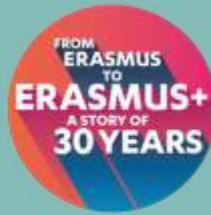




Erasmus+



HUMAN  
RESOURCE  
DEVELOPMENT  
CENTRE



МУ - София

# 1<sup>ST</sup> International Sofia Staff Week & 30<sup>th</sup> Anniversary of Erasmus: New horizon in Public Health and Health Care services

Sofia, Bulgaria

16 - 20 OCTOBER 2017



*Welcome to Bulgaria!*

*Welcome to Sofia!*

Dear Colleagues and Friends,

It is our great pleasure to welcome you to the **1<sup>st</sup> International Sofia Staff Week&30<sup>th</sup> Anniversary of Erasmus: New horizon in Public Health and Healthcare Services.**

Surrounded by sprawling parkland, Sofia, the capital and largest city of the Republic of Bulgaria, lies at the foot of popular ski mountain, Vitosha. With a history that stretches over seven millennia, ruin-rich Sofia is one of Europe's oldest cities. Wide, cobblestone boulevards, charming boutiques and truly electrifying nightlife star in this city of 1.3 million. Trolleys, trams and buses traverse the dynamic city.

The **1<sup>st</sup> International Sofia Staff Week&30<sup>th</sup> Anniversary of Erasmus: New horizon in Public Health and Healthcare Services** 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.

Professor Tzecomir Vodenitcharov, MD, PhD, DSc,  
Dean of Faculty of Public Health

Prof. Vihren Petkov, MD, PhD  
Director of Medical College "Jordanka Filaretova"

## 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 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.

The Medical University - Sofia includes: four faculties (of Medicine, Dental Medicine, Pharmacy, Public Health), Medical College „Jordanka Filaretova“ Preclinical University Center and Central Medical Library. Currently the Medical University - Sofia uses to train its students bases of 14 university hospitals. Since the foundation of the Medical University - Sofia more than 62 000 specialists were graduated including above 2500 foreign citizens. In 2016, 8253 undergraduates study at Medical University - Sofia. A lot of students are from Greece, Turkey, Italy, Macedonia, Cyprus and other countries.

The ultimate goal of the University is to teach and train under-, post-graduates and Ph.D students, to conduct research and to provide highly specialized health-care for people. According to National Evaluation and Accreditation Agency in 2016 Medical University - Sofia offers possibilities for acquiring the Ph.D degree by defending a doctoral thesis in various fields of the medical sciences by organization of trainings in 72 doctoral programs. Further 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 Medical University joined the SOCRATES/ERAZMUS programme of the European Community in the 1999 year.

ECTS - EUROPEAN CREDIT TRANSFER SYSTEM. ECTS 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. This system was introduced at the Medical University - Sofia in the academic year 2000/2001.

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 workload of an academic year of study, normally 30 credits are given for a semester. It is important that no special courses are set up for ECTS purposes, but that all courses are mainstream courses of the participating institutions, as followed by home students under normal regulations.

