BRESTO, A PREHISTORIC FORTRESS IN THE MOUNTAIN FROM THE TIME OF TROY (BULGARIA)

Course ID: July 08–August 05, 2023

DIRECTORS:
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Assistant Prof. Bogdan Athanassov, New Bulgarian University (NBU), Sofia (bo.atana@nbu.bg)

OVERVIEW
The Bresto Excavation Project in the mountains of southwestern Bulgaria explores a fortified settlement from the second half of the 2nd millennium BCE. Bresto was founded in the 13th cent. BCE at the time of the last heyday of Troy and both the Hittite Empire in Anatolia and the Aegean palatial civilizations. In the 12th cent. BCE, after the collapse of these polities, new kinds of networks emerged in the Aegean, where former “fringe” areas became important hubs for the exchange of objects, ideas, and practices. Only 80 miles away from the Aegean Sea, the fortified site at Bresto presents many of the challenges for excavations, including complex stratigraphy. The settlement is protected by two large fortification walls. An international team of scholars from Bulgaria, Germany and the USA with a wide range of specialties is currently attempting to better understand the story behind Bresto and its place in the transition from the Bronze to the Iron Age. The excavation conducted so far shows that despite Bresto’s location in a marginal mountain valley, economic and social life flourished at the site during the 13th–12th century BCE. The importance of Bresto’s position in an over regional exchange network was proven by the discovery of an almost complete Mycenaean vessel in the shape of alabastron.

Archaeological context: The transition from Bronze to Iron Age in the Eastern Balkan Peninsula corresponds to the end of the Bronze Age in Anatolia, the Late Helladic IIIB and IIIC periods in the Aegean and the Greek mainland and the beginning of the Urnfield Period in Central Europe.
The excavation project at Bresto aims to answer specific and general questions regarding Eastern Mediterranean and European Prehistory:

- What kind of economic and social processes marked the transition from Bronze to Iron Age in the river valleys north of the Aegean?
- What was the reason for the economic prosperity of Bresto, located in an area with restricted agricultural resources?
- What was the role of animal husbandry and wild animals in Bresto as well as the scale of mobility of domestic animals (investigated by isotopic ratio analyses)?
- How can we imagine the 'social lives' and biographies of everyday and valuable objects found at the site (small finds, pottery, and architecture) in Bresto?
- What was the role of fortification, warfare and conflict in Late Bronze Age/Early Iron Age communities in the Eastern Balkans?
- What kinds of intercultural encounters can be observed in this part of Europe at the transition from the Bronze to the Iron Age. How did functions and meanings of objects (artifact biographies) change in this contact zone?
- What associated practices of adoption, acceptance or rejection of foreign objects and ideas can be traced?
- What was the role of the river valleys and the mountain ranges in the economic, social and political landscape at the end of 2nd millennium BCE?

### ACADEMIC CREDIT UNITS & TRANSCRIPTS

**Credit Units:** Attending students will be awarded 8 semester credit units (equivalent to 12 quarter credit units) though 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](https://www.nsc.org).

### PREREQUISITES

None. This is hands-on, experiential learning and students will study on-site how to conduct archaeological research. 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 field school at Bresto will host students and professionals of archaeology from all over the World. With such an international team, it is vital that all students respect the IFR code of conduct, each other’s cultures, and local social and cultural rules and laws.
Our primary concern is with education. Traveling and conducting field research involve risk. Students interested in participating in IFR programs must weigh whether the potential risk is worth the value of education provided. While risk is inherent in everything we do, we do not take risk lightly. 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.

The IFR does not provide trip or travel cancellation insurance. We encourage students to explore such insurance on their own as it may be purchased at affordable prices. Insuremytrip.com or Travelguard.com are possible sites where field school participants may explore travel cancellation insurance quotes and policies. If you do purchase such insurance, 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 any number of unforeseen circumstances, including revised decisions by local permitting agencies, political unrest, and changes in the weather.

