

Chapter 1 : Bulgaria and the Holocaust - Our Passports

A few years later, Kristeva published an essay titled "Bulgaria, My Suffering." In visceral language that borders on revulsion, she described her feelings toward her old country, and her old.

Sveti Vlas, a little south coastal town about 10 minutes drive or 30 minute walk from the main strip in Sunny Beach. Sveti Vlas is your typical town, plenty of shops, family run restaurants and a few bars. The buses seem to run pretty late from Sveti Vlas to Sunny Beach you can catch the last bus around 10pm. It can be a little repetitive seeing the same stalls selling the same items but Blackpool is just as guilty so who am I to judge! We opted for the larger Aqua Park and it was brilliant! It has your typical salad spinners and death drop slides but it also has 2 air drop slides that does hurt A lazy river leading into the rapids I fell out of my rubber ring no less than 3 times in the rapids and pretty sure I got mild concussion but not one to complain it was hilarious seeing the same happen to other people! With the clue being in the name, Sunny Beach obviously has a beach which covers the entire stretch of Flower Street, with parts of the beach being private to service some of the Sunny Beach hotels along the main strip. The beach itself is incredibly clean, and is used by plenty of people for sunbathing and beach games. It is simply beautiful to wander around and take in the huge amount of history surrounding this little town. Everywhere you look, there are ruins steeped in history. It is somewhat of a culture vultures haven but also a great trip even if you just enjoy taking in a traditional Bulgarian town. The picture above is St Sophia Church a couple were having there what I assume is an engagement photo shoot done €” it was so romantic I had to grab a picture! You can also see any number of weddings taking place around the various churches in Nesebar I do get a little emotional watching weddings, I am such a romantic at heart On the 2 days we visited we saw 3 weddings and 2 engagement photo shoots and tbh there are a lot worse places to have your wedding in my opinion. Nesebar is also home to the oldest restaurant in Bulgaria something which the owners are very proud of. Another highly recommended dish is a local cuisine called Sach pronounced Sack which usually comes on a sizzling plate and includes meat usually pork, beef or chicken and mushrooms, onions, peppers, carrots and tomatoes in oil. It is tremendously delicious but be wary of the portions, they are MUCH bigger than you think! We tried it at a little restaurant in Sunny Beach called La Banana on the main strip, we decided to grab some finger food and Sach but ordered a medium sized portion€” big mistake! We had to leave a quarter of it because we had simply overfaced ourselves! Another fantastic dish is Gergyovsky, usually made with roast lamb, mushroom and onion. The food in Bulgaria, especially the traditional dishes are very rich flavoured but incredible non the less. Another thing about Bulgaria is there is a lot of cats€”. They wander around the restaurants and people seem to be completely unfazed by them being there which I think is very sweet! If you want to see more pictures of my trip to Bulgaria feel free to see my Instagram page; [littletravelpanda](#) Share this:

Chapter 2 : Khan Asparuch, Teil: Die byzantinische Geisel () - IMDb

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Zhana Bergendorff[edit] Zhana Bergendorff Bulgarian: , was born on 20 October in Sofia , Bulgaria. She started singing at the age of 7. She comes from a family of musicians, her mother and grandparents were musicians. When she was 18 years old she moved to sing in South Korea. They met in Korea in In Denmark she entered X Factor Denmark. She won the award for the Bulgarian Debut of the year during the BG radio awards and Woman of the year from Grazia. During and she was included in a Forbes Bulgaria list for the most influential popular figures in Bulgaria. Zhana has one son called Leon born in She speaks Bulgarian, English, Korean and Danish. He debuted in the popular Bulgarian boy band at the age of In he began his solo career and released the songs "Po-dobre, che razbrah" and "Dilar na ljubov". In he started teaching pop, soul and RnB singing and has masterclasses in Sofia and Plovdiv. Every year together with his students he does charity concerts to help children suffering from diabetes, cancer patients, children with disabilities, children with autism and childhood cerebral palsy. In he took part in The Voice of Summer Tour. He participated in the last edition of X Factor Romania. Prior to being part of Equinox, he was part of the Bulgarian delegation as a backing vocalist for Kristian Kostov in the Eurovision Song Contest He is a co-author and co-producer of all songs by Sleng after joining the band. He is a songwriter for many Bulgarian artists. He was invited to play the leading roles in the Bulgarian production of Mamma Mia! He has worked as a voice actor in the Bulgarian dubbing of animated films like Frozen , Tangled , or The Muppets , among others.

Chapter 3 : Sveti Vlas, Bulgaria – Little Travel Panda

Bulgaria is by far the most unhappy country in the EU, a newly-released survey has found. The former communist country, which joined the European Union in , came bottom of a Brussels poll on.

