

На 16 май стартира ЧЕТВЪРТАТА ЕВРОПЕЙСКА СЕДМИЦА НА ОБЩЕСТВЕННОТО ЗДРАВЕ.

Провеждането на Европейска седмица на общественото здраве е инициатива на Европейската асоциация по общественото здраве (EURHA), която е създадена през 1992 г., обединява над 23 000 специалисти от национални асоциации и институти по общественото здраве от 47 страни и работи в тясно сътрудничество с Европейското регионално бюро на Световната здравна организация и с подкрепата на Европейската комисия.

Българската асоциация по общественото здраве е пълноправен член на Европейската асоциация с над 200 членуващи специалисти по общественото здраве от 8 центъра в страната: Национален център по общественото здраве, преподаватели от факултетите по общественото здраве в Плевен, Варна (вкл. филиала в Шумен), Пловдив, Русе, Благоевград, Медицински факултет в Стара Загора.

Идеята за провеждане на Европейска седмица на общественото здраве бе издигната по време на Европейската конференция по общественото здраве през 2018 г. в Любляна, Словения.

Основната цел на тази инициатива е да способства за подобряване на осведомеността на европейската и световна общност за ролята на общественото здраве, за разширяване на съществуващите знания по специфични тематични области, проблеми и заплахи за общественото здраве и за насърчаване на сътрудничеството сред специалистите и институциите, работещи в областта на общественото здраве.

През м. май 2019 г. бе проведена с голям успех и ентузиазъм Първата Европейска седмица на общественото здраве с 145

проведени събития в 35 европейски страни. България бе представена най-масово чрез 27-те разнообразни събития, реализирани от Българската асоциация по общественото здраве.

През 2020г. и 2021 г. по време на пандемията броят на проведените онлайн чувствително нарасна

За предстоящата Четвърта Европейска седмица на общественото здраве са регистрирани общо 235 събития на 21 езика, сред които Българската асоциация по общественото здраве отново е с най-голям дял - планирани 41 разнообразни по формат прояви (онлайн, онлайн с излъчване в медии, присъствени семинари, лекции, дискусии).

Логото на тазгодишната Европейска седмица на общественото здраве е „Здравето през целия живот“. Петте дни са посветени на изключително актуални проблеми на общественото здраве:

- **Понеделник 16 май: [Здраво и здравно образовано младо поколение](#)**
- **Вторник 17 май: [Ваксинацията като ключова превантивна стратегия](#)**
- **Сряда 18 май : [Климатичните промени влияят върху нашето здраве](#)**
- **Четвъртък 19 Май: [Няма здраве без психично здраве](#)**
- **Петък 20 май: [Изграждане на устойчиви здравни системи](#)**

Значителна част от нашите прояви са посветени на здравето на подрастващите. Тук са включени такива интересни въпроси като профилактика и иновативни технологии за преодоляване на комуникативни разстройства, гръбначни изкривявания,

предизвикателства пред здравното възпитание и изграждане на здравословни навици, здравословно хранене при деца и подрастващи, социално взаимодействие в условията на дистанционно обучение, ползи и вреди от продължително използване на мобилни устройства, профилактика на сексуалното здраве и полово-предаваните инфекции при подрастващи, ролята на спорта при подрастващи и др.

През втория ден е отделено внимание на ролята на ваксинопрофилактиката при възрастни, на работата с родителите относно ваксинациите на децата, ваксините като активен избор за по-добро бъдещо здраве и др.

Интересни прояви са регистрирани в областта на психичното здраве: интервюта с водещи специалисти, лекции и семинари.

Подготовката на здравни специалисти и ролята им в изграждането на стабилни здравни системи, проблемите на спешната помощ и справянето с бедствени ситуации и други проблеми са предмет на финалния ден на седмицата.

Мащабната инициатива на Европейската асоциация по общественото здраве създава добри възможности и свободен достъп на нашите специалисти до събития, отразяващи добри практики в другите европейски страни.

Надяваме се, че с широко разгърнатата информационна кампания Българската асоциация по общественото здраве ще даде своя скромнен принос за подобряване на общественото здраве и подготовката на специалистите в тази област.

Доц. д-р Гена Грънчарова – Председател на Българската асоциация по общественото здраве

EUPHW – 2022

Пълен списък на регистрираните събития от Българската асоциация по общественото здраве

1. HW136 - Opening the EUPHW in Bulgaria on Bulgarian National Radio "Horizon"

EUPHA featured: live radio item on Bulgarian radio

- Date / theme:** Monday 16 May - A healthy and health literate youth
- Time:** 8h00 until 8h15 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
- Event type:** Interview with live streaming
- Event format:** In-person with live streaming
- Description:** It's an interview by the President of Bulgarian Public Health Association Assoc. Prof. Gena Grancharova at the news missions on BNRadion Horizon. The interview serves as an official opening of the Fourth EUPHW 16-20 May 2022 and its reflection in Bulgaria. It will underline the role of public health, the logo, the 5-day themes and the participation of BPHA in this initiative.
- Hosting country:** Bulgaria
- Specific location(s):** <http://bnr.bg/horizon/>
- Language(s):** Bulgarian
- Reach:** National
- Organisers:** Bulgarian Public Health Association, Bulgarian National Radio "Horizon" through the correspondent in Pleven Mrs Latinka Svetozarova

For registration and further information please contact the event organisers directly:

Website: <http://baoz.bg>

Contact email: gena_grancharova@hotmail.com

2. HW8 - Functional study in patients after COVID-19 infection

- Date / theme:** Tuesday 17 May - Vaccination as key prevention strategy
- Time:** 9h00 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
- Event type:** Open day for free diagnostics
- Event format:** In-person

Description: COVID-19 affects several physiological systems as well as short-term and long-term changes in physical and mental health which require the definition of stages for specific rehabilitation and physiotherapy programmes. On this open day and during the EUPHW, we will provide free functional testing of patients in the university rehabilitation centre.

