



MEDICAL UNIVERSITY
"Prof. Dr. Paraskev Stoyanov"
VARNA

FACULTY OF PUBLIC HEALTH

Fifth Jubilee Festival „Sea and Health“

17- 18 May 2019, Varna



Topic: „Sport, Sea and Health“

Dedicated to „Varna European City of Sport 2019“

Supported by:



PROGRAMME

17 May

10:00 - 12:00

Intensive yachting course for beginners – theoretical training at the History of Medicine Museum

Yachting is one of the most ancient methods for water transport. Today it is accepted as a symbol of prestige and status. The sport yachting provides a chance to people from all ages to come closer to the magic and beauty of the sea, to maintain good health, physical fitness, to develop a sense of balance and team working.

11:00

Opening of an exhibition „Sport, sea and health“, Main entrance of the Sea garden

13:00 - 17:00

Intensive yachting course for beginners – practical training, Varna Port, Boat „Hygia“

Capturing the wind and mastering the ability of yacht navigation in the chosen direction is a challenge, requiring synchronization and hard work from everybody on board. The course will provide participants with basic knowledge for the structure and principles of yacht movement, meteorology, coastal navigation as well as skills for independent yacht navigation in calm waters.

14:00 - 15:00

Official opening of the Fifth Jubilee Festival „Sport, Sea and Health“, First auditorium MU-Varna

Scientific conference – plenary reports

Presentation of results from scientific research of academic staff and students from Medical Universities, revealing the association between sports, sea and health.

15:00 - 16:00 - First poster session

16:30 - 17:30 - Second poster session

**18 May, Hotel Azalia, St. St. Constantin and Helena Resort,
The Beach in front of the hotel**

10:00 - 10:30

Paneurythmy at the beach

Paneurythmy developed by the world renown Bulgarian philosopher Petar Danov provides a holistic approach to health. It is a system of gymnastic exercises that combine movement, speech, music, thought, and influence of the natural environment. The aim of the dance is to achieve harmony with Nature, God and the Universe. Paneurythmy is based on a philosophy that determines five universal principles - Love, Wisdom, Truth, Justice and Virtue, and enables the connection with light and subtle worlds.

10:00 - 16:00

Thalassotherapy for Face and Body

SPA procedures with sea water are the perfect way to combine the useful and the pleasant. The students from MU-Varna will take you over to a new world of relaxation, performing procedures with products prepared for you, which contain marine ingredients.

10:30 – 11:00

Healing and Preventive Gymnastics

The exercises included in the gymnastics programme have a healing and preventive effect. They build strong muscles, give you freedom in the movement of the spine, build proper posture, prevent new injuries and illnesses. Thanks to it you will regain your mobility and tone.

11:00 – 12:00

Relay games

Research proves that people who engage in sport have better results and higher achievements compared to all others. The students from the MU-Varna will prove that, measuring their swords and team work in interesting relay games.

11:30 – 14:30

A workshop for beautiful things

Sea inspires! Not one or two writers, artists, poets, sculptors, creators have dedicated their work on the endless blue sea. The workshop for creative people in the framework of the Festival “Sea and Health” will invite everybody who loves art to create his own object or piece of jewelry from shells, valves, seaweed, golden sand and other sea materials and a competent jury will reward the winners.

12:00 -12:30

Demonstration of Seaman's Knots

Seaman's knots vary in terms of their function, method of tying and appearance. Their skillful tying is a key requirement for seaman's mastership. The Captain of the University Yacht will reveal their refinements for all willing to learn.

12:30 – 13:30 - Lunch break

13:30 – 14:00

Water Gymnastics

The experts from the department of Physiotherapy will give a chance to everybody to try and feel the favorable effect of water gymnastics on their locomotory system, skeletal muscles and psycho-emotional tone.

13.30 - 14.30

Sports and entertaining games at the Beach

The most entertaining sports games will bring you unforgettable emotions. You will have the chance to play in teams, to train your speed and agility and enjoy with your friends.

14:30

Dancesport by the Sea

The dancesport with its colourfulness, energy and positivity brings a joy to everyone. Pleasant emotions and happiness, sports in the open - nothing better than health! When all this happens by the sea, fun is guaranteed.

15:30 – 16:00

Cleaning the beach in front of hotel “Azalia“

After the pleasant intensive activities on the beach we should make sure that we are leaving it clean!