



2ND INTERNATIONAL SOFIA STAFF WEEK

INNOVATIONS IN PUBLIC HEALTH EDUCATION

1 - 5 OCTOBER 2018

Sofia, Bulgaria





Dear Partners,
Dear guests,
Dear colleagues,

For me, it is a pleasure on behalf of the entire academic community and as a Rector of the Medical University - Sofia to welcome you to the Second International Erasmus Staff Week dedicated to Innovations in Public Health Education. The university has been participating in the program since it was opened for Bulgaria in 1999. For almost 19 years, nearly 600 Erasmus students have been sent. As a result of the teaching mobility and Erasmus office activities, we already have more than 100 contracts with partner universities from 28 program and partner countries. Medical University - Sofia has always attracted a large number of Erasmus students, but over the last four academic years, our success is that Incoming Erasmus students are more than the Outgoing. This is due to two main facts:

- All curricula in medicine, dentistry and pharmacy are taught in parallel in English and Bulgarian
- Medical University - Sofia applies the modular system of education and patients' bedside training, including many hours of clinical practice and patient care.

Erasmus students' training periods are subject to in-depth analyzes at Faculty and Rectorate level, with the participation of the Head of International Integration and Project Funding Department, Institutional Erasmus Coordinator and the Faculty Academic Coordinators.

The organization of Erasmus Staff Week was initiated by the Faculty of Public Health, last year for the 30th anniversary of Erasmus Programme and the 100 years celebration of Medical University – Sofia. It is an additional initiative for promotion of student & staff mobility combined with enhanced information campaign, part of all organized events at the university, and by systematically reviewing the established Internal Rules for Program administration, including the recognition of Erasmus periods of study and teaching.

Erasmus mobility helps to fulfill one of the major objectives set up in the Institutional Strategy for Internationalization of Medical University – Sofia to build up the „Global" doctor, possessing the following skills: Understanding and tolerance for human diversity, multiculturalism and religious affiliation; ability to work in an international perspective; knowledge of second language; general knowledge outside the field of medicine and strengthening the knowledge triangle (education, research & innovation).

I wish you fruitful work, health, personal happiness and many academic successes!

Prof. Dr. Victor Zlatkov, MD
Rector of Medical University - Sofia

HISTORY OF THE MEDICAL UNIVERSITY - SOFIA

The Medical University – Sofia is the oldest medical institution of higher education in Bulgaria. Medical Faculty was founded by the Decree of His Majesty King Ferdinand in 1917. The University has history and tradition of nearly a century in medical education and science. Many of our lecturers are scientists well known abroad and the University is a part of the European educational sphere.

Since its foundation more than 60 000 specialists were instructed at the Medical University – Sofia, 4600 foreign citizens included. At the moment there are 6155 students, 1600 international students included, from 52 countries during the academic year 2017/2018. A lot of students are from Turkey, India, Macedonia, Greece, Cyprus and other countries.

The ultimate goal of the University is to teach and train students (under-, post-graduates and Ph.D.), to conduct research and to provide highly specialized health-care for people. The Medical University – Sofia has internationally recognized achievements in: cardio-thoracic surgery, neurosurgery, ophthalmic surgery, high tech diagnostics of human diseases, prevention programmes for cardio-vascular and inherited diseases, bone-marrow transplantation, development of new compounds of synthetic and natural origin, genetics, etc.

The main objectives of the University are:

- To provide high quality of education in a surrounding enriched by research work;
- To preserve and strengthen its position as educational and scientific; institution of the highest international quality;
- To form high professional and humane qualities of its graduates in the spirits of the European democracy and tolerance;
- To provide forming of high quality lecturers and improve their effectiveness.

The Medical University joined the SOCRATES/ERAZMUS programme of the European Community in the 1999 year. This is a programme for contacts with universities from abroad with the intention of increasing the percentage of students undertaking a period of study in another European country.

ECTS – EUROPEAN CREDIT TRANSFER SYSTEM is a decentralized system based on the principle of mutual trust and confidence between the participating educational institutions. It provides a way of measuring and comparing learning achievements of students by using commonly understood measurements, credits and grades and transferring them from one institution to another, and thus widening the choices available to students. This system was introduced at the Medical University - Sofia in the academic year 2000/2001. The few rules of ECTS, concerning Information (on courses available), Agreement (between the home and host institutions) and the Use of Credit Points (to indicate student workload) are set out to reinforce this mutual trust and confidence. ECTS credits are simply a value allocated to course units to describe the student workload. ECTS credits reflect the quantity of work necessary to complete a full year of academic study at the institution, including lectures, practical work, seminars, private work (in the library or at home), and examinations or other assessment activities. In ECTS, 60 credits represent the

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Welcome to Bulgaria!

Welcome to Sofia!

Dear Colleagues and Friends,

It is our great pleasure to welcome you to the **2nd International Sofia Staff Week: Innovations in Public Health Education 01-05 October 2018**.

The **2nd International Sofia Staff Week: Innovations in Public Health Education 01-05 October 2018** is an important social orientation program that includes academic events, educational activities and information. We offer you a week, plenty of workshops activities, trainings and gatherings, which are organized for international staff to familiarize you with our Institution and its activities.

Moreover, we will be having an international lunch where each of you may bring and share typical dishes from your country. This is a great chance for you to know more about the Erasmus program and, thus, make the most of your stay in Sofia, you can also meet other International staff. You will have the opportunity to learn from the experiences and good practices of all participants. In addition, we want to invite all guests to exchange ideas about fostering Erasmus student and staff mobility, and to discuss special topics of interest within the Erasmus+ Programme such as:

- Benefit from an intercultural learning setting
- Get to know our university and enjoy our lovely Capital
- Use the chance to promote your own University

Knowledge is unbounded and interwoven with international influences. The focus is on how to encourage international perspectives and cooperation, staff from different Institutions is welcome to seminars, workshops and other events.