After the adoption of Orthodox Christianity in it became one of the cultural centres of Slavic Europe. Its leading cultural position was consolidated with the invention of the Cyrillic script in its capital Preslav at the eve of the 10th century. Thus, Bulgarians, like other Christians, were subjected to heavy taxes and a small portion of the Bulgarian populace experienced partial or complete Islamisation. To the common people, belonging to this Orthodox commonwealth became more important than their ethnic origins. During the second half of the 18th century, the Enlightenment in Western Europe provided influence for the initiation of the National awakening of Bulgaria in Russia worked to convince them to settle in areas recently conquered by it, especially in Bessarabia. As a consequence, many Bulgarian colonists settled there, and later they formed two military regiments, as part of the Russian military colonization of the area in –” The Bulgarians wanted to have their own schools and liturgy in Bulgarian, and they needed an independent ecclesiastical organisation. Discontent with the supremacy of the Greek Orthodox clergy, the struggle started to flare up in several Bulgarian dioceses in the s. It was not until the s when the Bulgarians initiated a purposeful struggle against the Patriarchate of Constantinople. The struggle between the Bulgarians and the Greek Phanariotes intensified throughout the s. This movement restored the distinct Bulgarian national consciousness among the common people and led to the recognition of the Bulgarian Millet in by the Ottomans. As result, two armed struggle movements started to develop as late as the beginning of the s: Their armed struggle reached its peak with the April Uprising which broke out in It resulted in the Russo-Turkish War –” , and led to the foundation of the third Bulgarian state after the Treaty of San Stefano. The issue of Bulgarian nationalism gained greater significance, following the Congress of Berlin which took back the regions of Macedonia and Adrianople area, returning them under the control of the Ottoman Empire. Also an autonomous Ottoman province, called Eastern Rumelia was created in northern Thrace. As a consequence, the Bulgarian national movement proclaimed as its aim the inclusion of most of Macedonia , Thrace and Moesia under Greater Bulgaria. Eastern Rumelia was annexed to Bulgaria in through bloodless revolution. During the early s, two pro-Bulgarian revolutionary organizations were founded: In they participated in the unsuccessful Ilinden-Preobrazhenie Uprising against the Ottomans in Macedonia and the Adrianople vilayet. Macedonian Slavs were identified then predominantly as Bulgarians, and significant Bulgarophile sentiments endured up among them until the end of the Second World War. Many Bulgarians also live in the diaspora, which is formed by representatives and descendants of the old before and new after emigration. The old emigration was made up of some 2.,[citation needed] economic and several tens of thousands of political emigrants, and was directed for the most part to the U. The new emigration is estimated at some , people and can be divided into two major subcategories: Migrations to the West have been quite steady even in the late s and early 21st century, as people continue moving to countries like the US, Canada and Australia. According to the census there were 1., Bulgarian citizens in the city of Sofia , [] , in Plovdiv , , in Varna and about , in Burgas. The total number of Bulgarians stood at over 9 million. Bulgarians are considered most closely related to the neighbouring Macedonians; indeed it is sometimes said there is no discernible ethnic difference between them. The greater part of these people were also considered Bulgarians by most ethnographers until the early 20th century and beyond. Bulgarian language Bulgarians speak a Southern Slavic language which is mutually intelligible with Macedonian and to a lesser degree with Serbo-Croatian , especially the western dialects. Bulgarian was influenced lexically by medieval and modern Greek , and Turkish. Medieval Bulgarian influenced the other South Slavic and Romanian. With Bulgarian and Russian there was a mutual influence in both directions. The language of each other was official or lingua franca of each other in the Middle Ages and the Cold War. Recently, Bulgarian has borrowed many words from German, French and English. The Bulgarian language is spoken by the majority of the Bulgarian diaspora , but less so by the descendants of earlier emigrants to the U. Bulgarian linguists consider the officialized Macedonian language since a local