While this schedule represents the best of the director(s) intentions, we — students and staff alike — need to be adaptable and tolerant of necessary alterations. This adaptability is an intrinsic part of all field research. Participation in the project is not recommended for individuals with solar allergies or other special illnesses that might be exacerbated during intensive outdoor activities. The highest daily temperatures in the area are around 25-35° C (77-95° F). Participants should bring clothes and toiletries suitable for hot and sunny weather but should also prepare for chilly morning and evening hours in the mountains and possible rainy and windy days. Participants are also expected to prepare for the dig by reading at least the BHFS handbook that will be sent by email before the beginning of the project. Participants will use the tools and equipment available at the site and are not expected to bring any additional equipment.

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

COURSE OBJECTIVES

1. To introduce students to field archaeology and find processing methods.
2. To prepare students to actively perform the main excavation tasks and techniques: to properly use excavation tools, to recognize artifacts and soil characteristics. A special emphasis is placed on the identification of activity areas and their meticulous excavation by the students themselves.
3. To develop the capability of students to perform a series of field documentation tasks during an ongoing excavation project: using measuring and documentation devices, creating written records and graphic documentation.
4. To teach students how to recognize and evaluate stratigraphic relationships and contextual information and to create hypotheses about the formation of the archaeological site.
5. To train students in the fundamental find processing procedures: cleaning, sorting, labeling, and documenting of archaeological finds.
6. To encourage students to contribute interpretations of artifacts that go beyond their date and classification. In order to accomplish this we offer a series of theoretical and practical classes entitled "Artifact Biographies and Cultural Encounters in the Past".

7. To present the most important archaeological information on the Late Bronze and Early Iron Age in the Eastern Mediterranean (Mycenaean Greece, Hittite Anatolia and Levantine coast, Homeric Greece).

Field school students are considered team members (colleagues) and advanced students who show a desire to learn and excel can become co-authors in publication reports.

LEARNING OUTCOMES

Students participating in this field school will gain detailed knowledge of excavation techniques, field documentation practices and finds processing. You will learn the fundamentals but also about recent advances in Bronze and Early Iron Age research in the Balkans and the Eastern Mediterranean, such as DNA and residue analyses studies carried by the project directors. Every good archaeological field project also has skills transferable outside of excavations, such as analytical thinking, teamwork, the ability to meet deadlines and adapt to outside conditions.

ASSESSMENT

<table>
<thead>
<tr>
<th>% of Grade</th>
<th>Activity</th>
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<tbody>
<tr>
<td>20 %</td>
<td>Exam</td>
</tr>
<tr>
<td>10 %</td>
<td>Excavation (use of tools, digging, scraping, brushing, cleaning, sieving, etc.)</td>
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<tr>
<td>10 %</td>
<td>Field journal and context sheets/labels</td>
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<tr>
<td>10 %</td>
<td>Leveling, measuring and scale-drawing (ground plan/ cross section/ specific archaeological structure or feature);</td>
</tr>
<tr>
<td>10 %</td>
<td>Photography</td>
</tr>
<tr>
<td>10 %</td>
<td>Finds processing: washing and sorting, labeling and registration</td>
</tr>
<tr>
<td>10 %</td>
<td>Artifact drawing (pottery)</td>
</tr>
<tr>
<td>10 %</td>
<td>Statistic forms</td>
</tr>
<tr>
<td>10%</td>
<td>Flotation and processing of flotation samples.</td>
</tr>
</tbody>
</table>

ATTENDANCE POLICY:

The required minimum attendance for the successful completion of the 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.

TRAVEL, ROOM & BOARD, & SAFETY LOGISTICS

COVID-19 Disclaimer:

The logistics outlined below for this IFR field school were written according to the most current and accurate information available to IFR. We recognize that the best practices for preventing the transmission of the coronavirus may change in the coming months. The IFR will be revisiting program-specific plans periodically throughout the enrollment period and will update program details according to new developments, new travel protocols, and updates to local policies. Updates to program-specific protocols will be communicated to participants at the pre-program orientation.
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. The IFR COVID-19 Policies have been developed with Dr. Kurt Eifling, the IFR Medical Director. Dr Eifling is a Fellow of the Academy of Wilderness Medicine and a practicing physician (https://ifrglobal.org/about/staff/).

