

BHAGAVAT EDUCATIONAL TRUST



"It is better to light a candle than curse the darkness"

**INFORMATION PACK FOR PARTICIPANTS ON
"LIVING AND LEARNING ABROAD" PROJECT**

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WELCOME TO BULGARIA

WELCOME TO BEAUTIFUL BULGARIA

Bulgaria is situated in the Balkans, a picturesque country with a population of approximately 7,500,000



Even though it is a small country (nearly 111 000 sq. km.) the natural landscape is magnificent and there are some gorgeous mountain ranges, actually 50% of Bulgaria is made of mountains, and we have the famous coast line – the Black Sea. This variable nature attracts a lot of tourist, because there is something for everyone.



This is one of the famous Seven Rila Lakes.



Here is one of the beaches of Varna

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HISTORY



The Bulgarian state on the Balkan Peninsula was founded in 681 AD. During the middle ages there were constant battles with different nomadic tribes and the Byzantine Empire.

The Second Bulgarian Kingdom was established in 1185 with Veliko Turnovo for a capital city, reinstated the borders and a 'Golden Age' began in which Bulgaria bordered on three seas: the Black, the Adriatic and the Aegean Seas. Veliko Tarnovo is now a beautiful city and the magnificent fortress, Tsarevets, built during that period is preserved and represents a part of the great Bulgarian history, and is a wonderful tourist attraction.

To mark special occasions there is a spectacular laser show at the fortress

From 1389 to 1878 the country fell under the yoke of the Ottoman Empire and suffered 5 long centuries of oppression which delayed the country's development.

Sofia became the capital of Bulgaria in 1879 after the liberation from the Ottomans. There was a communist period that lasted 45 years (1944-1989), but now Bulgaria is a democratic republic.



Now Bulgaria has become a modern cosmopolitan country having joined NATO in 2004 and the European Union in January 2007

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CUSTOMS AND TRADITIONS

Folk Songs

Bulgaria is famous for its melodious tunes and unique folklore songs. A Bulgarian folk song has been chosen to be sent in space.



Valia Balkanska, a famous Bulgarian folk singer.

The Voyager project started in 1977 in the USA bringing to live the idea of sending in space some samples of human masterpieces which speaks universal language. So the Bulgarian song has been placed between few other folk pearls in the collection.

The Bulgarian music is also very different and unique, very traditional music which often includes bagpipes.



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Traditional Dance



Bulgaria's traditional dance is called "horos" or "circle dance" which is extremely fascinating to watch.



On special occasions or celebrations the evening usually includes ample food, drink and inevitably dancing

Traditional Bulgarian Costumes



The folk costumes are made of natural materials or some materials that are very close to that point. And the important is that they are hand made including the embroidering. The costumes included:

Riza (shirt), Sukman (tunica kind of dress), Prestilka (apron), Karpa za glava (kerchief), Karpa v raka (hand kerchief), Mentse (sleeveless long jacket), Benevretzi (trousers), Kalpak (fur hat), etc.

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TRADITIONS

Martenitsas

Every year on the 1st of March, the Bulgarians give each other 'martenitsas' - small figures made of white and red threads, a symbol of the awakening of spring, health and happiness; and everybody wear them until they see a stork or another definite sign that spring has come. After this the martenitsa should be put on a tree.



Jordan's Day - January 6th



According to the Christian religion this day is dedicated to the Baptism of Jesus Christ in the river Jordan and is one of the most official church holidays. After the ritual baptism of the water, the priest tosses a wooden cross in the river or in the sea and the men jump in the freezing water to get it. It is believed that if the cross freezes into the water, it will be a fertile year, and the people will be healthy. The one who takes out the cross will never be sick again. The day ends with the ritual bathing of all engaged women, of the young brides and grooms. A few men, called "haskars" perform the bathing. They toss three times the groom in the air, and then they take him to the river or the fountain. If someone doesn't want to be bathed he has to buy his way out of it and treat everyone.

