



IROMAG

Incomings Edition



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Online session: Challenges to motivate student and staff mobilities: how to increase the numbers

by IROUNMO

Online session 'Challenges to motivate student and staff mobilities: how to increase the numbers' was held October, 20th. The session was one of the series of events organized to celebrate Erasmus+ and the achievements University has accomplished in the scope of the programme in terms of mobility.

Participants from fourteen Universities took an active part in a discussion on motivating students and staff to go on mobility. In interactive surroundings, the participants talked about the major obstacle in terms of motivation to spend a study period abroad, but also shared examples of good practice. The discussion has even nurtured several project ideas.



Sadrvan, a medium-sized restaurant in the pedestrian area near Old Bridge, has waiters dressed in traditional clothing taking orders. Tourists frequently visit for lunch as part of a guided trip or on their own after receiving a suggestion.

Where to eat traditional food in Mostar?

By IROUNMO

Traditional Bosnian food combines the most excellent of the east, west, and Mediterranean. The Ottomans brought the kebabs and bureks, whereas the Austro-Hungarians presented Central/Western European cooking. Traditional Bosnian food is slow-cooked meat marinated in its juices and served with bread. Thousands of people come each month to view Old Bridge and get a flavor of Bosnia and Herzegovina. Several restaurants selling traditional-style food, such as cevapi, Mostar's specialty Sogan-Dolma were opened by enterprising people. Here are the best traditional restaurants in Mostar.



Restaurant Kulluk is located on the eastern side of the River Neretva, near the Koski Mehmed Pasha Mosque. Restaurant Kulluk is ideal for meat lovers. Cevapi and grilled lamb are two of their favorite dishes. The Bosnian Meat's Platte, which includes a variety of meats, is a popular dish among tourists. The trout dish comes highly recommended as well.



Inside an old mill cottage on the western, side of the River Neretva, Hindin Han serves traditional Bosnian cuisine to diners. Terraced tables overlooking a stream provide adequate shade from the sun, making it an ideal location for a meal. Ratings are consistently high among both locals and tourists.

Tima-Irma first opened its doors more than three decades ago. The family-run establishment is located in the old town on the western bank of the river. The restaurant has a great view of the bridge. The service is quick, and the owner is frequently present, chatting with some of the diners. If you're a vegetarian, Tima-Irma won't be as enjoyable as it is for your meat-loving co-patrons. There's a lot of cevapi and lamb here, and the meat's plate for two is one of the most popular dishes on the menu. You'll get generous servings of food at a reasonable price.



Day of Coffee

By IROUNMO

If someone asks you what is one of the important things that you do in your morning routine, what will your answer be ? ... Let me guess ... coffee. Many of us make coffee in the morning to help ourself's get together and start the day. It is the most famous dring in the world. They say that three billion cups of coffee are drunk daily. There are a lot of different ways of making coffee. There is espresso, Turkish coffee, cappuccino, and so on...

Caffeine, as an ingredient in coffee, has a positive effect on mood, and wakes up and improves concentration, but also reduces depression and anxiety.

IN BOSNIA

In Bosnia, people drink coffee to get to know someone... In Bosnia people can drink their coffee for hours, talking about life, their experience of some events, their family and so much more. They use one expression when they want to express that they will drink that coffee to relax and calm down - ČEJFITI. When someone says that they will ćejfiti you know that they will drink it for at least half an hour to an hour.

In Bosnia, everything revolves around coffee. It is drunk in the morning to wake up. When guests come it's "dočekuša". We have coffee at work, on a break in the city, evening coffee, simply put, every time we have the opportunity arises.

A pleasant conversation of a woman begins with a "razovoruša" with rahat lokumi or dry cake. And finally, after many coffees, and we have repeated the sentence several times: "Let me serve you another one" is "sikteruša" coffee which is a sign that it is time to go home.



RECEPT FOR BOSNIAN COFFEE

Put water in a special bowl to boil. Put the coffee in the pot and add a couple of grains of salt. When the water boils, put the pot on a hot plate to warm the coffee a little and then pour over the boiled water, stir and let the coffee start to rise. When the coffee starts to rise, remove the pot from the plate. Wait for the coffee to settle a bit and then add water to a full pot. The foam should be thick.

SERVING

Coffee is drunk from a cup. It is poured by first stirring the cream (foam on top) with a spoon and then distributing it in each cup a little so that there is cream in each cup on top of the coffee. Then the coffee is poured into cups. Coffee is drunk slowly, with short sips, between which pauses are made to enjoy the aroma and talk. As a rule, coffee is served with sugar cubes, which are dipped in coffee a little and nibbled so that the sugar is kept in the mouth and a sip of coffee is drunk on it. On special occasions, rahat lokum is served with coffee.

