

# Sofia 2023



*Sofia*

Updated from 2022 by Georgi Benev and Veronica Sforzin  
Original 2022 Content: Veronica Sforzin, Walter Zara, Davide Succi, Federica Innocenti, Jacopo Strati  
Editing & Layout : Francesco Falcone - Project Management: Andrew Heckt

<https://legacyeuropeantour.com/event/lms-sofia/>  
<https://legacyeuropeantour.com/>

# INTRODUCING SOFIA



Sofia is a very old city, full of wonders and mystery, as well as being one of most affordable capitals in Europe.

It's known for its marvelous architecture, the numerous churches, the picturesque and colorful streets and the museums which contain priceless relics.

It's ideal as a destination for a cultural holiday, but also for those who want to have fun thanks to the numerous clubs and the nightlife.



# THE VENUE

## INTER EXPO CENTER

GENERAL INFORMATION

REACHING THE VENUE



<https://legacyeuropeantour.com/event/lms-sofia/>

# GENERAL INFORMATION



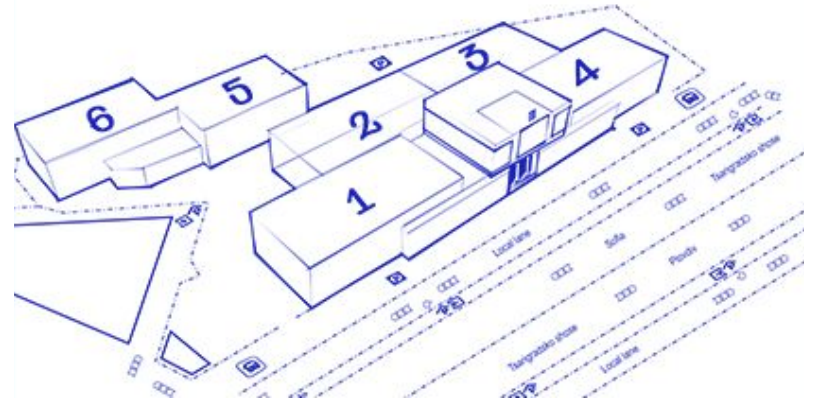
LEC Sofia will take place at the **Inter Expo Center**. It lies in the South East portion of Sofia about 10 minutes by car and 20 by public transport from the Sofia Airport (SOF). IEC is also easy to reach from downtown.



Inter Expo Center - <https://en.iec.bg>

Visit this link to see on Google Maps

<https://goo.gl/maps/Nmhfm1c2H1zd4BaN8>



# REACHING THE VENUE

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The venue is connected to the **M4 subway line** with a stop just outside (**Inter Expo Center**). Many bus routes eventually will link you to the metro lines.

Alternatively, you can go for a taxi ride. Please be aware that Uber, Lyft, and other ride-sharing apps are not in use by law. **Yellow 333** is the only authorized taxi company for the airport, find their booth and book a ride - beware of scams by others. (They also have an easy-to-use app you can download.)

You may wish to download a **local taxi app** as well or book a private transfer.



# THINGS TO KNOW



GENERAL INFORMATION



LANGUAGE



MONEY



WEATHER



ELECTRICITY AND PLUGS



OTHER INFORMATION





# GENERAL INFORMATION

Telephone country code: +359

Emergency numbers:

- Call (+359) 112 for **life threatening emergencies** and ask for the police, fire department or ambulance service. This is a EU-wide general emergency number.

Specific numbers are:

- (+359) 150 for **ambulance service**
- (+359) 166 for **police**
- (+359) 160 for **fire department**

Time zone during the event: Eastern European Summer Time (CEST), UTC+3

Time and date format: 24-hour clock (0:00 – 23:59), dd/mm/yy (or yyyy)

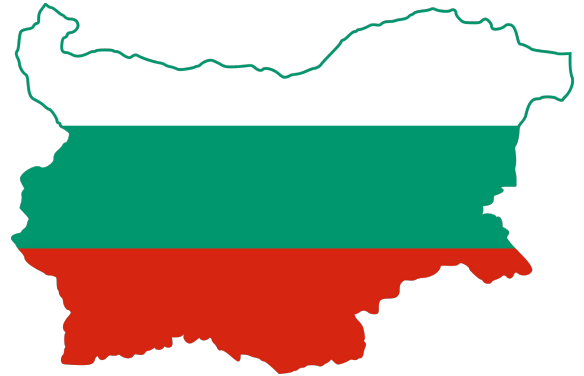


# LANGUAGE

The primary language is Bulgarian 🇧🇬.