St Trifon's Day - February 14th

This day is dedicated to the Great martyr Trifon, born around the year 225. Since the old days people consider st. Trifon as the protector of the vineyard and the wine-making. On this day a ritual cut of the vines is performed. Early in the morning the woman of the house wakes up and makes bread and makes it look like vines with grapes on them and then cooks a stuffed chicken. She puts the food in a colorful bag, for the vine-grower with some red wine and sends the men to the vineyard. When they reach their vineyards, they turn towards the sunrise and cross three times. They cut the first three vine sticks and then water the place with the wine. After work, the men gather together and enjoy a loud feast and drink a lot of wine. They choose a "King" among themselves who they call "Trifon" and carry him into the village and go around with him around each house and treat everyone with wine and Rakia. In the end of the evening the "King" invites all to his house, where a great feast is waiting for them. It is believed that if the "King" and the other vine-growers don't drink a lot, it won't be a fertile year.



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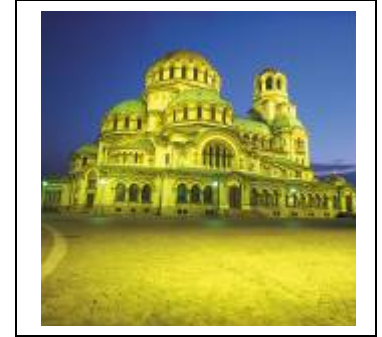
USEFUL INFORMATION

Weather:

- The average annual temperature is 10.5°C.
- The average January temperature is around 0°C.
- Average summer temperatures rarely exceed 30°C.

Religion:

- 86.6% of the population is Eastern Orthodox Christians
- 13% are Muslims.
- The rest are Jewish, Catholic, etc
- The Bulgarian Church is autonomous and headed by a Patriarch



Time Difference:



- Winter time: GMT +2 hours (October through March).
- Summer time: GMT +3 hours (April through September)

Useful numbers:

- Emergencies - 112
- British Embassy - 00359 2933 9222
- BET country representative – 00359 897935422

How to call abroad:

- Using the internet phone booths, it costs approx € 0.12 a minute (depending on the country)
- Calling UK from Bulgaria - dial **0044** and then the number you want to reach, without the first zero. For instance if you are ringing the number 012345678 - you'll have to dial **0044**12345678
- Calling Bulgaria from UK - dial **00359** and then the number you want to reach, without the first zero. For instance if you are ringing the number 012345678 - you'll have to dial **00359**12345678

Currency:

- Lev (BGN).
- € 1 = 1.95 Leva
- £1 = approximately 2.20 Leva

Voltage: 220V

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FOOD

Gourmets have long since esteemed the merits of Bulgarian cuisine with the verdict that it is tasty, spicy and varied, appealing to one and all.

Although Bulgarian food is fresh and delicious, there are some differences with the UK style of eating - for instance Bulgarians can take many hours over a meal, as they talk and socialize a lot while eating it.

A big difference is also that food in restaurants is never served as hot as in the UK!



Salads (150-400 gr)

1. Shopska salad - tomatoes, cucumbers, peppers, onion, grinded white cheese, olive
2. Shepherd's salad - tomatoes, cucumbers, peppers, ham, eggs, mushrooms, onion, grinded white cheese, olive
3. Green salad - Lettuce, cucumbers, onion, olive, egg
4. Snow white - squeezed yoghurt, cottage cheese, cucumbers, garlic, dill
5. Kyopoloo - peppers, eggplant, garlic, tomatoes
6. Burned peppers - peppers, garlic, vinegar, parsley
7. Mixed salad - tomatoes, cucumbers, white cheese, onion



Starters (150-300 gr)

1. Sweet corn in butter
2. Stewed vegetables - corn, been, carrots, cauliflower
3. Bureck peppers - peppers, eggs, flour, white cheese
4. Mushrooms in butter
5. Chicken liver village style - chicken liver, onion, peppers, butter
6. Chicken hearts in butter

A La Minute (200-350)

1. Omelette
2. Shop's cheese - White cheese, tomatoes, eggs, hot pepper; all cooked in a clay-pot
3. Breaded white cheese
4. Breaded yellow cheese
5. French fries
6. Baked potatoes - potatoes, yellow cheese, cream sauce, ham
8. Panagjurski eggs - eggs, yoghurt, garlic, white cheese