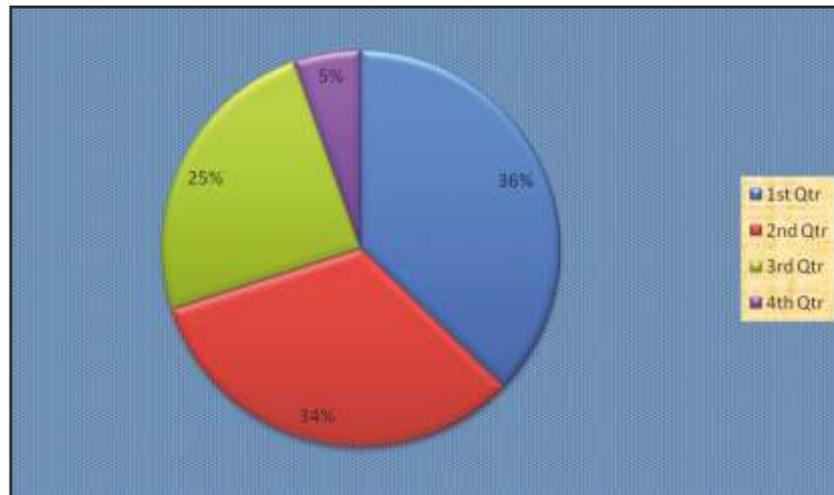
Credits are also allocated to optional courses, project work, thesis, and practical placements, which form an integral part of the degree programme. ECTS credits are allocated to course units but are only awarded to students who successfully complete the course by satisfying the assessment requirements. In the academic year 2004/2005 the credit system, compatible with the ECTS, was introduced from the first year of study at the faculties of the Medical University - Faculties of Medicine, Dental Medicine and Pharmacy and Public Health.

## 30 YEARS OF ERASMUS IN EUROPE AND 18 YEARS OF ERASMUS AT MEDICAL UNIVERSITY-SOFIA

Medical University Sofia start to exchange students since 2000, when Erasmus Programme has been open for participation for Bulgaria as a pre-accession country in 1999.

For the period of 18 years 81 Erasmus Inter-institutional Agreements have been signed with partner universities from 21 Programme countries and 1 Partner Country

Fig. 1. Distribution of Erasmus Inter-institutional Agreements by Faculty.



1st Medical Faculty; 2nd Faculty of Pharmacy; 3rd Public Health Faculty; 4th Faculty of Dental Studies

During the 18 years Erasmus history out of 100 years of Medical University Sofia, 423 Outgoing students have been sent and 281 Incoming students received. The number of students who have spent time abroad for studies and/or internship during their full degree study at Medical University Sofia is fairly stable over time. The last two years the number of Incoming students exceeds the Outgoing ones. This is due to the fact that the education at Medical University Sofia explores the patients' bedside learning approach. A lot of practical hours are included in the curriculum. During their study the students practice at the 14th university hospitals under the supervision of highly qualified Professors. This opportunity is greatly appreciated by the students from our partner universities.

The below data highlights the specific trends and developments in the Student Mobility during the years.

Key figures 2000/2017 Internationalization of Education at Medical University - Sofia



Additionally 80 Teaching staff has the opportunity to realize a teaching and/or training Erasmus period at more than 81 partner universities in 22 Programme and Partner countries. Most training periods abroad were undertaken by academic staff for teaching (75 %) followed by general administrative staff, including international office (25 %).

Teaching assignment mobility contribute to achieving the objectives set in the strategy of internationalization of the Medical University - Sofia, developed in accordance with the EU Programme for the Modernisation of 2011 and its priority areas and implementation of the Communiqué 2013 on "Open Education", in particular: improving the quality of education through mobility and cross-border cooperation. Particular emphasis is placed on mobility of teachers, in order to:

- provide support to promote the development of new ways of learning, in particular the integration of a wide variety of ways of learning through new forms of personalized learning, strategic implementation of educational resources, free access platforms and virtual learning;
- Internationalization of the Medicine curriculum at Medical University Sofia with the ones from European and non-European countries.
- Exchange of research knowledge and results and development of joint research and educational projects.

## Medical University-Sofia - Rectorate

15, Akad. Ivan Geshov Blvd. 1431 Sofia,  
Bulgaria

### Rector

**Prof. Dr. Victor Zlatkov, MD, PhD**

Tel. (+359-2) 9523 791, Fax (+359-2)9532 816  
e-mail: rector@mu-sofia.bg

### Vice Rector in Charge of Students' Education

**Prof. Tihomira Zlatanova, MD, PhD**

Tel. (+359-2) 9523 798  
Fax (+359-2) 9532 898  
e-mail: raduch@mu-sofia.bg

### Vice Rector in Charge of Science and Research

**Prof. Valentina Petkova, PhD, DSc**

Tel. (+359-2) 9152 163  
Fax (+359-2) 954 11 53  
e-mail: muscience@abv.bg

### Vice Rector in Charge of Post-graduate Studies and University-Hospital Coordination and International Integration and Project Funding