Only about 25% of the general population speaks English 🇬🇧. Most younger people, those with a higher education as well those working in the tourist industry will be the most likely to speak English .

Other major languages are Turkish 🇹🇷 and Romani, and some people speaks also a little German 🇩🇪 or Russian 🇷🇺.





# USEFUL PHRASES

Do you speak English?

**Govorish li angliiski?**

Thank you

**Blagodarya ti / Merci**

Please

**Molya te**

You're welcome

**Molya**

Can you repeat?

**Mozhe li da povtorish?**

What's your name?

**Kak se kazvash?**

Yes

**Da**

No

**Ne**

Hello, How can I help you?

**Zdraveite, kak moga da vi pomogna?**

Is the tip included?

**Bakshishut vklyuchen li e?**

Excuse me

**Izvinete me**

# USEFUL PHRASES

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How much does that cost?	<b>Kolko struva tova?</b>
I'm sorry	<b>Sūzhalyavam</b>
Can I get on the Internet?	<b>Moga li da vlyaza v internet?</b>
I don't understand	<b>Az ne razbiram</b>
I don't speak Bulgarian	<b>Ne govorya bŭlgarski</b>
Can you help me?	<b>Mozhesh li da mi pomognesh?</b>
Where is the bathroom?	<b>Kŭde e banyata?</b>
Can you speak slowly?	<b>Mozhesh li da govorish bavno?</b>

# NUMBERS

1 \ edno

2 \ dve

3 \ tri

4 \ chetiri

5 \ pet

6 \ shest

7 \ sedem

8 \ osem

9 \ devet

10 \ deset

100 \ sto

1000 \ khilyada



# MONEY

The Bulgarian lev (BGN) is the official currency of Bulgaria. While Bulgaria is an EU member state, it has not adopted the euro as its currency (1,96 leva= 1 euro at the time of writing).

Some stores and hotels accept euros but don't expect that everywhere. Be aware of the exchange rate as well. The common debit cards are widely accepted but we'd recommend to always have some cash with you as small restaurants or shops might only accept that form of payment.

Exchanging your currency in Bulgaria can be done in **licensed exchange bureaus and local banks**. Both are safe and charge no commission, however, exchange bureaus have slightly better rates. You'll find those in the city center, for example on Vitosha boulevard.

Make sure you see both exchange rates (buy and sell) before you change money. Some offices try to trick tourists by hiding the buy rates and only show the sell prices.





# WEATHER

October is usually a cold and rainy month in Sofia, with average temperatures ranging between 18°C (60°F) highs and 2°C (36°F) lows.

It's very likely to rain and you could also see a little snow, but it's possible to have sunny days as well.

We recommend dressing in layered clothing with a sweater and a light rain jacket.

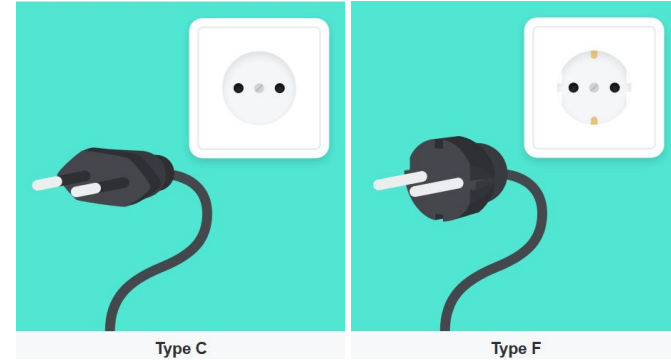




# ELECTRICITY VOLTAGE AND PLUGS

In Bulgaria the power plugs and sockets are of type F which works for both plugs C and E. The standard voltage is 230 V and the standard frequency is 50 Hz.

If your devices are made only for 100V and 127V (such as in the US, Canada and most South American countries) you **cannot use them** and you will need a **voltage converter**.