Soups

1. Chicken soup
2. Summer soup (Tarator) - yoghurt, water, cucumbers, dill
3. Beef Soup – beef meat with vegetables and potatoes
4. Tripe soup (Shkembe chorba) - Boiled lamb stomach, milk, red peppers. It is garnished with garlic, vinegar and hot red pepper, ***traditionally used to cure hangovers***

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Barbecue (60 – 200 gr)

1. Kebapche - grilled meat stick (pork, chicken)
2. Kiufte - grilled meat ball
3. Skewer - meat, onion, mushrooms, peppers
4. Chicken steak
5. Pork steak
6. Karnache - grilled long sausage



Hotchpotch (300-350 gr) (all cooked in a clay-pot)

1. Shop's cheese (Sirene po shopski) - white cheese, tomato, hot pepper, egg, spices
2. Chicken kavarma - chicken meat, onion, mushrooms, baked peppers, egg
3. Thracian cheese - white cheese, tomato, egg, hot pepper, ham, processed cheese
4. Giuveche - tomatoes, onion, ham, flat sausage, mushrooms, yellow cheese, eggs, hot peppers, white cheese, parsley

Main Courses (200-350 gr)

Bulgaria has a wide variety of food including Pork, Chicken, Lamb, Goat, Beef and a large selection of vegetables.

Below are just samples of the courses.



1. Musaka- minced meat, potatoes, carrots, egg, milk, onion, tomatoes, spices
2. Mish- mash - peppers, tomatoes, eggs, white cheese
3. Sarmi - cabbage leaf, minced meat, rice, spices



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USEFUL PHRASES

Common Phrases

1. Good morning – “Dobro utro”
2. Good afternoon – “Dobur den”
3. Hello – “Zdravei”
4. Goodbye – “Dovizdane”
5. Excuse me, how can I get to...? – “Izvinete, kak moga da stigna do...”
6. Excuse me – “Izvinete”
7. I am sorry – “Sujaliavam”
8. Do you speak English? – “Govorite li angliiski?”
9. Where is the bathroom? – “Kade e toaletnata?”
10. How much is this? – “Kolko struva?”
11. How are you? – “Kak si?”
12. Thank you. – “Blagodarya”; “Mersi”
13. I am fine – “Az sum dobre”
14. What is your name? – “Kak se kazvate?”
15. Do you have an English menu? – “Imate li menyu na angliiski?”
16. Can I have the bill, please? – “Smetkata, molya.”

Questions:

1. When – Koga
2. Where – Kude
3. Why – Zashto
4. Who – Koi
5. How – Kak
6. What - Kakvo

Basics:

1. Yes – Da
2. No – Ne
3. Please – Molya
4. I want – Iskam
5. I don't understand – Ne razbiram

Eating Out

1. Restaurant – Restorant
2. Can I have...? – Moze li...?
3. Coffee – Kafe
4. Tea – Chai
5. Milk – Mlyako
6. Juice – Sok
7. Water – Voda
8. Beer – Bira
9. Salt – Sol
10. Sugar – Zahar
11. Bread – Hlyab
12. Cheese – Sirene
13. Vegetarian - Vegetariyanski

Bulgarian language is very different from the English language. The Bulgarian alphabet is one of the three official alphabets of the EU together with Latin and Greek. Also known as Cyrillic alphabet, created by two Bulgarian brothers – the **Saints Cyril and Methodius** in 9th Century A.C. and currently used also in Russian Federation, Ukraine, Mongolia, Belarus, Macedonia and many others across Europe and Asia. It is very different from what you are used to:

Alphabet

**А а Б б В в Г г Д д Е е
Ж ж З з И и Й й К к Л л
М м Н н О о П п Р р С с
Т т У у Ф ф Х х Ц ц Ч ч
Ш ш Щ щ Ъ ъ Ы ы Ю ю Я я**



Please also visit our website for a free online tutorial in Bulgarian language, which can compliment the lessons you will receive while abroad.

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WELCOME TO YOUR HOST BHAGAVAT EDUCATIONAL TRUST

We have had a presence in Bulgaria for many years; our aim is to assist you in all aspects concerning Bulgaria.

