



**MEDICAL UNIVERSITY**  
**“Prof. Dr. Paraskev Stoyanov” - VARNA**

# EUROPEAN MARITIME DAY

**FESTIVAL “SEA, HEALTH AND BEAUTY”**

**18th - 20th May 2017**  
**Varna**



*Supported by:*



# PROGRAMME

## 18<sup>th</sup> May 2017

**20:30 Disco Xtravaganzza**

### **“Miss and Mr. Medical University“**

Beauty Contest “Miss and Mr. Medical University” – a show of beauty, intellect and Bulgarian identity.

## 19<sup>th</sup> May 2017

**13:00 - 15:00**

**Boat trip** (will be carried out in favorable weather conditions)

**15:00 - 17:00 2<sup>nd</sup> and 3<sup>rd</sup> floor of MU-Varna**

### **Poster scientific session**

Presentation of innovative discoveries and long-standing research of lecturers and students from different medical universities related to the sea.

## 20<sup>th</sup> May 2017

**10:00 Hotel “Azalia”, “St. St. Constantine and Helena” Resort**

### **Thalassotherapy for face and body**

#### **“The Power of the Sea in Favor of Beauty”**

The sea brings joy not only to the soul, but also to the skin. Enjoy SPA procedures with seawater and cosmetic products with marine ingredients prepared by the students of MU-Varna especially for you.

**10:30**

### **Competition for hand-made objects and decorations made of marine materials**

The sea inspires! There are many writers, painters, poets, sculptures and artists who have dedicated their lives to the infinite blue sea. The workshop for creative people in the framework of the Festival will welcome anyone who wishes to make objects and ornaments from shells, mussels, seaweed and golden sand while the qualified jury will award the best creations.

**11:00**

### **Demonstration of water rescue in case of a sea accident**

The sea has its dangers. In order to feel in “safe waters” take part in the demonstration and learn from professional marine lifeguards the right techniques applied in case of danger at sea.

**12:00**

### **Diving**

Immerse deep down into the marine world and discover the beauty of the water flora and fauna. After the demonstration of the beginner divers you will be able to observe the measuring of their physiological indicators and the changes caused by deep diving under the meticulous control of experienced instructors.

**14:00**

### **First steps in aquatic sports (kayak)**

The sea provides many opportunities for extreme adventures. The participants will be given the chance to learn their first lessons in kayak from the best instructors in Varna.

**18:00-24:00 Museum of History of Medicine**

### **Night in the Museum of the History of Medicine**

Educational and entertainment programme.