**Prof. Radomir Ugrinov, DDM, PhD, DSc**

Tel. (+359 2) 9152 180, Fax: +359 2) 9152 167  
e-mail: ugrinov@gmail.com

### Head of International Integration and Project Funding Department

**Prof. Radoslav Girchev, MD, PhD, DSc**

Tel. :(+359 2)9152 165, 8510892  
e-mail: girchev@mu-sofia.bg

### Institutional Erasmus & ECTS Coordinator:

**Savena Borisova, PhD**

Tel. (+359-2)9152 138  
e-mail: sborisova@mu-sofia.bg

### Erasmus & ECTS Coordinator of Faculty of Public Health & Medical College „Jordanka Filaretova“:

**Prof. Antoniya Yanakieva, PhD**

Tel. (+359-2)8510122  
e-mail: a.yanakieva@foz.mu-sofia.bg

# 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](mailto: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, Paris 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

## FACULTY OF PUBLIC HEALTH



Address: 8 Bialo more Str., 1527 Sofia  
<http://foz.mu-sofia.bg>

Dean: Professor Tzecomir Vodenitcharov, MD, PhD, Dsc  
Tel. +359 2 9432 304, Fax. +359 2 9432 127  
e-mail: [vodenicharov@foz.mu-sofia.bg](mailto:vodenicharov@foz.mu-sofia.bg)



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 of Public Health 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

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.

## MEDICAL COLLEGE - SOFIA



Address: 3 Jordanka Filaretova str., Sofia



Director: Prof. Vihren Petkov, MD, PhD

Tel: + 915 46 46, Fax: +852 40 40

e-mail: [vihrenpetkov@mu-sofia.bg](mailto:vihrenpetkov@mu-sofia.bg)

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 stereotypical view of the profession 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
- etc

### ***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 collage 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 any where 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 farmacist 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. Acording 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;



**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.

## PROGRAMME AT A GLANCE

Programme overview: **MONDAY** 16 October 2017

Day	Activity	Hour	Meeting Point	Participants
16.10.2017 Monday	<b>Registration Desk</b> Welcome Coffee	9:30-10:30	University Hospital St. Ekaterina aula Maxima	All
	<b>Welcome speech</b> Rector of MU-Sofia Dean of FPH Director of Medical College Representative of HRDC- National Erasmus Agency	10:30-11:00		
	<b>Ice-breaking Welcome</b> Presentation of Medical University - Sofia Presentation of Faculty of Public Health Presentation of Medical College Jordanka Filaretova Introduction round of participants of the International Week I	11:00-13:00		
	Lunch	13:00-14:00		
	Introduction round of participants of the International Week II	14:00-16:00		
	Official Networking Dinner	19:00		

Programme overview: **TUESDAY** 17 October 2017

17.10.17 Tuesday	Networking with the Erasmus coordinators Establishment of New Partnerships	9:30-11:00	Medical College J. Filaretova	All
	Medical College Tour	11:00-11:45		All
	Workshops	12:00-13:30		Depend on interests
	Meet me with your country! <ul style="list-style-type: none"> <li>• Typical food</li> <li>• Exchanging contacts</li> <li>• Lunch</li> </ul>	13:30-15:00	Medical College J. Filaretova <b>(Gym)</b>	All
	Tour of the Museum History of Sofia	15:30-17:30	Museum History of Sofia	All