Our project now includes 23 orphanages whereby we establish sustainable workshops in order to assist with Social integration and to provide an income. Items are made such as beds, bedding etc to assist the smaller more vulnerable orphanages.



A carpentry work shop



A tailoring Workshop

Such items as beds, bedding, mattresses & clothes are produced for the more vulnerable homes.



Typically items will be sold on the black sea, hotels and in the first ever charity shop in Bulgaria for which we were Instrumental in establishing.



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The smaller more vulnerable homes are also encouraged to make items whereby a vocational skill imparted to the children.



Such items include the following:



The advantages are:

- The homes receive an income
- The youths are not left idle all day
- The youths receive a vocational skill

The Social Enterprise Project

Our new initiative incorporates setting up sustainable vocational workshops in all the institutions we send British volunteers to.

Subject to fundraising from the volunteers we hope to establish a social enterprise / workshops in every single orphanage we work with.

The work will encourage the children's artistic skills and creativity.

You might also be able to participate in workshop activities, as well as in marketing and selling the items produced.



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OFFICIAL PARTNER TO THE PRINCE'S TRUST

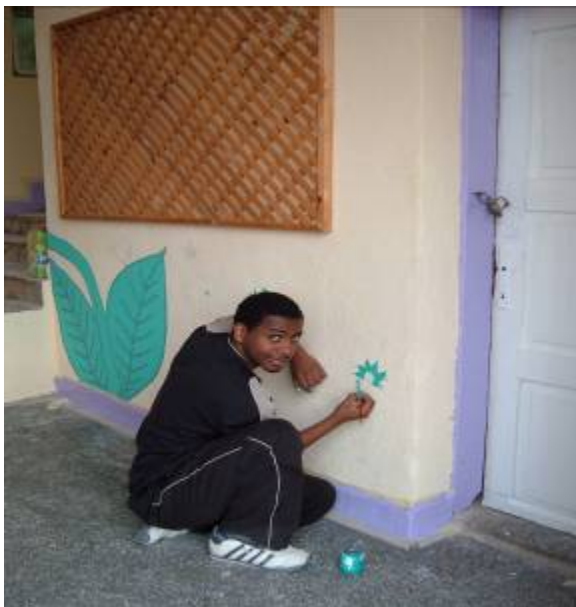
In Bulgaria we undertake considerable charitable work and our charity is the official partner to the Prince's Trust. We are pleased to advise that our projects have been nominated for the following awards:

- A project hosted with the Prince's Trust was awarded the Community Project of the Year
- One of our projects was a finalist in the "Social Enterprise of the Year" awarded in the House of Commons
- For the second successive year a project hosted with the Prince's Trust was nominated for the Celebrate Success Awards for the year 2006

Pictures from previous Team Challenges



Previous Success Story



Mohammed is a refugee from Somalia, currently living in the UK

Moe went to Kosharitz, Bulgaria with a European Team Challenge. There, as he puts it, his biggest challenge was "getting along with the group that went with me". But before long, working with the others on community projects, he began to conquer his communication struggles.

"I felt I was a good leader and the feedback I received from the rest of the group was very positive."

Moe is now working part time as a dancer, and has applied to take part in another Prince's Trust programme, [Sound Live](#), and eventually go to college to study English and Maths. He has even been given a flat of his own.

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BERKOVITSA TIMETABLE – AMBER TEAM

