International College of Nutrition presents

XVIIth World Congress on Clinical Nutrition
Sofia, Bulgaria
October 24 -26th, 2013

Theme: Joining Cultures through Nutrition and Cardiovascular and Other Non-Communicable Diseases

Scientific Program:
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Email: tapan.basu@ualberta.ca
http://www.icnsite.org/cms/

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Secretary General, 17th WCCN, Email. khristovabg@yahoo.com

Event Manager:
COMPANY FOR INTERNATIONAL MEETINGS Ltd.
18, Hristo Belchev Str., Sofia 1000, Bulgaria
tel: +359 2 988 80 35
fax: + 359 2 980 60 74
www.cim.bg
Contact person: Petia Stretovich
e-mail: petia@cim.bg

For registration you can use also:

SPONSORS: International College of Nutrition; International College of Cardiology; Tsim Tsoum Institute, Krakow, Poland; Taiyo Kagaku, Co. Ltd, Yokkaichi, Japan
Dear Colleagues,

On behalf of the organizing committee, we are pleased to invite you to attend the 17th World Congress on Clinical Nutrition to be held in Sofia, Bulgaria during the fourth week of October, 2013. This meeting will be organized under sponsorships of the International College of Nutrition and other organizations to be named later.

This is an exciting time to work in the area of functional food, nutritional factors and natural health products of dietary and non-dietary origin. In recent years we have pushed forward the frontiers of knowledge in areas such as diabetes, heart disease and cancer. While medicine has undeniably made important progress in learning how to improve the treatment of these diseases, the truly dramatic advances have come from our rapidly increased understanding of how these pathological conditions can be prevented by lifestyle change, especially by diet and natural health products. It is this approach that holds the true promise for the conquest of these modern plagues on humanity.

Program areas will range from molecular and cellular biology to clinical nutrition. There will be simultaneous sessions of the “Functional Foods and Nutrition”, “Natural Health Products”, and “Designer Foods”. This meeting will bring together some of the foremost experts in these fields, and promises to enrich our knowledge as to the role of these substances.

We hope to have a rewarding time while you are in Sofia, which is the capital city of Bulgaria with historical significance and is featured by an intriguing blend of parks, charming boutiques and museums; easily accessible to popular mountain Vitosha.

We look forward to meeting you all in Sofia, Bulgaria.

Dr. S. N. Acharya, PhD, FICN
Executive Director, ICN

Dr. Krasimira Hristova, MD, PhD, FICN
Secretary General
Members actively participating in the ICN activity and demonstrating significant scientific contribution to human nutrition will be selected for the following awards:

Dr. Zumkley Memorial Award  
Dr. P. V. Sukhatme Memorial Award  
Dr. J. C. Patel Memorial Award  
Dr. H. Mori Felicitation Award  
Dr. R. B. Singh Felicitation Award

Dr. Z. Shoumin Memorial Award  
Dr. J. Nag Memorial Award  
Dr. T. K. Basu Felicitation Award  
Dr. S. S. Rastogi Felicitation Award  
Dr. S. N. Acharya Felicitation Award

INTERNATIONAL COLLEGE OF NUTRITION
President            Executive Director         Secretary General           Int. Vice President
Dr SS Rasto       Dr S N Acharya               Dr AK Singh                   Dr Lekh Juneja
MD, FICN                  PhD,FICN                     MS,FICN                         PhD,FICN
Treasurer: Dr RB Singh

Board of Directors: Dr Daniel Pella (Slovakia), Dr Amit De (India), Dr Manohar Garg (Australia), Dr Sukhinder Cheema (Canada), Dr Tapan Basu (Canada), Dr M Moshiri (Iran, Canada), Dr H Mori (Japan), Dr Takahashi Toru (Japan), Dr DW Wilson (UK), Dr Fabien De Meester (Belgium), Dr Suniti Dharwadka (India), Dr SK Jain (USA), Dr Madhu Khullar (India).