Hosting country: Bulgaria and BG

Specific location(s): 66, Ivan Mihailov, Blagoevgrad, Bulgaria,

Language(s): Bulgarian

Reach: Local

Organisers: Miglena Tsvetkova-Gaberska, Yuliyana Zlatkov, Mariela Filipova

For registration and further information please contact the event organisers directly:

Website: <https://www.facebook.com/groups/154553266557006>

Contact email: hristovakrassi@swu.bg

Contact info: miglena_tsvetkova@abv.bg

Social media: <https://www.swu.bg/bg/>

3. HW9 - Diagnosis of postural control disorders

Date / theme: Monday 16 May: A healthy and health literate youth

Time: 9h00 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Walk

Event format: In-person

Description: Free diagnosis of adolescents with postural disorders and spinal problems.

Hosting country: Bulgaria

Specific location(s): Faculty of Public Health, Health Care and Sports Department of Kinesitherapy 66, Ivan Mikhailov str. 2700, Blagoevgrad, Bulgaria

Language(s): Bulgarian

Reach: Local

Organisers: Maria Gramatikova, Margarita Avramova

For registration and further information please contact the event organisers directly:

Website: <https://www.facebook.com/groups/154553266557006>

Contact email: stami80@abv.bg

Social media: <https://swu.bg/bg/facultiesbg/fozzgsbg>

4. HW10 - Student Conference: Public Health Challenges

Date / theme: Thursday 19 May - No health without mental health

Time: 9h00 until 15h00 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Conference

Event format: In-person
Description: Presentation of reports and research by students in a team with teachers on topics related to public health challenges
Hosting country: Bulgaria
Specific location(s): South-West University "Neofit Rilski" Faculty of Public Health, Health Care and Sports Department of Kinesitherapy 66, Ivan Mikhailov str. 270
Language(s): Bulgarian
Reach: Local
Organisers: Mariela Filipova, Stamenka Mitova, Maria Gramatikova, Margarita Avramova, Krasimira Zlatkova, Miglena Tsvetkova-Gaberska, Yuliyana Zlatkov,
For registration and further information please contact the event organisers directly:
Website: <https://www.facebook.com/groups/154553266557006>
Contact email: miglana_tsvetkova@swu.bg
Contact info: stami80@abv.bg, hristovakrassi@swu.bg
Social media: <https://swu.bg/bg/facultiesbg/fozzgsbg>

5. HW11 - Free assessment of flat feet in adults and adolescents

Date / theme: Monday 16 May: A healthy and health literate youth
Time: 9h00 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Walk and Open day
Event format: In-person
Description: It is planned to hold an open day related to the examination and diagnosis of flat feet in adolescent and adult patients with various complaints and consultation with a specialist.
Hosting country: Bulgaria
Specific location(s): South-West University "Neofit Rilski" Faculty of Public Health, Health Care and Sports Department of Kinesitherapy 66, Ivan Mikhailov str. 270
Language(s): Bulgarian
Reach: Local
Organisers: Margarita Avramova; Stamenka Mitova; Mariya Gramatikova; Christian Stoychev; Miglena Tsvetkova-Gaberska; Mariela Filipova; Krasimira Hristova; Yulian Zlatkov;
For registration and further information please contact the event organisers directly:
Website: <https://www.swu.bg/bg/facultiesbg/fozzgsbg>
Contact email: margo.arrials@gmail.com
Contact info: phone number: 00359/892483183
Social media: <https://www.facebook.com/groups/154553266557006>

6. HW12 - Methodology of application of kinesitherapy in neurology

- Date / theme:** Friday 20 May - Building resilient health systems
- Time:** 9h00 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
- Event type:** Lecture
- Event format:** In-person
- Description:** In this lecture we intend to present and share our experience in application of different effective methods of an adequate kinesitherapy programme (such as passive and active movements, mirror therapy, kinesiotopeing of muscles spasticity) for restoring motor deficiency in stroke patients.
- Hosting country:** Bulgaria
- Specific location(s):** South-West University "Neofit Rilski" Faculty of Public Health, Health Care and Sports Department of Kinesitherapy 66, Ivan Mikhailov str. 270
- Language(s):** Bulgarian
- Reach:** Local
- Organisers:** Department of Kinesitherapy
- For registration and further information please contact the event organisers directly:**
Website: <https://www.facebook.com/groups/154553266557006>
Contact email: mariela_filipova@swu.bg
Social media: <https://swu.bg/bg/>

7. HW13 - Awareness of communication disorders among young people

- Date / theme:** Monday 16 May: A healthy and health literate youth
- Time:** 11h00 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
- Event type:** Lecture, Webinar
- Event format:** In-person with live streaming
- Description:** The academic staff from the Department of Logopedics and the students in Speech and Language Therapy specialty will share their theoretical and practical knowledge about prevention and early detection of communication disorders. The event aims to target the young people and different professionals working with speech and language pathology client.
- Hosting country:** Bulgaria and Bulgaria
- Specific location(s):** 60 Ivan Mihailov str., Blagoevgrad, Bulgaria; <https://bbb.swu.bg/b/ann-cfa-yvx>
- Language(s):** Bulgarian
- Reach:** National

Organisers: 1. Bulgarian Public Health Association 2. Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University Neofit Rilski, Bulgaria

For registration and further information please contact the event organisers directly:

Website: <https://fb.me/e/23kjP243R>

Contact email: anna_andreeva@swu.bg

Contact info: +359898205517 - phone number

Social media: @swu_neofit_rilski - Instagram

8. HW14 - Innovative Technologies in Speech and Language Pathology

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 14h00 until 16h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)

Event type: Lecture, Webinar

Event format: In-person with live streaming

Description: There will be presentations of innovative technology, methods for tele-health and software for Speech and Language Pathologists. The event aims to target the students, different professionals working with speech and language pathology clients and their families.

