Welcome To

Bulgaria















#### **Republic of Bulgaria**

Capital (and largest city) Sofia
Area 110,993.6 km<sup>2</sup>
Population 7,128 million /2016/
President Rumen Radev
Official language Bulgarian
Currency Lev

# Sofia – our capital



Sofia is the capital and largest city of Bulgaria. 1.3 million people live in the city and 1.7 million people live in its metropolitan area. The city is at the foot of Vitosha Mountain in the western part of the country. Being in the centre of the Balkan peninsula, it is midway between the Black Sea and the Adriatic Sea, and closest to the Aegean Sea.

Sofia has been an area of human habitation since at least 7000 BC. Being Bulgaria's main city, Sofia is a hometown of many of the major local universities, cultural institutions and commercial companies

## Our alphabet



The Cyrillic script /sɪ'rɪlɪk/ is a writing system used for various alphabets across Eurasia (particularity in Eastern Europe, the Caucasus, Central Asia, and North Asia). It is based on the Early Cyrillic alphabet developed during the 9th century AD at the Preslav Literary School in the First Bulgarian Empire. It is the basis of alphabets used in various languages, especially those of Orthodox Slavic origin, and non-Slavic languages influenced by Russian. As of 2011, around 252 million people in Eurasia use it as the official alphabet for their national languages, with Russia accounting for about half of them. With the accession of Bulgaria to the European Union on 1 January 2007, Cyrillic became the third official script of the European Union, following the Latin and Greek

### Traditional Bulgarian dance - horo



The traditional Bulgarian dance horo (Bulgarian: xopo) comes in many shapes. It is not necessary to be in a circle; a curving line of people is also acceptable. The steps used in a horo dance are extremely diverse. The horo may vary between three and seven or eight steps forward and one to five or six steps back, depending on the specific type.

There are more than five types of horo that are usually danced at every wedding. They differ by the rhythm of the music and the steps taken. There are no two horo dances with similar steps. There are probably over one hundred types of horo dances in the Bulgarian folklore.

In the past, the horo dance had a social role in Bulgarian society. It was mainly for fun, as a contest of skills, or for show, leading to the development of the variety of horo dances. There are hora for people with little skill that can be learned in five to ten minutes, but there are also very sophisticated dances that cannot be learned unless one is fluent in many of the simpler dances.

#### RILA MONASTERY



Rila Monastery is the biggest and most important orthodox cloister in the country and the jewel of Bulgarian cultural and historical heritage. Recognized as a part of UNESCO world heritage sites since 1976, the monastery is an unique monument of the church architecture. Situated deep in the dense pine forests of Rila mountain, it is a place of massive cultural and historical importance and acts as the keeper of the national identity trough the middle ages.

#### TSAREVETS



The inescapable symbol of Veliko Târnovo, this reconstructed fortress dominates the skyline and is one of Bulgaria's most beloved monuments. The former seat of the medieval tsars, it boasts the remains of more than 400 houses, 18 churches, the royal palace, an execution rock and more. Watch your step: there are lots of potholes, broken steps and unfenced drops. The fortress morphs into a psychedelic spectacle with a magnificent night-time Sound & Light Show.

#### **OLD NESSEBAR**



Nessebar an ancient city and one of the major seaside resorts on the Bulgarian Black Sea Coast, located in Burgas Province. It is the administrative centre of the homonymous Nessebar Municipality. Often referred to as the "Pearl of the Black Sea", Nessebar is a rich city-museum defined by more than three millennia of ever-changing history. The small city exists in two parts separated by a narrow man-made isthmus with the ancient part of the settlement on the peninsula (previously an island), and the more modern section (i.e. hotels, later development) on the mainland side. The older part bears evidence of occupation by a variety of different civilisations over the course of its existence.

It is one of the most prominent tourist destinations and seaports on the Black Sea, in what has become a popular area with several large resorts—the largest, Sunny Beach, is situated immediately to the north of Nessebar.

Nessebar has on several occasions found itself on the frontier of a threatened empire, and as such it is a town with a rich history. Due to the city's abundance of historic buildings, UNESCO came to include Nessebar in its list of World Heritage Sites in 1983.

#### THE MADARA HORSEMAN

The Madara Rider or Madara Horseman (Bulgarian: Мадарски конник, Madarski konnik) is an early medieval large rock relief carved on the Madara Plateau east of Shumen in northeastern Bulgaria, near the village of Madara. The monument is dated in the very late 7th or more often very early 8th century, during the reign of Bulgarian Khan Tervel. In 1979 became enlisted on the UNESCO World Heritage List.

The relief depicts a majestic horseman 23 m (75 ft) above ground level in an almost vertical 100 m (328 ft)-high cliff. It is of almost natural size. The horseman, facing right, is thrusting a spear into a lion lying at his horse's feet, and on the left a dog is running after the horseman.The carving of the horseman's halo and garments, as well as the bird in front of the horseman's face, are barely recognizable due to the erosion and bad condition of the monument



#### **The Belogradchik Fortress**



The Belogradchik Fortress is situated at a distance of 1.5 km from the town of Belgradchik among the renowned Belogradchik rocks. The fortress has existed since Roman times. In 1st – 3rd century AD the Romans built roads in the new provinces of the empire on the Balkan peninsula, as well as fortresses to guard them. The mission of the Belogradchik Fortress was to control the road from the town of Ratsiaria (near the today's village of Archar in the region of Vidin). The Romans constructed the highest part of the fortress, called The Citadel.

#### **Mineral Springs**



Bulgaria is one of the leading spa destinations in Europe. There are over 700 mineral springs, the water of which varies in chemical, composition, temperature and properties.

Some of the oldest settlements in Bulgaria were based around thermal springs ever since the ancient Thracians. Thracians were the first to discover the healing properties of water and to build their towns in the vicinity of such springs. Thus were founded the first cities - Sofia, Hisar, Sandanski, Kyustendil and many others.

The highest temperature hot spring in Bulgaria is located in Sapareva Banya. This is the only in Bulgaria and continental Europe geyser fountain (103 ° C). Its water column pressure periodically pushes hot water over the surface at a height of 18 meters.

#### Famous Athletes



Grigor Dimitrov is a Bulgarian professional tennis player. His career-high ATP singles ranking is world No. 3, which he achieved in November 2017 after winning the 2017 ATP Finals.



Hristo Stoichkov (born 8 February 1966) is a Bulgarian former footballer who is currently a football commentator for Univision Deportes. A prolific forward, he is regarded as one of the best players of his generation and is widely considered the greatest Bulgarian footballer of all-time. He was runner-up for the FIFA World Player of the Year award in 1992 and 1994, and received the Ballon d'Or in 1994. In 2004, Stoichkov was named by Pelé in the FIFA 100 list of the world's greatest living players.

### **Famous Athletes**



Stefka Kostadinova is a Bulgarian retired athlete who competed in the high jump. Her world record of 2.09 metres has stood since 1987. She is the 1996 Olympic champion, a two-time World champion and a five-time World Indoor champion. She has been the president of the Bulgarian Olympic Committee since 2005

# THANKS FOR YOUR ATTENTION