



Co-funded by the
Erasmus+ Programme
of the European Union

The 4th short-term Exchange of Students
The Vocational School of Trade and Catering, 3000 Vratsa,
Bulgaria

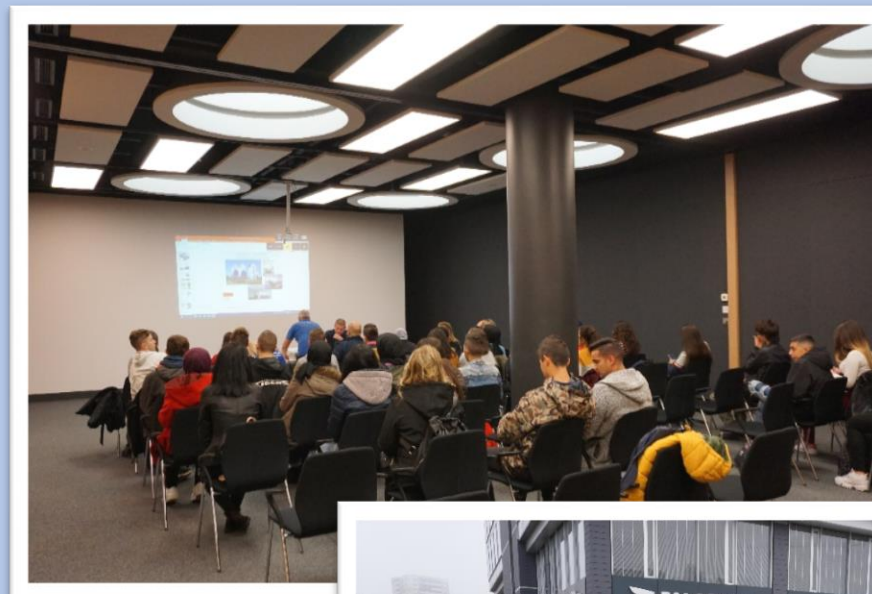
November 11th - November 15th 2019

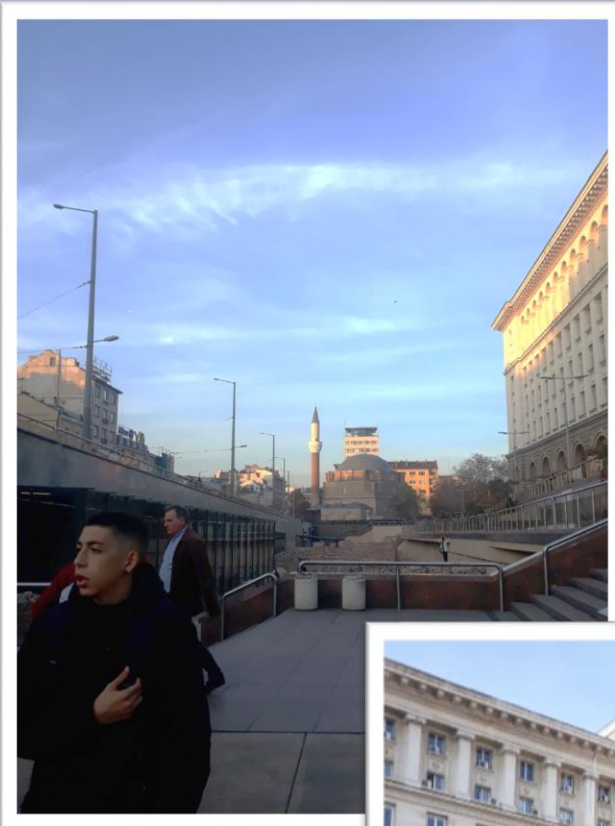
UNDER THE ERASMUS+ PROJECT
“Let’s Use Energy Usefully” №2018-1-IT02-KA229-048029_3

November 11th , 1st Day

On the first day we stayed in the capital of Bulgaria, Sofia.