KEYNOTE SPEAKERS:

1. Dr Lekh Raj Juneja (Japan), Nanoparticles in Functional foods
2. Dr Toru Takahashi (Japan), Functional foods in GIT dis.
3. Dr Sukhinder Kaur Cheema (Canada), W-3 fatty acids
4. Dr Manohar Garg (Australia), w-3 fatty acids and telomeres.
5. Dr JP Sharma (India), The Brain-Heart Connection.
6. Dr Kumar Kartikey (India) Inflammation, Osteoporosis and atherosclerosis.
8. Dr Fabien De Meester (Belgium), Nutrition and Body-Mind Index.
9. Dr Agnieszka Wilkzynska (Poland) Nutrition and Psychological disorders.
10. Dr David Alpers (USA), Nutrition in NCDs
11. Dr R Watson (USA), Nutrition in NCDs
12. Dr Angel Gil (Granada, Spain)
14. Dr. Costas Ioannides, (England), E.mail: Antioxidants in Foods.
15. Dr Danik Martirosyan (USA), Functional Foods
17. Dr SK Jain (USA), Oxidative Stress and Nutrition.
18. Dr Kuniaki Otsuka (Japan) Nutrition in Chronobiology.
19. Dr Mrs Christina Zumkley (Germany) Introduction to ZMA.
20. Dr Amit Krishna De (India) Flavonoids in Spices and health.
SCIENTIFIC PROGRAM TOPICS:

Biology and biochemistry of nutrients, health and disease
Epidemiology of nutritional factors
Nutrition, risk factors and novel biomarkers
Nutritional modulation of genetic expressions and inheritance
Nutrition, health and chronic diseases
Nutrition and the brain function
Foods and gut; Prebiotics and Probiotics
Physical activity, Yoga, nutrients and wellbeing
Nutraceuticals and functional foods
Complex and refined carbohydrates
Fats, oils and fatty acids
Macro and micronutrients
Food flavours and taste
Designer foods and Functional Foods

ABSTRACTS:
The abstract should have less than 250 words; type only on one page font size12. Type title in capital letters, author names in the second line, followed by institution, city and country continuously. Leave one space then type the abstract; including background, objective, methods, results and conclusions. Type address for correspondence at the end with email address and tel/fax. The abstracts should be send by e-mail: abstracts_icn@abv.bg until 31.05.2013.

PARTNERS:
Taiyo Kagaku Co. Ltd, Yokkaichi, Japan (Dr. Lekh Juneja, Japan)
Tehran Gym Club, Iran (Dr. M. Moshiri, Canada)
Development of Management Frontiers, Belgium (Dr. Fabien De Meester)
The Tsim Tsoum Institute, Krakow, Poland
REGISTRATION FORM

Please fill in the Registration form in block letters and return to:
Company for International Meetings Ltd.
18, Christo Belchev St., Sofia 1000
Tel.: (+359 2) 988 80 35, 980 89 61 Fax: (+359 2) 980 60 74 ; www.cim.bg
Contact person: Petia Stretovich, e-mail: petia@cim.bg

1 PERSONAL DATA

First and Family name, Qualification

Institution /for students: details of head institution/ City

Address for correspondence

Tel. Fax E-mail

Accompanying person (s)

Special dietary needs /requirements

Invoicing details (if different from above), incl. VAT number when applicable

Special requirements for the invoice issuing /if any/

2 REGISTRATION FEES

Early bird registration/prior to 30 April 2013/
ICC member delegates and students
Other delegates

□ 250 € □ 250 €

Late registration fee /after 30 April 2013/
ICC member delegates and students
Other delegates

□ 275 € □ 300 €

Registration on spot
All delegates

□ 350 €

Accompanying person’s registration fee

□ 150 €

The registration fees for delegates include attendance at all scientific sessions, access to the exhibition, coffee breaks and refreshments, Welcome drink on 24 October and lunch on 25 October, certificate of attendance.

The Accompanying person’s registration fee includes coffee breaks, Welcome drink on 24 October and one-day tour to Rila Monastery on 25 October.

Registration fees are non-refundable.

3 GALA DINNER /optional/

Gala dinner on 25 October Price per person - 50 € □ yes ......... persons

Total gala dinner: _______ €

4 HOTEL BOOKING

<table>
<thead>
<tr>
<th>Hotel</th>
<th>Room type</th>
<th>Single occupancy</th>
<th>Double occupancy</th>
<th>Check – in date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Princess Hotel - 4 stars /venue of the events/</td>
<td>Superior</td>
<td>□ 70 €</td>
<td>□ 80 €</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Standard</td>
<td>□ 55 €</td>
<td>□ 65 €</td>
<td></td>
</tr>
</tbody>
</table>

Additional overnight(s) before/after the tour(s) if attended: □ yes ......... night(s) Total number of nights:

Upon request hostel accommodation could be provided.
Prices include overnight, breakfast and all taxes. These prices are only valid if reservation and payment are made to CIM. Any change of booking must be sent to CIM and not directly to the hotel.