Hosting country: Bulgaria and Bulgaria

Specific location(s): 60 Ivan Mihailov str., Blagoevgrad, Bulgaria; <https://bbb.swu.bg/b/ann-cfa-yvx>

Language(s): Bulgarian

Reach: National

Organisers: 1. Bulgarian Public Health Association 2. Department of Logopedics, Faculty of Public Health, Health Care and Sport, South-West University Neofit Rilski, Bulgaria

For registration and further information please contact the event organisers directly:

Website: <https://fb.me/e/4f3FEs8ZF>

Contact email: anna_andreeva@swu.bg

Contact info: +359898205517

Social media: @swu_neofit_rilski - Instagram

9. HW18 - Modern health education - challenges and realities

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 8h30 until 15h30 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)

Event type: Webinar

Event format: Online only

Description: This event will be repeated webinars with 13 groups of 2nd-year medical students during the whole EUPHW in the University distance learning system. The content is directed to analysing the importance of health education nowadays and how education can reach more people using the new technologies.

Hosting country: Bulgaria and Bulgaria

Specific location(s): <https://do.mu-pleven.bg/mod/bigbluebuttonbn/view.php?id100814>

Language(s): Bulgarian

Reach: Local

Organisers: Medical University - Pleven

For registration and further information please contact the event organisers directly:

Website: <http://www.mu-pleven.bg/index.php?lang=bg>

Contact email: dimatsanova@gmail.com

Social media: <https://www.facebook.com/mu.pleven.bg>

10. HW22 - Competency Framework for the Public Health Workforce in Europe

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 10h15 until 10h45 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Lecture

Event format: Online only

Description: The need to invest in the public health workforce is as great now as it has ever been. The COVID-19 pandemic has illustrated the magnitude of the threat posed by communicable disease outbreaks and the importance of the public health workforce in responding to such outbreaks. Against the back-drop of an ageing population, the rising costs of health care and an epidemic of noncommunicable diseases, society cannot afford not to invest in the public health workforce.

Hosting country: Bulgaria and Bulgaria

Specific location(s): <https://do.mu-pleven.bg/mod/bigbluebuttonbn/view.php?id105035>

Language(s): English

Reach: European

Organisers: Medical University-Pleven

For registration and further information please contact the event organisers directly:

Website: <http://mu-pleven.bg/index.php/en/>

Contact email: mariela_kamburova@yahoo.com

11. HW30 - Awareness of vaccine prophylaxis in elderly

- Date / theme:** Tuesday 17 May - Vaccination as key prevention strategy
- Time:** 11h00 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
- Event type:** Lecture
- Event format:** Online only
- Description:** The aging of the population is a problem of growing importance. This poses new challenges to policies to improve the health and quality of life of the elderly. The lecture focuses on vaccine prophylaxis as the main means of achieving this goal by combating diseases and disabilities in adults.
- Hosting country:** Bulgaria
- Specific location(s):** meet.google.com/qsi-feer-ghv
- Language(s):** Bulgarian
- Reach:** National
- Organisers:** Dr. Rozalina Yordanova & Prof. Hristina Milcheva
- For registration and further information please contact the event organisers directly:**

Website: meet.google.com/qsi-feer-ghv, <http://www.uni-sz.bg/>

Contact email: [rozalina @abv.bg](mailto:rozalina@abv.bg)

Contact info: Dr Rozalina Yordanova, rozalina.yordanova@trakia-uni.bg

12. HW32 - Measurement of physiological parameters - pulse rate and blood pressure

- Date / theme:** Monday 16 May - A healthy and health literate youth
- Time:** 13h00 until 14h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
- Event type:** Lecture
- Event format:** Online only
- Description:** Data on basic physiometric indicators are an integral part of the criteria for assessing the overall anthropological characteristic during growth. The morpho-functional unity of the organism is the basis of the interrelated changes with age, leading to the achievement of its physical and functional maturation.
- Hosting country:** Bulgaria
- Specific location(s):** <https://teams.microsoft.com/l/meetup-join/19%3a5C67vAGLNgSYAJ99uPsvgnZ85dHveAG->

[LOfVLUB ZXII%40thread.tacv2/1649578217482?context%7b%22Tid%22%3a%22398](https://mu-plovdiv.bg/)

Language(s): Bulgarian

Reach: Local

Organisers: Medical University of Plovdiv - Bulgaria

For registration and further information please contact the event organisers directly:

Website: <https://mu-plovdiv.bg/>

Contact email: elena.merdzhanova@mu-plovdiv.bg

Contact info: emerdjanova@abv.bg

13. HW33 - Healthy eating in early school age

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 14h00 until 15h00 (GMT+03:00) Sofia (*organisers' local time*)
(*please check your equivalent time zone [here!](#)*)

Event type: Lecture, Game

Event format: In-person

Description: On the topic are planned the following events with 23 children from 2nd class, from primary school "Hristo Botev", Pleven: conversation, presentation, role play and test for final control.

Hosting country: Bulgaria

Specific location(s): "HRISTO BOTEV" PRIMARY SCHOOL - PLEVEN, Pleven,
Parashkev Tsvetkov Street №35

Language(s): Bulgarian

Reach: Local

Organisers: Department of Surgical nursing care, Faculty of Health Care, Medical University - Pleven, Bulgaria et BPHA

For registration and further information please contact the event organisers directly:

Website: facebook - Gergana Markova

Contact email: markova_gergana@mail.bg

Contact info: Chief Assistant Gergana Markova, Department of Surgical nursing care, Faculty of Health Care, Medical University - Pleven, Bulgaria, Stoilka Chabrakova - Student, specialty "Nurse"

14. HW35 - Medical Simulation Education for nurses in condition of COVID-19

Date / theme: Friday 20 May - Building resilient health systems

Time: 12h30 until 13h30 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Lecture

Event format: Online only

Description: The MSTC is the only and largest, certified Simulation Center in Bulgaria. In the complex epidemic situation of the last 2 years, in response to requests from nursing students, several pieces of training were conducted. The PPP will be about the high-tech models, which are used for modern nursing education.