	Monday 17/06	Tuesday 18/06	Wednesday 19/06	Thursday 20/06	Friday 21/06	Saturday 22/06	Sunday 23/06
<i>Breakfast</i>		8:00-8:45 hotel	8:00-8:45 hotel	8:00-8:45 hotel	8:00-8:45 hotel	8:00-8:45 hotel	8:00-8:45 hotel
<i>Morning</i>	Flight from Gatwick at 06:30 AM; arrival in Sofia at 11:05; minibus to Berkovitsa	09:30 - 13:00 Team Activities, BG Language Lessons	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work, buying materials	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work
<i>Lunch</i>	14:00 Hotel	13:00 Hotel	13:00 Sandwiches	13:00 Sandwiches	13:00 Sandwiches	13:00 Sandwiches	13:00 Sandwiches
<i>Afternoon</i>	Travel to Berkovitsa, check in hotel between 2 and 3 PM, rest	14:00 Walk to the project, viewing, writing action plan and shopping list	14:00 - 16:45 Project Site Work 16:45 - 17:00 De-briefing	14:00 - 16:45 Project Site Work, BG Language Lessons 16:45 - 17:00 De-briefing	14:00 - 16:45 Project Site Work 16:45 - 17:00 De-briefing	14:00 - 16:45 Project Site Work, BG Language Lessons 16:45 - 17:00 De-briefing	Afternoon Off - outdoor swimming pool, picnic, hiking and other activities optional
<i>Dinner</i>	19:30 Hotel	19:30 Restaurant	19:30 Hotel	19:30 Restaurant	19:30 Hotel	19:30 Restaurant	19:30 Hotel
<i>Evening</i>			21:00 Movie Night				
	Monday 24/06	Tuesday 25/06	Wednesday 26/06	Thursday 27/06	Friday 28/06	Saturday 29/06	Sunday 30/06
<i>Breakfast</i>	8:00-8:45 hotel	9:00-9:45 hotel	8:00-8:45 hotel	8:00-8:45 hotel	8:00-8:45 hotel	EXCURSION	Packed food
<i>Morning</i>	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work	9:30-12:30 Career Seminar	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work	9:30-9:45 Day's briefing 9:45-13:00 Project Site Work	9:00 - 13:00 Finishing and hand over of work done, Farewell to project		8:00 Minibus to Airport; flight from Sofia at 12:10, arriving Gatwick at 13:25
<i>Lunch</i>	13:00 Sandwiches	13:00 Hotel	13:00 Sandwiches	13:00 Sandwiches	13:00 Hotel		Packed food
<i>Afternoon</i>	14:00 - 16:45 Project Site Work, BG Language Lessons 16:45 - 17:00 De-briefing	Afternoon Off - outdoor swimming pool, picnic, hiking and other activities optional	14:00 - 16:45 Project Site Work 16:45 - 17:00 De-briefing	14:00 - 16:45 Project Site Work 16:45 - 17:00 De-briefing	14:00-18:30 Placement Evaluation, participants' reports		
<i>Dinner</i>	19:30 Restaurant	19:30 Hotel	19:30 Restaurant	19:30 Hotel	19:30 Restaurant		Home, sweet home 

Please note both significant and minor changes to the timetable may occur, for which you will be promptly informed.

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Your Project in Berkovitsa - June 2013.

Berkovitsa (Bulgarian: Берковица) is a town in northwestern Bulgaria, administrative centre of the Berkovitsa Municipality, in Montana Province; and it has a population of about 13,000 inhabitants.

Berkovitsa is situated on the northern slope of Kom Peak (2016 m) of the Berkovska Stara Planina Mountain (Balkan Range) along the valley of the Berkovitsa River, at an altitude above sea level 405 m.

It is 89 kilometers north from Sofia but the journey can take over two hours due to the nature of the road – winding through the mountain narrows and in really poor condition.

The largest part of the area is a hilly mountain terrain, very often cut through by ravines.



View to Berkovitsa



The main square



The Clock tower

Berkovitsa is an old settlement. This is proved by the remains of a fortress and a church from the 4th century, situated on the top of Kaleto hill. The town is famous from the time of king Kaloyan (the beginning of 13th century). The town is first mentioned in a written document from 1491. During the Ottoman rule it is developed as a craft center- mainly woodworking and pottery.

The vast majority of the population is Orthodox Christians, although in the past the town had a big Jewish community, which migrated to the newly founded state of Israel in 1947.

Berkovitsa can offer leisure time activities such as hiking trips to peak Kom (about 5 hours walking from the town centre); outdoor swimming pool; visits to the two churches, one of which also features an art gallery; those interested in history might find interesting the ethnographical museum and the house museum "Ivan Vazov" in the town centre; as well as the Klisurski monastery which is only 9 km. away.