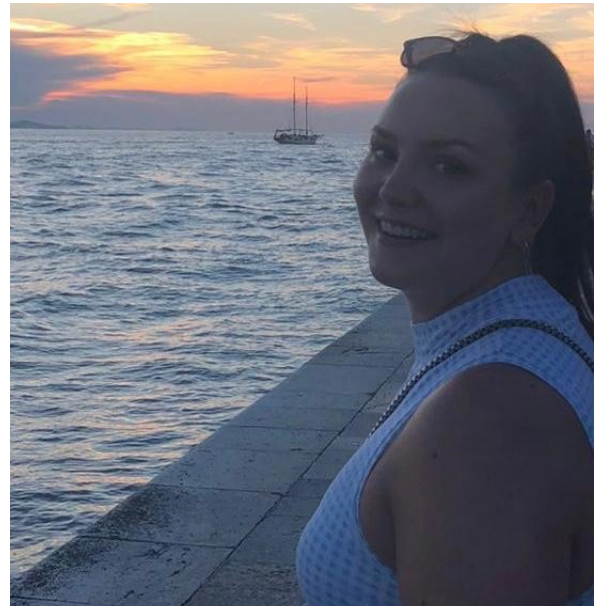
Milica Matković

By IROUNMO



Hi there! My name is Milica and I am an exchange student from the Netherlands. I study Tourism Management in Rotterdam and started at Dzemal Bijedic University in Mostar last month. Mostar is one of the most beautiful cities in Bosnia and Herzegovina, in my opinion. Nature, rivers, and mountains surround the city (which I am not used to in the Netherlands).

I grew up with Bosnian culture at home, but now I live in the middle of it, which is both enlightening and interesting to me. This allows me to learn a lot about my own culture while also allowing me to easily integrate into society. Interacting with the other international students allows me to improve my intercultural communication skills while also learning more about my own culture. Finally, Mostar, in my opinion, represents kindness, multiculturalism, and hospitality.



BOSNIAN DICTIONARY

- KAFA - COFFEE
- PRISTAVITI KAFU - MAKE A COFFEE
- RAHATLOKUM - TURKISH DELIGHT
- MLIJEKO - MILK
- BIJELA KAFA - COFFEE WITH MILK

- ŠEĆER- SUGGAR
- FILDŽAN - COFFEE CUP
- KEKS- BISCUIT



UNMO Projects

By IROUNMO

Strengthening of master curricula in water resources management for the Western Balkans HEIs and stakeholders (SWARM)

Main outcomes of the project:

- Innovation of existing and development of new master curricula for Water Resources Management (WRM) in WB. UNMO innovated two and introduced one new course at master study program Environmental Infrastructure management
- Theme-based training of teaching staff from WB at EU partners for acquiring new teaching and learning methods
- 7 laboratories equipped with equipment and literature for WRM
- Handbook for training in water resources management
- Training in Water Resources Management. Three-day LLL training held online with 174 participants from 6 WB countries
- Organized Symposium in WRM at Novi Sad, Serbia, September 23-24, 2021
- All info available at swarm.ni.ac.rs

Promoting academia-industry alliances for R&D through collaborative and open innovation platform (All4R&D)

Main outcomes of the project:

- Created Collaborative and Open Innovation Platform: platform.all4rd.net
- R&D units were created in Bosnia and Herzegovina and Armenia. UNMO established the Center for Research at the Faculty of Civil Engineering of.unmo.ba/institut/centar-za-istrazivanje
- R&D units equipped
- Organized LLL courses. Courses were organized in 6 engineering fields. In total 40 LLL courses were organized and held from February to July 2021. UNMO held 6 courses. Courses available at moodle.all4rd.net
- 26 Innovative Teaching Practices developed and implemented
- 8 Research projects undertaken as pilot projects, two per each R&D unit. UNMO conducted an Open Call for young researchers and started with projects on 15.04.2021.
- All info available at all4rd.net



International Day at UNMO

By IROUNMO

October, 14th, at the Amphitheatre of the Mechanical Engineering Faculty was held the International Day at UNMO.

For the fourth year running, International Relations Office organizes the event to celebrate Erasmus+ and the achievements Of the University in terms of mobility of students and staff.

Apart from the presentation of the IRO work and the presentation of the international dimension of the University, the participants had an opportunity to listen to the presentations of the incoming students from the Catholic University of Valencia, Victor Calvet Gadea and Jose Rafael Catala Calatayud as well as the presentation of Maria Magdalena Mandic, an outgoing student from the Interior Design study programme.



International Relations Office organizes the event in cooperation with the International Relations Office of the University of Sarajevo, whose representative Adnan Rahimic also presented their work.

The international dimension of the Erasmus+ programme was highlighted by the presence of the representatives of nine EU Universities the Polytechnic University of Portalegre, Vitautas Magnus University, the University of Evora, the Catholic University of Valencia, the New University of Lisbon, Erlangen University of Nunberg, the Catholic University of Lille and Kutahya Dumlupinar University from the Republic of Turkey.

The event was supported by Konrad Adenauer Stiftung in Sarajevo.