variation of Bulgarian, just as most ethnographers and linguists until the early 20th century considered the local Slavic speech in the Macedonian region. The president of Bulgaria Zhelyu Zhelev, declined to recognize Macedonian as a separate language when the Republic of Macedonia became a new independent state. The Bulgarian language is written in the Cyrillic script. Cyrillic alphabet Main article: Cyrillic alphabet Cyrillic alphabet of the medieval Old Bulgarian language In the first half of the 10th century, the Cyrillic script was devised in the Preslav Literary School, Bulgaria, based on the Glagolitic, the Greek and Latin alphabets. Modern versions of the alphabet are now used to write five more Slavic languages such as Belarusian, Macedonian, Russian, Serbian and Ukrainian as well as Mongolian and some other 60 languages spoken in the former Soviet Union. Medieval Bulgaria was the most important cultural centre of the Slavic peoples at the end of the 9th and throughout the 10th century. The two literary schools of Preslav and Ohrid developed a rich literary and cultural activity with authors of the rank of Constantine of Preslav, John Exarch, Chernorizets Hrabar, Clement and Naum of Ohrid. Bulgaria exerted similar influence on her neighbouring countries in the mid- to late 14th century, at the time of the Tarnovo Literary School, with the work of Patriarch Evtimiy, Gregory Tsamblak, Constantine of Kostenets Konstantin Kostenechki. Bulgarian cultural influence was especially strong in Wallachia and Moldova where the Cyrillic script was used until, while Church Slavonic was the official language of the princely chancellery and of the church until the end of the 17th century. Name system Main article: Bulgarian name There are several different layers of Bulgarian names. After the Liberation in, the names of historical Bulgar rulers like Asparuh, Krum, Kubrat and Tervel were resurrected. The old Bulgar name Boris has spread from Bulgaria to a number of countries in the world. Most Bulgarian male surnames have an -ov surname suffix Cyrillic: This is sometimes transcribed as -off or -of John Atanasovâ€™ John Atanasoff, but more often as -ov e. The -ov suffix is the Slavic gender- agreeing suffix, thus Ivanov Bulgarian: Since names in Bulgarian are gender-based, Bulgarian women have the -ova surname suffix Cyrillic: The plural form of Bulgarian names ends in -ovi Cyrillic: Other common Bulgarian male surnames have the -ev surname suffix Cyrillic: The female surname in this case would have the -eva surname suffix Cyrillic: The last name of the entire family then would have the plural form of -evi Cyrillic: Another typical Bulgarian surname suffix, though less common, is -ski. This surname ending also gets an â€™a when the bearer of the name is female Smirnenski becomes Smirnenska. The plural form of the surname suffix -ski is still -ski, e. The ending â€™in female -ina also appears rarely. It used to be given to the child of an unmarried woman for example the son of Kuna will get the surname Kunin and the son of Gana â€™ Ganin. The surname suffix -ich can be found only occasionally, primarily among the Roman Catholic Bulgarians. The surname ending â€™ich does not get an additional â€™a if the bearer of the name is female. The Ottomans required a threshold of two thirds of positive votes of the Orthodox population to include a region into this jurisdiction. The Bulgarian Orthodox Church is the independent national church of Bulgaria like the other national branches of the Orthodox communion and is considered a dominating element of Bulgarian national consciousness. The church was abolished once, during the period of Ottoman rule â€™, in it was revived as Bulgarian Exarchate and soon after raised again to Bulgarian Patriarchate. Despite the position of the Bulgarian Orthodox Church as a unifying symbol for all Bulgarians, small groups of Bulgarians have converted to other faiths through the course of time. During Ottoman rule, a substantial number of Bulgarians converted to Islam, forming the community of the Pomaks or Muslim Bulgarians. Nowadays there are some 40, Roman Catholic Bulgarians in Bulgaria, additional 10, in the Banat in Romania and up to, people of Bulgarian ancestry in South America.

Chapter 4 : Why is Bulgaria the EU's most unhappy country? | Euronews

Bulgaria's ethnic Turkish community, persecuted and even deported last century, continues its fight for recognition. Bulgaria, My Land. we knew nothing about the pain and suffering of.