The hotel in which you will be staying is named "**Gelov**" and is located 2 minutes walking from the central square of town. The hotel only opened in 2012 and the rooms are all bright, clean and very cozy. The hotel offers a variety of facilities including mini-gym and sauna; and is not far from restaurants, shops, cafes and the outdoor swimming pool; laundry facilities and iron are also available. There is free Wi-Fi in the hotel, for which you need to bring your own laptop. There is **ZERO TOLERANCE** to noise and disturbance of other guests in any way. Normally on projects like this we put groups in dormitories, hostels or 1 to 2 star hotels, so please appreciate the good conditions available to you.

You will be accommodated in double and triple rooms. For more information and photos please visit <http://www.hotelgelov.com/>



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The Orphanage "Lyuba Teneva" – Berkovitsa town.

The orphanage is located on a hill about 15 minutes walking away from the hotel and the town centre.

The orphanage provides accommodation and care for children without parents – orphans, but also for the so called "social orphans" – whose parents aren't capable of looking after them for various reasons. It caters for approximately 26 children aged 7 to 18, while the most of the children are in the age group of 10 to 15; in total there are 12 boys and 14 girls. Some children come for just weekly care (they go to relatives on weekends), others stay in the home during school times only and spend the rest of the time with relatives.

However – the majority of them stay in the institution all year round, including weekends and school breaks as they have nowhere else to go to.

More than half of them have special education needs due to the long-term institutionalization in various orphanages from very young age and the lack of any parental care or attention. All the children from the orphanage attend mainstream/mass schools. This certainly aids social integration, however it is worth mentioning that it has been reported due to the children's low self esteem and confidence when they are outside the orphanage – they are often exposed to bullying.

The children do not get enough attention and outside guests, not to mention foreigners such as yourselves and your visit will cause a great excitement, so please be ready for quite a few "Welcome to the Jungle" situations 😊.



The staff of the school consist of various specialists (teachers, social workers etc), who are all geared up for a group of foreign volunteers.

In the light of Health and Safety - there is a medical nurse on site at certain times.

A lot of projects can be undertaken inside, as the orphanage is accommodated in an old and extremely run down building.

Typical jobs might include (but not be limited to):

Indoors:

Repainting and decorating a corridor on the first floor, leading to the bedrooms; entrance area; bedrooms; playrooms, stairs. The room which stores the laundry facilities is in urgent need of re-painting and the floor tiling, failure to do so shortly might result in the orphanage facing fines by the appropriate authorities.

Jobs will include sanding and washing, plastering, skimming, painting, decorating with images.

The photos below can give you only a limited idea of the level of deprivation.



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Another job inside could be renovating a room, which can be used as a gym. The orphanage have received the equipment as a donation, however they lack the funds to renovate it. Currently the room looks like this:



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Outdoors:

The back yard is an area where outside work is needed- clearing rubbish, plastering areas from the building where plaster has started falling off, painting a wall fence and decorating it, painting curbs in bright colours.



The front yard is also in desperate need of some TLC - clearing rubbish, cutting grass, planting trees, bushes, flowers, painting benches and gazebos, painting curbs in bright colours.



Apart from that you will also need to appoint people to entertain the children each day, so that the rest of the team can get on with some work (think about some activities which you might want to do with the children).

Bear in mind that you will never be able to do it all even if you stayed for an year, also the weather might slow you down, not to mention other complications which may occur such as:

- Plaster falling off walls or fresh paint peeling off walls
- Children running around and making it hard to get on with the job
- Some of you going down with flu or stomach infection and not being able to work a day or two
- Etc, etc, etc..... – the list of surprises that can happen is really long.....

Any of the above jobs can on itself be your two weeks project, so the choice is really entirely yours.

INTERACTING WITH THE CHILDREN



... often these children are starved for affection and such a project will inevitably show them they are not forgotten.



Have the satisfaction of having helped somebody that really needed it!

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Travel Preparation and Links

Passports:

To enter Bulgaria a current passport is required; however visas for EU citizens are no longer required.

To apply for a passport please click here or type into your browser <http://www.ips.gov.uk/passport/index.asp> The process can take up to 7 weeks, depending upon the individuals circumstances, so please bear this in mind when applying.

