

www.bclf2009.org **Second Announcement**

17th Meeting of Balkan Clinical Laboratory Federation

&

**5th Macedonian National Congress
of Medical Biochemists**

**Петти Конгрес на Здружението на
медицинските биохемичари на Македонија**

September, 16th - 19th, 2009, Ohrid



Under the auspices of:



MSMB
Organized by:
**Macedonian Society
of Medical Biochemists**

ЗМБМ
Организирано од:
**Здружение на медицинските
биохемичари на Македонија**



Ifcc
International Federation
of Clinical Chemistry
and Laboratory Medicine

**International Federation
of Clinical Chemistry
and Laboratory Medicine**



**European Federation
of Clinical Chemistry
and Laboratory Medicine**



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**Congress secretariat
and Official Travel agency
Travel & Tourist Center
VIS POJ**

www.vispoj.com.mk

IMPORTANT DATES

June, 15, 2009: Deadline for abstracts submission

August, 15, 2009: Abstract notification information

August, 15, 2009: Deadline for reduced registration fee

September, 16-19, 2009: Congress dates



Organizing committee

Macedonian Society of Medical Biochemists

st. Vodnjanska 17,
1000 Skopje, R. Macedonia
Phone/Fax: ++389 46 255 600

E-mail: committe.bclf2009@gmail.com

abstract submission: abstract.bclf2009@gmail.com

web: www.bclf2009.org



Congress secretariat and Official Travel Agency

Travel & Tourist Center

VIS POJ

Bul. Turisticka 50
6000 Ohrid, Republic of Macedonia
Phone/Fax: ++389 46 255 600

e-mail: congress@vispoj.com.mk

web: www.vispoj.com.mk

(for registration, travel, hotel accomodation, social events and tours)

INVITATION

Dear colleagues,



On behalf of the Organizing Committee it's my honor and pleasure to invite you to participate to the 17th Balkan Clinical Laboratory Federation Meeting and the 5th Macedonian National Congress of Medical Biochemists, which will take place in Ohrid from 16-19 September 2009.

The scientific program of the Congress comprises new developments from the basic clinical chemistry and laboratory medicine to new molecular trends in diagnostics of various clinical conditions as well as the application and development of new analytical processes. We will make an effort to provide a broad range of topics with interesting lectures and presentations, thus continuing the well organized practice of the Balkan to obtain an exchange of education, experience and friendship connections.

The city Ohrid and Ohrid Lake is a major tourist resort in Republic of Macedonia. The ancient Lichnidos dates back in the third century B.C. Ohrid as the center of Christianity has 365 churches, one for each day of the year and has been called Slavic Jerusalem. In the ninth century, Clement and Nahum the disciples of the first Slav educators Cyril and Methodius, founded the first Slavic University in Ohrid. There are a lot of archeological sites and discoveries waiting to be seen. The city Ohrid and beautiful Lake Ohrid are under the protection of the United Nations Register of World Values.

Macedonian society of medical biochemists feels honored and privileged to be your host for such scientific and social event.

We look forward to see you in Ohrid,

Valentina Koloska, Msc

President of the Organizing Committee

President of the Macedonian Society of Medical Biochemists



Committees

Honorary Committee

Biestall Graham, UK, IFCC President

Hallworth Mike, UK, EFCC President

Benga Gheorge, Romania, BCLF President

Danev Stoyan, Bulgaria, Founder of BCLF

Organizing Committee

President: **Koloska Valentina**

Vice president: **Davceva Olivera**

Secretary: **Ruskovska Tatjana**

Members: **Ali Abdulkadir, Cekovska Svetlana, Cokrevska-Zografska Natasha, Efremova Stanka, Pandilovska Svetlana, Papraniku Emel, Shikalovska Elena**