Programme overview: **WEDNESDAY** 18 October 2017

<b>18.10.17 Wednesd ay</b>	Hospital Tours Medical College Internship Institutions rehabilitation, cosmetics and medical lab technicians (upon the interest of participants)	10:00-12:30	City Clinic Tokuda Hospital Military Medical Academy Hospital Maichin Dom	Depend on interests
	Free for lunch	12:30-14:00		All
	Practical session Health and Beauty Care lead by Students, specialty Medical Cosmetics, with active involvement of all participants	14:00-16:00	Medical College J. Filaretova <b>(Gym)</b>	All

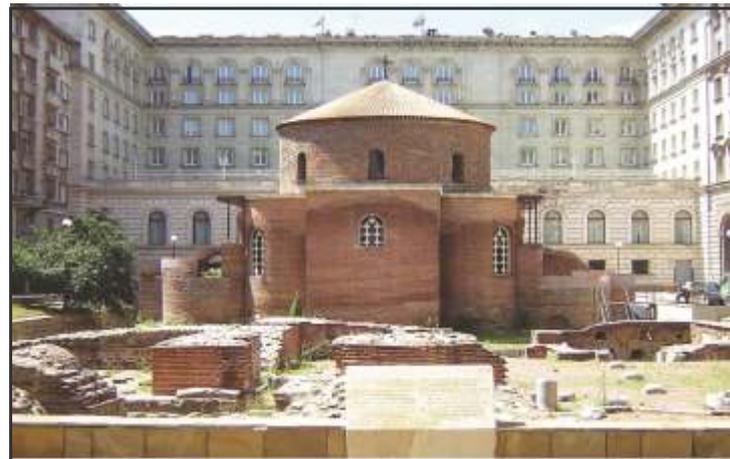
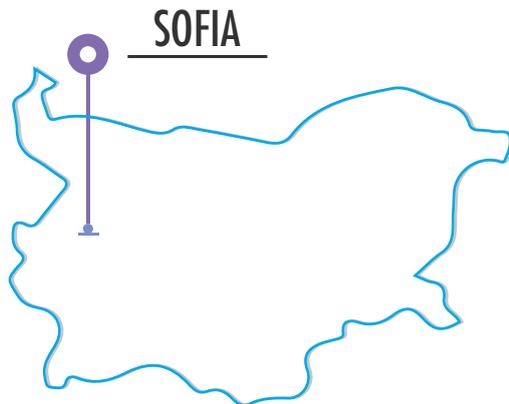
Programme overview: **THURSDAY** 19 October 2017

<b>19.10.17 Thursday</b>	Workshops Presentations II	10:00-12:30	Medical College J. Filaretova	Depend on interest
	Lunch	13:00-14:00	University Hospital St. Ekaterina aula Maxima	All
	Workshop Bioethics 2 <sup>nd</sup> World Bioethics Day of UNESCO Chair in Bioethics	14:00-16:00	University Hospital St. Ekaterina aula Maxima	
	Cultural program Sofia City Tour	16:00-18:00	Down Town	

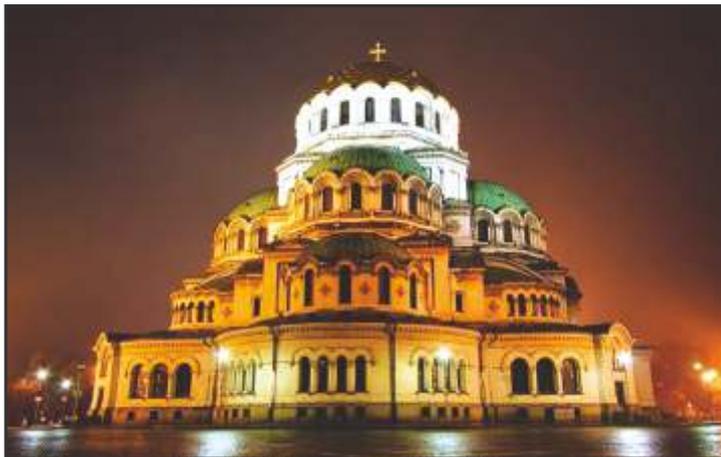
Programme overview: **FRIDAY** 20 October 2017