Hosting country: Bulgaria

Specific location(s): <https://teams.microsoft.com/l/meetup-join/19%3acdeb55ac4ad34e3f8f8039442cfd8a67%40thread.tacv2/1649337737614?context%7b%22Tid%22%3a%2239896cea-a400-4>

Languages English and Bulgarian

Reach: Local

For registration and further information please contact the event organisers directly:

Website: <http://meduniversity-plovdiv.bg/bg/>

Contact email: suzy_lalova@yahoo.com

Contact info: senior assist. prof. Valentina Lalova, Ph.D. The person in charge of @education Department of Nursing Faculty of Public Health Medical University - Plovdiv, Bulgaria

15. HW37 - Social interaction in the distance learning process

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 11:00 until 11:45 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Webinar

Event format: Online only

Description: The topic is intended for students and teachers in higher medical school. The topicality is determined by the specifics of the training of medical and social specialists in the electronic environment. Issues related to social relations of action and interaction in the learning process are considered. The results of a survey among students on the topic are presented and commented.

Hosting country: Bulgaria

Specific location(s): <https://bbb2.mu-pleven.bg/b/ase-7k6-5lv-tdq>

Language(s): Bulgarian

Reach: Local

Organisers: Assoc. Prof. Iskra Tsankova Petkova, member of BPHA, Head of the Department "Social and Pharmaceutical Activities" Medical University of Pleven. Assoc. Prof. Danelina Emilova Vacheva, member of BPHA, Department of Physical Medicine, Rehabilitation, Occupational Therapy and Sports Medical University of Pleven.

For registration and further information please contact the event organisers directly:

Contact email: petkovai@abv.bg

16. HW39 - Pedagogical competence of mentors during the pre-graduation training

Date / theme: Friday 20 May - Building resilient health systems

Time: 11h45 until 12h00 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Online Presentation

Event format: Online only

Description: Modern European educational systems in the field of healthcare are designed to educate and train competent professionals able to provide society with high quality healthcare, as well as motivated to continue their education and training. The profession of the nurse calls for high professionalism and participation in continuous training and post-graduate courses so as to maintain a high level of competence.

Hosting country: Bulgaria

Specific location(s): https://teams.microsoft.com/l/meetup-join/19%3amZH8bObppBl-Ya0XcbNMS-ov_D676ZJBpBZi1LEDHGc1%40thread.tacv2/1649961930195?context%7b%22Tid%22%3a%22398

Language(s): Bulgarian

Reach: Local

Organisers: Medical University Plovdiv

For registration and further information please contact the event organisers directly:

Contact email: sdragusheva68@gmail.com

17.HW40 - Interaction between social workers and midwives

Date / theme: Tuesday 17 May - Vaccination as key prevention strategy

Time: 11h00 until 11h45 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Webinar

Event format: Online only

Description: Interaction between social workers and midwives is key to vaccination, especially among certain groups. We present a study among final year students in three specific specialties of MU - Pleven. The results of study show students' awareness of the role of health education, their attitude to immunizations, preparation and willingness to interact as specialists in a team.

Hosting country: Bulgaria

Specific location(s): <https://bbb2.mu-pleven.bg/b/ase-7k6-5lv-tdq>

Language(s): Bulgarian

Reach: Local

Organisers: Petya Dilova, department of Midwifery, Medical University Pleven; Veronika Spasova, department of Social activity, Medical University Pleven; Kalina Kancheva, department of Social activity, Medical University Pleven.

For registration and further information please contact the event organisers directly:

Website: <https://bbb2.mu-pleven.bg/b/ase-7k6-5lv-tdq>

Contact email: spasova_v@abv.bg

Contact info: Petia.Dilova@mu-pleven.bg

18. HW44 - No health without mental health

Date / theme: Thursday 19 May - No health without mental health

Time: 19h00 until 20h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)

Event type: TV interview

Event format: In-person with live streaming

Description: Assoc. Prof. M. Stoimenova and ass. prof. Ivanka Veleva, both specialists in mental health will take part in an interview on Zetra TV on the current problems in mental health and their impact on the whole body health. The information will spread out in five regions of Central and Northern Bulgaria.

Hosting country: Bulgaria

Specific location(s): <http://zetramedia.com/?cat25>

Language(s): Bulgarian

Reach: Regional

Organisers: Department of Psychiatry and Medical Psychology, Faculty of Public Health at MU-Pleven, Bulgarian Public Health Association

For registration and further information please contact the event organisers directly:

Website: <http://www.mu-pleven.bg/index.php/en/structure/faculty-of-public-health>

Contact email: ivanka.sirashky@gmail.com

Contact info: Assoc. prof. Maya Stoimenova, Ass. Prof. Ivanka Veleva, Department of Psychiatry and Medical Psychology, MU-Pleven, BPHA; Mariana Vlahova, a journalist in Zetra TV, Bulgaria

19. HW49 - Caring violent child safely in psychiatric units

Date / theme: Thursday 19 May - No health without mental health
Time: 14h45 until 15h15 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Lecture
Event format: Online only
Description: This event is organized by Assoc. Prof. Gergana Petrova, PhD, member of BPHA. Its aim is to introduce third-year nursing students to the results achieved by a Project of Erasmus+ Caring violent child safely in child psychiatric and residential units (Safe4child). We believe that by introducing the students to the essence of the project will inspire and prompt them to get engaged in future project activities of this nature.
Hosting country: Bulgaria and Bulgaria
Specific location(s): <https://eur04.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2F1%2Fmeetup-join%2F19%253acdeb55ac4ad34e3f8f80394>
Language(s): Bulgarian
Reach: Local
For registration and further information please contact the event organisers directly:
Website: <https://mu-plovdiv.bg/>
Contact email: Gergana.Petrova@mu-plovdiv.bg

