (NI Stobi) began in 2009. Until 2019 numerous archaeological and conservation projects were successfully finalized (for more information, see: www.stobi.mk).

The participants in the field school projects (2014-2019) excavated an area next to one of the most representative, residential buildings in Stobi – the [Theodosian Palace](#) – located at the center of the city, bordered by two main streets: Via Principalis Inferior and Via Principalis Superior. The building, which is richly decorated with mosaics, was given its name by early scholars under the assumption that the emperor Theodosius I was accommodated there during his visit to Stobi in 388 CE.

The excavations in the last five years brought to light a late antique building situated between the Theodosian palace and an adjacent building, called “the Jail” due to the discovery of shackled skeletons in the 1920s. In 2022, the work will continue in the same area in an effort to investigate the chronological and architectural relation between the three buildings.

ACADEMIC CREDIT UNITS & TRANSCRIPTS

Credit Units: Attending students will be awarded 8 semester credit units (equivalent to 12 quarter credit units) through our academic partner, Connecticut College. Connecticut College is a highly ranked liberal arts institution with a deep commitment to undergraduate education. Students will receive a letter grade for attending this field school (see assessment, below). This field school provides a minimum of 360 hours of experiential education. Students are encouraged to discuss the transferability of credit units with faculty and registrars at their home institution prior to attending this field school.

Transcripts: An official copy of transcripts will be mailed to the permanent address listed by students on their online application. One more transcript may be sent to the student's home institution at no cost. Additional transcripts may be ordered at any time through the [National Student Clearinghouse](#).

PREREQUISITES

None. This is hands-on, experiential learning and students will study on-site how to perform archaeological excavations. Archaeology involves physical work and exposure to the elements and thus requires a measure of understanding that this will not be the typical university learning environment. You will have to work outdoors and will get sweaty and tired. Students are required to come equipped with sufficient excitement and adequate understanding that archaeology requires real, hard work, in the sun and wind, on your feet, and with your trowel. The work requires patience, discipline, and attention to detail.

The Stobi Excavation Project will host students and professionals from across the world. With such an international team, it is vital that all students respect the IFR Student Code of Conduct, each other's cultures, and local social and cultural laws and rules.

COURSE OBJECTIVES

1. To prepare students to perform basic excavation tasks: the use of tools, digging techniques, sieving, scraping, etc.
2. To prepare students to perform basic field documentation tasks: the use of measuring and documentation tools and devices, creating written (locus sheets, field journals, finds labels, etc.), photo, and graphic documentation (drawing of stratigraphical situations, architectural structures, contexts, etc.).
3. To introduce students to basic find processing procedures: cleaning, selecting and arranging archaeological finds, field inventory, technical pottery drawing, the organization of finds storage, etc.
4. To introduce students to contemporary 3D recording techniques, including Digital Photogrammetry, Satellite Positioning and Total Station Surveying.
5. To introduce students to the range of materials and cultures of Stobi and the region in the Roman and Late Roman period.
6. To introduce students to teamwork, ethical standards and contemporary methods of work on an archaeological site.
7. To introduce students to health and safety requirements at an archaeological site.

LEARNING OUTCOMES

Students participating in this field school will gain basic knowledge of excavation techniques, field documentation practices and finds processing, leaving them better prepared for any future archaeological fieldwork projects. They will have certain knowledge in the history and archaeology of Stobi and Macedonia during the Hellenistic, Roman and Late Roman periods and basic training in photogrammetry capture and processing. During the outlined activities participants will learn skills transferable outside of excavations, such as analytical thinking, teamwork, the ability to meet deadlines and adapt to outside conditions, which will aid them when seeking employment in any work field.

ASSESSMENT

Students will be graded based on their work as follows.

% of Grade	Activity
20 %	Exam
10 %	Excavating (use of tools, digging, scraping, brushing, cleaning, etc.)
20 %	Keeping a field journal and filling in locus sheet and labels
10 %	Scale drawing (ground plan/ cross section/ specific archaeological structure or feature); Measuring and leveling
10 %	Photography, Photogrammetry and Surveying
10 %	Finds processing: washing and sorting, labeling and registration
10 %	Artifact drawing (pottery)
10 %	Presentation of the field work results

ATTENDANCE POLICY

The required minimum attendance for the successful completion of this field school is 85% of the course hours. Any significant tardy or early departure from an activity will be calculated as an absence from the activity. An acceptable number of absences for which a medical or reasonable excuse is provided will not be taken into account if the student catches up on the field school study plan through additional readings or personal consultations and tutorials with program staff members.