Scientific Committee

Honorary President: **Efremov Georgi**, Macedonia

President: **Dzhekova-Stojkova Sloboda**, Macedonia

In alphabetical order

Blaton Victor, Belgium, EFCC Past-President

Bulo-Kasneci Anyla, Albania

Cojocar Manole, Romania

Dimovski Aleksandar, Macedonia

Efremova-Aaron Snezhana, Macedonia

Gruev Todor, Macedonia

Korneti Petraki, Macedonia

Krstevska Marija, Macedonia

Majkić-Singh Nada, Serbia, BCLF Past-President

Özben Tomris, Turkey

Özer Nazmi, Turkey

Pribilović-Popović Danica, Montenegro

Rizos Demetrios, Greece

Shannan Ghassan, Syria, IFCC Treasurer

Stojkovski Velimir, Macedonia

Spirovski Mirko, Macedonia

Tzatchev Kamen, Bulgaria

Tzontcheva Anna, Bulgaria

Local Advisory Committee

In alphabetical order

Alabakovska Sonja

Bogdanovska Mirjana

Dinevska-Kjofkarovska Suzana

Gjorgovski Icko

Ismaili Murtezan

Jankulovski Nikola

Labudovic Danica

Mitev Slavco

Mitrevski Angel

Panov Sasho

Plashevska-Karanfilska Dijana

Stojanovski Kiro

PRELIMINARY PROGRAMME

Wednesday, 16.09.2009	
12:00-	REGISTRATION
	HALL A
17:00-18:00	Opening Ceremony, Welcome addresses
18:00-18:45	Opening lecture
18:45-19:30	Cultural event
19:30	Welcome Reception

Thursday, 17.09.2009			
08:30-	REGISTRATION		
	HALL A	HALL B	POSTER HALL
09:00-09:30	Plenary lecture		Poster Mounting
09:30-11:00	Lectures	Oral presentations	
11:00-11:30	Coffee Break at exhibition area		
11:30-13:30	IFCC Symposium - Quality Control		
13:30-15:00	Lunch Break, Visit the exhibition & Poster area		Poster presentation
15:00-16:00	Plenary lectures		
16:00-17:00	Lectures		
17:00-17:30	Coffee Break at exhibition area		
17:30-18:30		IFCC Workshop - Accreditation	
18:30-19:30	Board Meeting		

Friday, 18.09.2009			
08:30-	REGISTRATION		
	HALL A	HALL B	POSTER HALL
09:00-10:00	Plenary lecture		Poster Mounting
10:00-11:00	Lectures	Oral presentations	
11:00-11:30	Coffee Break at exhibition area		
11:30-12:30	Lectures	Oral presentations	
12:30-13:30		Workshop TERUMO	
13:30-15:00	Lunch Break, Visit the exhibition & Poster area		Poster presentation
15:30-16:30	Plenary lectures		
16:30-17:30	Lectures	Satellite Symposium ABBOTT	
17:30-18:00	Coffee Break at exhibition area		
18:00-19:00	Round table discussion		
19:00-19:30	Closing lecture		
19:30	Closing remarks		
20:30	Gala Dinner		

Saturday, 19.09.2009 - 1 day excursion

PRELIMINARY SCIENTIFIC PROGRAM

Lectures

- | | |
|--|---|
| 1. Emerging risk markers and novel targets for cardiovascular prevention | Blaton Victor (Belgium) |
| 2. Continuing and postgraduate education in Clinical Chemistry - Scandinavian models | Kari Pulkki (Finland) |
| 3. The NPU coding system: basic and progress | Pontet Françoise (France) |
| 4. The NPU terminology - managing laboratory results on a national scale | Magdal Ulla (Denmark) |
| 5. Biomarkers of myocardial injury: past, present and future | Tanasijevic Milenko (USA) |
| 6. Quality system and LIS | Meshko-Brguljan Pika and Bratozh Sasha (Slovenia) |

Lecture from Balkan countries

- | | |
|---|--|
| 1. Some future trends of Clinical laboratory medicine in the Balkan region | Danev Stoyan (Bulgaria) |
| 2. Biomarkers in Gaucher Disease: diagnosis and monitoring the enzyme replacement therapy | Shumarac Zorica (Serbia) |
| 3. Regulatory functions of the eicosanoids | Tzontcheva Anna (Bulgaria) |
| 4. Screening for pre-eclampsia in pregnancy: Is there a role for biochemical markers? | Rizos Demetrios (Greece) |
| 5. Emerging risk markers and novel targets for cardiovascular prevention | Korita Irena (Albania) |
| 6. Stress as a trigger of autoimmune disease | Cojocaru Manole (Romania) |
| 7. Diverse effects of antioxidants on cytotoxicity of chemotherapeutic drugs | Özben Tomris (Turkey) |
| 8. Linking genomic variation and brain imaging in neuropsychiatric diseases | Djurovic Srdjan (Montenegro) |
| 9. Luminescence as a useful tool in biochemical research and routine analysis | Efremova-Aaron Snezhana (Macedonia) |
| 10. Antidepressants and glutathione S-Transferases | Özer Nazmi (Turkey) |
| 11. Detection of common chromosome aneuploidies by quantitative fluorescent (QF)-PCR | Plashevaska-Karanfilska Dijana (Macedonia) |
| 12. Molecular analyses in colorectal cancer management | Dimovski Aleksandar (Macedonia) |
| 13. Genetic variants predisposing to atherosclerosis and venous thromboembolism are used for association studies of cardiovascular diseases | Spiroski Mirko (Macedonia) |