## OTHER INFORMATION

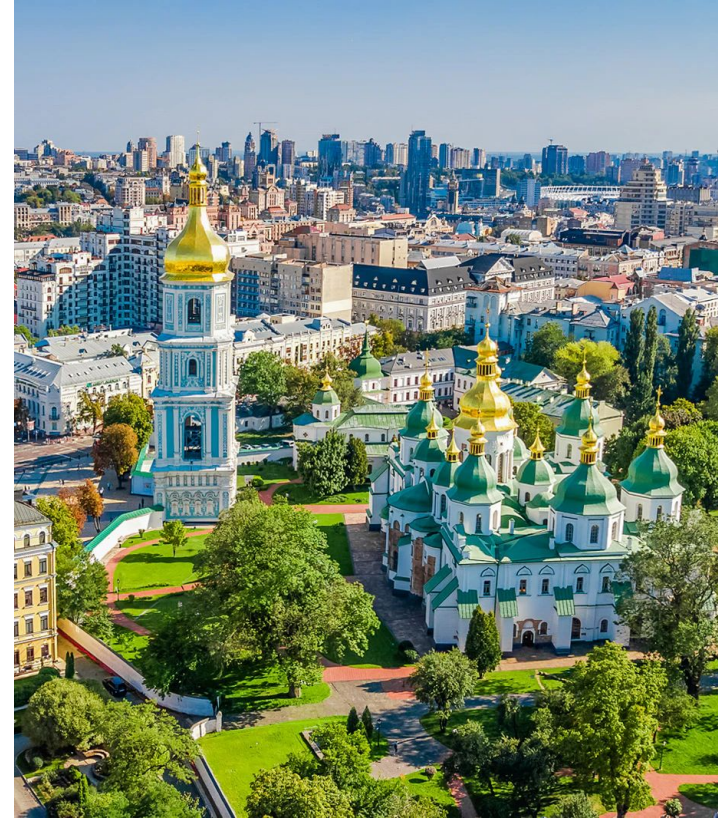
Opening hours of stores in Bulgaria **are usually from 8:30 to 19:00 from Monday to Friday**. Shopping centers tend to be open slightly longer, from **09:00 to 21:00**.

On Sundays many shops are closed. There is no holiday occurring during the time of our event.

Tap water is safe to drink all over the country but not always pleasant in taste or appearance

# ARRIVING TO THE CITY

BY PLANE  
BY TRAIN  
BY BUS





# BY PLANE



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Sofia Airport (SOF) is the largest airport in Bulgaria and is only a **20 minutes** metro ride away from the city center. It has two terminals – T1 and T2 - and provides direct free-of-charge transportation between the two terminal buildings.

The **Metro Station** is located in the eastern part of **Terminal 2**, you can take the **M4 Line** which connects SOF with the city center in about **30 minutes**. The venue (IEC) is located on the way, 4 stops from the airport.

All public transportation in Sofia uses tickets/travel cards, priced at 1.60 BGN (0.82 euro). You could get those at vending machines in every Metro Station, and they are valid for exchanging transport lines within 30 minutes. However, the easiest way to travel is to use your Visa/Mastercard debit or credit card, and just validate that at the entrance of the station or within the bus/tram. Daily charges are capped at 4 BGN (2.05 euro).



# From the Airport to the City - Recap

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## **Metro:**

Sofia Airport Metro Station is in close proximity to the airport terminal 2 building. To reach it, follow the blue line on the floor in the public area of Terminal 2.

If you arrive at Terminal 1 there is a shuttle bus that runs every 30 minutes between the two terminals between 8am and 8pm.

The journey time from Sofia Airport to the city centre is approximately 18 min. The Venue is closer at the 4th stop.

We recommend using your credit/debit card for public transportation in Sofia. Otherwise, ticket machines for metro tickets are located at every Metro Station. The ticket machines accept Bulgarian banknotes and coins, and perhaps credit cards as well.

## **Taxi:**

For your comfort and safety, we recommend the services of the taxi operator Yellow 333 AD as contractual partner of SOF Connect, the concessioner of Sofia Airport.

You can request the service at the offices in the Arrivals of Terminal 1 and Terminal 2.

+359 2 91119

<https://www.yellow333.com/en/> or their app on Google Play / Apple App Store

# BY TRAIN

Sofia Central Railway Station is located at 102 Maria Luisa Blvd. All domestic and international trains routes to and from Sofia arrive and depart from this station.

You can reach the station via the M2 metro line (Central Railway Station), trams lines 1,3,6,7 and buses 85, 213, 305, 404, 413.

The Metro connects Sofia Central Railway Station with the center of the city – Serdika metro station. The trip takes about 5 minutes. From there, you can get to the venue using M4 (Metro line 4).

For more info: [www.bdz.bg/en](http://www.bdz.bg/en), or call (+359) 2 9311111.



# BY BUS

Several Sofia bus stations service the numerous buses that crisscross the country and connect Sofia and Bulgaria with most of the cities of Europe.

The biggest bus stations in Sofia for international and domestic bus routes are:

- Sofia Central Bus Station;
- Serdika Bus Station (also called Traffic Market);

While the ones that run the domestic bus routes are:

- Zapad Bus Station (also called Ovcha Koupel Bus Station or West Bus Station);
- Yug Bus Station (South Bus Station).

