



# nila aroma journey

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## pre-departure information

### **Bulgaria at a glance**

**Time:** GMT +2

**Capital:** Sofia

**Population:** 7.102 million (2017)

**Currency:** Bulgarian Lev (sign: лв, code: BGN), Euro (sign: €; code: EUR)

### **Weather & Climate**

Bulgaria has a temperate-continental climate with hot summers, long, cold winters and very distinct seasons.

Winter, from December to February, is cold throughout the country.

Spring, from March to May, is not very rainy, however, because of the clash between different air masses, it experiences great changes in temperature. Usually, from mid-April or May, temperatures in the plains begin to be mild or warm in a more stable way. In May, in fine weather, afternoon thunderstorms begin to occur.

Summer, from June to August, is warm, or even hot, especially in inland plains.

Autumn, from September to November, starts as a mild and pleasant season, with rare rains.

### **Visa Requirement**

In general, visitors from the following countries do not need a visa to enter Bulgaria:

Andorra, Australia, Austria, Belgium, Brazil, Brunei, Canada, Chile, Costa Rica, Croatia, Cyprus, Czech Republic, Denmark, El Salvador, Estonia, Finland, France, Germany, Greece, Guatemala, Honduras, Hungary, Iceland, Ireland, Israel, Italy, Japan, Latvia, Liechtenstein, Malta, Lithuania, Luxembourg, Malaysia, Mexico, Monaco, Netherlands, New Zealand, Nicaragua, Norway, Panama, Paraguay, Poland, Portugal, Republic of Korea, Romania, San Marino, Singapore, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, UK (British Citizen Passport Holders and British Nationals /Overseas/ only), USA, Uruguay, the Vatican, Venezuela, SAR - China (Hong Kong, Makao).

All holders of passports from countries not mentioned in the list above need visas to enter Bulgaria.

Passport/Visa Note: Visitors must have proof of sufficient funds or onward or return tickets in addition to other documents needed for the next destination. Valid health insurance is required. Passports of all visitors should be valid for at least six months on entry for those requiring a visa, and three months on entry for visa exempt nationals other than those from EU countries, whose passports must be valid for period of stay.

Single-entry visas for tourist visits are normally valid for three months from date of issue for a maximum stay of 30 days. Multiple-entry visas are for business visits and are normally valid for three months from date of issue. Transit: Up to 24 hours.

### **Personal Travel Insurance**

You are required to attain personal travel and health insurance that covers trip cancellation due to medical issues. Please see refund policy in T&Cs.



### **Language**

Bulgarian is the only official language in the country. Other languages include Russian, English, Italian, Spanish and French.

### **Religion**

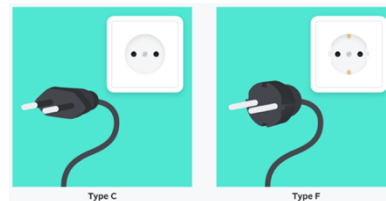
Bulgaria has been traditionally a Christian state since the adoption of Christianity as state religion in 865, and therefore the dominant confession is Eastern Orthodoxy of the Bulgarian Orthodox Church.. The Constitution of Bulgaria defines it as a secular state with guaranteed religious freedom, but designates Orthodoxy as a “traditional” religion.

### **Internet**

Bulgarian internet speed is one of the fastest in the world – you will find hotspots almost everywhere. However, we encourage a digital detox this trip, in which you will have a full experience of grounded-ness, reflection, mindfulness, inspiration and connection. We strongly recommend you to disconnect to reconnect with yourself, the community, and the nature!

### **Electricity**

The standard voltage is 230V and 50Hz – use a type C or type F plug



### **Money**

ATMs are widely available. Credit cards are accepted in most hotels and restaurants; smaller guesthouses or rural businesses may only accept cash, preferably Bulgarian Lev, although some places might accept Euro.

### **What to Wear**

Summer comes in June, so dress in lightweight clothing for the day and a warmer top for the evenings as the temperature can drop to 16°C at night. You can expect 15 long hours of daylight with nine hours of sunshine each day at a very high UV level, so don't forget your sunblock. It will be good to bring along a selection of light clothes, T-shirts, pants, and prepare a light jacket.

Visits to the monastery will require you to cover your knees and elbows when visiting, preferably in long sleeves and pants.

### **Drinking Water**

Tap water is generally safe and drinkable, but not advisable in rural areas. It's best to use bottled mineral water, which is widely available and cheap.



### **Suggested Packing List**

- Clothes
- Light weight raincoat or travel umbrella
- Travel adapter
- Travel water bottle
- Shoulder bag
- Comfortable shoes
- Personal belongings (e.g. money for shopping, camera, personal medication etc.)
- Pre-loved items (e.g. children clothes, shoes - new ones are more than welcome), stationery (e.g. pen, colour pencil, notebooks), healthy snacks (dried fruits and nuts) for the lavender pickers' children when we visit their village – this is to share the positive energy, love and joy - by *giving back* to the picking community for their hardwork towards the flourishing lavender industry.

### **Emergency**

The pan-European standard number 112 for all emergency calls is working everywhere in Bulgaria since September 2008. If, for some reason, you cannot connect to 112, dial 166 for police, 150 for ambulance and 160 for the fire department.

### **Important Note**

Please remember to bring along your international passport with at least 6 months validity and put on your Aroma Journey lanyard and luggage tag for easy identification. It is your responsibility to reconfirm your return or onward flight 72hrs prior to flight departure time. It is advised for you to carry your own valuable and important document at all times. Nila Singapore will not be held responsible nor compensate for any losses.

### **Flight Tickets**

You are responsible to book your own flight tickets to be in time to gather at Sofia airport at 2pm (UTC / GMT +2) on 5 July 2020.