Prof. Tzecomir Vodenitcharov, MD, PhD, Dsc

Dean of the Faculty of Public Health, Medical University-Sofia

FACULTY OF PUBLIC HEALTH

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The Faculty of Public Health is one of the four faculties in the structure of the Medical University – Sofia - the oldest and most authoritative academic organization in the field of medicine and healthcare in the Republic of Bulgaria. The Faculty was established in 1995 as “Faculty of Nursing” with the support of the Stability Pact and in partnership with leading institutions of European Union member states and the World Health Organisation. Under Council of Ministers Decree, since 2001 the former Faculty of Nursing has been renamed to Faculty of Public Health and ever since it has been delivering educational, academic and scientific knowledge in the field of public health and the healthcare sector.

The Faculty of Public Health's vision is to respond to the needs of modern society for public health education focused on innovative and sustainable theoretical and practical knowledge.

The Mission of the Faculty of Public Health is responsibly and creatively to develop methodological grounds for educational and scientific activities in the field of public health and health management. The Faculty develops unique public health and health management specialists providing high level of professionalism, ensuring the provision of better access to appropriate, sustainable and high level healthcare.

The Faculty of Public Health, considering the need of new generation of health managers, provides appropriate education in order for this new generation to be adequately prepared for the dynamic processes in healthcare markets, and the new pluralistic managerial style consistent to the European standards.

The Faculty of Public Health ensures constant educational and methodological support to healthcare policy makers and managers in the process of organizational changes and developments in the Bulgarian healthcare system.

The main objective of the Faculty of Public Health is the development of science and practice for public health and management as optimizing the organization, coordination and control of activities provided. The activities are devoted to the management of ideas and resources in the public health sector. The main key tasks include formation and development of new

generation of health managers and assistance activities for the management of the healthcare reform. The Faculty of Public Health provides education and training in multiple specialties, providing both Bachelors degree programs and Masters degree programs

Our Bachelor degree programs provide opportunities for students to follow a 4-year duration course in the following specialties:

- Public health and health management
- Health care management
- Nursing
- Midwifery
- Physiotherapy
- Medical assistant

Our Master degree programs provide opportunities for students to follow a year and a half duration course in the following specialties:

- Public health and health management,
- Occupational health,
- Strategical management in the pharmaceutical industry
- Health care management,
- Medical cosmetics,
- Dietetics nutrition
- Clinical Trial Management

The Faculty of Public Health consists of ten departments including:

- Department of Health Policy and Management
- Department of Medical Ethics and Law
- Department of Medical Pedagogy
- Department of Preventive Medicine
- Department of Health Economics
- Department of Occupational Health
- Department of Nursing Care
- Department of Health Technology Assessment
- Department of Physiotherapy
- Department of Social Medicine

All educational programs and courses provided at the Faculty of Public Health are in line with the European educational standards and requirements, as well as adapted to the Bulgarian national legislative system. They fall within the scope and requirements of the Bologna Declaration on the European space for higher education, ensuring comparability in the standards and quality of higher-education qualifications.

The Faculty of Public Health successfully works throughout the Erasmus+ programme and not only with countries such as Poland, Estonia, Romania, Lithuania, Turkey, Italy, Macedonia, Finland, Czech Republic, Greece, Latvia by exchanging students from different universities for traineeship mobility between 3–5 months.

Dear colleagues!

Welcome to Sofia for our second meeting! It is a pleasure for me to welcome you at our Medical College Jordanka Filaretova, the oldest medical institution in Bulgaria!

The **2nd International Sofia Staff Week: Innovations in Public Health Education 01-05 October 2018** begins and all of us are looking forward to the coming events and activities. I believe that we will have one beneficial week together—a week during which we will exchange experience, good practices and, of course, a lot of positive emotions.

Erasmus+ is an opportunity to develop further our professional qualities and skills, to establish new professional contacts and friendships, to expand our view of life and of different cultures. And all of this is priceless especially in the field we are working. Being good people and well-prepared professionals is a necessary condition for being excellent health specialists and for serving the community for good!

I wish you fruitful days here in Sofia!

Prof. Zaharina Savova, DM

Vice Director of Medical College J. Filaretova, Medical University-Sofia

MEDICAL COLLEGE "JORDANKA FILARETOVA"

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The Medical College "J. Filaretova" is the oldest medical institution and largest medical education institution in Bulgaria for the education of medical specialists with college degree in the field of "health care". Following the complete three year course of education, the successful graduates of the college are awarded the educational qualification entitled "professional bachelor in...". The education at the Medical College is full-time.

The college strictly following the latest educational plans and programs approved by Bulgarian Ministry of Science and Education and the other countries in the European Union.

The educational process is carried out by leading specialists from the Medical University – Sofia. The practical education of the students is conducted in the most modern and prestigious hospitals, medical laboratories, facilities and etc. in Sofia. There the students acquire, practice, and refine the practical skills that they will need in their career.

The specialties in the Medical College "J. Filaretova" are some of the most needed professions in the world. All countries in EU have a staggering need for our capable and well trained specialists. According to a recent study most of our specialties ranked near the top of the "100 recession proof jobs".

The building of the college is an architectural and cultural landmark and was donated by the famous Bulgarian patriot J. Filaretova over 110 years ago. The college has many modern lecture halls, laboratories, and cabinets equipped with modern medical and AV technology, the college also has a computer room, library, sports saloon and etc.

Specialty “Medical Laboratory Assistant”

Duration of education: 3 years

The motto of this specialty is: “Our goal is accuracy”



The Medical Laboratory Assistant is the principal performer of a wide spectrum of activities in specialized clinical, microbiological, histological, parasitological and other laboratories. He has professional training, skills and knowledge for independent work in the pre-analytical, analytical and post-analytical phases of the laboratory assays.

The Medical Laboratory Assistant participates in the diagnostic, prophylactic and scientific activities in hospitals and scientific institutes.

In order to achieve the educational and qualification degree “Professional Bachelor”, the Medical Laboratory Assistant has to master a a myriad of skills and solid knowledge in a number of Medical, Biochemical, Technical and Social Sciences and Practices.

The classes are lead in contemporary equipped educational laboratories with independent working places.