20. HW50 - Determinants of mental health and well-being

Date / theme: Thursday 19 May - No health without mental health
Time: 15h30 until 16h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Lecture
Event format: Online only
Description: This event is organized by Assoc. Prof. Gergana Petrova, PhD, member of BPHA. Its aim is to introduce third-year nursing students to the results achieved by an Project of Erasmus+ Well@School. We believe that by introducing the students to the essence of the project will inspire and prompt them to get engaged in future project activities of this nature.
Hosting country: Bulgaria

Specific location(s): <https://eur04.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2F%2Fmeetup-join%2F19%253acdeb55ac4ad34e3f8f80394>

Language(s): Bulgarian

Reach: Local

For registration and further information please contact the event organisers directly:

Website: <https://mu-plovdiv.bg/>

Contact email: Gergana.Petrova@mu-plovdiv.bg

21. HW55 - The vaccines - the active choice for a better healthy future

Date / theme: Tuesday 17 May - Vaccination as key prevention strategy

Time: 10h00 until 11h30 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)

Event type: Webinar

Event format: Online only

Description: It's a Management Health Care webinar for healthcare professionals (20 students). The content is directed to the communication with a group of healthcare workers during the post global pandemic situation. The aim is to discuss priority of the vaccination and value of the personal example of health professionals to public.

Hosting country: Bulgaria and България

Specific location(s): <https://do.mu-pleven.bg/mod/bigbluebuttonbn/view.php?id93283>

Language(s): Bulgarian

Reach: Local

Organisers: Bulgarian Association of Healthcare Professionals

For registration and further information please contact the event organisers directly:

Website: <http://www.mu-pleven.bg/index.php/bg/>

Contact email: makreta_99@yahoo.com

Contact info: Makreta Draganova, Milena Saleva, Milka Vasileva

Social media: <https://www.facebook.com/mu.pleven.bg>

22. HW56 - Ensuring sustainability of Nurse-Family-Partnership Program in Bulgaria

Date / theme: Friday 20 May - Building resilient health systems

Time: 10h30 until 13h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)

Event type: Roundtable discussion

Event format: In-person

Description: In Bulgaria, patronage care is provided to pregnant women and children up to 3 years old from vulnerable groups. This is given by NGOs, with the participation of health system units. The aim is to discuss opportunities with all stakeholders, to integrate this service into the health system to ensure its sustainability.

Hosting country: Bulgaria

Specific location(s): Sofia, 16 Tsar Osvoboditel Blvd., Sense hotel Sofia, Conference hall

Language(s): Bulgarian

Reach: National

Organisers: National Center of Public Health and Analyses; Trust For Social Achievement

For registration and further information please contact the event organisers directly:

Website: <https://ncpha.government.bg/bg/>; <https://socialachievement.org/bg/>

Contact email: IPuleva@tsa-bulgaria.org

Contact info: kr.kostadinova@ncpha.government.bg; IPuleva@tsa-bulgaria.org

Social media: <https://ncpha.government.bg/bg/>; <https://socialachievement.org/bg/>;
<https://www.facebook.com/trustforsocialachievement/>

23. HW58 - The continuous use of mobile devices: benefits and harms

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 10h30 until 11h15 (GMT+02:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Webinar

Event format: Online only

Description: The topic of the event is related to the benefits and harms of the continuous use of mobile devices among young people. We present a study on the topic among students "Nurse" and "Midwife", MU-Pleven and a discussion on overcoming dependence on mobile devices.

Hosting country: Bulgaria

Specific location(s): <https://bbb2.mu-pleven.bg/b/ase-f0m-w8p-pi2>

Language(s): Bulgarian

Reach: Local

Organisers: Medical University Pleven

For registration and further information please contact the event organisers directly:

Website: <https://bbb2.mu-pleven.bg/b/ase-f0m-w8p-pi2>

Contact email: petya_dilova@abv.bg

Contact info: Evgenya Dimitrova, Department of Therapeutic Care, Medical University Pleven, e-mail: nia62@abv.bg; Petya Dilova, Department "Midwifery", Medical University Pleven, e-mail: petya_dilova@abv.bg; Diana Panchelieva, student "Midwife", Medical University Pleven, diana2001@abv.bg.

Social media: <https://www.facebook.com/mu.pleven.bg>

24. HW85 - Building health education skills of health professionals

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 15h30 until 17h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Webinar
Event format: Online only
Description: Webinar with students of Medical University – Pleven delivered by an online classroom. It emphasizes the importance of health education skills of health professionals, which contribute to enhancing adolescents' health literacy. The accent of discussion is how to choose the most appropriate approach of health education in dependence of the audience' characteristics.
Hosting country: Bulgaria
Specific location(s): <https://do.mu-pleven.bg/mod/bigbluebuttonbn/view.php?id93728>
Language(s): Bulgarian
Reach: Local
Organisers: Medical University - Pleven; Bulgarian Public Health Association
For registration and further information please contact the event organisers directly:

Website: <http://mu-pleven.bg/index.php/bg/>

Contact email: georgieva_sl@yahoo.com

Social media: <https://www.facebook.com/mu.pleven.bg>

25. HW87 - Basics of healthy nutrition for children under 3 years old

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 10h00 until 12h00 (GMT+02:00) Brussels (organisers' local time)
(please check your equivalent time zone here!)

Event type: Panel discussion
Event format: Online only

Description: Assoc. Prof. Dr. Lalka Rangelova, MD, and Prof. Dr. Veselka Duleva, MD will answer questions asked by e-mail from 10:00-12:00. h. The online discussion aims to educate young mothers on the principles of healthy feeding infants and young children and practical recommendations for their use mail to: v.duleva@ncpha.government.bg or: l.rangelova@ncpha.government.bg

Hosting country: Bulgaria

Specific location(s):

https://ncpha.government.bg/uploads/pages/125/Rakovodstvo_hranene_deca_0-3_godini.pdf

Language(s): Bulgarian

Reach: Local

Organisers: Bulgarian Public Health Association

For registration and further information please contact the event organisers directly:

Website: <https://ncpha.government.bg>

Contact email: l.rangelova@ncpha.government.bg

Contact info: v.duleva@ncpha.government.bg

Social media: National Center of Public Health and Analyses

26. HW88 - Food-based dietary guidelines for healthy nutrition for students between 7-19 years

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 12h00 until 14h00 (GMT+01:00) Brussels (*organisers' local time*)
(please check your equivalent timezone!)

