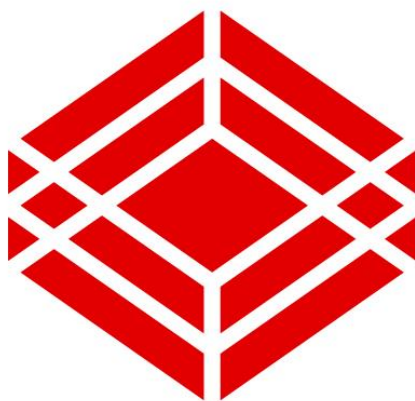

Team Delegations' Handbook



EUROPEAN BOXING U15 CHAMPIONSHIPS **BUDVA 2025** **MONTENEGRO**

16-26 OCTOBER 2025

EVENT PARTNERS



Prague, July 7th, 2025

European Boxing - U15 Championship 2025 - Budva. Montenegro.



To all European Boxing National Federations,

Dear Boxers, coaches, officials and boxing leaders across Europe.

On behalf of the European Boxing Executive Board, it is a great pleasure and honour to welcome you all to the first edition of European Boxing U15 Championships 2025 for girls and boys In Budva, Montenegro.

First and foremost, we would like to extend our deepest gratitude to our hosts — Boxing Association of Montenegro, the strong leadership by President Mr. Klemenko and his team, the local organizing committee in the city of Budva, for their outstanding contribution, hospitality, dedication and support to European Boxing for bringing this very first European Boxing U15 Championship to life In a well-known environment.

Boxing Associations of Montenegro and its organization, have a long history in hosting great remarkable boxing tournaments for Youth and alongside with, Boxing Associations Montenegro commitment to our beloved boxing sports, we deeply trust the European Boxing U15 Championships to be in the possible best hands.

To all boxers, teams, coaches, officials, volunteers and boxing leaders across Europe: thank you for your tireless efforts and dedication. Your hard work and result will be redeemed to Its highest standard In Budva Montenegro.

This very first European Boxing U15 Championship is more than just a competition — it is a celebration of European Boxing as a Continental organization under the umbrella of World Boxing with a strong dedication to unite across European borders, as a platform for young boxing talents to shine and develop, and as a reaffirmation of our shared passion for the noble art of Olympic boxing.

Let us all look forward to an exciting U15 Championship In the city of Budva, filled with great spirit, sportsmanship, memorable bouts and building new strong friendships within our beloved boxing sport.

Thank you and welcome In Budva, Montenegro.

Yours In Boxing

Lars Brovil
President

Dear colleagues, athletes, coaches, team representatives!

Dear friends!

Congratulations on the upcoming wonderful event, a magnificent sports festival - the first European U15 Championship.

I sincerely thank the EB management and personally Mr. Lars Brovil for entrusting us with the right to be the organizers of this festival of sports and friendship. This is a great and honorable responsibility and we, having shown maximum hospitality and cordiality, will undoubtedly make the necessary efforts and all our experience so that this event will be held at the highest level and serve as a shining example for the further development of European and world boxing.



Organizing the U15 tournament for the youngest age group, in our opinion, is of particular importance, since we all take responsibility not only for sports achievements, but also for some psychological aspects of the formation of the personality and psyche of young athletes, their social and psychological adaptation. Creating favorable and equal conditions for intercultural dialogue and mutual understanding between children from different countries, in the context of international multinational competitions, promotes tolerance and respect for other cultures, develops strong friendships and constructs the foundation of social competence of adolescents in the modern international community. In this regard, our federation has appealed to the EB management with a request to allow all interested NF of Europe to participate in the 2025 European Championship U15 in Budva, without any restrictions and on absolutely equal terms. The initial permission for participation of only official WB members, in our opinion, is a form of indirect discrimination against child athletes representing NF, who for one reason or another are not yet members of WB. It is even impossible to clearly explain to children aged 13-14 the current complex objective and subjective reasons and motives for banning their participation in WB competitions. This could cause difficult psychological problems in teenagers, such as the emergence of prejudices on ethnic, religious and racial grounds, up to the emergence of intolerance and hostility. And these are already very dangerous trends in the modern world and our pedagogical duty is to foresee and categorically exclude them.