**Full prepayment of accommodation is required in confirmation of the hotel reservation prior to 10 September 2013.** Changes of hotel booking without cancellation fees are accepted by 4 October 2013. No refunds will apply after this date.

**Total accommodation (entire stay): _____ €**

### 5 TRAVEL INFORMATION

<table>
<thead>
<tr>
<th>Arrival in Sofia:</th>
<th>Flight No:</th>
<th>Hour:</th>
<th>Transfer Sofia Airport – Princess hotel</th>
<th>□ yes .......... persons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Departure from Sofia:</td>
<td>Flight No:</td>
<td>Hour:</td>
<td>Transfer Princess hotel – Sofia Airport</td>
<td>□ yes .......... persons</td>
</tr>
</tbody>
</table>

The price for a transfer in one direction is 15 € per person.

**Total transfers: _____ €**

### 6 TOURS

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>T-1</td>
<td>One-day pre-congress tour to Plovdiv with wine-tasting /23 October/</td>
<td>90 €</td>
</tr>
<tr>
<td></td>
<td>/included in the Accompanying person’s registration fee/</td>
<td></td>
</tr>
<tr>
<td>T-2</td>
<td>One-day tour to Rila Monastery /25 October/</td>
<td>85 €</td>
</tr>
<tr>
<td></td>
<td>/included in the Accompanying person’s registration fee/</td>
<td></td>
</tr>
<tr>
<td>T-3</td>
<td>Sofia sightseeing tour /26 October in the afternoon/</td>
<td>25 €</td>
</tr>
<tr>
<td>T-4</td>
<td>Six day post-congress tour /27 October – 1 November/</td>
<td>540 €</td>
</tr>
</tbody>
</table>

95 € single room supplement □ yes ........... persons

*Please note that an additional overnight in Princess hotel is needed to be booked before/after the tours T-1 and T-4.*

**Please, make sure to mark the necessity of an additional overnight in the hotel booking section.** For payment and cancellation terms, please see General information.

### 7 PAYMENT

Please fill in the price for each service that you would like to include.

<table>
<thead>
<tr>
<th>Service</th>
<th>Price (€)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration fee(s)</td>
<td></td>
</tr>
<tr>
<td>Gala dinner</td>
<td></td>
</tr>
<tr>
<td>Hotel</td>
<td></td>
</tr>
<tr>
<td>Tour(s)</td>
<td></td>
</tr>
<tr>
<td>GRAND TOTAL</td>
<td></td>
</tr>
</tbody>
</table>

**Methods of Payment (please choose one of the following)**

- □ By Bank transfer
  - **Account holder:** Company for International Meetings (CIM) Ltd.
  - **Bank:** Eurobank EFG Bulgaria, Solunska Branch (15 Solunska Str., 1000 Sofia)
  - **IBAN:** BG54BPBI79401401226001
  - **BIC:** BPBIBGSF

  Currency exchange charges and bank collection fees are responsibility of the sender.

  Please, send a copy of the payment documents to CIM.

  Please, indicate clearly your name and “WCCN & ICCD” on the bank document.

- □ By Credit Card

  For credit card payments please properly complete the required fields below and send to CIM by fax.

  **Credit card type**………………………………………………

  **Credit card number**……………………………………………

  **Expiry date**………………………………………………………

  **CVC number***………………………………………………

  **4CSC number****………………………………………………

  **Cardholder’s name**……………………………………………..

  * for Visa, MasterCard (last 3 digits from the number in italic on the backside of the card)
  ** for AmEx (4 digits above the credit card number)

  **Please, note that the bank charge by payment with credit card is 2% of the total amount.**

  □ Visa/MasterCard □ American Express

  I hereby authorize CIM Ltd. (Bulgaria, Sofia, 18, Hristo Belchev Str.) to charge my credit card for the following payment:

  **Registration .................................................€**

  **Gala dinner................................................€**

  **Hotel.........................................................€**

  **Transfers ..................................................€**

  **Tours.........................................................€**

  **Total amount.............................................€**

  **Date:**

  **Signature:**

The Company for International Meetings – CIM Ltd. will use the personal information you have submitted only to process your registration and booking. CIM Ltd. takes the privacy of your personal data very seriously.