The tradition in education of Medical Laboratory Assistants in the Medical College – Sofia and the high level of training allows them for successful professional realization. They usually find a job with in day of their last exam.

The new graduates start work in some of the most prestigious medical, scientific and industrial clinical, hematological, microbiological, serological, histological, parasitological, genetic and etc. laboratories.

Specialty “X-Ray Technician”

Duration of education: 3 years



The profession of X-ray technician is extremely demanding and has high expectations for the personal qualities and the professional characteristics of the specialists. The X-ray technician must be dynamic, versatile, independent and at the same time good team players. The old steiotypical view of the profesion no longer applies. The specialists no longer take just the simple old X-ray pictures, but now they use a huge number of methods that make the invisible to the human eye, visible (ultra sound, mammography, MRI, CT scan, and etc)

The profession of an X-ray technician has been completely transformed in the past few decades and the old stigmas that it is dangerous have been alleviated by many modern innovations and mechanizations. Being one of the fastest developing areas in health care it is more and more heavily dependent on Information and Communication Technologies which makes it the perfect choice for people who want to combine their love for modern technology and health care. In order to compete diagnostic tasks the X-ray technicians must have solid knowledge in physics, anatomy, radiobiology. The methods used by the x-ray technicians are X-ray, Computer tomography, MRI, Ultra sound, interventional radiology for diagnostic purposes, and ect.

Our graduates can start work at:

- X-ray departments at Diagnostic-consultant Centers, hospitals, scientific institutes,
- Radiation therapy departments

- Nuclear medicine labs
- Radio-immunology labs
- Highly specialized labs where different methods are combined / EEG, EMG, etc/
- Radiobiology labs or studies where sources of radiation are used for diagnostic or treatment purposes
- Dental x-ray labs
- Mammographies

Specialty “Dental technician”

Duration of education: 3 years

The specialty “dental technician” is a medico-technical specialty that is vital for orthodontic and prosthetic dental medicine. This is a profession for the artist at heart, and for the people that love creating beauty and a wonderful smile in others.



The dental technician is a highly qualified specialist that uses most modern materials and technological methods to plan, develop and create, different kinds tooth prosthetic constructions, face and jaw prosthetics, orthodontic apparatuses and etc., that have been ordered from the dental doctors (dentists).

During their education the students learn many different disciplines that will broaden their horizons and also give them the knowledge and skills to make them extremely competitive after graduation. Some of the students start working even before graduation in dental labs, using the most modern materials, instruments tools available to the profession.

Thanks to the close contacts with the leading dental firms often the medical college organizes guest lecturers to make presentations of the innovations in the field. Those students that have interest can also do scientific work along with their lecturers.

The graduated dental technicians can work mainly in dental technician labs in Bulgaria and also anywhere in the world.

Specialty “Rehabilitation specialist”

Duration of education: 3 years



The **Rehabilitation** specialist takes an active part in providing of medical rehabilitation treatment during all stages of a treatment process.

The **Rehabilitation** specialist works under prescription of a doctor of physical and rehabilitation medicine. The Rehabilitation specialist develops and provides the rehabilitation program of each patient.

The **Rehabilitation** specialist is a part of a multidisciplinary team with a physician, nurse, social worker, speech therapist, pedagogue, psychologist, occupational therapist.

The Rehabilitation specialist should have a great amount of medical, social and special knowledge of kinesitherapy, massage, electrotherapy, hot- and cold-therapy, hydrotherapy, magnet-, ultra sound-, high-frequency therapy, aerosol therapy, spa

therapy, occupational therapy.

The **Rehabilitation** specialist who is graduated at Medical College has competence to work in both state and private practice at: Specialized and general hospitals; Medical centers; Physical therapy departments; Reflexotherapy and SPA centers; In the field of sport and professional injuries; Social centers and special schools; Resorts, sport clubs; and also in Home therapy.

Specialty "Assistant Pharmacist"

Duration of education: 3 years



- The assistant Pharmacist is an assistant to master pharmacists and take active part in the medicines supply and prescription drug production as:
- Help the pharmacist to fill prescriptions
- sells over the counter (OTC) medications;
- participate in the scientific analysis of pharmaceuticals products;
- are involved in the manufacture of drugs in pharmaceutical companies .

There is an increased interest in this specialty largely due to the feasibility of development of private business. According to Bulgarian law, in cities with a population up to 5000 inhabitants, assistant pharmacist has the right to open and manage private drugstore.

Certified assistant pharmacists can work in: Pharmacies, hospital pharmacies; Herbal pharmacies; Pharmacy stores; Control and analytical laboratories; Research laboratories; Pharmaceutical factories.

Specialty "Public health inspector "

Duration of education: 3 years



The greatest leaps in longevity and quality of life are not due to better treatments but because of sanitary conditions and prophylactics. That's why our motto is: "It is far better to conduct prophylactics of a disease than to treat it". Public health care needs systemic monitoring of the factors of work, education, living, and surrounding environments in order to determine their effect on the health of the population.

In specialty Inspector of Public Health students conduct the following activities:

- Control of compliance with health requirements for sites of public-purpose products, goods and activities of importance to human health and factors of environment;
- Control of infectious diseases;
- Control on health status of people who have had contact with infected persons, contagious and suspected of suffering from infectious diseases, as well as other persons in epidemic indications;
- Promotion of health and integrated disease prevention;
- Laboratory control of the environment and analyzing and evaluating their impact on public health;

- Monitoring, evaluation and control of noise in urban areas and public buildings, contaminants in food and drinking water;

Our graduates can start work in: Regional Inspection for protection of the environment and water; Hospitals (departments of hospital hygiene); Occupational Health Services; Border control.

Specialty "Medical Aesthetician" (Medical cosmetics)

Duration of education: 3 years



Medical Cosmetics is a contemporary, modern and attractive specialty. Our motto is "Beauty and health for all". This is the first chance for quality higher education in the aesthetic medical care. In our college the students excel in the field of aesthetic cosmetics and beauty products.

The medical cosmetologist applies cosmetic care by him or her self according to the acquired professional skills and in collaboration with other medical and non medical specialists.