COURSE SCHEDULE

All IFR field schools begin with a safety orientation. This orientation addresses local and program protocols concerning student behavior, appropriate attire, local practices and sensibilities that may be unfamiliar, potential fauna and flora hazards, IFR harassment and discrimination policies, and the student Code of Conduct.

The Field School schedule consists of four modules:

MODULE I - Theoretical module (approx. 30 hours). Consists of three components:

1. Lectures and instructions about field methods and practices.
2. Lectures addressing different aspects of the history and archaeology of Stobi.
3. Lectures exploring the history and archaeology of the Balkans, Macedonia and other local sites.

MODULE II— Practicum (approx. 160 hours). Consists of two components:

1. Field work, including the basic practices of excavation and archaeological recording.

2. Workshops dedicated to primary archaeological finds processing and documentation.
3. Workshops in 3-D Archaeological Recording Methods: In 2019, an additional module added to the excavations at Stobi instructs students on the use of new three-dimensional recording techniques. These techniques complement and amplify the traditional hand-recording techniques that the students will also learn during the course of the excavations. This new module includes instruction on basic geodesy, the setting up and operation of both total stations and GPS/GLONASS receivers, and the fundamentals of technical photography, including DSLR operation, lens selection and proper exposure. The core of the module consists of workshops on digital photogrammetry -- a technique that uses overlapping photos to create dense 3-D models -- in order to record the excavations and selected finds. The students will learn to plan and execute photogrammetric recording in the field, to process the resulting imagery in software, and to produce accurate drawings from the 3D data. This module is available for course credit through Queen's University. Students interested in receiving Queen's credit should contact the head instructor of this module, George Bevan (Associate Professor, Geography and Planning).

MODULE III - Excursions accompanied by lectures, presentations and behind-the-scenes visits to sites of historical/archaeological significance, such as the town of Bitola (Archaeological Museum), the site of Heraclea Lyncestis, the town of Ohrid (the Ancient Lychnidos, UNESCO World Heritage Site), and the city of Skopje (National Archaeological Museum of Skopje) in Macedonia, and Pella and Vergina in Greece.

MODULE IV – Homework (est. 10 hours) will be assigned to all students. Homework will consist of editing and processing students' field journals, context sheets, drawings, and photos and preparing in presentations and reports.

Program Schedule

All IFR field schools begin with safety orientation. This orientation includes proper behavior at the field area, proper clothing, local cultural sensitivities and sensibilities, potential fauna and flora hazards, review of IFR harassment and discrimination policies and review of the student Code of Conduct.

Date	Morning	Afternoon
Day 1	Arrive by noon at Skopje Airport in North Macedonia or Thessaloniki Airport in Greece, arrange in advance a pickup with BHF logistic coordinator to Stobi	Traditional Macedonian welcome dinner.
Day 2	Presentation of the Balkan Heritage Field School, NI Stobi and collaborating universities & institutions, the project and the participants. Ice-breakers and orientation.	Sightseeing of the archaeological site of Stobi .
Day 3	Field work	Lecture: Introduction in the excavation area and methodology of fieldwork Lecture: From the Field to Storage – review of basic methods for uncovering, “first aid”, consolidation in situ,

		cleaning, sorting out, labeling, documenting and storing of ceramic artifacts Workshop: Archaeological finds processing and field documentation
Day 4	Field work	Lecture: Total Station and GNSS Surveying; Ground Control Set-up. Workshop: Total Station and GNSS Surveying and Ground Control Set-up
Day 5	Field work	Lecture: Typology of Roman and Late Roman Pottery (based on examples from Stobi) Workshop: Archaeological finds processing and field documentation
Day 6	Field work	Lecture: Archaeological Photography and Principles of Digital Photogrammetry; Mapping in 3DM Analyst Workshop: Digital Photogrammetry of Excavations and Total Station Operation; Mapping in 3DM Analyst
Day 7	Field work	Workshop: Pottery Drawing, Part I (in groups)
Day 8	Excursion: Guided visit to Bitola and the ancient city of Heraclea Lyncestis	
Day 9	Excursion : Guided visit to Ohrid: Ancient Lychnidos (UNESCO World Heritage Site)	
Day 10	Field work	Workshop: Introduction to Surveying: Total Station
Day 11	Field work	Workshop: Introduction to Surveying: GNSS
Day 12	Field work	Workshop: Pottery Drawing, Part II Workshop: Archaeological finds processing and field documentation
Day 13	Field work	Workshop: Processing Photogrammetry Data in 3DM Analyst and Agisoft Photoscan
Day 14	Field work	Lecture: Religious Beliefs in Stobi Workshop: Archaeological finds processing and field documentation
Day 15	Excursion: Optional Guided visit to Pella and Vergina in Greece– Not Included in the participation fee. The price varies, depending on the number of the students between 40-60 Euros.	
Day 16	Free day	
Day 17	Field Work	Workshop Archaeological finds processing and field documentation
Day 18	Field work	Workshop: Archaeological finds processing and field documentation