Sofia-based international relations expert Plamen Ralchev looks at where Bulgaria goes from here. Modern relations between Bulgaria and Russia began about two centuries ago when Russia sought geopolitical advantages in the Balkans and strategic access to the Turkish Straits. Russia positioned herself as a guardian of Balkan Orthodox Christians in the Ottoman Empire, which included the people in latterday Bulgaria. With linguistic similarities also in common, the Russians became supporters of the 19th-century Bulgarian liberation movement against the Ottoman rule. After the Ottoman defeat and the subsequent congress of Berlin, Russia ended up with a mandate to supervise the Principality of Bulgaria that emerged. Bulgarian bed-hopping Both the Bulgarian public and Russian-speaking elite were deeply in favour of Russian involvement as the army, police force and public administration were set up. Yet sentiment became more divided after as the question of full statehood moved up the agenda. And when Bulgaria embarked on a modernisation project in the late 19th century, it tacked towards the European mainstream and particularly Germany. This continued until after the Yalta conference of , when Bulgaria was relinquished to Soviet influence. For the next 45 years Soviet dominance built upon previous pro-Russian sentiments in Bulgarian society. This turned the country into a communist stronghold, the staunchest and most obedient Soviet ally. Bulgaria lost prestige internationally and became heavily dependent on the Soviets. Even after the fall of the Communist regime in , Bulgaria was hesitant for several years about which way to go. And in the intervening years of Euro-Atlantic integration, the pro and anti-Russian divisions have re-emerged at every challenge. Bulgaria joined NATO and the European Union, and signed an agreement with the US in for a joint military training facility within the country, all of which have been heavy blows to Russia. This has put Bulgaria in a precarious position because the Russians have various kinds of leverage over her. Lukoil and Gazprom also have a network of petrol and gas stations throughout the country. Mapbox Bulgaria depends on Russia for all of its nuclear fuel though it recently signed a deal to have a new reactor built by Japanese-owned Westinghouse. Bulgaria ordered work on the pipeline to stop in the summer under pressure from Brussels that it did not conform to EU law. It appears not to have resumed since. Disagreements over the suspension were among various issues that helped bring down the Bulgarian coalition government in July. This led to an election earlier in October, where the pipeline was a key point of debate. The pro-suspension centre-right GERB party finished first, but it is not yet clear whether it can form a stable coalition. Inferiority complex Aside from energy, Russia is heavily interested in the Bulgarian military-industrial complex, most of whose equipment is Soviet-made and depends on Russia for maintenance. The outgoing Bulgarian defence minister was recently quoted saying this puts the country in a vulnerable position, particularly regarding its ageing jet fighters. Any question of upgrading with equipment from elsewhere runs counter to Russian interests, so is unlikely to be welcomed by Moscow. Bulgarian MiG, training with Americans, but maintained by the Russians. Russia is also good at using propaganda. This is attractive to those Bulgarians whose affection for Russia remains strong. And it suits Russia when the Bulgarians are unsure whether to look East or West, such as during the Ukraine crisis. The Russians see this as an opportunity to tip the scales by playing one side against the other. This cropped up over South Stream, for instance, where there are rumours that the previous government would have allowed the pipeline work to continue despite the EU objections. Some observers believe that Russia will also have a hand in determining the make-up of the next coalition government. If Bulgaria is to overcome its Russian obsession and inferiority complex, the elite needs to use more political imagination and be more willing to make difficult policy choices. It cannot handle its eastern neighbour alone, because Russia is much more powerful. If the EU and US are determined to play tough on Russia, Bulgaria is one of the places where they will have to face their opponent. Bulgaria unfortunately has to survive in a swirl where the European mainstream meets the Russian current near the Turkish Straits. It is not that Bulgaria could become another Ukraine, since here Russia has always preferred to play in the shadows. There is no

Russian-speaking population with an identity crisis that presents a similar opportunity. Rather it is a question of influence and political decisions.

Chapter 5 : Bulgaria, My Land | Human Rights | Al Jazeera

59 Likes, 0 Comments - Kirtz Loll (@maho_ik) on Instagram: "Laughing at my suffering #bulgaria #happy #pain #hiking #7Rilalakes #tanned #nature #enjoy #joy".