WB is currently the only organization uniting the entire world Olympic boxing. By removing all restrictions for the category of minor athletes of the youngest age U15, EB excludes all possible negative consequences listed above and, at the same time, shows its significance and historical role in the unification and development of European and world Olympic boxing! At the same time, all existing disagreements and restrictions regarding some NF, WB and EB will be able to regulate in ethically accessible ways, at the level of national teams of the elite category, which, of course, also cannot but cause disappointment and anxiety in many, but, definitely much more effectively, and most importantly, excludes discrimination of children on the basis of citizenship or belonging to a particular NF. In addition, the participation of all willing national teams in the European Championship U15, in Budva, will create much more vivid competition, will give the tournament a completely different qualitative and quantitative status (the number of athletes will increase, practically, by 1/3), will attract a larger number of fans, will increase the attention and influence of international media, will create additional economic conditions for financing and the level of organization, both this and subsequent EB events, including the possibility of a significant increase in fees and deductions paid by the NF-organizers of the European Championship, to the budget of the EB itself.

The Boxing Federation of Montenegro has no political or commercial commitment and, guided in its activities solely by common sense and the true principles of Olympism, we always strive to be at the forefront of the movement for the creation of a peaceful society, respect for human dignity, friendship, solidarity, fair competition and non-discrimination. For example, the Boxing Association of Montenegro equally zealously defended the right of full and equal participation in competitions for both the athletes of the Ukrainian team (European Championship Women Elite 2022) and the athletes of the Russian team (World Championship U19 2024), who were subjected to discrimination at that time, and will continue to fight for equal rights and equal opportunities for every athlete from any country in the world. All people, regardless of their gender, race, religion, ethnicity, sexual orientation, disability or other characteristics, should have the same opportunities to participate in sports events, access sports resources and receive recognition for their achievements.

During the opening parade of the 2024 U19 World Championship, which took place in the central square of Budva, more than 1,200 athletes, coaches, doctors, referees and other team representatives from 74 countries, from 4 continents, marched in a single formation with their national flags and anthems. This is a vivid example of a true celebration of sports, when all participants are united by the philosophy of the dignity of body, will and mind, based solely on friendship, mutual understanding, respect and tolerance, demonstrating to the entire world sports community a clear example of following the true Olympic principles.

I am very pleased with the attentive attitude and understanding of Mr. Lars Brovil to the pressing problem, his support and specific efforts in finding a positive solution.

I am sure that both the NF and the WB management will also undoubtedly approve our initiative to stop applying any sanctions or prohibitions against children of the youngest age U15 and provide the opportunity to participate in the European Championship 2025 in Budva, representatives of all countries of the European continent, on absolutely equal terms and without any restrictions!

Welcome to Budva - the city of sun and sea, the city of friendship and equal opportunities, the city of boxing!

Alexander Klemenko

Montenegro Boxing Federation President

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1 ORGANIZER (LOC)

The Montenegro Boxing Association, affiliated with World Boxing and European Boxing, has been entrusted with the organization of the European Boxing U15 Championships in Budva, Montenegro and is responsible for organizing the event.

Address: 19 decembar 5, 81000 Podgorica, Montenegro

Phone: +38269010598

E-mail: bokserskisavezmne@gmail.com

2 KEY CONTACTS

Subject	Contact
Competition and Sports	u15europeanboxing@gmail.com
Registrations for Team Delegations	u15europeanboxing@gmail.com
Visa and Entry Requirements	u15europeanboxing@gmail.com
Accreditation	u15europeanboxing@gmail.com
Accommodation and Transportation	u15europeanboxing@gmail.com
Press & Media	u15europeanboxing@gmail.com

3 COMPETITION FORMAT

3.1 Regulations

This Championships will be conducted in accordance with the actual World Boxing Technical and Competition Rules.

The Official Draw, scoring and timing will be conducted with Swiss Timing software.

One ring will be used for this competition.

3.2 Competition Officials

This Championships is a Continental, World Boxing-sanctioned Event and will be officiated by World Boxing-certified Technical Officials and Referees and Judges.