**A letter of confirmation** of the required services will be sent to participants after receiving the appropriate payment.

Date: ___________________________ Signature: _________________________
GENERAL INFORMATION

CONGRESS VENUE

The 17th World Congress on Clinical Nutrition (WCCN) and the 7th International Congress on Cardiovascular Diseases (ICCD) will take place in the Congress centre of Princess Hotel, Sofia, Bulgaria. Princess Sofia Hotel is a luxurious fully renovated 4-star hotel. It is the largest city hotel, specialized in congress, corporate and group tourism. It received the award “The best congress hotel for 2009” Princess Hotel has approved name and offers 5-star quality equipment and service.

Princess Hotel
Address: 131 Maria Louisa Boulevard, 1202 Sofia
www.bgprincess.com

OFFICIAL CONGRESS AGENT

Company for International Meetings - CIM Ltd. will provide the entire logistics support of the events. Participants are requested to contact CIM directly for services included in the Registration Form.

Contact person: Mrs. Petia Stretovich
Phone: + 359 2 988 80 35 / 980 89 61, fax: + 359 2 980 6074
E-mail: petia@cim.bg ; cim@cim.bg
Address: 18, Christo Belschev Str., 1000 Sofia, Bulgaria
www.cim.bg

For information on registration, hotel booking, gala dinner, tours and transfers, please contact CIM.

REGISTRATION

The Registration Desk will be located in the congress lobby of Princess Hotel. It will open at 9.00 a.m. on 24 October 2013 and will operate till the end of the Congresses.

All participants are kindly asked to register by sending the completed Registration Form and making the necessary payment of the Registration fee to the Company for International Meetings by bank transfer or by credit card.

Payments of registration fee on spot should be settled in cash (Euro) or by credit card at the Registration Desk, in Princess Hotel upon arrival.

Please, note that there is 2 % bank charge over the amount for payments made by credit card.
Registration fees are:

**Early bird registration /prior to 30 April 2013/**
- ICC member delegates and students – 250 €
- Other delegates – 250 €

**Late registration fee /after 30 April 2013/**
- ICC member delegates and students – 275 €
- Other delegates – 300 €

**Registration on spot**
- All delegates - 350 €

**Accompanying person’s registration fee** - 150 €

*The registration fees for delegates include:* attendance to all scientific sessions of both congresses, access to the exhibition, coffee-breaks and refreshments, lunch and Welcome drink, certificate of attendance.

*The accompanying person’s registration fee includes:* coffee breaks, Welcome drink and one-day tour to Rila Monastery.

**Cancellation of registration**
Registration fees are non-refundable.

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**OFFICIAL LANGUAGE**

The official language of the Congresses is English.

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**GALA DINNER /optional/**

Gala Dinner is optional. It will take place on 25 October /Friday/ in Diamond Ball Room in Princess Hotel. The rate of the Gala dinner is 50 euro per person /meals, drinks and program included/. Advance payment until 10 September is necessary.

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**HOTEL BOOKING**

Rooms at preferential prices are booked for the participants in Princess Hotel – venue of the Congresses.

The hotel is conveniently located 10 km from the Sofia Airport, near the centre of Sofia, just opposite the Central Railway station and the Central Bus station.

**Superior Room**
- Superior room with French or twin bed, wonderful view to the city from top floors, features air-conditioning and central heating, wireless internet in room, complimentary coffee and tea making facilities and a bottle of mineral water, minibar, satellite TV, working desk, smoke - fire detector, bathroom with bathtub, hair-dryer, telephone and toiletries. These rooms are located between floors 12th and 16th.

**Standard Room**
- All 400 standard rooms feature direct-dial telephone, mini-bar and electronic door-lock system, room service, working desk, satellite TV, bathroom with bathtub, air conditioning and central heating, hair dryer and smoke-fire detector.