This is truly an amazing part of World War Two that not many are familiar with. Much has been written about the war and Holocaust with regards to western occupied Europe, Poland and the eastern states overrun in , following the German invasion of the Soviet Union in June, in what would be notoriously known as Operation Barbarossa. When we try to recall and remember the atrocities committed during those 6 long years, we are always shocked and mixed with feelings of horror and disbelief of what one man can do to another fellow man. Our common sense and inner feelings do not want to accept and comprehend what the world went through over 70 years ago. Some of the events are too fantastic to acknowledge and accept, even though ample proof and material is presented to us: The establishing of Ghettos, Einsatzgruppen units, gassing, hangings and shootingsâ€¦Warsaw Ghetto, transport trains to the east, the invasion of Hungary and deportationsâ€¦too many atrocitiesâ€¦too much horrorâ€¦too much pain and suffering. And still, there is another part of that dark side of mankind that is not spoken that often. Even when I was growing up as a kid and when we were taught about the war and the Holocaust, there is one chapter that was not told to us. A chapter that I learned on my own at a later stage in life, when I was learning and collecting: This is a story of one community that was practically, at the end, untouched by the angel of death; the story of an ancient community that was so close to being annihilated and at the end, at the last moment was saved: This is the story of Bulgaria and the war, Bulgaria and the Holocaust. At first, Bulgaria and its king Boris the 3rd wanted badly to avoid war and not repeat the same mistakes that were done during the previous Great War and earlier. But this was not an easy task at all. Bulgaria also had eyes on Macedonia and Thrace. Thus, though managing to postpone any decision regarding the two, eventually, Sofia chose to side with Berlin and on March 1st signed the Tripartite Pact , being promised to gain back all land lost previously, in return for joining the Axis powers Hitler wanted his troops to go through the country in order to attack Greece and later Yugoslavia â€” see added image of a passport indicating inside that the holder joined the German army in Bulgaria during late March of ; German soldiers marched into the country following the signing of the above mentioned pact a few weeks earlier. What is amazing about this country, and is important enough to mention in this article, is that Bulgaria was the ONLY Axis state to maintain diplomatic relations with the Soviet Union, with its embassy not far away from the Royal Palace and the Russian flag hoisted not far from the German flag; and the only country to actually sign a contract with Nazi Germany permitting the deportation of its Jewish population and to their deaths in occupied Poland. At first, the king and his country had no intention to go against their fellow Jewish citizens; anti-Semitism was alien to the country and the Jewish population had a very strong and patriotic relationship with their fellow Christian neighbors. Though initially not planned, the events of the war at the end pushed or led Bulgaria to adopt racial laws and decrees, similar to those used in Germany and by other Axis countries. Belev was even dispatched to Berlin to closely learn about the racial Nuremberg Laws in order to implement the same back home, he was sent on December 29th and returned back on February 14th the following year. His offices housed a staff of and had 4 main departments: Closer ties with Germany led to some changes and the deepening of ties between the countries, also with relation to the Jewish Question in Bulgaria: The agreement was for deportation of 20, Jews 12, from newly gained territories and the remaining amount to be shipped from Sofia, mainly influential and rich Jews. March 2nd saw the official governmental deportation decree being put into place, decree number entrusted the Commissariat of Jewish Affairs to allow, with German consent, the deportation of 20, Jews from the country. A previous decree numbered stripped all the Jews of their rights and citizenship once being deported, thus allowing the government to confiscate all possessions, cash, land and material. Jews were also ousted from the army but put into special Jewish work battalions, Jews were not allowed to marry non-Jews, not allowed to hold non-Jewish names, not allowed to serve in official or public offices, change address or live in the capital. Not allowed to run any business, such as theaters, companies, or hire Bulgarian workers or maids and immigration to Palestine was forbidden and

more see image of a Bulgarian issued passport used by a non-Jew to travel on work in occupied Poland. The list is long. King Boris had several meetings with Hitler, the last one taking place on August 14th This meeting did not go well, the king refused to send troops to fight the Red Army and also to deport his Kingdoms Jewish population. The meeting ended with agreement that Bulgarian Jews will not be deported and kept for labor tasks, such as road maintenance. Shortly after returning home, the King passed away from heart failure on August 28th some suspected that the king was murdered and was given the same poison used on Greek Prime Minister Ioannis Metaxas a slow poison taking weeks to work and leaves blotches on the victims skin before his death. The kings son Simeon took over his father, but was a minor aged 6, thus the country was controlled by the following three appointed regents: Bulgaria was invaded on September 9th by the Red Army after Moscow declared war on her 4 days earlier. All three were arrested following a Soviet supported coup the fate of Alexander Belev was swift and brutal: He was sent to Sofia and escorted by a Jewish partisan who executed him after they left the town; his body was dumped at the side of the road; all this shortly after the Soviets entered the country on September 9th

Chapter 6 : Top Beautiful Bulgarian Women. Photo Gallery

Equinox is a group of five artists that represented Bulgaria in the Eurovision Song Contest in Lisbon with the song "Bones", coming 14th with points. "Equinox" is the first Bulgarian band with contract with Universal.