4 EVENT SCHEDULE

Event Period: October 16 – 26, 2025 | Competition Period: October 18 – October 25, 2025

Arrivals	16 October
Boxing Entries Check	17 October
Technical Meeting and Official Draw	17 October
Opening Ceremony	18 October
Competition Period	18 – 25 October
Departures	26 October

NOTE: The above schedule is tentative and subject to change. The final schedule with dates and times will be decided accordingly with the Technical Delegate and LOC, and all Teams will be notified.

5 REGISTRATION

Registrations for Team Delegations will be via Entry Forms by email. Please find a summary table below:

Registration for	Done by	Deadline
Boxers	National Federations via email	15 September (23:59 GMT)
Other Team Members	National Federations via email	15 September (23:59 GMT)
Rooming List	National Federations via email	15 September (23:59 GMT)
Arrival/Departure time of Team Delegation	National Federations via email	1 October (23:59 GMT)

5.1 Participating Boxers

Men and women boxers between the ages of 13 and 14 (**based on the year of birth**) are eligible for this Championships.

Only one boxer per National Federation per weight category will be allowed to compete. National Federations may register a maximum of one main boxer and up to two reserve boxers for each of the weight categories listed below:

Weight categories:

U15 “Schoolboys”: 40 Kg, 42 Kg, 44 Kg, 46 Kg, 48 Kg, 50 Kg, 52 Kg, 54 Kg, 57 Kg, 60 Kg, 63 Kg, 66 Kg, 70 Kg, 75 Kg, 80 Kg, 90 Kg, 90+ Kg

U15 “Schoolgirls”: 40 Kg, 42 Kg, 44 Kg, 46 Kg, 48 Kg, 50 Kg, 52 Kg, 54 Kg, 57 Kg, 60 Kg, 63 Kg, 66 Kg, 70 Kg, 75 Kg, 80 Kg, 80+ Kg

5.2 Other Team Members

Each Team Delegation can register the following number of Team Delegation Members, besides boxers:

- ✓ 1 Team Manager
- ✓ 1 Team Doctor
- ✓ 1 Physiotherapists
- ✓ 1 Cut Technicians
- ✓ Number of coaches according to below table:
 - 1 – 3 Boxers: Up to 3 Coaches
 - 4 – 8 Boxers: Up to 6 Coaches
 - 9 – 13 Boxers: Up to 8 Coaches

It is the responsibility of respective National Delegations to ensure that all Team Delegations Members are qualified to perform their duties.

- **Please note that European Boxing has introduced a rule to encourage all national federations to appoint R&Js.**
- **It is mandatory for all participating National Federations with three or more participating boxers to register a World Boxing certified Referee and Judge as a part of their Team.** Referee and Judges are subject to confirmation by European Boxing. European Boxing may request that another R&J should be registered for this event by the participating National Federation. Participating National Federations that fail to register an appropriately certified R&J for a Team with three or more boxers will be subject to a EUR 500 penalty. This penalty must be paid prior to the Sport Entries Check. The National Federation will be responsible to cover the costs for their registered and from European Boxing approved R&J.

6 BOXING ENTRIES CHECK

The Boxing Entries check will take place on October 17, 2025 at the team delegation hotel. European Boxing and LOC will inform Team Delegations of their exact appointment time prior to the event (will be displayed at Team Delegation Information Desks). The Boxing Entries Check is **mandatory** for all Team Delegations, and teams should make all necessary arrangements to arrive in good time to meet their appointment.

Each Team Delegation may appoint a maximum of two people to attend its Boxing Entries check (e.g. Team Manager and the Team Doctor).

In order to be cleared for the competition, Team Delegations must provide the following documents for each boxer, signed and completed as required:

- Copy of passport
- Boxer's Record Book (with annual medical examination completed within the previous 12 months)
- Medical Certificate issued within the previous three months, signed by the National Federation Doctor
- Declaration of Non-Pregnancy Form, signed and dated
- Boxer uniforms according to WORLD BOXING rules

Important: If a Team Delegation's representative(s) do(es) not attend the scheduled appointment, that Team Delegation's registration will not be valid and boxer(s) will not take part in the competition.

To complete the Boxing Entries Check process and receive accreditations, all Team Delegations must have fully paid the LOC for their accommodation.