In the morning we visited Sopharma Business Towers and Litex Tower, which are a very good example of how Bulgaria deals with the most serious ecological problems. With its remarkable architectural silhouette bearing "Smart Building" characteristics Sopharma Business Towers proudly can be defined as a unique and exclusive project for Bulgaria. Class A - the highest class in office and retail buildings according to European and World classifications With up to 50% energy and CO2 savings, and innovative day lighting concept, Sopharma Business Towers is the first sustainable office buildings concept applied on large scale project in Bulgaria.





In the afternoon we explored Sofia.

We visited Alexander Nevsky's Cathedral which is the oldest Slavic Orthodox church in the world. We saw The statue of St. Sveta Sofia, erected in 2000 in honor of the patron saint of the city. We also visited the remains of the ancient Serdica fortress, which are exhibited in the metro between the residence and the Council of Ministers in Sofia. There you can see the eastern gate of the city, which gives a small idea of the strong fortress wall that is surrounded by the glorious city of Serdika. The gallery we saw houses a large collection of Bulgarian contemporary art from the period 1878-1990 and contains more than 30 000 masterpieces of paintings, sculptures and prints; We walked the avenue VITOSHA which is the most famous avenue in the city. It is full of beautiful cafes, restaurants and shops and visited the National Palace of Culture built in 1981 to celebrate the 1300th anniversary of Bulgaria, the huge conference hall boasts a green with fountains and modern artwork. An underground porch also offers shops and restaurants.

November 12th , 2nd Day

On the second day we continued to discover and explore places related to the sub-theme.

In the morning we visited the Britanika Park School. The investment behind the project is BGN 20 million. The building was built for the optimistic period of only one calendar year and was designed to the latest standards and is built according to the principles of a passive house. The 200 kWh photovoltaic system covers almost all of the school's electricity requirements. The water is in its original state thanks to a special purification system of the crystal lattice. The purification plant is responsible for the regular supply of oxygenated air. Absolutely all rooms are equipped with underfloor heating, which allows the children to play on the floor. The building materials are completely eco-friendly.

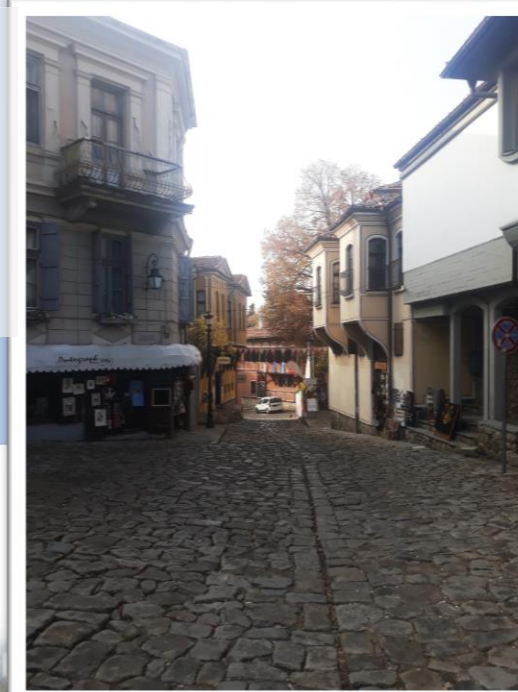


In the afternoon we went to Plovdiv, European Capital of Culture and the second largest city in Bulgaria. We visited: the Ancient Theatre which is located on top of a hill overlooking one of the most popular avenues of the city. It still has its original Roman seats. Today, it is buried under the main pedestrian street and you can see only a little of its ends; the Ethnographic Museum "Kapana Art District", Kapana means "a trap" and, as the legend says, its name is due to unimaginable ways in which all its streets intersect.

Today, Kapana is a lively artistic district full of bars, art shops, ateliers and festivals; we visited the Dzhumaya Mosque which is located on the main pedestrian street of Plovdiv. Its name means Friday Mosque, as it was the main mosque where Muslims gathered to pray on Fridays.

Eventually we enjoyed "Glavnata", the main street of Plovdiv, Knyaz Alexander I, which goes from the gardens of Tsar Simeon through Dzhumaya Square. Then it crosses the river Maritsa . The main street is wide and completely pedestrian, lined with cafes, shops and trees; perfect for walking day and night.