Comments 8 Bulgarian women are cheerful, active, beautiful. They adequately represent the Slavic people at beauty contests. Girls and women from Bulgaria have their particular shape, facial features. And most of them corresponds to standard characteristics. But, thanks to the active migration of peoples, the constant movement of people from one country to another, the appearance of Bulgarian women is becoming more diverse. Beauty of women from Bulgaria A typical figure of Bulgarians sufficiently attractive, in outline, it is a bit like a guitar: Beautiful Bulgarian women have thin bones, long hands, they have a beautiful shape of a skull. In comparison, with other Slavs, Bulgarian girls more distinguished external, more graceful. Among representatives of these people there are many girls fragile, tiny. You will seldom meet the stout women suffering from excess of weight. If there are fatties, they are already aged, as a rule. It is interesting that the beautiful, graceful figure of the Bulgarian is stored, without resorting to the help of diets, without limiting itself in food. Though Bulgarian cuisine also differs in a large number of dishes from vegetables and fruit. Beautiful Bulgarian women are proud of the magnificent hair, both direct, and wavy. Most of the girls have dark hair, dark-chestnut or black. Though on streets of the Bulgarian cities it is often possible to meet both blondes, and red-haired. It is also typical for them the swarthy skin sparkling health, fresh and smooth. Bulgaria has an ideal climate, on the majority of the territory high humidity of air prevails that well affects moistening of skin. Modern Bulgarian women with attention treat the appearance, using good cosmetics, new cosmetology procedures for maintenance of beauty. But they can without makeup look bright and attractive, because it contributes to a comfortable climate, healthy cuisine, rich in vitamins, plenty of sun. Features of nature and way of life As well as other European women , modern Bulgarian women are very active. They are on a par with men learn to interest profession, building a career. Among the brightest beauties are Bulgarians with the most different specialties and hobbies. But, at the same time, the Bulgarian women very responsibly treat a role of the wife, mother, daughter, keeping traditional relations in a family. Young girls actively play sports, travel, are fond of tourism. Many Bulgarian beauties are representatives of a film world, show business, the known models. They are effective, self-assured women, charming and charismatic. They are on a par with men learn new profession, building a career. Evgeniya Radilova - Bulgarian actress. Radina Kardjilova June 17, - Bulgarian actress. Geya Antonova , Sofia - Bulgarian model. She represented her country at Miss World Rositsa Ivanova born - Bulgarian model who won the title of Miss Bulgaria in Gabriela Vasileva - Bulgarian model who won the title of Miss Bulgaria in Silvia Dimitrova - Bulgarian model who lives and works in Italy. Silvia Dimitrova was born in in Stara Zagora in Bulgaria. There she also spent her childhood. Like many other Bulgarian women, she dreamed of becoming a model and her dreams came true pretty soon. Silvia is considered one of the most successful and beautiful Bulgarian women who are well-known. Romina Andonova - Bulgarian model who won the title of Miss Bulgaria in Dilianna Popova 24 September - Bulgarian actress and model. In , she was photographed for the Bulgarian version of Playboy magazine. Popova has appeared in the film Love. Silvia Ranguelova November 14, - Bulgarian model and actress. Nina Dobrev January 9, - Bulgarian-Canadian actress and model. Nina Dobrev is among of the prettiest Bulgarian women on the planet. She was the cause of why now the Bulgarians can say with accuracy that reached the level of Hollywood. Nina used to work as the model and it led her to the advertising business, and then turned into a screen test. Dobrev has played in twenty films and television series in America and Canada and. She is very proud of being Bulgarian. She speaks only in Bulgarian with her family.

Chapter 7 : Bulgarians - Wikipedia

You will seldom meet the stout women suffering from excess of weight. If there are fatties, they are already aged, as a rule. It is interesting that the beautiful, graceful figure of the Bulgarian is stored, without resorting to the help of diets, without limiting itself in food.

Europe Medical exodus leaves Romania, Bulgaria in pain Thousands of doctors and nurses have left the two Balkan countries to find better jobs abroad, deepening the crisis in their already dysfunctional health systems. Boryana Dzhambazova and Claudia Ciobanu report. Rusu says they now have nowhere to go to see if the girl is healthy. They live off social benefits and work odd jobs. To them, private healthcare is out of their reach. Florina Venera, 11, center, who was diagnosed with bone cancer. Her last checkup was in , but the family doctor has quit Better options abroad There is a growing shortage of medical professionals in both Romania and neighboring Bulgaria. To date around 14, Romanian doctors and nearly 50, nurses have left the national medical system to work elsewhere. Each year around doctors and around 1, nurses leave Bulgaria in search for better job opportunities in western Europe. On the surface, the medics move to richer countries for better pay. In reality, they are equally driven away by dysfunctional health systems, where they are routinely overworked and sometimes lack basic medical supplies to treat people. Gergana Georgieva, a year-old internal medicine doctor from Bulgaria, is one of them. She left in , shortly after she graduated medical school, and chose to do her residency in Germany. Conditions for young doctors have slightly improved since then. Disappointed by an underfunded and understaffed system which is also marred by corruption, she does not plan to return to Bulgaria. The Rupea hospital is overstretched and needs more doctors. The hospital is organized around the vacancies. Emigration is a big part of the reason for the shortage of staff, says Lariu. Doctors who want to advance in their careers either go abroad or to big cities. Why one medical student is shunning Western Europe Family doctors are a dying breed Family doctors form the basis of the Romanian state health system, providing care for the simplest problems and guiding patients towards specialists when more complicated care is needed. Few resident doctors opt to specialize in family medicine nowadays. In the villages, the crisis is severe. In neighboring Bulgaria the shortage of medical professionals is especially acute in hospitals outside the capital of Sofia. Ivan Ivanov says many of his colleagues have to work several jobs to earn a living Ivan Ivanov, who has been working as a neurologist for more than 30 years, is the head of the only hospital in Gorna Oryahovitsa, a town of 30, people in Northern Bulgaria. Many doctors have to work several jobs to earn a decent living and to meet the growing shortage of medical staff. Every week Ivanov himself travels to three nearby towns to see patients. Where to find replacements? The hospital suffers from a major shortage of medical staff. The average age of the doctors working there is , while one third of the nurses are above retirement age. Only two doctors are younger than Especially, in crucial departments like intensive care, neonatology, and internal medicine. Her colleagues are 64 and 65 respectively.