Event type: Panel discussion

Event format: Online only

Description: Prof. Dr. Veselka Duleva, MD, and Assoc. Prof. Dr. Lalka Rangelova, MD will answer questions asked by e-mail from 12:00-14:00 h. The online discussion aims to educate children of school age through the recommendations for healthy eating, the healthy food pyramid, assessment of nutritional status, and test to determine the pattern of nutrition in school age. Mail to: v.duleva@ncpha.government.bg or: l.rangelova@ncpha.government.bg

Hosting country: Bulgaria

Specific location(s): https://ncpha.government.bg/uploads/pages/3001/Healthy_eating_7-19.pdf

Language(s): Bulgarian

Reach: Local

Organisers: Bulgarian Public Health Association

For registration and further information please contact the event organisers directly:

Website: <https://ncpha.government.bg>

Contact email: v.duleva@ncpha.government.bg

Contact info: l.rangelova@ncpha.government.bg

Social media: National Center of Public Health and Analyses

27. HW97 - Are the new nurses prepared to deal with difficult patients?

Date / theme: Thursday 19 May - No health without mental health

Time: 10h30 until 11h30 (GMT+03:00) Sofia (*organisers' local time*)
(please check your equivalent time zone [here!](#))

Event type: Webinar

Event format: Online only

Description: The quality of health care requires the nurse to deal with the health problems of patients with different cultures, attitudes and psyches. Lack of clinical experience leads to stress, mistakes and dissatisfaction. The webinar aims to increase the motivation and skills of student nurses to work with difficult patients.

Hosting country: Bulgaria

Specific location(s): <https://teams.microsoft.com/#/school/conversations/%D0%9E%D0%B1%D1%89%D0%B8?threadId19:l2Su0w1mLPY1AupXdgxvBbobmtP-UYkblej-O-aK6bY1@thread.tacv2&ctx>

Language(s): Bulgarian

Reach: Local

Organisers: Medical University of Plovdiv

For registration and further information please contact the event organisers directly:
Website: <https://mu-plovdiv.bg/>
Contact email: marieta.t.todorova@mu-plovdiv.bg
Contact info: Marieta Todorova, BPHA member

28. HW98 - Physical Activity for Mental Health in Medical University - Pleven

EUPHA Featured event: out-of-the-box event

Date / theme: Thursday 19 May - No health without mental health

Time: 16h00 until 18h00 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent time zone!)

Event type: Game, Walk

Event format: In-person

Description: Physical activity is good for mental health. Students will run cross-country at the Medical University - Pleven in several groups. We will hold sports games - basketball, volleyball, football, tennis, table tennis,

relays, cycling. Demonstration of shotokan karate. Demonstration and participation in Bulgarian folk dances. Pre-event was held in March-ski camp.

Hosting country: Bulgaria

Specific location(s): Medical University of Pleven, Bulgaria

Language(s): Bulgarian

Reach: Local

Organisers: Department of Physical Medicine, Rehabilitation, Ergotherapy and Sport; Sports Sector; Faculty of Public Health; Medical University of Pleven, Bulgaria; Bulgarian public health association

For registration and further information please contact the event organisers directly:

Website: <https://www.facebook.com/profile.php?id100036867175009>; <http://mu-pleven.bg/index.php/bg/>

Contact email: is_ilieva5@abv.bg

Social media: Medical University of Pleven, Bulgaria <http://mu-pleven.bg/index.php/bg/>

29. HW106 - Chemical pollutants, microplastics and marine biotoxins – their way

Date / theme: Wednesday 18 May - Climate change effects our health

Time: 10h00 until 11h30 (GMT+03:00) Sofia (*organisers' local time*)
(*please check your equivalent timezone!*)

Event type: Panel discussion

Event format: In-person

Description: In the Panel the relation between marine environment pollution and human health will be discussed. There will be outlined the main contaminants in the Black Sea, the origin and faith. Students will be involved in a game for analyzing and discussing scientific information regarding microplastics.

Hosting country: Bulgaria

Specific location(s): Varna, Petko Karavelov Str. 3A, Municipal Children Complex

Language(s): Bulgarian

Reach: Local

Organisers: Medical University - Varna Municipal Children Complex Varna

For registration and further information please contact the event organisers directly:

Website: <https://www.mu-varna.bg/BG/InternationalActivity/morsko-delo-i-ribarstvo>

Contact email: stgeorgieva@mu-varna.bg

Contact info: zlatina_peteva@mail.bg, Zlatina Peteva, Medical University - Varna

30. HW107 - "Sexual Health – The Base for Health Literate Youth"

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 10h30 until 16h30 (GMT+01:00) Paris (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Online Presentation and Discussion
Event format: Online only
Description: We will be premiering a short informative presentation exploring midwives' role in promoting health literacy within the group of teenagers and young people. On our Facebook page, the department will publish the video with hot points for discussion, including the current problems in SexEd: insufficient knowledge of women's anatomical features and lack of knowledge about optimal women's health care and safe sex, poor orientation for contraception, high abortion rates, obstacles in accessing care.
Hosting country: Bulgaria
Specific location(s): <https://fb.me/e/3rLGXi5Ln>
Language(s): Bulgarian
Reach: Local
Organisers: Ruse University, Bulgaria
For registration and further information please contact the event organisers directly:
Website: <https://fb.me/e/3rLGXi5Ln>
Contact email: iserbezova@uni-ruse.bg
Contact info: Ivanichka Serebzova, <https://www.facebook.com/ZdravniGrizhiRuse>
Social media: <https://www.facebook.com/ZdravniGrizhiRuse>,
<https://www.facebook.com/uni.ruse>

31. HW109 - How to talk vaccines with parents & where do we lose the connection?

Date / theme: Tuesday 17 May - Vaccination as key prevention strategy
Time: 11h00 until 13h00 (GMT+02:00) Paris (*organisers' local time*)
(please check your equivalent time zone [here!](#))
Event type: Online Campaign and Discussion
Event format: Online only
Description: Online discussion on the problems of vaccine prophylaxis - the most significant obstacles before health care professionals and their role in the process will be outlined. There will be space for active conversation with students and page followers regarding challenges in communicating with parents of infants, over the first year of parenthood, when there are many visits to the doctor's office for

vaccinations. Info on on covid vaccines during pregnancy and breastfeeding will be shared.