<b>20.10.17 Friday</b>	Official closing ceremony	11:00	Military Medical Academy	All
	Farewell Lunch	12:00		All

# BULGARIAN CULTURE AND CITIES



**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 an 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.

## OLD CAPITAL

**Veliko Tarnovo** is a city in north central Bulgaria. Often referred to as the "City of the Tsars", Veliko Tarnovo is located on the Yantra River and is famously known as the historical capital of the Second Bulgarian Empire, attracting many tourists with its unique architecture. The old part of the city is situated on the three hills Tsarevets, Trapezitsa, and Sveta Gora. On Tsarevets are the palaces of the Bulgarian emperors and the Patriarchate/the Patriarchal Cathedral/, and also a number of administrative and residential edifices surrounded by thick walls.





The most popular landmark is the historic hill Tsarevets. A number of other sites also attract tourists, including the historic hill Trapezitza, the Samovodskata Charshiya, numerous medieval and Bulgarian Renaissance churches, and the ancient Roman fortress of Nicopolis ad Istrum. You can see also many monuments. One of the most popular is the Monument of Asenevci, which was built in 1985. You can sit for a drink, lunch or dinner with nice view to this monument, rising amid the meanders of the Yantra river.

The ethnographic complex „Samovodskata Charshiya“ in Veliko Tarnovo is one of the main landmarks of the town.



## WINTER SPORT DESTINATIONS

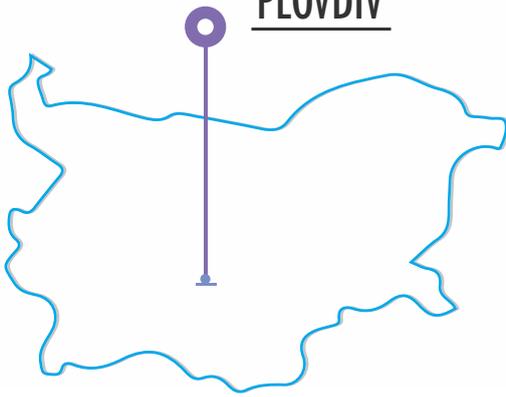
**Bansko, Borovec, Pamporovo** - the winter resort of Bulgaria! Modern infrastructure, excellent ski racing tracks, lift, comfortable tea houses and restaurants. The ski tracks of the Bulgarian winter resorts European and world championships for different winter sports. Along with the excellent conditions for sports there are also wonderful opportunities for relaxation in the recreational Spa and wellness complexes of the neighboring hotels.

**Rila, Pirin, Rhodope** mountains and near them the impressive folding Balkan. For Sofia's guests Vitosha

Mountain is just a step away. The ski tracks and the climate are suitable for guests with different partialities and sport preparation.