We strongly recommend reviewing IFR’s COVID-19 policies before enrolling in a program. All IFR students sign an agreement (Student COVID-19 Prevention Agreement) to uphold and abide by all aspects of the IFR COVID-19 policy as published on the website (https://ifrglobal.org/ifr-covid-19-practices/) as well as any program-specific protocols. These practices are subject to change as health and risk management experts provide new recommendations and best practices.

PRIOR TO TRAVEL
IFR requires all students participating in IFR programs to be “up to date” with their COVID-19 vaccines, meaning they have completed a COVID-19 vaccine primary series AND received the most recent booster dose recommended by CDC, if eligible. For recommendations and eligibility for booster shots according to age and health status, please consult the CDC website.

On arrival at Sofia International Airport, students will need to take a PCR test at the airport labs and then self-quarantine at a recommended airport hotel overnight. Students are responsible for these costs—the PCR test and the hotel room— and should make a room reservation prior to travel. Please see below for more information.

VISA REQUIREMENTS
Citizens of EU, EEA, USA, Canada, Japan, Republic of Korea, Australia and New Zealand do not need a visa to visit Bulgaria 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 visit the Balkan Heritage Foundation website and links provided there.

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

TRAVEL (TO AND DURING THE PROGRAM)
Due to ongoing uncertainties regarding the travel regulations related to COVID-19, IFR will assess the local conditions closer to the travel date (5-6 weeks prior to the program beginning) and will make Go/No Go decisions then. We urge you to participate in the mandatory orientation meeting when we will discuss the latest travel information and regulations. We also suggest you consider postponing the purchase of your airline ticket until after the program orientation.

Please frequently consult the website of the US Embassy in Bulgaria for the most up-to-date travel restrictions/protocols https://bg.usembassy.gov/covid-19-information/

If a student is held at the border for health reasons, they should contact the program director or appointed staff member for their field school at the numbers provided in their orientation materials.
On arrival at Sofia International Airport, students will need to take a PCR test at the airport labs (app. cost 48-56 USD) and then self-quarantine at a recommended airport hotel overnight. The BHF recommends the Best Western Premier Sofia Airport Hotel** for the one night quarantine after arrival. Students are responsible for these costs—the PCR test, the hotel room (should make a room reservation prior to travel) and the shuttle cost (35 EUR) to the project venue. All students with negative PCR test results will be picked up from the hotel by a shuttle and delivered to the project hotel – Pri Spasska Hotel in the village of Banya the next day. The project cost covers the shuttle price. Once at the project venue students and project staff will travel to and from the excavation site daily by shuttle (short 5-6 minute ride in each direction) that affords reasonable spacing of occupants. The wearing of face masks during travel is mandatory.

Students are able to get general information, essential travel basics and tips concerning the project location and the country at http://www.bhfieldschool.org/countries/bulgaria (for Bulgaria) and https://www.bhfieldschool.org/program/first-civilization-in-europe-tell-yunatsite-excavations (for the project / see the map on the bottom of project web site). All students will receive a travel info-sheet with specific travel details prior to departure.

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.

LOCAL PROTOCOLS, REGULATIONS, & EXPECTATIONS

Current Bulgarian entry requirements as per Health order of the Bulgarian Ministry of Health (Order RD- 01-49/28.01.2022) are in effect from February 01, 2022, through March 31, 2022. These requirements may change in the following months according to the COVID-19 situation in the country. For most up to date information please check the websites of the Bulgarian Ministry of Health and the US Embassy in Bulgaria.

The program will not include activities that promote extra-contact with people outside of the team and project hotel. Interaction with the local community must be limited to situations where everyone can maintain the required 6-foot/2-meter physical distance, wear masks, and ideally be outside.

In case of a COVID-19 outbreak, Hotel Pri Spasska has all the facilities to guarantee complete isolation.

Interaction with the local community must be limited to situations where everyone is masked when indoors and/or can ideally be outside.