In the evening we arrived in Vratsa and guests stayed at The Hemus Hotel.



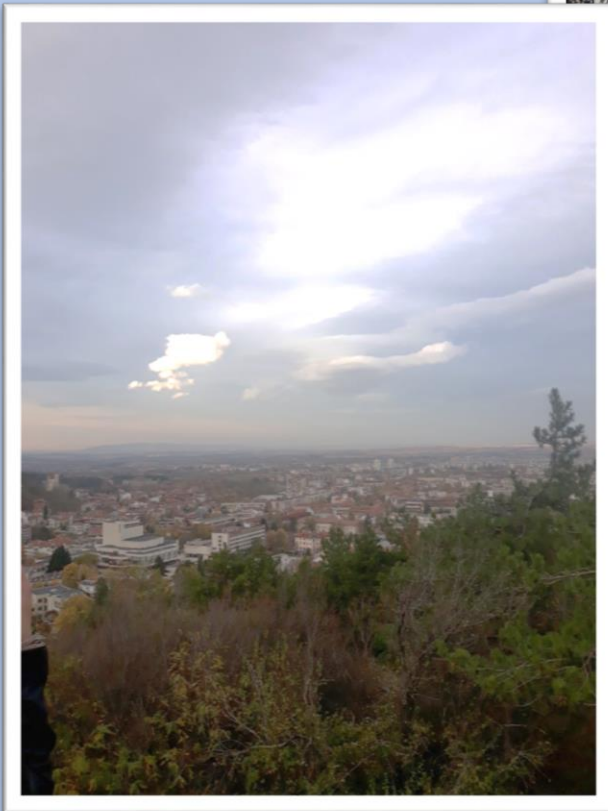


November 13th , 3rd Day

In the morning we were welcomed to the Bulgarian school. The students spent their time together with the other students using English as the language of communication. The host students introduced their school, cities and villages to other students and guests from the local community. Each team introduced themselves and presented the various power point presentations on the sub topic "HOW TO COPE WITH THE MOST SERIOUS ENVIRONMENTAL TREATMENT PROBLEMS". We also appreciated the memories of the previous meeting in Hungary.

At lunch there was a buffet with typical Bulgarian meat and vegetarian dishes, some of which were prepared by the visiting students themselves.

In the afternoon we went to Hizhata / The "Hut"/ which is located 10 minutes up some alleys or 100 odd steps from Hristo Botev Square. It is the activity preferred by the locals and offers spectacular views of Vratsa. In addition to the views, we had a coffee break from the exercise.



November 14th , 4th Day

In the morning we visited the Ledenika Cave which offers an abundance of galleries and impressive karst formations, including stalactites and stalagmites, dating back thousands of years.

Then the students joined together to learn about the sports activities organized by the host teachers and had fun together. After that we saw a 5D film.

On the way back we stopped at the Vratsata Pass which is a paradise for mountaineers and tourists. The vertical rocks of Vratsata are the highest in the Balkan peninsula. From the highest point of the rocks to the road at its feet the displacement is almost a kilometer.

In the afternoon, loaded with energy, students attended workshops for making the e-book and e-Twinning while teachers were planning next mobility.





November 15th , 5th Day

In the morning the students attended the classes according to the normal school schedule, using English as the language of communication. They attended a practical lesson at school and together with the host students they prepared an organic dish, trying to avoid waste, using organic and healthy ingredients arranged in an international menu.

In the afternoon we explored Vratsa. We visited: Kurt Pasha's Tower, which is an Ottoman-era tower built in the 17th century; Meschi's Tower is 13.4 metres high and consists of a ground floor and three floors above ground. For a long time the tower has been used as a dwelling, but at the end of the twentieth century it was rebuilt into a clock tower; Ethnographic Complex which presents historical buildings and traditional Bulgarian costumes, instruments, costumes and interior fittings and the Historical Museum which follows the development of the region and is the home of the treasures of Rogozen and Mogilanska Mound.

In the evening, an international evening was organized during which all the students became ambassadors of their traditional costumes. Europass was used as an important European tool for the certification of competences.



Thanks for your attention



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