## PLOVDIV

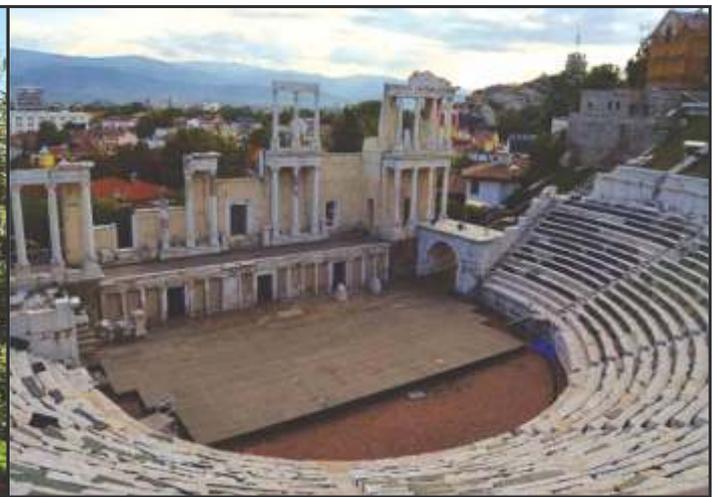


## Long weekends and short trips

**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 .

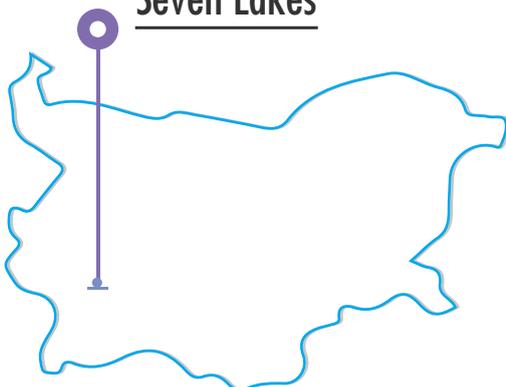
Plovdiv is one of the oldest cities in Europe. Plovdiv boasts more than 200 archaeological sites, of which 30 are of national importance. You really need to see the Roman Amphitheatre, dating from the 2nd century BC and from Plovdiv Roman Stadium, one of the largest Roman

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.

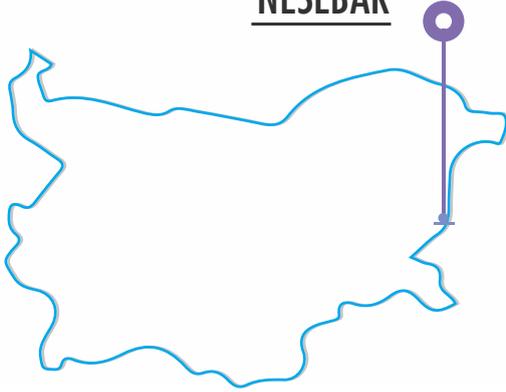


The **Seven Lakes** are located in Northwestern Rila and are probably the most visited places in these mountains. Its popularity is due to the natural beauty of this group of glacier lakes, highest of which is located at about 2500 m. above the sea level. It is named The Teardrop because of its shape. The lowest one is called The Lower Lake (surprisingly) and is at 2100 m. elevation. Between them are located The Twins, The Eye, The Kidney, The Fish Lake and The Trefoil. The Eye is the deepest in the group, reaching a depth of 37,5 meters. The biggest as a surface area is the Kidney Lake.

## Seven Lakes



## NESEBAR



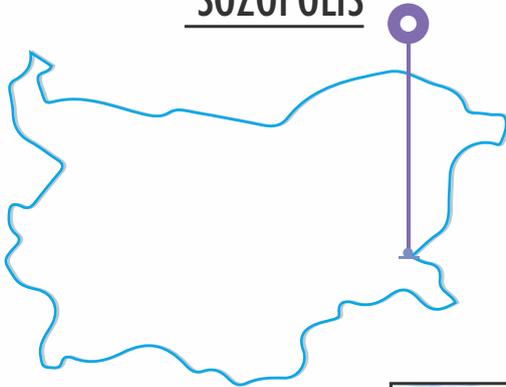
**Nesebar** is sometimes said to be the town with the highest number of churches. Today, a total of forty churches survive, wholly or partly, in the vicinity of the town. You should also see the wooden windmill before the town entrance, the typical revival houses in the old city.

The settlement was known in Greek as Mesembria (Greek:  $\Gamma^{\circledast} \leq \text{BNe}\pm$ ), 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.