Hosting country: Bulgaria

Specific location(s): <https://fb.me/e/3rLGXi5Ln>

Language(s): Bulgarian

Reach: Local

Organisers: Ruse University, Bulgaria

For registration and further information please contact the event organisers directly:

Website: <https://fb.me/e/3rLGXi5Ln>

Contact email: iserbezova@uni-ruse.bg

Contact info: prof. I. Serbezova <https://www.facebook.com/ZdravniGrizhiRuse>

Social media: <https://www.facebook.com/ZdravniGrizhiRuse>
<https://www.facebook.com/uni.ruse>

32.HW110 - Mental health during pregnancy

Date / theme: Thursday 19 May - No health without mental health

Time: 11h00 until 13h00 (GMT+02:00) Paris (*organisers' local time*)
(please check your equivalent time zone [here!](#))

Event type: Online Campaign

Event format: Online only

Description: A series of publications on the department's Facebook page, which outline main guidelines for good mental health during pregnancy, intended for distribution within our local community. The series will emphasize the importance of mental health care in this period of change for parents – both physical and psychological; and will encourage women to actively share how they feel with their midwives & seek qualified help if necessary. We'll share tips for self-help and maintaining good mental health.

Hosting country: Bulgaria

Specific location(s): <https://fb.me/e/3rLGXi5Ln>

Language(s): Bulgarian

Reach: Local

Organisers: Ruse University

For registration and further information please contact the event organisers directly:

Website: <https://fb.me/e/3rLGXi5Ln>

Contact email: iserbezova@uni-ruse.bg

Contact info: <https://www.facebook.com/ZdravniGrizhiRuse>

Social media: <https://www.facebook.com/ZdravniGrizhiRuse>
<https://www.facebook.com/uni.ruse>

33. HW111 - Sexually transmitted infections: Prevention and education of youth

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 11h30 until 12h15 (GMT+02:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Panel discussion
Event format: In-person
Description: It's a panel discussion in collaboration with BFPA, branch of Stara Zagora, with 20 students of Midwifery on the Sexually Transmitted Infections: Prevention and Education of Youth after the presented lecture on the topic.
Hosting country: Bulgaria
Specific location(s): Stara Zagora, Armeyska 11 Str, Department of Social Medicine, Health Management and Disaster Medicine, Medical Faculty, Trakia University of Stara Zag
Language(s): Bulgarian and Bulgaria
Reach: Local
Organisers: Medical Faculty of Trakia University, Stara Zagora, Bulgaria, Bulgarian Family Planning Association (BFPA), branch of Stara Zagora and Bulgarian Public Health Association.
For registration and further information please contact the event organisers directly:
Website: <http://uni-sz.bg/truni3/>
Contact email: borvana.parashkevova@trakia-uni.bg

34. HW138 - Demonstration of Students-Sports at University of Ruse for Health

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 17h00 until 18h30 (GMT+03:00) Sofia (*organisers' local time*)
(please check your equivalent timezone!)
Event type: Game, Walk
Event format: In-person
Description: Demonstration of sports students from "Dunav Ruse 2016" Basketball Club, "Dunav 2007" Basketball Club and "Locomotive" Football Club at the University of Ruse appealing to people to practice physical activity.
Hosting country: Bulgaria
Specific location(s): University of Ruse, Bulgaria
Language(s): Bulgarian
Reach: Regional

Organisers: Professional Club "Fitness. Healthy. Tonus", University of Ruse, member of BPHA, Bulgaria; University of Ruse: Department of Pedagogy, Psychology and History; Department of Physical Education and Sport; University Sports Club "Academic"; University Club for Climbing and Mountaineering "Academic"; Student Council; Innovative Youth Expo 2022 Ruse, Bulgaria: "Dunav Ruse 2016" Basketball Club; "Dunav 2007" Basketball Club and "Locomotive" Football Club.

For registration and further information please contact the event organisers directly:

Website: <https://www.facebook.com/uni.ruse>

Contact email: is_ilieva5@abv.bg

35.HW145 - Pillars of disaster resilience

Date / theme: Friday 20 May - Building resilient health systems

Time: 14h15 until 14h45 (GMT+03:00) Sofia (*organisers' local time*)
(*please check your equivalent time zone [here!](#)*)

Event type: Lecture

Event format: Online only

Description: Disaster resilience is a particularly significant issue due to the increasing trends in number and frequency of disasters, which affect the population at risk and pose challenges to the disaster medical support. As health facilities are main actor in disaster medical support, making them resilient is necessary for effective healthcare.

Hosting country: Bulgaria

Specific location(s): <https://teams.microsoft.com/l/meetup-join/19%3a0qf1ko6vSOX6nA7MiSUvIVY8YFCVY-gNGw0IkrMhsTk1%40thread.tacv2/1651478504719?context%7b%22Tid%22%3a%22398>

Language(s): Bulgarian

Reach: Local

Organisers: Department of Epidemiology and Disaster Medicine- Medical University of Plovdiv, Department of Preventive Medicine- Medical University of Sofia

For registration and further information please contact the event organisers directly:

Contact email: mari.georgieva@mu-plovdiv.bg

Contact info: Mariya Georgieva, Rumyana Etova, Elena Valkanova, Desislava Todorova, Rostislav Kostadinov

36. HW146 - Emergency medical care activities during COVID-19

Date / theme: Friday 20 May - Building resilient health systems

Time: 10h00 until 16h00 (GMT+03:00) Sofia (*organisers' local time*)
(please check your equivalent time zone [here!](#))

Event type: Conference

Event format: In-person with live streaming

Description: During the conference Assoc.prof.G.Tsolova and Assoc.prof.N.Danova will present of the report "Emergency medical care activities during Covid-19 situation". Covid-19 challenge put country's healthcare system to the test, especially emergency and hospital care. Analysis of activities of Centers for Emergency Medical Aid (CEMA) between 01.03.2020-31.05.2021 was performed, including total and completed those due to Covid-19.