Safety and health orientation will take place at the beginning of the program. The town of Razlog offers medical care, first aid, and pharmacies.

MANAGING COVID-19 CASES & OUTBREAKS

In case of COVID-19 case with mild symptoms the student will be quarantined for 10 days (together with his/hers roommate/s, if any) in their hotel room. He/she will receive food in the room. Their laundry will be processed separately. If this occurs near the end of the field school, the student/s will have to cover the hotel expenses for the quarantine for the period after the end of the field school. The closest intensive care unit is located in Razlog.
ACCOMMODATION

In Hotel Pri Spaska (Spaska’s) in Banya, Municipality of Razlog, Bulgaria. Comfortable rooms with 2-3 beds and private bathrooms with shower and WC (tap hot water comes from a geothermal spring). Cheap laundry service and free Wi-Fi are provided. Students are not expected to bring any additional equipment, sleeping bags or towels.

The village and the site: The hallmark of the village of Banya is its thermal mineral waters. There are several spa-hotels with swimming pools and restaurants, small supermarkets, a drugstore, a pharmacy, an ATM and a medical office in the village. A communal open air hot water swimming pool (50 m long) is located 15 minutes away from Spaska’s Hotel.

The distance from the hotels to the site is app. 2.5 km/1.5 mi, and it takes an app. 5-7 min drive. Daily BHF shuttle service is arranged for the participants to bring them to the site and back. The site has no running water or electricity but the team organizes drop-offs to the hotel WC upon request.

Meals: Three meals (Balkan cuisine) per day are provided. Meals usually take place in the hotel’s restaurant. Brown-bag-lunches will be provided during excursions. This field school can accommodate vegetarians and individuals with lactose-intolerance. Vegan, kosher and gluten-free restrictions are impossible to accommodate in this location.

Students must pay on their own for extra days and/or for single room accommodation as well as for extra meals, beverages, services and products!

COURSE 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.

The Field School schedule consists of four modules:

**MODULE I - Theoretical module (app. 25 hours).** Consists of three components:

1. Lectures and instructions about the field methods and practices;
2. Lectures about theoretical concepts (classes on artifact biographies and cultural encounters in the past);
3. Lectures about the archaeology of Bresto and its broader context in the Balkans and the Eastern Mediterranean in the time of the turn from Bronze to Iron Ages.

**MODULE II – Practicum (app. 155 hours).** Consists of two components:

1. Fieldwork including basic practices of excavation and archaeological record;
2. Workshops on archaeological finds processing and documentation.

**MODULE III – Excursions accompanied by lectures, presentations and behind-the-scenes visits to sites of historical/archaeological significance (app. 15 hours), such as the Rila Monastery (UNESCO World Heritage Site), the Blagoevgrad Regional Museum of History, the traditional town and well-known European ski resort of Bansko, the Vihren hut (1950 m a.s.l.) in the Pirin Mountains (UNESCO World Heritage Site), Kavala on the Aegean coast and Philippi (UNESCO World Heritage Site), both in Greece.