7 VISA & ENTRY REQUIREMENTS

LOC will provide assistance to National Federations requiring Visas. The deadline to submit requests for visa assistance is **1 September, 2025** (23:59 GMT). LOC cannot guarantee the acquisition of visas by Team Delegations.

For information, please inquire via u15europeanboxing@gmail.com .

Passports of all Championships participants must be valid for at least six months from the date of arrival and must contain blank page(s) for visa(s) and stamps.

8 TRANSPORTATION

8.1 International Transportation

All flight information related to the Team Delegation must be sent to the LOC at u15europeanboxing@gmail.com .

The airports of arrival and departure will be Podgorica (TGD) and Tivat (TVT). All delegations, accredited members and participants will be welcomed by a representative of the LOC at one of the two indicated airports Tivat (TVT) 22 km and Podgorica (TGD) 65 km.

Deadline to submit arrival and departure information: **1 October, 2025** (23:59 GMT)

In case of requiring any kind of assistance at the airport, please contact the LOC at 0038269010598

8.2 Local Transportation

Local transportation will be provided by the organizers to and from the airports, as well as between Team Hotel(s) and Competition/Training venues in case of need.

Guidance information and timetables will be displayed on information boards in the lobby of each Team Hotel.

9 COMPETITION & TRAINING VENUES

9.1 Competition & Training Venue

- Name: Mediterranean Sport Center
- Address: Trg Sunca 1, 85310 Budva, Montenegro

Multifunctional sports hall with parquet floor and 1850 seating places.

Length: 40 m Width: 25 m

- Fully air-conditioned
- High speed internet connection – WiFi access in the competition area.

The venue will be equipped with LCD panels and walls to present results and additional competition information.

Changing rooms

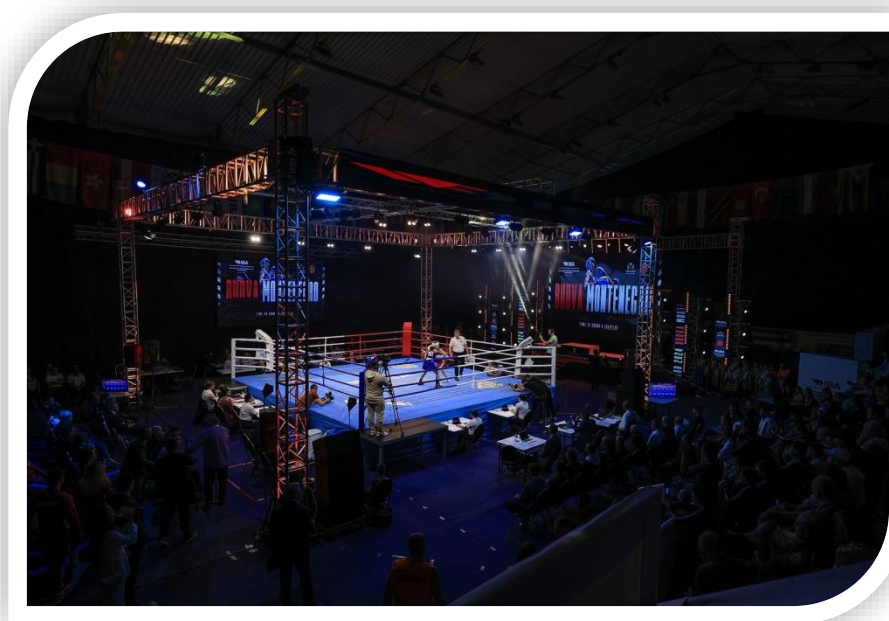
6 Changing rooms (for red and blue) available next to the competitors exit.

Medical room and Doping control

Medical room and room for doping control are available at the sport center. Ambulance and local doctor will be provided during the Championships for the boxing sessions.

Meeting rooms/R&J room

The Boxing Association of Montenegro will provide working spaces on spot required to handle to Championships – for European Boxing office/s/, press center, accreditation center. LOC Office and Accreditation center will operate in Team delegations' Hotel located next to the venue.



9.2 Training Venue



The Training Venue will be located 400m far away from the Team Delegations Hotel. It is a special constructed venue with the following characteristics: 400 m² (23 m x 17 m) with a capacity for 450 people. There are two floor rings and a structure with bags for training.