Day 19	Field work	Lecture: Architecture and Urban Development in Stobi Workshop: Archaeological finds processing and field documentation
Day 20	Field work	Workshop: Archaeological finds processing and field documentation
Day 21	Field work	Workshop: Archaeological finds processing and field documentation
Day 22	Excursion: Guided visit of Skopje	
Day 23	Free day	
Day 24	Field work	Lecture: Cemeteries and Burial Practice in Stobi Workshop: Archaeological finds processing and field documentation
Day 25	Field work	Exam Workshop: Archaeological finds processing and field documentation
Day 26	Field work	Workshop: Archaeological finds processing and field documentation
Day 26	Field work	Workshop: Archaeological finds processing and field documentation
Day 27	Field work	- Presentation of the Excavation's results. - Evaluation meeting and Conclusion Dinner and farewell party
Day 28	Departure	

The course structure may be subject to change upon directors' discretion.

Typical work day

6.00-6.30	- Breakfast
6.40 - 13.00	- Field-training at the excavation site
13.30-17.00	- Lunch and siesta
17.00-19.00	- Lectures and workshops
20.00-21.00	- Dinner

In case of rainy days, lectures and lab work will be performed.

REQUIRED READINGS

Some of the required readings will be posted on the field school website. Enrolled students will have access to and be able to download PDFs of readings.

Studies I = Wiseman J. (ed.), 1973. *Studies in the Antiquities of Stobi* vol. I, Beograd 1973

Studies II = Wiseman J. (ed.) 1975. *Studies in the Antiquities of Stobi vol. II*, Beograd, 1975

Studies III = Aleksova B. and Wiseman J., (eds.) 1981. *Studies in the Antiquities of Stobi vol. III*, Titov Veles, 1981

Studies IV = Blazevska S., (ed.) 2018. *Studies in the Antiquities of Stobi vol. IV*, Stobi, 2018

Anderson - Stojanovic, V. R. - *Stobi. The Hellenistic and Roman Pottery*, Princeton University Press, 1992, p. 1-61; 144-155.

Anderson-Stojanović V. R., Computer-assisted analysis of pottery at Stobi, Yugoslavia. *Journal of field archaeology* (2013), p. 335-348.

Collet, L., *An Introduction to Drawing Archaeological Pottery*, Rotherham, Yorkshire, 2008, p. 5-31

Grant J., S. Gorin and N. Fleming. *The Archaeology Coursebook: an introduction to themes, sites, methods and skills*. Routledge. 2008, p. 25-51; 81 – 192; 93-100; 114 – 119; 277 -281.

Wiseman, J.R., 1986, Archaeology and History at Stobi, Macedonia in: (ed. Charles B. McClendon), *Rome and the Provinces, Studies in the Transformation of Arts and Architecture in the Mediterranean World* (1986): 37-41.

RECOMMENDED READINGS

Arnold, H., M. Jones - *The Later Roman Empire, 284-602: A Social, Economic, and Administrative Survey*, Vol. 1 and 2. (The Johns Hopkins University Press, 1986).

Brown, P. - *The World of Late Antiquity AD 150-750* (W. W. Norton & Company, 1989).

Burke, H., C. Smith - *The Archaeologist's Field Handbook* (Allen & Unwin, 2004)

Cameron, A. - *The Mediterranean World in Late Antiquity: AD 395-600* (Routledge, 1993).

Cary, M., H. H. Scullard - *A History of Rome: Down to the Reign of Constantine* (Bedford/St.Martin's, 1976).