Chapter 8 : Equinox (Bulgarian band) - Wikipedia

Bulgaria had the negative distinction of leading the global suffering list, as it did last year. Yemen, Armenia, and El Salvador followed closely behind, with one in three or more residents suffering in each of these countries.

But the brain drain has been a brain gain for Germany. Her new life began in - two years after her home country joined the EU. But it was important for me to prove to myself that I could work my way up from the bottom of a more advanced system," Braicu tells DW. The doctor says she cannot imagine returning. You have to work much more in Germany, but you also have more opportunities to rise within the system. I wanted to study business management and learn how the market economy functioned first-hand. And it paid off: The Bulgarian graduated at the top of her class at the University of Nuremberg. Dimitrova became a manager at Vodafone German labor market profits from immigration Thousands of young Bulgarians have embarked on the journey that Dimitrova completed. According to German statistics database Statista, more than , Bulgarians were living in Germany in , many with an above average education. The Bulgarian Academy of Sciences estimates that in five to ten years the country will have lost some , qualified workers. Romania, which joined the EU alongside Bulgaria in , is plagued by similar problems. Though both countries profit from remittances sent home to families, the lack of skilled workers has become clearer over time. The medical sector has been hit hardest. Some 43, pharmacists have left Romania in the ten years since the country joined the EU, with 5, Romanian medical specialists working in Germany alone. Three years ago, Kostas Ifandopol, a young Romanian dentist, decided to emigrate to Berlin, a move he says was mainly prompted by money considerations. After completing his studies in Bucharest, he spent a year working as a dentist in Romania, but he soon realized that he would not be able to fulfill his dream of opening his own practice in his home country. I can secure good bank loans here, and only have to work 15 or 20 years to pay them off, not 40," Ifandopol told DW. He is currently working at a Berlin dental practice: Today, the country, which has roughly seven million inhabitants, has only 28, doctors. Seven years ago there were 35, Though this has led Bulgaria and Romania to look to the future with trepidation, German clinics have profited greatly from the influx of specialists from Eastern Europe: Braicu comes from Romania, and we have an assistant from Bulgaria as well. All of these colleagues have a very good education, have a talent for languages and quickly learn how our system works. More than a million Bulgarians have emigrated since the fall of the Iron Curtain in Though he admits there are problems - especially in the medical sector: Yet stories like that of Bulgarian Tanya Schnell give hope: She returned home after successfully completing her studies in Germany - and took her German husband with her. The two have gone on to build a life for themselves in this, the poorest country in the EU. And because I wanted to start something positive here," says Schnell. A mother of two, she has dedicated herself to environmental protection - and has no regrets about returning home: But at the same time I have the feeling that I can be more useful here, that I can make more of a difference than in Germany - for instance when it comes to environmental protection. That gives me strength.

Chapter 9 : Little Travel Panda – Happily Suffering With Wanderlust

Most Bulgarians living in Canada can be found in Toronto, Ontario, and the provinces with the most Bulgarians in Canada are Ontario and Quebec. According to the census there were 1,, Bulgarian citizens in the city of Sofia, [], in Plovdiv, , in Varna and about , in Burgas.