They also perform a myriad of tasks in the field of healthcare and cosmetic services. Our graduates can start work in: Cosmetic studios; Beauty centers; Cosmetic medical centers; SPA-centers, fitness clubs, hotels; Dermatology Clinics/Offices; Clinics of Aesthetic Medicine; Make up in theater, cinema, television and others.

Specialty "Massage therapist" with visual impairments

Duration: of education 3 years



This specialty has been created only for persons with lasting visual impairments diagnosed by an official medical commission.

Massage therapist with visual impairments graduated at Medical College is a medical specialist.

Massage therapist works under prescription of a doctor of physical and rehabilitation medicine and takes part of a multidisciplinary team with a physician, physical therapist, nurse, social worker, pedagogue, psychologist, occupational therapist.

Massage therapist should have high level of communication and professional skills and also great knowledge of massage, kinesitherapy, hot- and cold-therapy and in part electrotherapy.

Massage therapist has competence to work at: Specialized and general hospitals; Medical centers; physical therapy departments; reflexotherapy and SPA centers; departments of hydrotherapy and sport medicine; resorts, sport clubs; Social centers.

GENERAL PRACTICAL INFORMATION

Academic calendar

The academic year at the Medical University is as follows:

Autumn semester: mid-September to December 28.

Examination: from January to mid-February.

Summer semester: mid-February to May 31.

Examination: mid-June to mid-July.

Official holidays

January 1 – New Year

March 3 – Bulgaria's liberation from Ottoman rule – the National Day

Easter – usually one week after the Catholic Easter

May 1 – Labour Day

May 6 – Bulgarian Army Day

May 24 – Day of Bulgarian Enlightenment and Culture and the Slav Script

September 6 – Bulgaria's Unification

September 22 – Independence Day

December 24, 25, 26 - Christmas

Categories of International Students

The two main categories of students from abroad seeking admission to Medical University - Sofia are described below. It is important that you know what group you belong to so that you will understand what applies to you as to housing, admission conditions, requirements for prior knowledge of Bulgarian language etc.

1. *Exchange students in the frame of the Erasmus programme (Erasmus Incoming Students).*

Exchange students under a bilateral agreement between Medical University and your home University are expected to study at MU-Sofia for a limited time, not more than a year, and not less than three months. Students should have good command of Bulgarian language, since instruction at the University is in Bulgarian. However departments are prepared to offer small groups teaching also in English and French. Each foreign student will also have a Bulgarian student helping in linguistic and other practical problems. The International Relations Office of the University is responsible for finding accommodation for students belonging to this category.

2. *Foreign students.* Foreign citizens are admitted to Medical University – Sofia in accordance with the Law on Higher Education and Ordinance on the State Requirements for Admitting of Students in the Institutions of Higher Education in Republic of Bulgaria if they have completed secondary education that makes them eligible to continue their education in their home country and if they **have grades in Biology and Chemistry in their secondary education diploma or in equivalent of the diploma for secondary education document.**

The preparatory academic year is organized and carried out by the Centre of Language training Physical Education and Sports at Medical University – Sofia and includes courses in Bulgarian language and English language and language train on Biology, Chemistry, Anatomy and Physiology only for Language Education needs.

Foreign citizens who speak Bulgarian or English language pass a Placement test for evaluating the level of their language proficiency.

Detailed description of the Procedure for admission and the required documents could be

found on the website of the Medical University – Sofia on the following link: <http://mu-sofia.bg/en/node/384>.

Admission to and Registration with the University of Erasmus Incoming Students

Students wishing to take a short period of study at Medical University - Sofia in the framework of the Erasmus Programme should send to the International Office of MU-Sofia:

- The standard Student Application Form
- The Learning Agreement
- Three passport photographs
- Valid transcript of academic records

The completed forms should be sent no later than July 30th for students coming for the entire academic year or for the first semester of the respective academic year only, and by December 15th for students coming for the second semester. All students must register with the respective Faculty offices. Upon arrival all incoming students should report to the Office of International Relations at the University. For the application to be accepted, the Medical University - Sofia must be satisfied that the student has adequate background knowledge and academic ability to pursue successfully the proposed programme of study. Erasmus students do not pay for their tuition, but will have to pay for the accommodation.

Host country formalities

According to the Law of Foreigners Stay in the Republic of Bulgaria every foreigner may enter the country with a valid passport and an entry visa for Bulgaria. Entry visas are issued in all Bulgarian diplomatic missions abroad. No visas are required from citizens of countries from the European Union and a number of other countries as well. Upon arrival in Bulgaria every foreigner (if not accommodated in a hotel) should register in the Passport Service for Foreigners (Sofia, 48 Maria Louisa Blvd.) to receive a residence permit. Those foreigners who are admitted as students in the University should present their documents for admission issued by the University.

Accommodation

Accommodation for Erasmus Incoming students can be arranged in several ways:

- <http://mu-sofia.bg/en/node/384> Students' residence - Students, coming to the University of Medicine in the frame of the Erasmus programme, can use the students' residence. Limited number of rooms is available – on a first come, first serve basis. Please state your preference in the Application Form.
- *Private flats* - The most common alternative for foreign students is to rent a furnished room or a flat within easy reach of the university on a monthly fee. The cost depends on the size, comfort, location of the housing and varies from 200€ - 350 € (monthly). The rent excludes expenses for electricity, phone and central heating.
Private rooms - Contact Erasmus Student Network (ESN) – Bulgaria for help with the accommodation for finding private rooms from 80– 150 Euros (monthly). The rent excludes expenses for electricity, phones, central heating. For more details contact:
- <http://www.esnbg.org/>; <https://www.facebook.com/esnbulgaria>;
e-mail: bulgaria@esnbg.org
- The International Office of the University will help incoming Erasmus students in finding the accommodation those suites their preferences best: <http://mu-sofia.bg/en/node/639>

Banks and Currency exchange

The Bulgarian currency is called *lev* (pl.leva = BGN), which equals 100 stotinki. Banknote denominations include 2, 5, 10, 20, 50 and 100 leva, as well as coins of smaller denominations. The exchange rate to the USD and other currencies is announced every day. One Euro is equal to 1, 95583 leva. Many local banks and currency exchange offices function in the capital and in the big cities as well. Big international banks have offices in Sofia: BNP- Dresdner Bank, Raiffiesen Bank, ING Bank, National Bank of Greece, Societe Generale, Parls Bank etc. Near the university main building, there are branches of Bulgarian banks - First Investment Bank, BulBank etc. The banks are usually open between 9.00 a.m. and 4.00 p.m. Students may use their international debit or credit cards – Visa, MasterCard, American Express and others – to draw money from cash machines for payment of all standard services in hotels, restaurants, big shops, plane tickets.