Round table discussions

1. Quality Management - **Coordinator: Todor Gruiev**

Symposiums (limited attendance)

1. IFCC Symposium - Quality Control
2. The HBsAg Paradigm shift: New Interest in Quantitating an Old Marker - **Coordinator: Coleman Paul- ABBOTT**

Workshops (limited attendance)

1. IFCC Workshop - Accreditation
2. Impact of plastic collecting tubes (VENOSAFE) on biochemical analysis - **Coordinator: Boeynaems J. M. - TERUMO**
3. FC mixture an additive superior to Sodium Fluoride for the stabilization of glucose in blood samples - **Coordinator: De Meyer I. - TERUMO**

CALL FOR ABSTRACTS

Information for authors

The Scientific Committee invites authors to submit abstracts to be considered for inclusion in the Scientific Program as Oral or Poster Presentations.

Participants wishing to contribute to the Scientific Program of the Meeting are kindly request to submit their abstracts before June 15th, 2009, together with the registration form of at least one author. For the abstract to be included in the final program at least one author should have paid the registration fees. Submitted abstracts will be presentable as Oral or Poster presentations.

Topics

- | | |
|---|---|
| 1. BIOCHEMICAL MARKERS OF DISEASES AND MOLECULAR DIAGNOSTICS:
Atherosclerosis and ischemic heart disease
Gastrointestinal and liver diseases
Renal diseases and markers
Diseases of nervous systems, bones and muscles
Hereditary metabolic diseases
Endocrine diseases
Tumor markers
Other diseases | 6. INFECTIOUS DISEASES |
| 2. CLINICAL IMMUNOLOGY, ALLERGOLOGY AND AUTOIMMUNE DISEASES | 7. MANAGEMENT:
Automation
Quality assessment
Accreditation and standardization
Laboratory information Systems
Teaching and Training |
| 3. EVIDENCE-BASED LABORATORY MEDICINE | 8. NEW ANALYTICAL TRENDS IN CLINICAL LABORATORY MEDICINE:
DNA Technology
Immunoassays and Flow Cytometry
Biosensors
Luminometry |
| 4. EXPERIMENTAL BIOCHEMISTRY | Atomic Absorption Spectroscopy
Drug Monitoring and Toxicology
Solid phase Chemistry |
| 5. HEMATOLOGY AND HEMOSTASEOLOGY | 9. VARIA (free communications) |

Abstract format

- Size:** The abstract should not exceed 250 words.
Abstract must contain descriptive title, author (s) and the location where the work was done.
- Style:** The abstract is recommended to be structured into paragraphs and must include and clearly state the objectives of the study, sufficient description of methodology, statement of results and sufficient data to support conclusion. Table and charts are not allowed.
- Language:** the abstracts must be typed in English in Arial font, 10pt.
- Topic:** please state the topic in which your abstract should be included.
- Abstract should be filled on to Abstract form which is available on the web site of the BCLF2009 Meeting - <http://www.bclf2009.org>, saved in MS Word 2003 format and submitted as an attachment on the e-mail address: abstract.bclf2009@gmail.com

Abstract sample

TITLE IN CAPITALS

Author(s): Last and first names (Ex.: Jones M., ...),

Address: Department, Institution, City, Country

Email: Email of the first author

Objectives: Please state the background and aim of the investigation.

Methods: Please state the materials and methods of the investigation.

Results: Please state the results of the investigation without tables or charts.

Conclusions: Clear state the final conclusions of the investigation.

Keywords: up to 5 keywords

Topic: Please state the number of topic in which your abstract should be included.

Abstract Submission

Abstracts should be submitted by email: abstract.bclf2009@gmail.com

Authors should agree for publication of the abstract and be aware of the content of the abstract before it's submission.

Awards

The Balkan award for Clinical Laboratory Research 2009 will be presented. Please visit the website: www.biosystems.es or www.bclf2009.org for details.