**MODULE IV – Homework (app. 10 hours)** will be assigned to all students. Consists of editing and processing of students’ field documentation (field journal, context sheets, drawings, photos, etc.), preparing presentations and reports.
<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Afternoon</th>
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</thead>
<tbody>
<tr>
<td>Sa, July 08 Day 1</td>
<td>Arrive by noon at Sofia Airport in Sofia, Bulgaria, conduct a COVID-19 PCR* test on arrival at the airport and get self-quarantined for the period before the pick-up, at the Best Western Premier Sofia Airport Hotel** (these rules may be changed. The BHFS will provide ongoing updates on COVID-19 rules and restrictions in Bulgaria to all enrolled students)</td>
<td>Arrival at Banya, check in in the hotel. Traditional Bulgarian welcome dinner. Socialization with other team members</td>
</tr>
<tr>
<td>Su, July 09 Day 2</td>
<td>All students with negative PCR test results will be picked up from the hotel by a shuttle to the “At Spasska” Hotel in Banya</td>
<td>Orientation in the village of Banya Lecture 1: Bresto: Most Important Results and Research Agenda</td>
</tr>
<tr>
<td>Mo, July 10 Day 3</td>
<td>Fieldwork Instruction: Health And Safety At The Site. Instruction: Labeling and collecting finds. Sampling methods</td>
<td>Orientation in the village of Banya Lecture 1: Bresto: Most Important Results and Research Agenda</td>
</tr>
<tr>
<td>Tue, July 11 Day 4</td>
<td>Fieldwork Instruction: Archaeological Excavations First Steps: Laying out a Site Grid, Leveling and Triangulation</td>
<td>Lecture 2: Some “Prehistory”: Social Strategies during the Balkan Neolithic and Copper Ages</td>
</tr>
<tr>
<td>We, July 12 Day 5</td>
<td>Fieldwork Instruction: Total station Three Dimensional Positioning of Finds, Features and Structures</td>
<td>Lecture 3: The Early Bronze Age in the Aegean and the Eastern Balkans: A New World of Sailors and Travelers? Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Fri, July 14 Day 7</td>
<td>Fieldwork Instruction: Archaeological Photography of Sites and Structures</td>
<td>Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Sat, July 15, Day 8</td>
<td>Fieldwork</td>
<td>Afternoon: Excursion to Bansko’s Historical Museum and Downtown</td>
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<tr>
<td>Sun, July 16 Day 9</td>
<td>Day-off</td>
<td></td>
</tr>
<tr>
<td>Mon, July 17 Day 10</td>
<td>Fieldwork Instruction: Stratigraphy and Formation Processes of the Archaeological Record</td>
<td>Lecture 4: Dating Methods in Prehistoric Archaeology (Lab)</td>
</tr>
<tr>
<td>Tue, July 18 Day 11</td>
<td>Fieldwork Instruction: How to present the work in my trench to the rest of the team</td>
<td>Workshop: Archaeological Photography of Artefacts Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Wed, July 19 Day 12</td>
<td>Fieldwork Instruction: Drawing of Plans and Sections</td>
<td>Lecture 5: The Middle Bronze Age in the Eastern Mediterranean and Adjacent Areas. Finds Processing &amp; Documentation</td>
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<tr>
<td>Day</td>
<td>Activity</td>
<td>Lecture Topic</td>
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<tr>
<td>Thu, July 20</td>
<td>Fieldwork</td>
<td>Lecture 6: Introduction to the Late Bronze Age and the Transition to the Early Iron Age in the Eastern Mediterranean. Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Fri, July 21</td>
<td>Fieldwork</td>
<td>Lecture 7: Introduction to the Early Iron Age (Homerian) Greece. Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Sat, July 22</td>
<td>Optional Excursion to Philippi (UNESCO World Heritage Site), Kavala and the Aegean coast (not covered by the tuition fee)</td>
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<tr>
<td>Mon, July 24</td>
<td>Fieldwork</td>
<td>Lecture 8: Presentation of Preliminary Project Results. Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Tue, July 25</td>
<td>Fieldwork</td>
<td>Lecture 9: Making Sense of the Data: The Social Life of Objects and Artifact Biographies Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Wed, July 26</td>
<td>Fieldwork</td>
<td>Lecture 10: Introduction to Conservation and Restoration in Archaeology Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Thu, July 27</td>
<td>Fieldwork</td>
<td>Lecture 11: Biographies of Prehistoric Objects: Case Studies Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Fri, July 28</td>
<td>Fieldwork</td>
<td>Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Sat, July 29</td>
<td>Fieldwork</td>
<td>Time for research, exam preparation and individual work</td>
</tr>
<tr>
<td>Sun, July 30</td>
<td>Excursion to the Regional Museum of History in Blagoevgrad and Rila Monastery (UNESCO World Heritage Site)</td>
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<tr>
<td>Tue, Aug 1</td>
<td>Fieldwork</td>
<td>Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Wed, Aug 2</td>
<td>Fieldwork</td>
<td>Lecture 13: Cultural Encounters, Part 2 – Case Studies Finds Processing &amp; Documentation</td>
</tr>
<tr>
<td>Thu, Aug 3</td>
<td>Fieldwork</td>
<td>Lecture 14: Presentation of Project Results Time for research, exam preparation and individual work</td>
</tr>
<tr>
<td>Fri, Aug 4</td>
<td>Time for research, exam preparation and individual work or Fieldwork</td>
<td>Exam &amp; Evaluation Farewell Dinner</td>
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<tr>
<td>Sat, Aug 5</td>
<td>Departure. Check-out by noon</td>
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</tbody>
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* Course structure may be subject of change upon directors’ discretion
A typical workday:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30-6:00 am</td>
<td>Breakfast</td>
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<tr>
<td>6:00-6:20 am</td>
<td>Drive to site</td>
</tr>
<tr>
<td>6:30am-1:40 pm</td>
<td>Fieldwork (Break at 10.00)</td>
</tr>
<tr>
<td>1:40-2:00 pm</td>
<td>Drive back to hotel</td>
</tr>
<tr>
<td>2:00-4:00 pm</td>
<td>Lunch and break</td>
</tr>
<tr>
<td>4:30-7:30 pm</td>
<td>Lectures, Workshops, Finds processing, Research</td>
</tr>
<tr>
<td>7:30-8:30 pm</td>
<td>Dinner</td>
</tr>
</tbody>
</table>