Sofia Central Bus Station and Serdika Bus Station are the two Sofia's principal bus gateways. Both are located next to the Central Railway Station making train-to-bus connections easy.





Метро София  
Metro Sofia  
metrosofia.com

www.metrosofia.com/en



1.60 lv €0.82

Single ticket

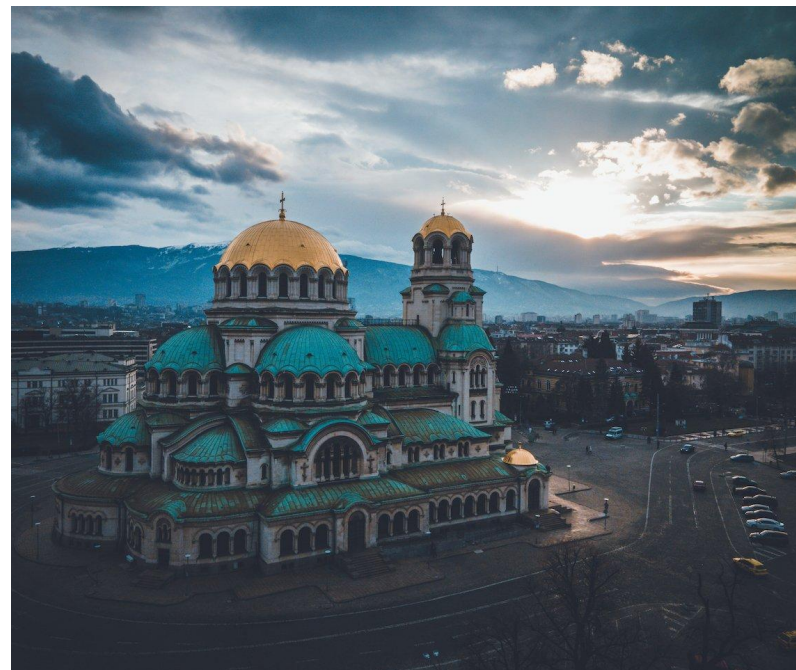
- Tickets can be bought at ticket machines at the entrances of the metro stations or at cashier's desk of Metropolitan EAD.
- The ticket should be validated at the barriers at the entrance to the metro stations.
- The tickets is valid to travel in the metro within 30 minutes from the issue hour.

You can now use contactless credit or debit card

- No need to purchase tickets or cards
- Ideal for occasional or visiting travelers
- Validate your card at blue devices in barriers or buses/trams
- This is "Ticket 30+" which allows transfers within 30 minutes for 1.60 levs (€0.80)
- Using the same bank card more than twice in a day incurs 4 levs (€2) "Day Ticket" charge
- The bank transaction is processed after midnight - single trip: 1.60 levs (€0.80), two trips: 3.20 levs (€1.60), three or more trips: 4 levs (€2)

# TOURIST ATTRACTIONS

Aleksandr Nevskij Cathedral  
Kvadrat 500 Museum  
National Museum of History  
Boyana Church  
Saint Nikolas Russian Church



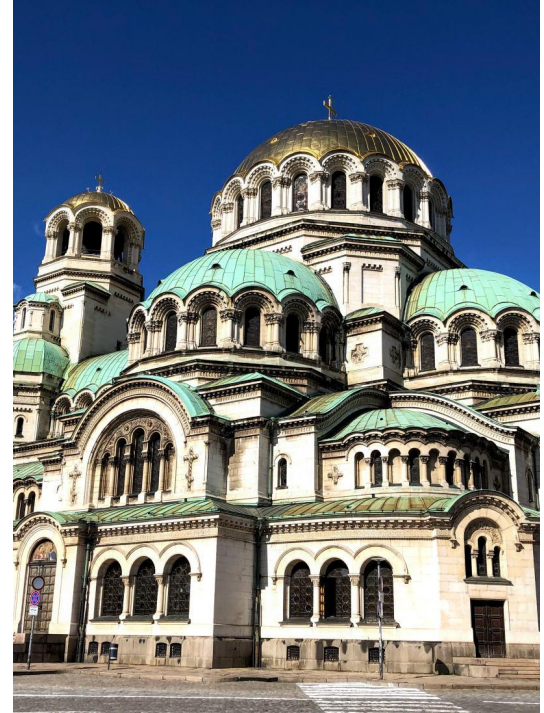
# Aleksandr Nevskij Cathedral

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The Alexander Nevsky Cathedral, located in the square of the same name, is the most important religious site in Sofia and a symbol of the capital, the only monument illuminated at night. The cathedral is dedicated to the Russian hero Nevsky as thanks for the Russian intervention in the fight against Turkish rule. On the outside, the green and golden domes are striking, while the colossal inside can accommodate up to 6,000 people.