Drewett, P. L. - *Field Archaeology: An Introduction* (University College London, 1999)

Harris, E. - *Principles of Archaeological Stratigraphy* (London & New York: Academic Press, 1989)
Available in Internet - <http://www.harrismatrix.com/>

Mikulcik I., *Stobi. An ancient city* (Skopje 2003)

Pavlovski, G., Blazevska S., *Archaeological Evidence of Earthquakes at Stobi, Monumenta 2-3, MASA*, Skopje 2017/18, 49-82.

Renfrew, C., P. Bahn - *Archaeology: Theories, Methods and Practice* (Thames & Hudson, 2008)

Styliaras G. - *Towards a web-based archaeological excavation platform for smartphones: review and potentials. SpringerPlus 4.1* (2015): 1.

<https://springerplus.springeropen.com/articles/10.1186/s40064-015-1115-3>

Wiseman, J. R., D. Mano-Zissi - *Stobi: A City of Ancient Macedonia, Journal of Field Archaeology*, 3, 1976, 269-302.

PART II: TRAVEL, SAFETY & LOGISTICS

NOTICE OF INHERENT RISK

Traveling and conducting field research can involve risk. The IFR engages in intensive review of each field school location and programming prior to approval. Once a program is accepted, the IFR reviews each program annually to make sure it still complies with all our standards and policies, including those pertaining to student safety. Participants should also take every reasonable step to reduce risk while on IFR programs, including following the safety advice and guidelines of your program director, being alert to your surroundings and conditions, letting someone know where you will be at all times, and assessing your personal security.

The IFR does not provide trip or travel cancellation insurance. We strongly encourage participants to consider purchasing this insurance, as unexpected events may prevent your participation or cause the program to be canceled. Insurance is a relatively small cost to protect your educational investment in an IFR program. When comparing trip cancellation insurance policies, make sure the policy covers the cost of both airfare and tuition.

We do our best to follow a schedule of activities, methods training, and programming as outlined in this syllabus. However, this schedule can be easily disrupted by unforeseen circumstances, including weather, revisions by local permitting agencies, or conditions onsite. While this schedule represents the intentions of the program, adaptability is an intrinsic part of all field research, and necessary alterations to the schedule may happen at any time.

If you have any medical concerns, please consult with your doctor. For all other concerns, please consult with the program director and staff.

PROGRAM SPECIFIC FIELD CONDITIONS

Archaeological field work involves physical work outdoors. You should be aware that conditions in the field are different from those you experience in your home, dorms or college town. Note that the South European (subtropical) climate dominates the region, making summers hot. Temperatures may reach (30-40°C/90-100°F). Rainy and chilly days in this season are rare but not impossible.

Macedonia is a new country that used to be part of the former Yugoslavia. Its culture is unique and different from that you experience in the West. Macedonia hospitality is exceptional and food is central to many social interactions. Expect to learn much about people significantly different from folks living next door to you in the US.

VISA REQUIREMENTS

Citizens of EU, EEA, USA, Canada, Japan, Republic of Korea, Australia and New Zealand **do not need a visa** to visit N. Macedonia for up to 90 days. Citizens of all other countries may need a visa. The Balkan Heritage Foundation can send an official invitation letter that should be used at the relevant embassy to secure a visa to the program.

For more information about border crossing visit the Balkan Heritage Foundation web site at <http://www.bhfieldschool.org/countries/macedonia> and <http://www.bhfieldschool.org/information/visa-help> and the links provided there.

Citizens of other countries are asked to check the Macedonian embassy website page in their home country for specific visa requirements.

STUDENT HEALTH

An IFR field school is designed to provide safe, positive, and constructive experiences for participating communities, students, and researchers. We are committed to protocols and practices that support the health and well-being of all involved in our field school projects, including the members of the community in which these projects take place.

We recommend that students adopt best-practices for arriving in a good state of health to protect themselves and their peers' readiness to set about the work of the field school. A thriving field camp environment is a constant exchange of energy, patience, effort, respect, and service. Arriving healthy is every student's first act of service — their first opportunity to behave in a way that respects the safety and wellness of one another.

IFR programs follow the health requirements and guidelines of local health authorities. You may also wish to consult recommendations from the US Centers for Disease Control at: <https://wwwnc.cdc.gov/travel/destinations/list>

Safety and health orientation will take place at the beginning of the program. Cities around Stobi offer good medical facilities, first aid, and pharmacies. Proper personal hygiene and resting after a hard day of field work are good prevention methods against the summer flu.