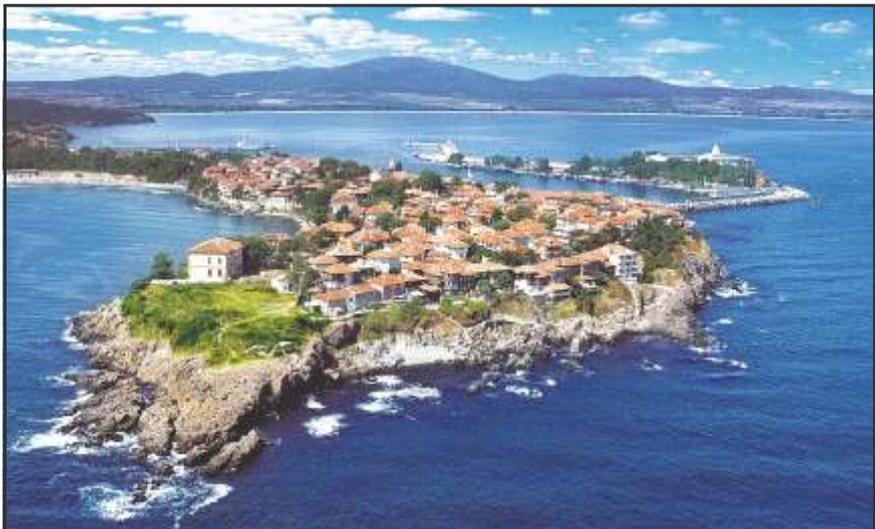


## SOZOPOLIS



**Sozopolis** one of the oldest towns on Bulgarian Thrace's Black Sea coast. The first settlement on the site dates back to the Bronze Age. The current town was founded in the 7th century by Greek colonists. The name was soon changed

to Apollonia. The town established itself as a trade and naval centre in the following centuries. The symbol of the town is the anchor. Since 1984 Sozopol hosts the Apollonia art and film festival, which take place in early September and include theatre shows, exhibitions, movies, musical and dance performances, book presentations and other cultural events.





**Kazanlak** is situated in the beautiful Valley of Roses at the foot of the Balkan mountains. Natural geographic center of Bulgaria is just here where international roads and tourist routes intersect. Favorable climate and soil crops rose, mint, lavender, basil and marigold. For centuries, the Bulgarian rose parafumatul was raised there and in his famous rose oil extracted. So the geographical center of Bulgaria turns its core essence and oil production rose. Many people around the world associate Bulgaria with Kazanlak rose. The oil giving rose and the herbs take a special place of worship in Bulgarian

traditions. Visit Kazanluk, Karlovo and Kalofer at the end of May to see the traditional Festival of the Rose. Three main events are worth to visit early morning harvesting ritual in the rose fields, the electing of Queen Rose and the parade along the streets of each town. The Rose Festival and the fame of the Bulgarian oil-yielding rose attract numerous visitors from all parts of the world, the most numerous are visitors from Japan, Taiwan and France.



### Festival The urban culture festival Sofia Breathes

The urban festival Sofia Breathes has eighth years' history and closed some of the central streets in the city for vehicles to open space for art and culture.

Traditionally, the festival was held every Sunday in August, and last year it covered green areas and park areas around its locations. In 2017, the organizers Sofia Breathes Foundation and Sofia Municipality offer the summer festival to be held on the last Saturdays and Sundays in June and August June 24 and 25 and August 26 and 27. The idea is to broaden and diversify the scope of the festival in order to include it in the active cultural program for the

preparation of the Bulgarian Chairmanship of the Council of Europe in 2018.

Sofia Breathes Foundation also announces an open invitation to all Bulgarian and foreign artists who would like to join the festival at [www.sofiadisha.com](http://www.sofiadisha.com). This year's festival will once again focuses on the support and performance of young Bulgarian artists in the field of applied, visual arts, music and cinema. „The Art Zone“ hosts the planned concerts, exhibitions and screenings of the festival program, in support of the creative talents of Bulgaria. The Children's Zone hosts all the active events that educate, train and entertain the small visitors and their parents and supports the cause against child abuse. „The Sports Zone“ has a variety of sports facilities and sports items, as well as demonstrations and outdoor trainings on different sports in support of the healthy lifestyle. „The Bargain Zone“ presents Bulgarian hand-made artists and designers, as well as exhibitions of the participating artists. The new „Bulgaria Zone“ presents traditional Bulgarian crafts, music and dances.