**Hotel rates**

<table>
<thead>
<tr>
<th>PRINCESS HOTEL</th>
<th>single occupancy</th>
<th>double occupancy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superior room</td>
<td>70 €</td>
<td>80 €</td>
</tr>
<tr>
<td>Standard room</td>
<td>55 €</td>
<td>65 €</td>
</tr>
</tbody>
</table>

The prices are in Euro per room per day and include breakfast and all taxes. Room rates are only valid for reservations made with CIM. Any change of booking must be sent to CIM and not directly to the hotel.

Upon request hostel accommodation could be provided.

Hotel booking should be made by sending to CIM a completed Registration Form by e-mail or fax.

**The application for hotel accommodation is guaranteed by full prepayment of the required stay by 10 September 2013.**

**Changes of hotel booking without cancellation fee are accepted by 4 October 2013.**

No refunds will apply after this date.

**Confirmation**

A letter of confirmation will be sent to participants on receipt of the Registration Form and respective payment.
Sofia Airport is situated in 10 km from Princess Hotel (the events’ venue). Arrival and departure transfers will be arranged for all participants upon preliminary request at the price of 15 Euro per person in one direction. Precise travel details should be given to CIM at least two weeks prior to arrival. In case of “last minute” changes in your travel arrangements, please inform CIM by fax or e-mail. For safe and comfortable trip to Princess Hotel it is advisable to use CIM transfer services. Taxis are also available at the Airport.

TOURS

T-1 Pre-congress one-day tour to Plovdiv with wine-tasting
Date: Thursday, 23 October
Rate: 90 euro (transport, professional guide in English, museum fees, wine-tasting and lunch included)
Minimum of 10 persons is required.

Plovdiv is one of the biggest cities in Bulgaria and one of the oldest cities in Europe with its history starting about 8000 years ago. It is situated on both banks of Maritza River, in the upper part of Thracian Valley. Its rich well-preserved architectural, historical, and cultural heritage has made an important tourist center out of it. As a city (not just settlement), Plovdiv is more ancient than Rome, Athens, Carthage, or Constantinople and is considered to be a coeval of ancient Troy. Nowadays city has been built upon ruins of many previous cities; its culture has developed based on many previous cultures’ heritage.

The trip will include a walking tour in the Old town of Plovdiv and a visit of Todoroff Boutique Wine Cellar with wine-tasting and lunch. Todoroff Boutique Wine Cellar is specialized in production of high quality red wines of “Mavrud”, “Merlot” and “Cabernet Sauvignon” grape varieties in boutique series of limited quantity. The cellar is situated in one of the symbolic for the Bulgarian wine production villages - the village of Brestovitza.

T-2 One-day tour to Rila Monastery with lunch /included in the accompanying person’s registration fee/
Date: Friday, 25 October, 9-18 h
Rate: 85 euro (transport, professional guide, museum fee, lunch and soft drink included)
Payment: advance payment by 5 September is necessary.
Minimum of 10 persons is required.

Rila Monastery is the biggest operating monastery in the country and one of the most important cultural sights in Bulgaria. It has been founded in 10 century by Bulgarian monk Saint Yoan of Rila and rebuilt in 13-14 centuries. This is the period when the stone tower was erected by local feudal Hrelyo Dragovola. Bishop’s chair, wood-carved door, some books, icons, and church plates are of the same period. 19 century frescos are remarkable. Nowadays, monastery preserves valuable Bulgarian written records: about 250 hand-written books of 11-19 centuries, 9000 incunabula, noted hand-written records, 19 century graphic prints, etc. Rila Monastery is inscribed into UNESCO World Cultural and Natural Heritage List since 1983.

T-3 Half-day Sofia sightseeing tour
Date: Saturday, 26 October, afternoon
Rate: 25 euro (transport, professional guide, museum fee included)
Minimum of 10 persons is required.