Look out for suspicious behaviour. Monitor the news and other sources of information for changes to local travelling conditions. Terrorism is a threat in Europe. Terrorist attacks have occurred in a number of European cities in recent years. See Safety and security. The Bulgarian authorities have introduced heightened security measures with additional police presence in all cities, ski resorts and places where large gatherings are expected. There are significant pressures on border controls in Europe due to the movement of asylum seekers. Carry your passport when crossing borders, even within the Schengen area. Check with local authorities and transport providers for up-to-date information on entry and exit changes, and delays. Pickpocketing and purse snatching are common. Check with your travel insurer to ensure you are covered for all the activities you intend to undertake, such as car hire, riding motorcycles or adventure activities. Rabies is common in Bulgaria. If a dog or other animal bites or scratches you, seek immediate medical assistance. Australia has a Consulate in Sofia, headed by an Honorary Consul, which can provide limited consular services not including the issue of passports. Full consular services are available from the Australian Embassy in Athens. See Where to get help. Entry and exit Every country or territory decides who can enter or exit through its borders. While Bulgaria is part of the European Union, it is not in the Schengen area. Visa and other entry and exit conditions such as, customs and quarantine regulations may change as they are realigned with those of the Schengen area. Contact the nearest Embassy or Consulate of Bulgaria for up-to-date information. Official Tourism Portal of Bulgaria Passport Ensure your passport is valid for at least six months after the date you intend to return to Australia. Always carry your passport when crossing borders, even within the Schengen area. Your passport is a valuable document and attractive to criminals who may try to use your identity to commit crimes. Always keep it in a safe place. Be aware of attempts to get access to your passport by deception. If your passport is lost or stolen, you must notify the Australian Government as soon as possible. Bulgaria is a member of the European Union EU. Declare cash of 10, Euros or more or the equivalent in another currency if you are travelling between Bulgaria and any non-EU country. This includes notes and coins, money orders, cheques and travellers cheques. Bulgaria is predominantly a cash economy, although the use of credit and debit cards is increasing. Exchange money in banks, large hotels or exchange bureaux. Avoid unofficial or street sellers. Safety and security Crime Pick-pocketing and purse snatching occur frequently, especially in crowded markets, on shopping streets, and on trams and buses. Car theft is common. Very few vehicles are recovered. Car break-ins are also common in residential areas or near parks, especially when valuables are left in sight. Keep luggage and personal possessions out of sight when parked. Park in a secure facility wherever possible. Never leave your food or drinks unattended. Never accept food or drinks from strangers. ATM skimming and credit card fraud are common. Internet fraud also occurs. Organised criminal groups are active in casinos and nightclubs, and are involved in prostitution. Although rare, violent crime, including bombings and shootouts, usually related to turf wars between rival gangs, can occur. Pay close attention to your personal belongings, particularly in crowded areas. Carry only what you need. Leave other valuables, including your passport, in a secure location. Carry a photocopy of your passport. Avoid carrying bags that are easy to snatch. Hold bags and backpacks in front of you. When driving or parking your car, ensure valuables are out of sight. Use ATMs in controlled areas such as within banks, shops and shopping centres. Avoid ATMs that open onto the street, especially at night. Check ATM machines for skimming devices before use. Avoid ATMs that look like they have been tampered with. Always keep your credit card in sight. Be aware of internet scams. Scams Terrorism Terrorism is a threat throughout the world, including in Bulgaria. In recent years, terrorists have staged attacks in a number of European cities. Targets have included public transport and transport hubs, and public places frequented by foreigners. In addition, a number of planned attacks have been disrupted by European security services in recent years. In , Lebanese Hezbollah conducted a bombing against Israeli tourists in Burgas. The

attack killed six and injured Heightened security measures are in place in all cities, winter ski resorts and places where large gatherings are expected. Be alert to possible threats, especially in public places. Exercise particular caution around locations known to be possible terrorist targets. Report any suspicious activity or items to police. Take official warnings seriously and follow the instructions of local authorities. Terrorist threat worldwide Civil unrest and political tension Bulgarians regularly hold protests and demonstrations. Protests, demonstrations and rallies can form with little prior notice. Some have resulted in minor injuries. Avoid protests, demonstrations and large gatherings as they could turn violent. Local travel Since , there have been significant pressures on border controls in Europe due to the movement of asylum seekers. Road travel Major city streets and inter-city highways are in good condition but most secondary roads are poorly maintained, badly lit and narrow. Poor driving standards, wandering livestock and horse-drawn carts on the roads create additional hazards when driving. Traffic laws are strictly enforced and police conduct frequent checks, including radar speed checks. The use of seat belts is mandatory for all passengers, except pregnant women. Headlights must be on when driving, even during the day. Children under 10 years of age may ride in the front seat only if seated in a child car seat and the air-bag has been disabled. If you intend to hire a car or other vehicle, check if these activities are covered by your insurance policy. Travel insurance Motorcycles Check with your travel insurer whether your policy covers you when using a motorcycle, quad bike or similar vehicle. Your policy may not cover you for accidents that occur while using these vehicles. Wear, and ensure your passenger wears, a correctly fastened and approved helmet. Driving without an IDP could void your travel and vehicle insurance. Road safety and driving Taxis Use only authorised taxi and limousine services. Arrange taxis through your accommodation provider and avoid hailing taxis on the street. Most taxis are metered. Use taxis with meters and clearly marked rates displayed on the passenger side of the windshield. Public transport Bus and rail services operate throughout Bulgaria. Pay close attention to your belongings on public transport, as petty crime occurs. The train system is poor by European standards. There have been several fires on trains. Accessibility for travellers with disabilities is limited in some parts of Bulgaria. Accessible public transport is more widely available in Sofia and other large cities. See the Aviation Safety Network website for information on aviation safety in Bulgaria. Research local laws before travelling, especially for an extended stay. Drug laws Penalties for possession or trafficking of drugs can be severe, and include heavy fines and prison sentences.