Hosting country: Bulgaria

Specific location(s): /meet.google.com/fde-qyqg-ftb (Hospital Kardzhali),Scientific conference"Human.Society,medicine"|

Language(s): Bulgarian

Reach: Local

For registration and further information please contact the event organisers directly:

Website: www.ncpha.government.bg

Contact email: gal@ncpha.governmnet.bg

Contact info: Assoc.prof.G.Tsolova and Assoc.prof.N.Danova

Social media: National Center of Public health and analyses(NCPHA) and Bulgarian Public Health Association(BPHA)

37. HW148 - Promoting healthy habits among young people

Date / theme: Monday 16 May - A healthy and health literate youth

Time: 13h00 until 15h30 (GMT+03:00) Sofia (*organisers' local time*)
(please check your equivalent time zone [here!](#))

Event type: Lecture

Event format: In-person with live streaming

Description: These are three seminars with 14 Medicine students from different years at the Medical University - Varna. It will present seven topics for a healthy lifestyle to students from three high schools in Varna. This event is organised by the Department of Hygiene and Epidemiology with the assistance of MU-VI tv.

Hosting country: Bulgaria and Bulgaria

Specific location(s): <https://www.mu-varna.bg/BG/Pages/treta-evropeyska-sedmica.aspx>

Language(s): Bulgarian

Reach: Local

Organisers: Bulgarian Public Health Association

For registration and further information please contact the event organisers directly:

Website: <https://www.mu-varna.org>:Organisers:Department of Hygiene and Epidemiology, Faculty of Public Health, Medical University-Varna
Prof. Dr. Paraskev Stoyanov

Contact email: Rozalina.Braykova@mu-varna.bg

Social media: mu-vi.tv

38.HW157 - Mental health and Public Health

Date / theme: Thursday 19 May - No health without mental health
Time: 11h30 until 12h00 (GMT+03:00) Sofia (*organisers' local time*)
(please check your equivalent time zone [here!](#))
Event type: interview
Event format: In-person with live streaming
Description: An interview will be held with the Deputy Dean of the Faculty of Public Health at Medical University Varna for the European Public Health Week, focusing on the participation of MU Varna in this initiative, as well as the specific activities of the Faculty to improve mental health.
Hosting country: Bulgaria and Bulgaria
Specific location(s): <http://mu-vi.tv/Pages/HomePage.aspx>
Language(s): Bulgarian
Reach: Local
Organisers: Faculty of Public Health; Medical university of Varna;
For registration and further information please contact the event organisers directly:
Contact email: nataly_usheva@hotmail.com

39.HW179 - The invisible sights of conflicts

Date / theme: Thursday 19 May - No health without mental health
Time: 10h00 until 11h00 (GMT+02:00) Paris (*organisers' local time*)
(please check your equivalent time zone [here!](#))
Event type: Roundtable discussion
Event format: Online only
Description: We will discuss and compare the core of conflicts on a macro and micro level, comparing war conflict from Ukraine and personal conflicts between peers. Victims of conflicts are all involved in it. We will shed light on that.
Hosting country: Bulgaria
Specific location(s): Varna, Bulgaria, National High School of Humanities and Art
Language(s): Bulgarian
Reach: Local
For registration and further information please contact the event organisers directly:
Website: <https://www.mu-varna.bg/BG>

Contact email: silviya.p.nikolova@mu-varna.bg

Social media: Medical University Varna

40. HW213 - Be responsible! Live consciously!

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 14h00 until 15h30 (GMT+03:00) Sofia (*organisers' local time*)
(*please check your equivalent time zone [here!](#)*)
Event type: Lecture
Event format: In-person
Description: A discussion will be held among youth people between 14-19 years old regarding the prevention of AIDS and HIV and sexual transmitted diseases. Our team will try to answer to the challenge - sex and being health young person, to define the risk sexual behavior and the consequences of sexual transmitted diseases. Photos from the event will be published on facebook site of Medical University - Varna
Hosting country: Bulgaria
Specific location(s): Varna, School Konstantin Preslavsky, Conference hall
Language(s): Bulgarian
Reach: Local
Organisers: High School Konstantin Preslavsky; Varna, Bulgaria
For registration and further information please contact the event organisers directly:
Contact email: G.Petrova@mu-varna.bg
Contact info: nataly_usheva@hotmail.com

41. HW229 - Delayed motherhood - pregnancy myths after 40

Date / theme: Monday 16 May - A healthy and health literate youth
Time: 14h00 until 15h30 (GMT+03:00) Sofia (*organisers' local time*)
(*please check your equivalent time zone [here!](#)*)
Event type: Panel discussion
Event format: In-person
Description: A discussion among students aged 14-19 years old about risks and benefits in pregnancy after 40 years of age. The main focus is the need for clear definition of priorities and creation of skills for optimal combination of biological and social functions of adolescents in society. Photos from the event will be published on MU-Varna's website.
Hosting country: Bulgaria
Specific location(s): Varna, High school Konstantin Preslavski
Language(s): Bulgarian
Reach: Local

Organisers: Medical University of Varna, Faculty of Public health, Department of Nursing Care

For registration and further information please contact the event organisers directly:

Contact email: valadim@abv.bg

Contact info: nataly.usheva@gmail.com