The best oral and poster presentation will be awarded by the Macedonian society of medical biochemists.

Acceptance/Rejection of Presentation

All abstracts will be evaluated by the Scientific Committee and the presenting author for oral/poster presentation will be informed of the Committee's decision and the time of their presentation by the August 15th 2009.

Plenary Lecture Presentations

Abstract for the plenary lecture presentations must be submitted according to the instructions for the abstract preparations above on A4 paper sheet and should be received by the general deadline of 15th June 2009.

The scheduled time for plenary lecture presentation is 30 minutes.

Lecture Presentations

Abstracts for lecture presenters must be submitted according to the instructions for the abstract preparations above and should be received by the general deadline of 15th June 2009. The scheduled time for lecture presentation is 25 minutes plus 5 minutes discussion.

Oral Presentations

Scientific Committee will select the abstracts for oral presentations. All authors will be informed about the exact time of their presentation.

The scheduled time for oral presentation is 12 minutes plus 3 minutes discussion.

Poster Presentations

The recommended dimensions of the posters are 70x90 cm (w/h).

Double-sided tape for hanging posters will be available.

Abstract Submission for the 5th Macedonian National Congress of Medical Biochemists

Abstracts should be sent both in English and Macedonian language according to the instructions for the abstract preparations above and should be received by the general deadline of 15th June 2009.

Book of Abstracts

Abstracts from all registered participants will be published in the Congress Abstract Book, together with the Final Programme of the Meeting and all registered participants will be given a Certificate of Attendance.

DEADLINE FOR ABSTRACT SUBMISSION: JUNE 15th, 2009

REGISTRATION INFORMATION

How to register

To register for the 17th Balkan Clinical Laboratory Federation Meeting and the 5th Macedonian National Congress of Medical Biochemists, please visit the web site: www.bclf2009.org. Download the registration form, fill it and send it to the: congress@vispoj.com.mk.

Registration Fees (VAT included)

	before august 15th, 2009	after august 15th, 2009
Delegates	150 Eur	200 Eur
Members of MSMB/Residents	100 Eur	150 Eur
Students*	70 Eur	100 Eur
Accompanying Persons	70 Eur	100 Eur

* Students will need to provide proof (written certification by head of department).

Registration fees

Registration fees for DELEGATES, MEMBERS OF MSMB/RESIDENTS cover:

- Admission to the Scientific Sessions and Exhibition area
- Opening Ceremony & Welcome Reception on Wednesday, 16th September, 2009
- Congress material
- Certificate of attendance
- Coffee breaks during the Meeting breaks
- Gala dinner

Registration fees for STUDENTS cover:

- Admission to the Scientific Sessions and Exhibition area
- Opening Ceremony & Welcome Reception on Wednesday, 16th September, 2009
- Congress material for Students
- Certificate of attendance
- Coffee breaks during the Meeting breaks

Registration fees for ACCOMPANYING PERSONS cover:

- Opening Ceremony & Welcome Reception on Wednesday, 16th September, 2009
- Half day Ohrid city tour
- Gala dinner

Cancellation of registration

Cancellations are accepted in written form to address of VIS POJ Travel & Tourist Center. Participation cancellation up to August 15th, 2009 is subject to a 50 Euros cancellation fee. All cancellations made after August 15th, 2009 are not refundable.

Web site

Up-to-date information regarding the Congress will be available at the web site www.bclf2009.org. Participants will be able to get all relevant informations about registering, submitting abstracts and hotel accommodation from the web site.

HOTEL ACCOMMODATION

The Organizing Committee has nominated VIS POJ Travel & Tourist Center to be the local travel agency for Hotel reservations.

For hotel reservation please complete the **Registration Form** which can be found on BCLF 2009 web site, and send it to VIS POJ Travel & Tourist Center, (by e-mail) before August 1st, 2009. Hotel reservation is guaranteed if made by August 1st, 2009. After this date requests will be accepted but accommodation cannot be guaranteed. All requests will be handled on a first-come-first-served basis.

Should the hotel(s) of your choice be fully booked, VIS POJ Travel & Tourist Center reserves the right to accommodate you in a similar hotel.

After receiving the Registration Form we will send you written confirmation and invoice by fax or e-mail, so you can pay fees to account of VIS POJ.