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

PREREQUISITES

None. This is hands-on, experiential learning and students will study on-site how to conduct archaeological research. 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 field school at Bresto will host students and professionals of archaeology from all over the World. With such an international team it is vital that all students respect the IFR code of conduct, each other’s cultures, and local social and cultural rules and laws.

EQUIPMENT LIST

- Work shoes (preferably closed toe shoes like sneakers or running 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 fieldwork.
- A light raincoat for possible rainy and windy days is recommended.
- Medication - It is not necessary to bring over-the-counter medicine from your country since you can buy all common types in Bulgaria (e.g. aspirin and anti-insecticides, sunscreen/tanning lotion, etc.). It is recommended, however, that you bring any individual prescription medicines.
- Don’t forget to bring a converter to the EU type electricity wall-plug if needed.
- A good attitude for work, fun, study, and discoveries.

PRACTICAL INFORMATION

Bulgarian dialing code: +359

Time Difference (Summer time): UTC/GMT +2 hours (March through October).

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

Money/Banks/Credit Cards: The Bulgarian currency is the Bulgarian LEV (BGN). You cannot pay in Euros or other foreign currency, except in casinos and big hotels (where the exchange rate is really unfair)! Since 1997, the Bulgarian LEV has been pegged to the EURO at the exchange rate of 1 euro = 1.96 lev. Bulgarian banks accept all credit cards and sometimes travelers’ checks. Usually banks open
at 8.30-9.00 am and close at 5.00-6.00 pm. They work from Monday to Friday. Shopping malls, supermarkets, and many shops in Sofia and/or bigger towns and resorts will also accept credit cards. This is not valid for smaller “domestic” shops throughout the country where the only way of payment is cash! You can see Bulgarian notes and coins in circulation at:

http://www.bnb.bg/NotesAndCoins/NACNotesCurrency/index.htm?toLang= EN

Exchange of foreign currencies is possible not only at banks but also at numerous exchange offices. NB, Most of them don’t collect a commission fee and have acceptable exchange rates (+/- 0.5-1,5% of the official rate) However, those located in shopping areas of big cities, resorts, railway stations, airports, etc., can overcharge you in varying amounts. Ask in advance how much money you will get!

ATMs are available all over the country and POS-terminals are in every bank office.

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

Electricity

The electricity power in the country is stable at 220 - Volts A.C. (50 Hertz). Don’t forget to bring a voltage converter, if necessary!

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

Emergency

National emergency number is 112.

REQUIRED READINGS

Important Notice: Only selected parts of the following texts will be discussed in our courses. Registered students will receive additional information on topics and pages from these texts which are of relevance for our teaching.


RECOMMENDED READINGS


Roskams, St. Excavation. Cambridge Univ. Press. 2001.