10 ACCOMMODATION

10.1 Team Delegations

Important: Boxers and other Team Delegation Members who are timely registered for the Championships will be allowed to stay in the Team Hotel.

1.1.1. Team Hotel

Hotel Aleksandar (4-star)

- Address: Veljka Vlahovića 1, 85310 Budva, Montenegro
- Reception tel.: +38233451658
- Web: <https://www.hgbudvanskarivijera.com/index.php/me/hotel-alexandar>

Hotel Aleksandar operates as a family club hotel, under the brand name „Blue Star“ hotel of TUI Group.

Hotel comprises 187 family rooms and suites, 3 swimming pools and additional hotel facilities. This is an ideal place for all guests seeking comfortable accommodation, high quality services, excellent conditions for recreation and good entertainment program.

Property amenities

- Public wifi
- Pool
- Fitness Center with Gym / Workout Room
- Bar / lounge
- Beach
- Children Activities (Kid / Family Friendly)
- Kids club
- Non-smoking hotel

Room features

- Non-smoking rooms
- Family rooms
- Air conditioning
- Refrigerator

Additional facilities

- Parking
- TUI Info desk
- Reception, lobby, pool, playroom
- Internet center at the reception
- Massage and physiotherapy center at affordable prices
- Modern equipped mini wellness center



The hotel is within a 10-minute walk away from the Old Town of Budva. A short 50 m walk will get all to the beach.

Type of Room	Price per Person
Single Occupancy	120 EUR
Double Occupancy	100 EUR





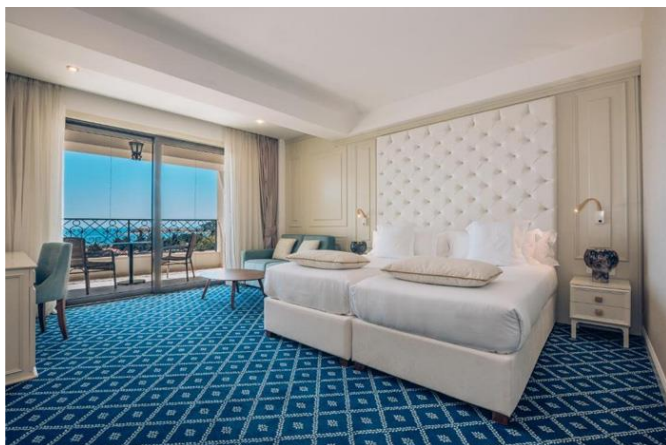
1.1.2. Officials Hotel

Hotel Iberostar Slavija (5-star)

- Address: Veljka Vlahovica 1, 85310 Budva, Montenegro
- Reception tel.: +38233 690 000
- Web: <https://www.iberostar.com>

Type of Room	Price per Person
Single Occupancy	120 EUR
Double Occupancy	100 EUR





1.1.3. VIP Hotel

Hotel Splendid (5-star)

- Address: Bečići bb, 85310 Budva, Montenegro
- Reception tel.: +38233773777
- Web: <https://montenegrostars.com/home-splendid>

The luxurious 5-star hotel Splendid Conference & Spa Resort is set directly on a long sandy beach in the heart of Bečići, just 2 km from Budva's Old Town. Supreme spa area with heated indoor pools, saunas, hot tubs and steam baths with Swarovski crystals is at guests' disposal.

The elegantly decorated rooms and suites are fitted with air conditioning, an LCD satellite TV and a private balcony overlooking the Adriatic Sea and Bečići Bay. The comfortable bathroom offers a bathrobe, toiletries and hairdryer.

The on-site à la carte restaurant serves supreme Montenegrin and international cuisine with freshly prepared ingredients. Wide selection of local and world famous wines is available.

Hptel Splendid has four bars and three restaurants of different cuisines, the largest SPA centre in Montenegro and the Casino Royal.

Included services for Team Delegations:

- ✓ Separate dining area for European Boxing Team Delegations
- ✓ Parking
- ✓ TV
- ✓ Wi-Fi

Only Accredited Team Delegation Members will be allowed to stay in Team Hotel.