## BULGARIAN CUISINE



**Banitsa:** Its standard variety includes a filling of teta-like white cheese, though varieties filled with onions, cabbage, spinach, mushrooms or pumpkin can also be found.

**Holiday tip:** careful when chewing your piece of banitsa at Christmas or New Year's Eve! On those holidays, banitsas filled with lucky paper charms which are sometimes easy to chew through. The luckiest piece will contain the coin which means you'll enjoy a very successful year ahead for you.



**Kebapche:** is the perfect side dish to a glass of cold Bulgarian beer on a summer day. The dish itself is an **elongated piece of grilled minced meat**, comparable in shape and size, though not in contents, to a hot dog. It is usually a mix of pork and beef, though it can be solely pork just as well. A beef version exists, but is uncommon and will normally be labeled as such. Typically, spices like black pepper and cumin will be added to the meat, for a mildly spicy taste.

**Shopska salata:** Bulgaria's internationally-renowned salad is a simple but effective combo of diced tomatoes, cucumbers, onions and peppers, with grated sirene cheese and parsley on top. Shopska salad is the perfect appetizing companion to a shot of rakia at the start of a Bulgarian meal. Curiously, Shopska salad's most prominent colours are white (the cheese), green (the cucumbers) and red (the tomatoes and peppers), which match perfectly to the colours of the Bulgarian national flag.



**Musaka:** This dish is enjoyed in many variations throughout the Balkan region. The **Bulgarian version involves potatoes, eggs and minced pork meat** and is a known favourite of Bulgarian men, among whom it is a popular joke that they **cannot marry a woman who is unable to cook the perfect musaka**. The Bulgarian dish relies strictly on potatoes to layer the meat. The whole thing is traditionally covered with thick Bulgarian yoghurt on top.



**Boza** is a thick beverage, made from wheat ferment. Bulgarians usually have it for breakfast with „Banitza“. You can find Boza in some pastry shops a little more fermented and on the sour side. When you asked, some tourists say it tastes like glue.

**Lyutenitsa** Ask a Bulgarian and they would say this thick relish of tomatoes and peppers is the best thing you can spread on your toast. Nowadays it is commercially produced and sold in small jars, though it is still commonly made at home by many Bulgarian families. When you can smell the aroma of roasting peppers emanating from balconies throughout the country in autumn, you know homemade lyutenitsa season is soon to be upon you!



**Shkembe chorba** is strictly the preferred territory of adults. Indeed, it takes more than a bit of guts to try this tripe soup, whether because tripe is a somewhat unusual offal to be used in a soup or because of the way shkembe chorba is customarily generously spiced. You are expected to add vinegar, oil, salt and crude pepper to taste though you will discover that to Bulgarians this usually means in generous quantities. Cherished as a **hangover remedy**, shkembe chorba is offered by many small restaurants and is often consumed by companies during the early hours of the morning right after a night of binge drinking.

**Tarator** is light, refreshing and cold. A yogurt-base soup of cucumbers, garlic, dill and sometimes walnuts (and even ice cubes!), tarator is a must in those scorching summer days when, say, the sun has forced you into the cool shade of a small restaurant on the Black Sea coast. And if you want to try it in the comfort of your home, here's how to prepare it!

Tarator is also a great introduction to the renowned Bulgarian yoghurt, famous the world over for its health benefits. You may also like to try Snezhanka (Snow-White), the salad version of tarator which uses strained instead of watered-down yoghurt and is quite similar to Greek tzatziki and Turkish cacik.



# 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.



**Flag**



## **Facts on Bulgaria**

### **Coat of arms**

Official name: **Republic Bulgaria**

Capital: **Sofia**

Location: **South-Eastern Europe**

Population: **7 101 859 (31.12.2016)**

Area: **110 994 km<sup>2</sup>**

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**

Internet TLD **.bg**