Hotel	Room rates daily, per person (in Eur)	
	single	double
Metropol*****	58 Eur	47 Eur
Bellevue****	54 Eur	43 Eur
Turist***	43 Eur	33 Eur

The above rates are daily, per person, on HB basis in the resident hotel and taxes.

Method of payment for Registration / Hotel Accommodation / Tours

Foreign currency payments are accepted ONLY by bank transfer to following data.

Beneficiary: **VIS POJ DOOEL**
Bank: **Ohridska Banka AD Ohrid**
SWIFT BIC: **OHRD MK 22**
ACC: **530-000000000-1-76/25730**
IBAN: **MK07530901000225913**

No Bank fees to VIS POJ Travel & Tourist Center (beneficiary).

Domestic currency payments are accepted by bank transfer to following data.

Beneficiary: **VIS POJ DOOEL**
Bank: **Ohridska Banka AD Ohrid**
ACC: **530-0001002475-42**
Tax No.: **4020002131507**

Cancellation policy for Hotel reservations

Cancellations are accepted in written form to address of VIS POJ Travel & Tourist Center. Accommodation cancellation up to August 15th, 2009 is subject to a 50 Euros cancellation fee. All cancellations made after August 15th, 2009 are not refundable.

LIABILITY

It is strongly advised participants to arrange their own health, travel and personal insurance. In case of unwanted events Congress Organizer and Administrative Secretariat don't assume liability.

GENERAL INFORMATION

Venue and dates

The 17th Balkan Clinical Laboratory Federation Meeting and the 5th Macedonian National Congress of Medical Biochemists will take place in Ohrid, from 16th-19th of September, 2009 in Metropol Lake Resort.

Congress Secretariat & Official Travel Agency

For any information regarding Abstract submission, Registration, Accomodation, Travel or Exhibition, please contact the Congress Secretariat and Official Travel agency:

Travel & Tourist Center
VIS POJ
Bul. Turisticka 50
6000 Ohrid, Republic of Macedonia
Phone/Fax: ++389 46 255 600
e-mail: congress@vispoj.com.mk
web: www.vispoj.com.mk

Registrations and informations desk

The information desk will work from 16th till 19th of September, 2009. In order to register please bring along your letter of confirmation and payment.

Day	Date	Working hours
Wednesday	16th, September	12:00 am - 08:00 pm
Thursday	17th, September	08:00 am - 08:00 pm
Friday	18th, September	08:00 am - 08:00 pm
Saturday	19th, September	08:00 am - 12:00 am

Language

The official Congress language will be English.

Exhibition

A commercial exhibition of pharmaceutical items and technical equipment will be organized during the Congress. Participation is open to any interested company or organization. Detailed information, Exhibition Plan & Exhibition manual, may be obtained from Mrs Valentina Kološka, e-mail: committe.bclf2009@gmail.com.

Insurance

The 17th Balkan Clinical Laboratory Federation Meeting and the 5th Macedonian National Congress of Medical Biochemists accepts no liability for any personal injury, loss or damage of property belonging or additional expenses incurred to Congress participants either during the Congress or as result of delays, strikes or any other circumstances. Participants are requested to make their own arrangements with respect to health and travel insurance.

Travel and visa

Citizens from most European Countries will only need a valid passport. Please contact your travel agency or at http://www.worldtravelguide.net/country/154/passport_visa/Europe/Macedonia,-Former-Yugoslav-Republic-of.html regarding the necessity of a visa. Upon request, the Organizing Committee of the Congress will be pleased to send a personal letter of invitation so as to enable participants to obtain a visa for attending the Congress.

Weather

The weather in early September in Ohrid is usually sunny and warm during the day and cool at night. Temperature of the air varies between 15°C and 28°C and of the water in Lake Ohrid between 18°C and 23°C.

Currency

Macedonian denar: approximately 1 Euro = 61.5 Den.

Banks

Banks operate from Monday to Saturday 08:00 am - 04:00 pm hours in Ohrid.

There are exchange office on reception desk in every hotel. Also there are cash dispensers in most of the hotels.

Credit cards

International credit cards are accepted in cash dispensers, restaurants, shops and agencies.

Restaurants

Hotel accomodation is on HB basis.

For additional meals there are restaurants in the hotels and in the town Ohrid.

For reservations and special request please contact information desk.

Transportation

Ohrid is accessible from any part of Continent by all means of transport.