Catering facilities

The various catering establishments in Sofia can satisfy the different tastes and needs of its visitors. Along with local specials Italian, Chinese, Indian, Mexican <http://mu-sofia.bg/en/node/384> food can be found. Most restaurants are open 11.00 a.m. – 24.00 p.m. Around the main university building there are small restaurants and cafeterias offering traditional Bulgarian cuisine, as well as fast food places where you could get a proper meal for as little as 2,50 – 4 Euro. On average daily food expenses could vary, depending on personal choice – from 2,50-10 Euro. All food stores work usually until 19.00 or 20.00. There are also 24 hour open stores, and stores working on Saturdays and Sundays.

Health insurance

Foreign students are advised to get medical insurance in their home country or in one of the Bulgarian insurance companies. It will cover medical treatment and stay at a hospital here, should the need arise. There are many clinics and private medical offices where medical help is offered at quite reasonable price.

Library

All faculties of the Medical University - Sofia provide an access to Internet and e-mail for students in their computer rooms. Moreover, in the Central Medical Library, there is a computer room which offers free access to data bases, Internet, and a number of multimedia products and videos. The Library has a fund of more than 750 000 volumes, offers computer catalogue of the books, issued after 1990, an access to more than 800 periodicals. The Library has a reading room with 35 seats, a student reading room with 40 seats.

Sports facilities

The Medical University has a multipurpose gymnasium, which offers excellent conditions for aerobics, basketball, bodybuilding, badminton, volleyball, and calanetics. The open-air playgrounds are used for football, basketball, and volleyball. Students may use the tennis court and the swimming pool of the sport club "Academic".

Cost of living

To give an idea of the cost of living in Bulgaria, an estimated monthly budget (in BGN; exchange rate 1 Euro=1.95 BGN) as in 2017 might be as follows:

Item	Expenditure in Euro (average per month)
Food	150 - 250
Accommodation	100 - 250
Local public transportation	11 - 25

PROGRAM 01-05. OCTOBER 2018

Day	Activity	Hour	Meeting point	Groups of interest
01.10.2018	Registration desk	09:30 - 10:00	St. Ekaterina Hospital	All
	Welcome speech	10:30 - 11:00	St. Ekaterina Hospital	All
	Participant's presentations I	11:00 - 13:00	St. Ekaterina Hospital	All
	Lunch	13:00 - 14:00	St. Ekaterina Hospital	
	Participant's presentations II	14:00 - 16:00	St. Ekaterina Hospital	All
	Official dinner	19:30	Restaurant Vodenitsata	All
02.10.2018	Network meeting	10:00 - 12:00	Medical College	All
	Medical College Tour	12:00 - 13:00	Medical College	All
	Meet me with your country! Typical national food	13:30 - 15:00	Medical College	All
	Sofia tour	15:30 - 17:00	Down Town	All
03.10.2018	Hospital tour	10:00 - 12:00		Depends on interest
	Flexible lunch	12:30 - 14:00		
	Practical Beauty and Rehabilitation Session	14:30 - 16:30	Medical College	All participants
	Erasmus Cocktail Party	20:00	Sense Roof Top Bar	Depends on interest; flexible
04.10.2018	Workshop I	10:00 - 12:00	Medical College	Depends on interest;
	Flexible lunch	12:30 - 14:00	Pizza place	
	Workshop II	14:30 - 16:00	Medical College	Depends on interest;
05.10.2018	Tsari Mali Grad – Ancient Fortress	09:30 - 15:30	Belchin, Bulgaria	All participants
	Tsari Mali Grad Tour			All participants
	Farewell Lunch Belchin's Church			All participants

LEARN BULGARIAN IN 5 MINUTES

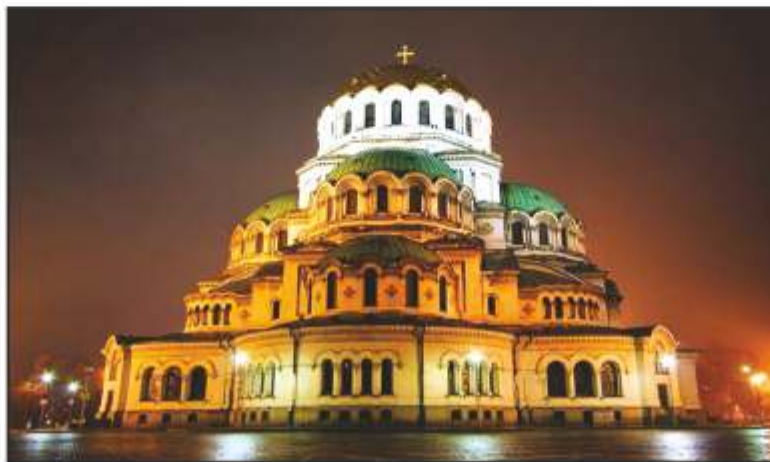
WELCOME	ДОБРЕ ДОШЪЛ (DOBRE DOŠĀL)
HELLO (GENERAL GREETING)	ЗДРАВЕЙТЕ (ZDRAVEJTE)
HOW ARE YOU?	КАК СИ? (KAK SI?)
WHAT'S YOUR NAME?	КАК СЕ КАЗВАШ? (KAK SE KAZVASH) (INF)
MY NAME IS ...	КАЗВАМ СЕ ... (KAZVAM SE ...)
WHERE ARE YOU FROM?	ОТКЪДЕ СИ? (OTKĀDE SI) INF
I'M FROM ...	АЗ СЪМ ОТ ... (AZ SĀM OT ...)
PLEASED TO MEET YOU	РАДВАМ СЕ ДА СЕ ЗАПОЗНАЕМ (RADVAM SE DA SE ZAPOZNAEM)
GOOD MORNING / (MORNING GREETING)	ДОБРО УТРО (DOBRO UTRO)
GOOD AFTERNOON / (AFTERNOON GREETING)	ДОБЪР ДЕН (DOBĀR DEN)
GOOD EVENING / (EVENING GREETING)	ДОБЪР ВЕЧЕР (DOBĀR VEČER)
GOOD NIGHT	ЛЕКА НОЩ (LEKA NOŠT)
GOODBYE / (PARTING PHRASES)	ДОВИЖДАНЕ (DOVIŽDANE) FRM/ЧАО (CIAO) INF
CHEERS! GOOD HEALTH! (TOASTS USED WHEN DRINKING)	НАЗДРАВЕ! (NAZDRAVE)
HAVE A NICE DAY	ЛЕК ДЕН! (LEK DEN)