The bell tower has 12 bells that have always been an acoustic point of reference for all of Sofia and have been ringing every day at 5 pm for decades.

If you can, don't miss a visit to the crypt which houses the Museum of Ancient Art.



# Kvadrat 500 Museum

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The Square 500 National Gallery is a museum that combines the best pieces of the National Gallery with those of the old National Gallery of Foreign Art.

There are over 2,000 works by the most representative Bulgarian and foreign artists from all continents, with particular attention to India, Japan and Africa.

Among the most important pieces, we also find a Carrère and a Rodin.

The ticket costs 5 euros, and the museum is open every day from 10 to 18.





# National Museum of History

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The National Archaeological Museum is located in Atanas Burov Square, in the center of Sofia, and is housed in an ancient mosque.

Inside the museum there are armaments and other objects dating back to the Stone and Bronze Ages, wonderful mosaics, sacred icons and precious ceramics.

Do not miss the Greek and Roman sculptures in the central hall, and the treasure room where precious jewels and other ornaments in gold and silver are kept.

The ticket costs 5 euros, and in November it is open every day from 10 to 17.



# Boyana Church

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Boyana Church is a very small church, a UNESCO World Heritage Site and a must for those who visit Sofia.

It's about 10 km from the capital (40 minutes by bus), the ticket costs about 5 euros and the visit can only last 10 minutes per person, to keep the frescoes and paintings in good condition.

In fact all the walls of this very small buildings are completely covered by a cycle of well-kept frescoes, dating back to the mid-1200s. This is one of the best preserved medieval pictorial cycles in Europe, the author of which is sadly unknown.

Reservations are highly recommended, given the daily influx of tourists.



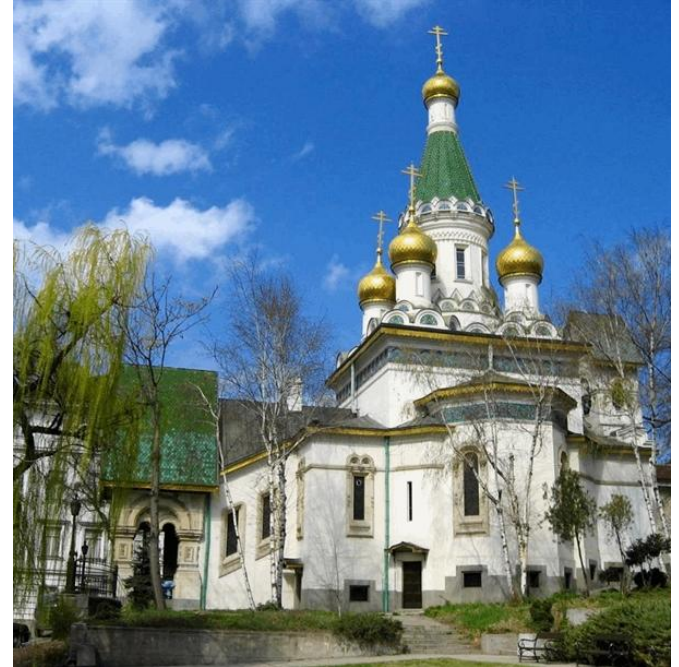
# Saint Nikolas Russian Church

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The Russian Church of St. Nicholas is the official building of worship of the Russian community in Sofia and it's a Unesco World Heritage Site.

The exterior is delightful, with brightly colored and picturesque architecture; the interior is small but particularly beautiful and there is a wonderful decorated wall full of icons.

In the crypt you can observe many faithful writing notes addressed to Archbishop Seraphim. The reason dates back to 1950 when the dying archbishop told his faithful to continue writing to him so that he could still take care of them. Since then, those in need of a pardon go to the crypt and leave a note on the archbishop's tomb.



# FREE SOFIA TOUR!

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If you want to have a special experience in Sofia, you can try joining one of the free English language sightseeing walking tour of Bulgaria's capital, organized by a non-profit organization.

They offer english and spanish tours with No booking required! Just show up!

**For more info about days and hours:**

**<https://freesofiatour.com/free-sofia-tour/>**

**Tel: +359 988 920 61**

**info@freesofiatour.com**



**FREE  
SOFIA  
TOUR**

# SPECIAL EVENTS IN THE WEEKEND OF THE LMS

The Apostle's confession  
Yana Lozeva – ANACRUSIS



# THE APOSTLE'S CONFESSION 20/02/2023 - 31/12/2023

Multimedia exposition dedicated to 150 years since the death of the Apostle of Freedom, Vasil Levski. Using holographic technology on a large-scale video wall, a re-enactment of the trial of the Apostle of Freedom is displayed, and significant moments of his life are brought back to life.

