

What to Expect

- Different outdoor activities for you to experience the Bulgarian nature.
- A very favourable climate with a warm summer and a snowy winter!
- Visits to events such as the Vazduharia paragliding festival and the famous Festival of the Roses.
- 4-week language course in Sofia, and seminars with other exchange students throughout the year.
- Placement with a host family somewhere in the country and a local host school for you to attend.

For more information about studying in Bulgaria for your YFU exchange, check out the 'Welcome to Bulgaria' page on our website: www.yfu.bg

If you want to find out more about life in Bulgaria, check out our blog at www.yfubulgaria.blogspot.com



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YFU Bulgaria Four Seasons Outdoor Program



Bulgaria's Four Seasons

Bulgaria has hot summers, cold, snowy winters, and four very distinct seasons.



In summer most of the country has average temperatures between 25-30°C (77-86°F). July is the best month to head to the Black Sea coast, as the temperature in the water tends to hover at around 24°C (75°F).

Winter in Bulgaria has average temperatures of around 0-5°C (32-41°F). The mountainous districts can get much colder, and Bulgaria has some famous winter sport destinations. The country has moderate snowfalls from November to March.

Autumn (/ esen)



- One- and two-day programs with the Bulgarian scouts, including mountains, lakes, caves and waterfalls.
- Experience the Vazduharia paragliding festival! Activities include aeromodelling, kite-flying, and 'slack line' walking.

Winter (/ zima)



- A trip to the beautiful Rila Mountains for a chance to ski and ice-skate.
- One- and two-day winter hiking tours.
- A visit to a mountaineering school to learn the basics of mountaineering and do some climbing.

Spring (/ prolet)



- A ropes course outside Sofia, including rope bridges, rope ladders and an artificial climbing wall.
- A mountain hike in Stara Planina.
- Attend the famous Rose Valley Festival in Kazanluk.

Summer (/ lyato)



- Spend a weekend visiting an eco-farm in a beautiful mountainous location, and assist on a project to help preserve indigenous Bulgarian breeds and agriculture.
- Horse-riding lessons.

Note: Activities are just examples, and may change during your exchange year.