The European Health Insurance Card:

For the latest information regarding the European Health Insurance Card please refer to the following link on the site of National Health Service <http://www.nhs.uk/EHIC/Pages/About.aspx> As information is being continually updated we would advise that you visit the site regularly. You need to bring your EHIC with you to avoid incurring addition expenses.

With reference to group insurance cover we do have quite a comprehensive cover for further detail please refer to the following link http://bhagavat.org.uk/download/Travel_Policy.pdf Please note however that the insurance covers medical help only in case of emergencies and accidents, so if you need anything else (i.e. dental care or prescription for medicines that you should have taken with you from home) – you will have to cover the cost yourself.

Vaccinations

Currently there are no requirements for vaccinations prior to visiting Bulgaria; however, we would advise seeking advice from your local surgery.

Fund raising Ideas

We strongly advise you to raise a minimum of £100 in sponsorship per member of the team, including team leaders (e.g. 10 young people + 2 team leaders = £1200) which you will use to purchase the materials for your project abroad.

There are many fun ways of raising funds, either individually or as part of a group, please refer to the following link for some interesting and quite novel ideas!

http://bhagavat.org.uk/download/Fundraising_ideas.pdf

Emergency Cards

Please complete these for each participant, print and laminate and distribute to the participants.

Name.....	
TL 1 Name.....	➤ Emergencies 112
TL 1 Mobile.....	➤ British Embassy - 00359 2933 9222
	➤ Stefan 00359 897935422
TL 2 Name.....	Blood type/ Кръвна
TL 2 Mobile.....	Група.....
BET Emergency contact UK	Allergies/
Paul 00447808739738	Алергии.....

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Kit List

KIT LIST - GENERAL (always take with you)

1. Toothbrush and paste, shampoo and soap, shavers and other appropriate toiletries
2. Work clothes (old or dirty clothes to use for painting, etc)
3. European Health Insurance Card (EHIC)
4. Any medication prescribed by your doctor. You should also bring a letter/prescription from your doctor authorizing the use of your prescribed medication.
5. Eye lenses solution (if applicable)
6. Notebooks for journaling and writing letters home
7. Ladies, do not forget to pack sanitary items
8. Electricity/travel adapter - Europe
9. Your mobile phone (as you can buy a Bulgarian SIM card and text home cheaply)
10. **Your passport with you and a few photocopies in your luggage**

And depending on the season - you will also need to take:

Summer Kit List - Additional Items (for placements taking place April - October)

1. Comfortable, easy to wash light clothing for yourself (underwear, socks, T-shirts, shorts, jeans, etc), bright colours recommended (as dark colours will absorb more heat)
2. Comfortable shoes, flip-flops, sandals
3. A pair of warmer pants and sweater - in case it gets chilly in some of the evenings
4. 1 Light rain jacket
5. Sun glasses
6. UV Protection cream (UV factor 15)
7. Sun hat
8. Swimsuit

Winter Kit List - Additional Items (for placements taking place November - March)

1. Comfortable very warm clothing for yourself (underwear, socks, T-shirts, sweaters, pants, jeans, etc)
2. Comfortable winter shoes.
3. A pair of light pants and sweater - in case it gets warmer some of the days
4. 1 winter jacket
5. Gloves, scarf, winter hat
6. Sun glasses

With reference to your choice of clothes - you can check the weather forecast for your stay abroad on <http://www.intellicast.com> (type in e.g. Sofia, Bulgaria - it gives you a 10 day forecast) and take the appropriate clothes. In June the temperature can be anywhere between **15 and 40 Celsius (59 and 104 Fahrenheit)**, so check the forecast just prior to departure.

Please note that BHAGAVAT EDUCATIONAL TRUST insurance plan does not cover for expensive items such as jewelry, electronic devices (laptop, walkman, etc) or any other expensive valuables, so if you are taking any of these - be aware that you are doing it at your own risk.

We strongly advise you not to take luggage in excess as you can source literary all you need in the shops and supermarkets in Bulgaria, but

NEVER FORGET TO TAKE YOUR PASSPORT