Sofia is one of the most ancient European cities. Its history is considered to have started 8 000 years ago (6 000 years BC). In the city, there are material and spiritual traces of all civilization periods. Pedestrian tour includes passing by Saint Nedelya Church, Saint George Rotonda (the most ancient building preserved in the city, part of a big ancient complex of buildings of early 4 century AD), Serdica Fortress Eastern Gate (built in 178-183 AD), Ivan Vazov National Drama Theatre, National Fine Arts Gallery (ex royal palace), Saint Nicolas Russian Church, Tzar Liberator Monument, Saint Sofia Church (an Early Byzantine three nave basilica, built in 4 century AD), Saint Alexander Nevski Cathedral.
T-4 A six-day post-congress tour
Date: 27 October – 1 November
Rate: 540 euro per person in a double room (one overnight in Veliko Tarnovo, two overnights in Varna, one overnight in Nessebar and one overnight in Kazanluk in 3* and 4* hotels, all meals, transport, professional guide, museum fees)
Single room supplement: 95 euro
Minimum of 10 persons is required.

A six-day tour by bus will be organized around Bulgaria, starting with visits to sights in North Bulgaria, going east to Bulgarian Black Sea Coast and coming back to Sofia through South Bulgaria.

Sofia - Veliko Tarnovo – Varna – Nessebar – Kazanluk – Sofia

**Veliko Tarnovo** is one of the most ancient cities in Bulgaria. It is situated along picturesque Yantra River. Its history starts about 5000 years ago. Highlights: Tzarevetz Fortress, old town of Veliko Tarnovo.

**Varna** is the biggest city in North Bulgaria and on Bulgarian Black Sea coast. It has many-centuries-long history. First settlement discovered on its territory dates back to 6th millennium BC. Nowadays, the city is a big cultural center with well-developed sea tourism being as well a starting point to a number of North Black Sea Coast Resorts. Highlights: Varna Naval Museum, Vladislav Varnenchik Museum, Aladja Monastery, Kaliakra Sea Fortress, Balchik Castle and the botanical garden.

**Nessebar** is one of the most ancient cities in Europe inheriting the Old Thracian town of Mesambria founded in 2nd millennium BC. Antique fortress wall with gate remains of 3-4 centuries, Nessebar Churches of 5-6 centuries, as well as medieval ones of 10-14 centuries – exquisite works of medieval Bulgarian and Byzantine architecture, about 60 houses of 19 century gathered in a number of ensembles, give unique appearance and special atmosphere to the city.

**Kazanluk** – visit to the Thracian tomb - a unique aesthetic and artistic work, a masterpiece of the Thracian creative spirit. This monument is the only one of its kind anywhere in the world. The exceptionally well preserved frescos and the original condition of the structure reveal the remarkable evolution and high level of culture and pictorial art in Hellenistic Thrace.

**Terms and Conditions for the tours**

Payment: **advance payment by 10 September is necessary.**
Cancellation policy:  
⇒ full reimbursement of the amount less 20 % administrative charge for cancellations made by 27 September  
⇒ no refunds will apply after 27 September

**Note:** Please note that an additional overnight in Princess hotel is needed to be booked before/after the tours T-1 and T-4. Please, make sure to mark the necessity of an additional overnight in the hotel booking section of the Registration Form.
SOFIA

Founded over 7000 years ago, Bulgaria's modern capital testifies to the country's eternal bond between past and present. Monuments to its rich Thracian, Roman, Bulgar and Ottoman history rub shoulders with modern-day edifices of cosmopolitan city life. Over 250 historic landmarks and architectural monuments blend in with the city's modern skyline.

PASSPORTS & VISAS
Only valid passports are required from all the EU countries. Delegates from countries where visa is normally required for entry to Bulgaria are reminded that they will need to obtain one from the appropriate Bulgarian Embassy/Consul. Please check at the nearest Bulgarian Embassy all the documents required for your country or visit: http://www.mfa.bg/en/pages/109/index.html

MONETARY SYSTEM
The national currency is the Bulgarian Lev (BGN). Bank notes of the following denominations are in circulation: 1, 2, 5, 10, 20, 50, 100 Levs. 1 Euro = 1,95 Levs.

CLIMATE
Moderate continental climate: mild spring and autumn, hot summer, cold snowy winter. It is usually cold and rainy in the end of October. Daily temperatures range from 5o to 12o C. For current conditions in Bulgaria you can visit: http://weather.cnn.com/weather/forecast.jsp?locCode=LBSF

TIME
Local summer time: UTC/GMT + 3 hours

ELECTRICITY
220 Volts, 50 Hz

ELECTRIC PLUGS
“Schuko” plug (type F) and round pin attachment plug (type C).