The National Gallery and the Vasil Levski All-Bulgarian Committee created the exposition, with the financial support of the Ministry of Culture and donations by the Lachezar Tsotsorkov Foundation, Kaufland Bulgaria EOOD, Aurubis Bulgaria JSC, Vazovski Machinery Works JSC – Sopot, and patriotic Bulgarians.

**Kvadrat 500, entrance at 95, Vasil Levski Blvd.**  
**Opening hours: Tuesday–Sunday, 10 a.m.– 6 p.m.**  
**The screenings are 30 minutes away, starting at 10 am**  
**Bookings for groups of up to 20 people: +359 879 834 025**  
**FREE ADMISSION**



# Yana Lozeva | ANACRUSIS 08/06/2023 - 28/10/2023

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The Vera Nedkova House Museum continues to present contemporary artists along with Nedkova's paintings. Displayed in the cosy atmosphere marked by Vera Nedkova's intellectual and creative presence, the six photographs by Yana Lozeva show images of women with a strong and memorable individuality.

Taken over the past two years, the photographs have captured brief and elusive moments and states of the subjects portrayed. With her keenness of observation, Yana Lozeva is intrigued by the mysteriousness of the ordinary, by the moment of lost control and that specificity of the 'out-of-hand' framing, which sneaks inexplicably and imperceptibly in to lie at the base of the 'Anacrusis' exhibition.

Where: The Vera Nedkova House Museum  
11 August St.,2  
FREE ADMISSION



# WHAT NOT TO MISS IN THE CITY

Shopping in Sofia

Food and Restaurants

Sofia by Night





# Shopping in Sofia

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Vitosha Boulevard is a large street leading to the city center.

It is long 2.5 km and has a lot of international shops, trendy shoes and clothing, but also small typical shops with a long history and tradition.

Many of the shops open at 11 but close quite late. There are also some takeaway restaurants, so you can walk down the street eating delicious typical food.

It is one of the most expensive places in the city, but it is ideal for sampling local specialties and buying souvenirs.



# Food and Restaurants - Banitsa and Tikvenik

**Banitsa** is the queen of the Bulgarian cuisine. It is made with phyllo pastry sheets with a filling of cheese, eggs and yoghurt. Traditionally made with white cheese, there are some variations with pumpkin or with spinach. You can find it in every local bakery, together with its mini version called **Banichka**.

There's also a sweet version called **Tikvenik**, made with pumpkin and warm cinnamon. Try it with boza (sweet, thick and slightly alcoholic drink) to sample a typical breakfast combination.

## Where to find:

Furna, 3 Stefan Stambolov Blvd.

<http://furna.bg/>



# Food and Restaurants - Bob Chorba

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Pronounced “bop,” which means bean, this centuries-old Bulgarian recipe for bean soup has been a staple in the country partly due to the high volume of bean production.

This Bulgarian dish has many variations, with the “Monastery” or vegetarian version being the most popular. The basic ingredients include dry beans, onions, tomatoes, peppers, carrots, and mint. Other alternatives can have anything that’s available such as meat, sausages, and other bean varieties. It’s an ideal dish to accompany a main course, but it can stand on its own as a filling meal that is also budget-friendly

**Where to find:**

Pod Lipite, ul.Elin Pelin 1

<http://www.podlipitebg.com/menyu>

# Food and Restaurants - Sarmi

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Sarmi is a traditional Bulgarian dish made of rolled cabbage or vine leaves stuffed with a mixture of minced meat, rice, and various spices then poached in water or tomato sauce. It's a popular dish served during Christmas Eve, often with a side of yogurt.

Stuffed cabbage dishes could be traced back to ancient Middle East, before spreading to Eastern Europe through thriving trade routes and ethnic migrations. Today, sarmi goes by different names depending on the country. The minced meat, spices, and other stuffing may vary, but the dish stays generally the same: a delicious cabbage leaf stuffed with meaty goodness.



# Food and Restaurants - Moussaka



Traditional Bulgarian moussaka is a baked dish made with potatoes, ground beef, and vegetables such as carrots, celery, red bell peppers, garlic, and onions. Tomatoes are also added for that nice touch of acidity.

