

Saying Yes or Saying No?

There are many things typical for Bulgarian people that foreigners find strange and confusing some of the time. We all know it is fairly normal for different cultures to have some difficulties when they mix with one another. But still it is unavoidable for foreigners not to be surprised by the way Bulgarians nod their heads exactly the opposite way to the well accepted one all over the world. For example when people mean to say 'yes' they usually nod their heads up and down and when they want to express a 'no' the nod is horizontal. But Bulgarians do it the other way around! So, if you are in a situation when a local person is telling you 'yes' together with nodding his head horizontally do not be surprised. The trick is to listen carefully at what they are actually saying and ignore the nodding and its original meaning as otherwise the two actions will appear controversial to one another and will not make any sense to a foreigner.



This seems to be an easy lesson to learn and apply to all situations but it is not!

Another very peculiar thing about Bulgarians is that they project language structures from their own language into the English language as well.

The confusion comes when a foreigner hears a positive response to a negative sentence. Just to give you a few examples of typical Bulgarian response: 'yes, you are not', 'no, of course

it is', 'yes, it is not cold'. So, if such speech is accompanied by some nodding in our special Bulgarian way that will surely cause a major roll of misunderstandings.

Well, I am afraid I have to admit that there is no universal way of dealing with Bulgarian nodding and responding to negative or positive sentences. My only advice is: listen carefully and ask clarifying questions before you jump to any conclusions!

Promoting Competitive Yoga

Bulgaria is one of the first European countries to promote competitive yoga. For the last ten years an international yoga festival has been held with great success. In this year's event the oldest participant was aged 78 and played together with his great grandson, aged 13. Those taking part in the competition ranged from famous people (a popular TV program anchor) to little children. The participants measured skill, strength, grace and poise, and at the same time their performances were a pleasure to watch. The contest took place under the patronage of the Sports Minister of Bulgaria and provoked substantial interest in the media and audience. The government has granted the Bulgarian Yoga Federation a budget that totals 5.000 levs for year

2005. That is far from enough for the promotion of competitive yoga around the world but contestants believe that with grace and poise in every pose they can make people see yoga not only as a way of life but a graceful sport too.



Bulgarian Useful Words and Phrases

- Do you speak English?
- I don't understand!
- I don't speak Bulgarian.
- What's your name?
- Hello!
- How are you?
- What time is it?
- Sorry?
- Good! /OK! /All right!
- Yes/No
- Can I have.../I would like...
- How much?
- I'm sorry!
- Good morning!
- Goodbye!
- Bye, bye!
- Thank you!
- Govorite li Angliiski
- Ne rezbiram!
- Ne govorya Balgarski.
- Kak se kazvash?
- Zdrave!
- Kak si?
- Kolko e chasa?
- Molya?
- Dobre! /OK!
- Da/Ne
- Mozhe li.../Iskam...
- Kolko struva?
- Izvinete!
- Dobro Ytro!
- Dovizhnete!
- Chao!
- Blagodarya! /Mersi!

The Bulgarian Alphabet

The first Bulgarian alphabet was called the Glagolitsa. It was created by Cyril and Methodius, two brothers who were Bulgarian monks. After 885 their followers brought it into the country. It was the alphabet that made it possible for Bulgaria to get rid of the Greek spiritual dependence.

А а	a (as in cat)
Б б	b (as in bus)
В в	v (as in very)
Г г	g (as in good)
Д д	d (as in dog)
Е е	e (as in egg)
Ж ж	zh (like's leisure)
З з	z (as in zoo)
И и	i (as in instant)
Й й	y (as in young)
К к	k (as in kick)

Л л	l (as in love)
М м	m (as in marry)
Н н	n (as in no)
О о	o (as in hot)
П п	p (as in pot)
Р р	r (as in red)
С с	s (as in sit)
Т т	t (as in tree)
У у	y (as in yule)
Ф ф	f (as in foot)
Х х	x (like "ch" in Bach)
Ц ц	ts (as in puts)
Ч ч	ch (as in check)
Ш ш	sh (as in shut)
Щ щ	sht (like "shed" in pushed)
Ъ ъ	u (as in but)
Ь ь	(consonant softening sound)
Ю ю	yu (as in you)
Я я	ya (as in yank)