BULGARIAN CULTURE AND CITIES

SOFIA

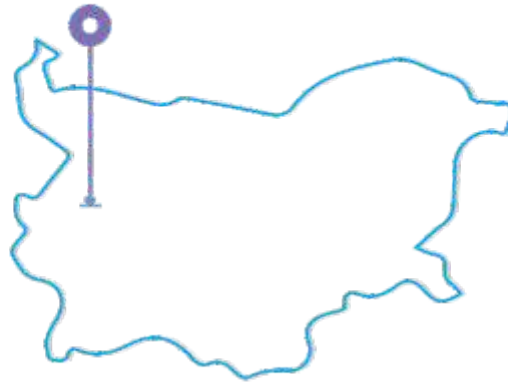


Sofia is one of the oldest cities in Europe, founded some 2500 years ago. The oldest building in the city –**Church of St. George**– dates back to the 4th century and together with ruins of the **Antic town Serdika** now is surrounded by the buildings of Presidential Palace. This particular place sums up the look of Sofia very well. It's a total mix of styles. Sofia it's a little bit of everything: neorenaissance, neoclassical or Soviet architecture. And all these styles clash and eventually blend in together to create a unique place that may not appeal to many.



The gold-domed **Alexander Nevsky Cathedral** was built in the early 20th century in memory of the 200,000 Russian, Ukrainian, Belorussian and Bulgarian soldiers, who died in the Russo-Turkish War, 1877–1878. It is one of the largest Eastern Orthodox cathedrals. The cathedral's gold-plated dome is 45 m high, with the bell tower reaching 50.52 m. Built in Neo-Byzantine style, it serves as the cathedral church of the Patriarch of Bulgaria and it is one of Sofia's symbols and primary tourist attractions. The St. Alexander Nevsky Cathedral in Sofia occupies an area of 3,170 square metres (34,100 sq ft) and can hold 10,000 people inside.

Fortress Tsari Mali grad, BELCHIN



The Tsari Mali Grad fortress its unique historical complex- a fully restored fortress from the IV-V century and a church from the XVII century. Buried under the dust of time, the hill of St. Spas was hiding for millennia a centuries old secret. For centuries, under the layers of forgetfulness, stood tucked in pieces of an ancient knowledge and dramatic events; evidence of the emergence and demise of empires and small stories of ordinary people who lived in these places.



It turns out that the Roman Empire has left a lasting imprint on these lands. The foundations of a majestic fortress and three temples were found, built one atop another, throughout the ages. **Within the fortress are found precious golden coins of Justinian, bronze one of Galla Placidia, coins of Trajan, Theodosius, Valens, Valentinian, Gratian and Maximilian.** Among the findings are medieval applications, fibulae from the VI century and numerous arrows from the Dark Ages. Archeologists have discovered that around that time the fortress was destroyed.



Plovdiv is Bulgaria's second largest city, located 150 km south-east of Sofia. It occupies the western part of the Upper Thracian Plain is spread over seven hills (so-called "tepeta" Plovdivului giving the popular name of "City of Tepeta") and two banks of Maritsa River . Plovdiv is one of the oldest cities in Europe. Plovdiv boasts more than 200 archaeological sites, of which 30 are of national importance. You really need to see the Roman Amphitheatre, dating from the 2nd century BC and from Plovdiv Roman Stadium, one of the largest Roman structures in the Balkans, built during the reign of Septimus Severus (193-211). Stadium includes the best preserved amphitheater and other structures in the Balkans and the ruins of the Agora, another theater, the remains of an aqueduct, temples and villas with stunning frescoes.



Nesebar is sometimes said to be the town with the highest number of churches. Today, a total of forty churches survive, wholly or partly, in the vicinity of the town. You should also see the wooden windmill before the town entrance, the typical revival houses in the old city.

The settlement was known in Greek as Mesembria (Greek: Μεσέμβρια), sometimes mentioned as Mesambria or Melsembria, the latter meaning the city of Melsas. According to a reconstruction the name might derive from Thracian Melsambria. Nevertheless, the Thracian origin of that name seems to be doubtful. Moreover, the tradition pertaining to Melsas, as founder of the city is tenuous and belongs to a cycle of etymological legends abundant among Greek cities. It also appears that the story of Melsas was a latter reconstruction of the Hellenistic era, when Mesembria was an important coastal city.

BULGARIAN CUISINE AND RECEIPTS

TARATOR - BULGARIAN COLD CUCUMBER SOUP



TARATOR

2 cucumbers
(about 500 g or 1 lb)
500 g plain yogurt (1 lb)
3 - 4 garlic cloves
2 - 3 tablespoons of crushed
walnuts(optional)
1 bunch fresh dill
oil
salt
water (optional)

DIRECTIONS

1. Cut the cucumbers into cubes and put them in a bowl. You may also grate them but it changes the look and the consistency.
2. Beat the yogurt with a fork until it gets liquid and pour it over the cucumbers.
3. Add the crushed garlic, the walnuts and the minced dill as well as salt and oil to taste.
4. If needed add some water to make the soup as liquid as you like but take care not to make it too "thin".
5. Put into the refrigerator to cool or add ice cubes.
6. Serve cold.