TRAVEL (TO AND DURING THE PROGRAM)

Natural disasters, political changes, weather conditions and various other factors may force the cancellation or alteration of a field school. IFR recommends students only purchase airline tickets that are fully refundable and consider travel insurance in case a program or travel plans must change for any reason. General information for this program is below, but keep in mind we will discuss any updated travel information and regulations during the required program orientation, which could affect travel plans.

Shuttle or taxi service will be organized for all the students arriving at the two closest airports: Skopje airport (N. Macedonia) or Thessaloniki airport (Greece).

If you missed your connection or your flight is delayed, please call, text or email the field school director / project staff immediately (email: bhfs.admissions@gmail.com). A local emergency mobile phone number will be provided to all enrolled students.

ACCOMMODATIONS

Participants stay at the recently renovated, air-conditioned cabins at the archaeological base camp next to the ancient site of Stobi. Students will be housed in rooms with 2–3 beds each. Each cabin has 4 bedrooms, a living room, and 2 bathrooms with showers. A washing machine and Wi-Fi are available for free. The Stobi cleaning staff will clean and disinfect the rooms & bathrooms and common spaces every day. In the beginning of the field school students will be introduced to the safety protocol for the hotel, the shuttle and the site upon arrival.

The closest village to Stobi is Gradsko (5 km), where there are grocery stores, a pharmacy, an ATM, and medical facilities. The closest big supermarket, drug-stores, pharmacies, banks with ATM and hospitals are in the city of Negotino (13 km from Stobi).

Meals: Three meals (fresh, homemade food) per day are covered by the program fee. Meals usually take place at the field house premises, except for lunch packages during excursions. This field school can accommodate vegetarians, vegans and individuals with lactose-intolerance diets. Kosher and gluten-free diets are not possible to accommodate at this location.

EQUIPMENT LIST

- Work shoes (closed toe shoes)
- An additional set of walking and hiking shoes
- Clothing suitable for outdoor activities (consider weather conditions from hot and sunny to rainy and chilly)
- Wide brim hat for field work
- A light raincoat for possible rainy and windy days
- Medication - It is not necessary to bring over-the-counter medicine from your country since you can buy most types in Macedonia (e.g. aspirin, anti-insecticides, sunscreen, etc). It is recommended, however, that you bring any individual prescription medicines with your written prescription
- A converter for an EU type electricity wall-plug if needed
- A good attitude for work, fun, study, and discoveries

PRACTICAL INFORMATION

Macedonian dialing code: +389

Time Difference (Summer time): UTC/GMT +1 hours (April through September)

Measure units: degree Celsius (°C), meter (m.), gram (gr.), liter (l)

Money/Banks/Credit Cards: The Macedonian currency is the **Macedonian DENAR (MKD)**. You cannot pay in Euros or other foreign currency except in casinos and big hotels (where the exchange rate is really low)!

Macedonian Banks accept all credit cards and travelers cheques. Usually Banks are open from 8.00 a.m. to 6 p.m. from Monday to Friday and from 8.00 a.m. to noon on Saturdays.

Shopping malls, super markets and many shops in the bigger towns and resorts will also accept credit cards. For most small shops throughout the country, the only way of payment is cash. Exchange of foreign currencies is possible not only at banks but also at numerous exchange offices. Most do not collect commission fees and have acceptable exchange rates (+/- 0.5-1.5% of the official rate).

ATMs are available all over the country and are a safe way to get Macedonian Denars.

You can see Macedonian notes and coins in circulation at:

www.nbrm.mk/?ItemID=C2B15406ABC3BC46B2525F66092FB01D

If you plan to use your credit/debit card in Macedonia, please inform your bank of your intention before departure. Otherwise it is likely that your bank will block your account/card for security reasons. Unblocking your card, when abroad, may cost you several phone calls and a lot of money.

Electricity: The electricity in Macedonia is 220 - Volts A.C. (50 Hertz). Don't forget to bring a voltage converter, if necessary!



Outlets in Macedonia generally accept 1 type of plug: two round pins. If your appliances plug has a different shape, you will need a plug adapter.

Emergency

National emergency number is **112**

Police: **192**

Fire brigade: **193**

Ambulance: **194**

Road assistance: **196**