Type of Room	Price per Person
Single Occupancy	200 EUR





10.2 Room Rates

All Team Delegations must cover costs of their accommodation for the entire period of the Championships (Event Period). Accreditations will not be issued until accommodation has been paid in full to the LOC in full. LOC has secured rooms at village for special nightly rates that include three meals per day (buffet).

10.3 Payment conditions

All Team Delegations must pay their full room charges as above for the entire Event Period (October 16 - 26)

Bank transfer payment is accepted and must be completed **by September 30, 2025**, using the following Bank account:

Bank Name: NLB bank Montenegro (Address: Mediteranska
19, Budva, Crna Gora)

Beneficiary : BOKSERSKI KLUB BUDVA (Address: Veljka
Vlahovica 33, Budva, Crna Gora)

Swift code: MNBAMEPG

IBAN: ME25530045120005685158

Please, request a corresponding invoice before initiating the payment to settle the total amount - u15europeanboxing@gmail.com.

Only cash payments will be accepted on-site from Team Delegations.

Team Delegations will not be able to receive accreditation cards and accommodation keys provided the payment is made in full. Security deposits will not be charged upon registration.

11 EQUIPMENT

All official boxing equipment for the Championships will be provided by World Boxing Official Licensee – **STING**.

12 IMAGE RIGHTS & VIDEO RECORDING

A Host Broadcaster will film promotional videos and official Championships photographers will take still images of boxers before and during the Championships. All training sessions will be open to the media unless a Team Delegation specifically requests otherwise. By participating in the Championships, each Team Delegation Member agrees to release his/her image rights to European Boxing.

Video recording of bouts by Team Delegation Members for broadcasting purposes of any kind (including social media) will not be allowed. National Federations may be allowed to record bouts of their boxers with not more than one camera per ring, exclusively for technical purposes. Specific location in the venue will be reserved for this purpose. Each National Federation must submit a signed copy of Video Recording Disclaimer at the Technical Meeting to European Boxing Competition Manager.

13 MEDICAL SERVICES

The LOC will provide first-aid during the Event Period to any participant who suffers from a sports injury contracted at the Competition Venue.

Nearest hospital with Accident & Emergency (A&E): Budva Health Centre

Address: Popa Jola Zeca bb, 85310 Budva, Montenegro (50 m far away of Competition Venue)

National Medical Emergency Telephone Number: 124

14 INSURANCE

All accredited participants are required to get their own travel and medical insurance. LOC provides insurance coverage only for participants who suffered from a sports injury at the Competition Venue during the Championships.

15 HOST CITY – BUDVA



Budva is a Montenegrin town on the Adriatic Sea, former bishopric and present Latin Catholic titular see. It has around 60,000 inhabitants, and it is the centre of Budva Municipality. The coastal area around Budva, called the Budva riviera, is the center of Montenegrin tourism, known for its well-preserved medieval walled city, sandy beaches and diverse nightlife. Budva is 2,500 years old, which makes it one of the oldest settlements on the Adriatic coast.

Extensive archaeological evidence places Budva among the oldest urban settlements of the Adriatic coast. A legend recounts that Bouthoe (Βουθόη-Vouthoe) was founded by Cadmus, the founder of Thebes, Greece, when exiled out of Thebes, finding a shelter in this place for him and his wife, goddess Harmonia.

Budva is the hometown and residence of three most successful Montenegin boxers:

- Nikola Sjekloća won bronze medal at the European Championships 2000 in Tampere- Finland, bronze medal at the Elite World Boxing Championships 2003 in Bangkok-Thailand;
- Bojana Gojković won gold medal in the 50 kg category at the EUBC European Junior Boxing Championships 2018 in Anapa-Russia, gold medal in the 52 kg category at the EUBC European Junior Boxing Championships 2019 in Galati-Romania, gold medal in the 57 kg category at the EUBC European Youth Boxing Championships 2020 in Budva-Montenegro, gold medal in the 57 kg category at the EUBC European Youth Boxing Championships 2021 in Budva-Montenegro, silver medal in the 54 kg category at the EUBC Elite Womens European Boxing Championships 2022, silver medal in the 54 kg category at the EUBC U22 European Boxing Championships 2023 and participant at the Olympic Games Paris 2024;
- Tamara Radunović won bronze medal in the 70 kg category at the EUBC Elite Womens European Boxing Championships 2022;
- Petar Liješević won gold medal in the 81 kg category at the EUBC European Youth Boxing Championships 2020 in Budva-Montenegro, silver medal in the 81 kg category at the AIBA World Youth Boxing Championships 2021 in Kielce-Poland, bronze medal in the 75 kg category at the EUBC European Junior