Depending on the region, moussaka is prepared in slightly different ways. The more popular variant is Greek or Mediterranean moussaka made of eggplant rather than potatoes. The Bulgarian kind is topped with yogurt sauce rather than bechamel, but most are prepared similarly through layering the ingredients and topping the dish with the sauce before baking it in an oven.

## **Where to find:**

**Made in Home, 30 Angel Kanchev St.**

<https://www.facebook.com/madeinhomesofia/>

# Other Suggested Restaurants near the Venue

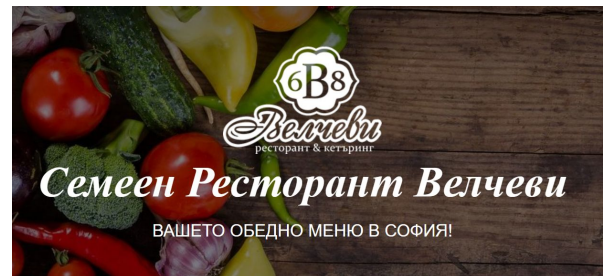
**Velchevi68 Kristal (Семеен Ресторант Велчеви)**  
**bul. Tsarigradsko shose 147, (inside the venue)**

**Opening hours:** From Monday to Friday (8 AM- 4PM)

Perfect family restaurant for take-away lunches. Here you can find many meat and vegetarian options. The menu is updated every day.

**Fore more information:**

<https://www.velchevi68.com/en>



# Other Suggested restaurants near the Venue



## TAZE Srubski spetsialiteti (ТАЗЕ Србски специалитети)

1784 7-Mi Kilometar, Sofia, Bulgaria (in the venue)

**Opening hours:** Mon-Fri 10AM-5PM

A Simple Serbian Restaurant specializing in grilling. Fresh products, big portions, delight for the palate and the soul.

**Fore more information:**

<https://www.facebook.com/tazefood/>



# Sofia by Night - Pubs and Bars

## Bar Iguana

Delivering beachy vibes in the heart of a bustling city, this small but beautiful bar is a wonderful place to start your night, especially if the ‘night’ is starting in late afternoon. Bar Iguana has been running since 1999, so they’ve had plenty of time to turn into the excellent venue they are. Staff are all friendly and knowledgeable about the drinks on offer, and the prices are quite cheap considering what you’re getting. There’s also food in case you’re feeling a little peckish. While it’s not the best venue if you’re looking for a big night on a dance floor, there is great music and a cool vibe, and they usually stay open until around 2am.

**Address:** 6 Tsar Kaloyan Str.





# Sofia by Night - Pubs and Bars

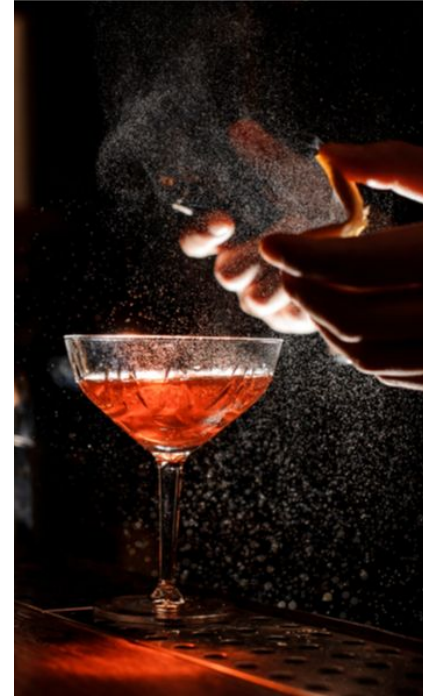
## Hambara

This hidden bar didn't stay secret for long, although it still maintains a bit of a cool edge with all sorts of interesting clientele popping up. Located in a tiny street in the centre of town, a visit to Hambara is a Sofia nightlife must.

To get in, you head down a tiny alley into what seems like a residential building back garden, and the door has no sign so you have to either know which one it is or hope you can hear the music.

The bar itself is entirely lit by candlelight, and the bartenders are more in the mould of mixologists than pint-slingers. There's also usually live music, and the venue is split over two floors, so there's plenty of space. If you want the real Sofia nightlife experience, then you have to visit Hambara.

**Address:** ul. "6-ti septemvri" 22



# Sofia by Night - Pubs and Bars

## Grape Central

This wine bar in Sofia is situated in an old bakery, and the décor adds a hint of warmth to this classy establishment. The food is also top quality, with a pan-European menu that utilises local ingredients, some of which they grow in their own garden.

Even with this excellent standard of food (the sourdough bread is also baked fresh daily, in-house) the wine is the star of the show. There are over 300 wines on the list chosen by star sommeliers, with at least ten of these offered by the glass. The wines vary, but there are some excellent Bulgarian ones too if you're looking to indulge in a bit of local flavour.