SHOPSKA SALAD



SHOPSKA SALAD

4 ripe tomatoes
2 long cucumbers
1 onion
1 red or green pepper
1/3 bunch of parsley
2 tablespoons (olive) oil
3 tablespoons of red wine
vinegar
1 cup (1/2 lb) Bulgarian
cheese or Feta cheese

DIRECTIONS

1. Chop all tomatoes (we recommend leaving the pieces bigger), cucumbers and the pepper and put in a bowl.
2. Add the finely chopped onions and parsley.
3. Sprinkle with the oil and vinegar and mix it all together.
4. Grate white cheese on the top.

PATATNIK



PATATNIK

3 lb potatoes
2 onions
2 tablespoons vegetable oil
2 tablespoons dried spearmint
4 eggs
200 g white cheese
1 tablespoon butter,
for greasing
4 tablespoons flour
3 tablespoons butter
Salt, Pepper

DIRECTIONS

1. Preheat oven to 450 F.
2. Peel the potatoes (while they are raw), and grate them in a bowl.
3. Add an eggs.
4. Season with salt, pepper, onion or fine chopped mint.
5. Add the grated cheese and stir the mixture well.
6. Heat up the frying pan with some oil inside it, and pour a thin layer of the mixture.
7. After 5 minutes turn over the patatnik, so that it becomes golden colored on the other side as all

MEKITZI (FRIED DOUGH PASTRY)



MEKITZI

2 lbs flour,
3 eggs,
1 lbs yoghurt (regular milk)
a pack of yeast (or 1 tsp of
baking soda),
1 cup water,
1/2 tea spoon salt
1 cup of oil

DIRECTIONS

Add yeast to some lukewarm water, let it stay for 5 mins to get bubbly. Beat eggs and yoghurt and water together until they mix well. Add flower and continue to mix until you get soft dough. Let it stand for 1 hour. Roll into a sheet and cut out circles (you can use a teacup). Fry in plenty of oil (deep fryer will do) until golden brown. Serve powdered with sugar. They go well with jam or feta cheese too.

BULGARIAN DRINKS

- **RAKIA** is as rooted in Bulgarian history and existence as is bourbon in American. It has aided the nation in surviving its hardest years and has helped bring many bright ideas to life. In case you haven't tried it yet, rakia is hard liquor from the brandy family. It is made from fermented grapes, plums, or virtually any fruit with sugars in it. Its alcohol content varies from 40% for the commercially sold liquor to 70-80% of pure firewater for the home-produced rakia. Some of the most popular brands of rakia are Peshterska, Slivenksa Perla, Sungurlarska, Burgas 63, Kehlibar, Karnobat. Drink it ice cold, preferably straight up (no rocks), and have a Shopska salad, lukanka or at least a few pickles standing by.

- **Bulgarian wine** - It is a universal truth that the Bulgarian wines are one of the best wines in the world. The unique technologies with which Bulgarian wines are produced date back to the ancient Thracians times. Bulgaria has almost perfect conditions for growing the best quality grapes. It's warm Mediterranean climate, combined with hilly terrains and good quality soils contribute for the country to be the second largest exporter of bottled wine in the world, second only to France. For example, the area planted with Cabernet Sauvignon is four times the area planted with vines in California. Drink it with Bulgarian cheese sprinkled with sweet red pepper and with a lot of friends.

We wish you bon appetite and good times in the company of the traditional Bulgarian cuisine!

USEFUL INFO – SOFIA

From airport to city centre:

Taxi - You can request the service at the offices of OK Supertrans in the Arrivals of Terminal 1 and Terminal 2. Tel.: +359 2 973 2121

IMPORTANT!

We recommend that you do not use taxi services offered outside the office of the taxi operator or in front of the terminal to avoid the risk of abuse.

Public transport info

TICKETS AND BAGGAGE

At Sofia Airport you can buy tickets for the public transport at the kiosks of Urban Mobility Center in the public areas of Terminal 2, as well as from a ticket vending machine, installed at Terminal 1 Arrivals public area. The machine works with Bulgarian banknotes and coins. Ticket machines for metro tickets are located at Sofia Airport Metro Station. The ticket machines accept Bulgarian banknotes and coins, and one of them accepts credit cards as well.