Boxing Championships 2018 in Anapa-Russia and gold medal in the 86 kg category at the EUBC U22 European Boxing Championships 2023;

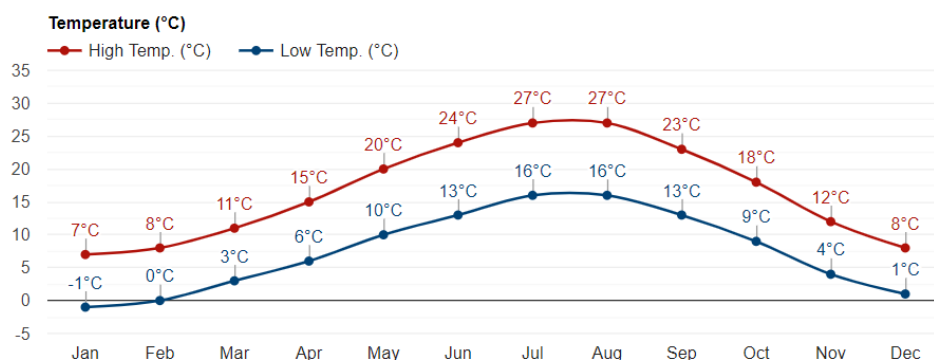
- Nina Radenović won bronze medal in the 64 kg category at the EUBC European Youth Boxing Championships 2020 in Budva-Montenegro;
- Miloš Krasnići won bronze medal in the 75 kg category at the EUBC European Youth Boxing Championships 2020 in Budva-Montenegro;
- Damjan Liješević won bronze medal in the 67 kg category at the EUBC European Youth Boxing Championships 2021 in Budva-Montenegro.

Ethnicity in 2018 (Municipality)

- 36,780 Serbs (53.01%)
- 19,262 Montenegrins (32.22%)
- 5,446 Russians (8.99%)
- 1,480 Ukrainians (2.01%)
- 2,332 Others (3.87%)

Climate

Average temperature Budva, Montenegro



Old Town

The Old Town of Budva is situated on a rocky peninsula, on the southern end of Budva field. Archaeological evidence suggests that Illyrian settlement was formed on the site of the Old Town before Greek colonization of the Adriatic. While the site was permanently settled since Roman era, most of existing city walls and buildings were erected during the Venetian rule.

The entire town is encircled with defensive stone walls. The fortifications of Budva are typical of the Medieval walled cities of the Adriatic, complete with towers, embrasures, fortified city gates and a citadel. Originally, there were gates on all of the four sides of the walled city. However, sea-facing gates were closed up over the years. Today, the entire city within the walls is pedestrian-only.



The town citadel is situated on the southern tip of the city. Originally known as Castle of St Mary, fortification was continually rebuilt and expanded through Middle Ages, reaching its final form during the Austro-Hungarian rule. Ruins of the Santa Maria de Castello church, after which the entire complex was originally named, are located within the citadel. A large public square is located to the north of the citadel, containing all of the churches of the old town - St. Ivan church (17th century), Santa Maria in Punta (840 AD), and The Holy Trinity church (1804).

XVIII GAMES OF THE SMALL STATES OF EUROPE

Budva was one of the hosting city for XVIII GAMES OF THE SMALL STATES OF EUROPE 2019 organized by Montenegro Olympic Committee.

More than 1,000 athletes were expected to attend the Games of the Small European Countries, competitions from five disciplines.

CULTURE

Among the cultural events and establishments in the city, the annual cultural event *Theatre City* (Budva Grad Teatar) is of particular importance. Founded in 1987, and held in July and August every year, this festival transforms the entire Old Town into an open-air venue for a programme of theatre, musical, literary and visual art events and performances.