By car

- From Serbia, Belgrade 600 km
- From Bulgaria, Sofia 390 km
- From Greece, Tessaloniki 280 km
- From Albania, Tirana 150 km
- From Skopje 170 km

By bus

There are regular bus lines from Skopje to Ohrid in every three hours.

Price of one way ticket is 8 Euros.

Bus station in Skopje is located near the train station.

By train

From all major European cities to train station at Skopje.

By airplane

The airport in Skopje has direct connections with all major European cities and airports.

The airport in Ohrid has direct connection to following cities: Ljubljana, Belgrade, Vienna, Zurich.

Other convenient airports are Tessaloniki, Tirana and Sofia.

Transfer Informations

Traveling distance from airport Skopje to Ohrid is 200 km.

Traveling distance from airport Ohrid to Hotels is 15 km.

There are no regular bus lines from airports to cities.

Taxi services are available 24 hours.

Transportation from airports to all official hotels will be provided upon request. Please contact VIS POJ Travel & Tourist Center for organisation of your transport.

Transfer for time of Congress

Detailed information will be placed in the lobbies of all the official hotels.

OPENING CEREMONY AND WELCOME RECEPTION

The Opening Ceremony and Welcome Reception of the 17th Balkan Clinical Laboratory Federation Meeting and the 5th Macedonian National Congress of Medical Biochemists will be held at the Metropol Lake Resort in Ohrid, on Wednesday, September 16, 2009.

Included in registration fee for registered participants and accompanying persons.

TOURIST PROGRAMME

All tours will depart from the official Congress hotels, unless otherwise stated.

The Light of Ohrid



Departure at 09:00 pm.

Every night there will be a cruise by boat on Lake Ohrid, specially organised for the participants of Congress, leaving from the landing-stage of the hotel.

This is an unforgettable experience for all lovers of beauty, light, stars, music, songs and dance. The pleasant sound of traditional Ohrid music mingling with the rippling of the lake provides a unique opportunity for you to experience the light of Ohrid - Lychnid: the shining city.

Fee: 15 Euros, which includes a two hours' boat cruise with music, drinks and a professional tourist guide. Minimal for realisation 15 participants.

Sv. Naum - St. Nahum: A Magical Linking of Nature, the Church and History



Programme by bus or boat.

Departure from the hotel at 09:00 am / Arrival back at the hotel at 01:00 pm

Departure from the hotel at 02:30 pm / Arrival back at the hotel at 06:30 pm

Departure from the hotel complex for Sv. Naum - St. Nahum, stopping en route for a panoramic view of the Ohrid Lake shore, the Galichica National Park, various lakeside hotels and tourist complexes and the fishing villages of Peshtani, Trpejca and Ljubanishta.

Arrival at Sv. Naum, where the Monastery of St. Nahum dates from the 19th century and was built by St. Nahum, a disciple of Ss. Cyril and Methodius, and is one of the most

significant monasteries in the Balkans, situated on the Macedonian-Albanian border on the west side of the attractive Mount Galichica.

Nature, with its magical power, has spread around all its splendour here, creating miniature paradise of divine beauty.

The monastery complex of Sv. Naum, located on a rock, right above the lake, is a monument of and to the miracle-worker St. Naum, and it is enhanced by a fashionable hotel that blends in with its surroundings.

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The vegetation abounds with a spectrum of green and golden colours, exceptionally clear water and wonderful birds.

Fee: 25 Euros, which includes a three hours' boat cruise with music, drinks and a professional tourist guide. Minimal for realisation 15 participants.

Ohrid - City of the Centuries, Inheritor of the Bright Lychnid



Departure from the hotel at 08:30 am / Arrival back at the hotel at 02:00 pm

Departure from the hotel at 02:30 pm / Arrival back at the hotel at 08:00 pm

Situated on the shore of Lake Ohrid, a treasure trove of primaevial wildlife about 4 million years old, one of the very few living museums in the world, Ohrid is the legitimate inheritor of the ancient Lychnidos, a city of eternal life and creativity from prehistory until now, interwoven with the achievements of ancient civilisations. Ohrid represents Macedonian cultural - an episcopal centre as early as the classical period and the Jerusalem of the Balkans.