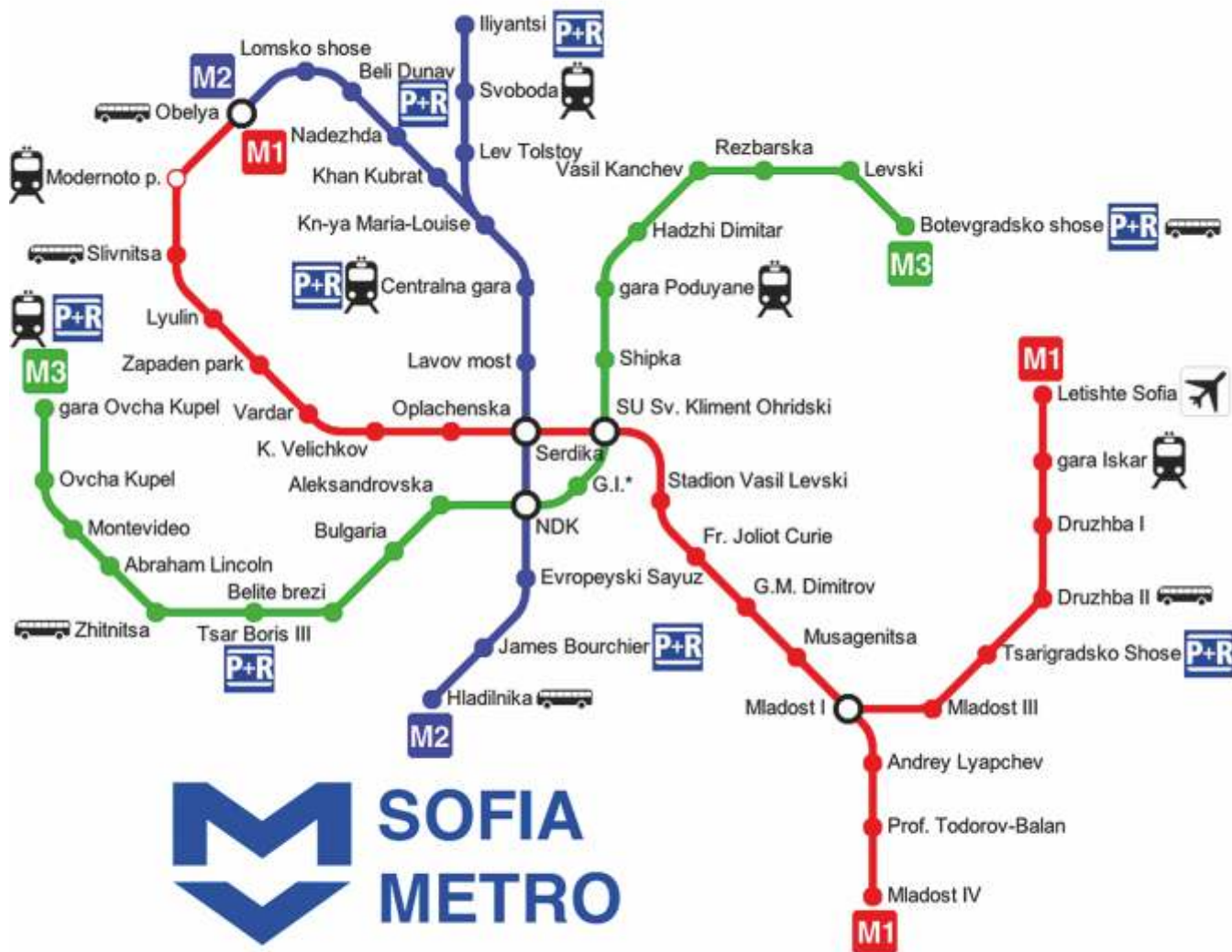
Important: Passengers with regular transport documents can carry up to 2 pieces of hand luggage, with a sum of length, height and width for each one not exceeding 140 cm. Luggage with dimensions exceeding the specified ones must be charged with a separate single trip travel card or a card with vouchers for 10 single trips.

Metro stations

Sofia Metro Line 1 connects Sofia Airport to the city centre and provides direct connection from the airport to the large residential complexes in close proximity – “Druzhba” and “Mladost”, as well as to more distant complexes to the west – “Zapaden Park” and “Lyulin”. Changing trains from Line 1 to Line 2 at Serdika Metro Station, passengers can travel from the airport to Sofia Central Bus and Railway Stations within less than half an hour. The metro trains on the route to the airport operate from 5:30 a.m. to midnight on weekdays and weekends/holidays. The metro station at Sofia Airport is located in the eastern part of Terminal 2. You can reach it by following the floor markings in blue at the public area of Terminal 2.

Sofia Airport provides free-of-charge transportation between the two terminal buildings. The shuttle bus stops located in front of the terminal buildings are designated by signage and pavement markings.

MAP OF THE METRO STATIONS



Weather and clothing

Average weather in Bulgaria in October is 19 degrees. There is possibility of rain but weather is quite dynamic as it's where winds from the Mediterranean and the Continent meet.

Language

The majority of Bulgarians in Sofia speak good English, Russian is also widely spoken.

Medical services

Pharmacies are usually open till 19:00h/20:00h but there are quite a lot 24/7 open pharmacies as well. In case of accident you can call 112. Police number is 160.

Security

Sofia is very safe city. Nevertheless, the usual safety precautions still apply. Always keep an eye on your personal belongings.

Power supply

The electricity is 220 volts.

QUICK FACTS ABOUT BULGARIA



Bulgaria grows a lot of roses. In Bulgaria's "Rose Valley" is produced (70-85%) of the world's rose oil – a component in most perfumes. If you want a very "Bulgarian" souvenir to take home, be sure to pick up some rose oil, which can be found for sale just about everywhere.



Bulgaria has the bagpipe as a traditional instrument. Called gaida, Bulgarian bagpipes are usually made from goat hide.

Bulgarians are nodding their head if they mean "no"



On the first day of March each year, Bulgarians exchange red-and-white woven bracelets with one another. They wear these Martenitsa bracelets as a typical Bulgarian symbol and a way of welcoming springtime and celebrating the passing of winter.

CULTURAL SPECIFICITY

When you are invited as a guest to a Bulgarian home, you have to bring flowers, wine or candy. Make sure the bouquet consists of an odd number of flowers (e.g. 1,3,5,7 ...)

In Bulgaria people shake their heads up and down when they mean "no" and nod left to right for "yes".

One public transportation ticket or metro/subway ticket costs 1,60 lev. You must punch the ticket immediately after you get on the vehicle. It is done manually by pushing up. Don't forget to punch an extra ticket for your luggage. You will be charged 40 leva if you get caught without a ticket. The subway is going to the airport.

You can stop a taxi anywhere by waving your hand. Every taxi must have a rate on the passenger door window with price per km, price for waiting and also day and night rates, written on it.

In Bulgaria it is accepted to tip the waiters with 10%. Different prices for locals and foreigners are forbidden.

Prices in shops and markets are fixed. Negotiating the price is acceptable at the flea market, antique shops or if you are buying a second hand car.

Facts on Bulgaria



Official name: **Republic Bulgaria**

Capital: **Sofia**

Location: **South-Eastern Europe**

- Population: **7 101 859 (31.12.2016)**
- Area: **110 994 km²**
- Official language: **Bulgarian**
- Government: **Unitary parliamentary constitutional republic**
- Calling code: **+359**
- Currency: **Lev (BGN)**
- Time zone: **EET (UTC+2)**
- Summer (DST) **EEST (UTC+3)**
- Religion: **Bulgarian Orthodox Church**
- **Drives on the right**



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