Another popular event in Budva was the Pjesma Mediterana ("Song of the Mediterranean"), annual pop musical festival, held in Budva from 1992 to 2010. Its format was similar to that of Sanremo Music Festival, featuring a competition of previously unreleased songs. The song contest attracted popular performers from the EX Yugoslavia region. However, the festival was cancelled in 2011 due to lack of funds, and has not been renewed since.

In 2014, the Sea Dance Festival was organized at Budva's Jaz Beach for the first time.^[5] A spin-off of the popular Exit festival, Sea Dance is set to be an annual event. Jaz Beach rose to prominence as a popular concert and festival venue with The Rolling Stones concert held on 9 July 2007. The show was part of their A Bigger Bang Tour and attracted a crowd of some 35,000 spectators, twice the population of Budva town itself. Madonna staged a show attended by 47,000 spectators at the same venue on 25 September 2008, while Lenny Kravitz and Armand Van Helden performed at Jaz beach during the "Live Fest" in August 2008, along with Goran Bregović, Dino Merlin and Zdravko Čolić.

Budva Carnival is a three day long festive event in Budva, happening annually during late April or early May. It has been organized every year since 2003, and although a recent carnival, it has attracted significant regional attention. Budva, together with nearby Kotor, was host to the Federation of European Carnival Cities (FECC) World Carnival City Congress in May 2009.

FOOD

Montenegro's traditional cuisine comes in many delicious flavours. It ranges from garlicky seafood on the coast to hearty mountain fare designed to keep hard-working farmers going. Every region has its specialities.

Njegusi Prosciutto



Njegusi village is the home of Montenegrin prosciutto. Every day tourists and locals alike take the drive up the Serpentine Road with 25 hairpin turns to get their fix of Njegusi prosciutto in Njegusi village. The climate and altitude combine to create the perfect conditions for making prosciutto here. Whole pig hind legs are packed in salt for three weeks, then they're hung to dry for three more weeks. The final touch is four months of smoking, during which the fire has to be constantly burning and tended to. The prized result is sliced thinly and served with local cheese or cooked with cabbage.

Njeguski Steak



Former Yugoslav president Tito's private chef, Milovan Stojanovic, received a world championship gold medal for his dish, Njeguski Steak in 1986. One bite and it's obvious why this has become a Montenegrin classic.

The steak is made of a veal or pork schnitzel filled with Njegusi prosciutto and cheese. The best ones come with a generous dollop of melting kajmak, a local cream cheese.

Milovan's other version is the Karadjordjeva Schnitzel, also known as 'maiden's dream', where the filled schnitzel is rolled, breaded and fried.

Buzara



All coastal Montenegrins grow up loving buzara. Shellfish, prawns and shrimps are cooked in either a red or white sauce. The red sauce is made with red wine, onions, tomatoes, herbs and spices.

The white sauce is considered an art form and is made with white wine. Montenegrins love nothing more than to cook up a huge pot of buzara on a summer night and invite all their friends over.

Ispod Saca



Ispod saca is the Balkans' version of a good Sunday roast. Meat, usually veal, lamb or goat, is slow-roasted with potatoes, carrots, onions, maybe a tomato and a pinch of paprika under a metal dome covered with coals. The finger-licking result is fall-off-the-bone tender meat and succulent vegetables. This is a must-try in Montenegro and it's the perfect end to a day of rafting in the Tara Canyon.



Black Risotto

A coastal specialty, black risotto gets its famous black colour from cuttlefish ink.

A really good black risotto also has subtle flavours of white wine, bay, garlic and nutmeg. It's a must-try while on coastal Montenegro, but watch out, black risotto also turns your teeth black!



Montenegrin Lamb in Milk

Montenegrin lamb in milk is a traditional dish that's only found in northern Montenegro. The lamb is slowly stewed in milk with potatoes, carrots, fennel, rosemary, garlic, parsley and seasoning.

Traditionally, this dish is made in a *sac* over coals and the meat comes out beautifully tender.



Kacamak

Kacamak is a hearty, traditional staple from Montenegro's mountain regions. It's made by cooking cornmeal with potatoes and adding kajmak, a type of cream cheese, and serving it with soured milk. This is mountain comfort food at its best!