Ohrid has been the centre of the literacy and

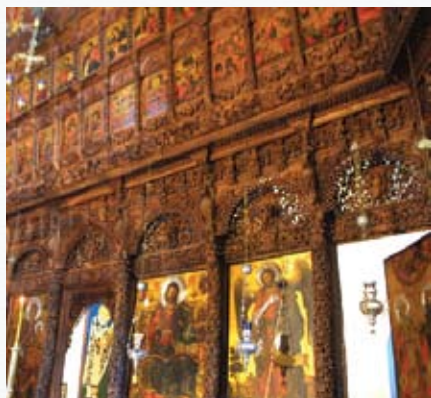
the culture of the Slavonic clergy, the capital of Czar Samuel's kingdom and a centre of the Macedonian renaissance in the 19th century. A town with unique position in time and in space, a town with very rare and indeed unique natural and cultural treasures, it has been inscribed in UNESCO's register of world values.

Sightseeing in the old part of the city provides a unique opportunity to experience Ohrid through the centuries and its treasury of cultural and historical monuments. Walking through the old streets of Ohrid, passing by its traditional architecture, you will be constantly aware of its monuments to different periods of history.

A rest and an aperitif in a national restaurant. Return to the city centre, sightseeing in the old Ohrid Bazaar and visits to the old Ohrid crafts workshops.

Fee: 20 Euros, Minimal for realisation 15 participants.

St. Jovan Bigorski - Splendours of Natural Beauty, Rivers, Lakes, Mountains, Canyons and Unique Monastic Complex



Departure from the hotel at 09:00 am / Arrival back at the hotel at 01:00 pm

Departure from the hotel at 01:00 pm / Arrival back at the hotel at 06:00 pm

Departure by bus from the hotel towards Kichevo and Mavrovo. The journey will proceed via the rivers Crn Drim and Radika with views to the picturesque scenery of the canyons of the River Radika.

Arrival at the monastery of Sv. Jovan Bigorski - St. John Bigorski.

The Monastery is one of the rare monuments that immediately attract the attention of the tourists, its attraction lying both in its settings and in the treasures contained within it.

At an elevation of 740 meters, surrounded by Mount Bistra and deeply embedded in the rocks, the architecture of the monastery is unique. Of special note is its vast carved iconostasis or altar screen wrought by well-known Macedonian wood-carvers.

The monastic complex is astonishing with its unique location and character, but what is perhaps even more astonishing is the splendour of the natural beauty of the rivers Crn Drim and Radika together with their lakes, valleys and canyons, lying between Mt. Bistra and Mt. Corab, two of the most beautiful mountains in the Balkans, not to mention the attractive tourist and ski centre of Mavrovo.

Panoramic views of the Mavrovo National Park, with relaxation and refreshments in the Bistra Hotel.

Fee: 35 Euros, Minimal for realisation 15 participants.

Bitola - The City of the Consuls and the Well-Known Heraclea Lyncaestis Complex



Departure from the hotel at 08:00 am / Arrival back at the hotel at 03:00 pm

Departure from the hotel for Bitola, with panoramic views of the mountains and several rural settlements in the Ohrid, Prespa and Bitola areas.

Arrival in Bitola and sightseeing in the city. A walk along the old and well-known Shirok Sokak (Broad Street) where the Consulates of European countries were located at the time of the Ottoman Empire.

Visit to the City Museum which houses, among other things, the Kemal Attaturk Memorial Room, as well as to the Haydar Kadi Mosque (1561) and the Yeni Mosque (1558),

both masterpieces of architecture in Macedonia.

Rest and refreshment in the old Bitola Bazaar.

Visit to the Heraclea Lyncaestis complex, founded by Philip II of Macedon and one of the best preserved antique sites in the Balkans. The city was named after the mythological hero Hercules, a hero of the Macedonian Argidian Dynasty. Heraclea existed and developed for more than a thousand years, experiencing revivals in the Roman period and in late antiquity. It was also an episcopal centre in the Early Christian period. Objects of great importance in this complex are the Roman Theatre and the Thermal Baths, as well as the Basilicas with their extraordinary mosaic floors and numerous archaeological finds.

Fee: 35 Euros, Minimal for realisation 15 participants.

IMPORTANT DATES

June, 15, 2009: Deadline for abstracts submission

August, 15, 2009: Abstract notification information

August, 15, 2009: Deadline for reduced registration fee

September, 16-19, 2009: Congress dates



Organizing committee

Macedonian Society of Medical Biochemists

st. Vodnjanska 17,
1000 Skopje, R. Macedonia
Phone/Fax: ++389 46 255 600

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