**Address:** ul. "Tsar Samuil" 45



# Sofia by Night - Pubs and Bars

## Bar de Rouge

A bit livelier than some of the other pubs and bars on this list, Bar de Rouge is a popular place for a younger crowd of Sofians to let loose.

The bar offers great cocktails and a wide selection of beers, as well as hookah. There are usually guest DJs or live music, so plenty of entertainment, and the staff are all really friendly. The atmosphere is a bit more tailored towards those who are looking to party all night, although the bar does close at 2. If you're looking for somewhere to pregame, there are few better places to hit up than the neon lights of Bar de Rouge.

**Address:** Shipka Street 6



# Sofia by Night - Nightclubs

## Club Maze

Without a doubt one of the best clubs in Sofia, and possibly all of Bulgaria, Club Maze is a bit of a legend in the local nightlife scene.

Placed right in the heart of the city, the club has been open for around six years now. The venue itself is 300 capacity, and the music is primarily underground electronica, although they feature all kinds of dance music.

They're open Tuesday to Saturday, from 18 until the last customers leave, so it really is a place to cut loose. Earlier in the evening the vibe is a bit more chilled with live performances and jams from local musicians, but after dark it becomes a party mecca. A Sofia nightlife must.

**Address:** ul. "Hristo Belchev" 1



# Sofia by Night - Nightclubs

## Carrusel Club

Once an old cinema, entertainment is built into the walls of this massive, two-storey club. Located in the south-eastern corner of the city, it's a stone's throw from the famous Boris Park, but still easy to get to from the centre by bus or taxi.

When you walk in you're greeted by the massive ballroom-type space. In the centre, bartenders shake cocktails and pour pints, while revellers dance to an eclectic mix of music. A lot of the parties here are themed, so make sure you check before visiting and dress accordingly – Carrusel has high standards, which is why they won Sofia's Best Club in 2016 and 2017.

The club opens at 22 and closes around 6, every Thursday to Saturday.

**Address:** ulitsa „Georgi S. Rakovski“ 108



# Sofia by Night - Nightclubs

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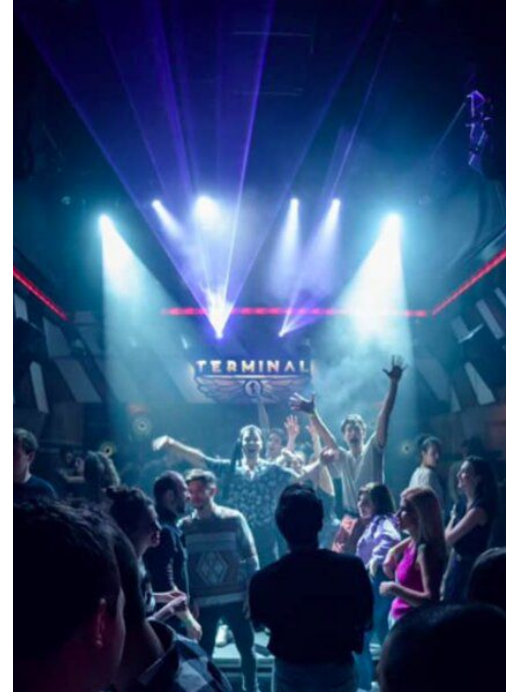
## Club Terminal 1

There isn't a more central venue than Club Terminal 1, and considering the wide range of music they play and nights they put on, it makes sense they'd be right in the heart of the city.

Almost 700 people can cram into this large space, and drinks here are cheap and plentiful. While it is accessible and friendly, Club Terminal 1 does have a bit of a reputation as a place where countercultural types can gather.

Definitely one of the best clubs in Sofia, and an ideal spot to throw shapes until 6am.

**Address:** ul. "Angel Kanchev" 1



# Sofia by Night - Nightclubs

## Yalta

Named for the resort city in modern-day Ukraine (made famous by the conference that took place there during the tail-end of WW2) Yalta is the oldest nightclub in Bulgaria.

It's located in between Sofia University buildings, and has always attracted a young, hip crowd. Yalta has had a lot of firsts since the fall of the Wall, including being the first place a foreign DJ played in Bulgaria (Chad Jackson in 1992). The club's star hasn't fallen in that time, and it's still considered one of the best clubs in Sofia – for good reason. The sound system is class and the venue itself is massive, but always full to the brim. An icon on the Sofia nightlife scene.

**Address:** bul. "Tsar Osvoboditel" 20

