

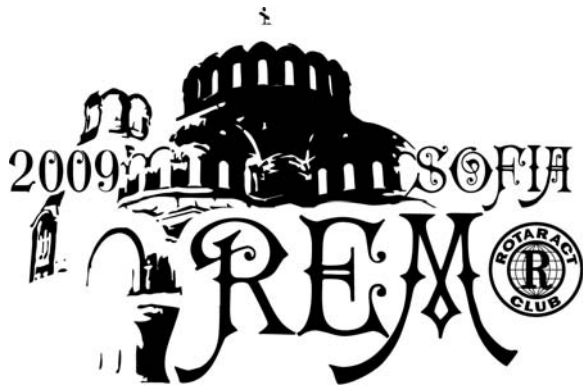
Rotaract European Meeting

Sofia, Bulgaria

1 4 October 2009



HANDBOOK



REM SOFIA 2009

Rotaract European Meeting
Sofia, Bulgaria
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WELCOME LETTER

on behalf of the organizing committee for REM Sofia 2009

Honorable friends of Rotaract,

On behalf of District 2482 – Bulgaria and all Rotaract clubs in Sofia we welcome you with a warm and friendly “Dobre Doshli” (Welcome) in our city – the capital of the Republic of Bulgaria.

It is of high honor for us and at the same time we are pleased to be your hosts and together to be able to enjoy the great moments that the organizational committee has prepared for you.

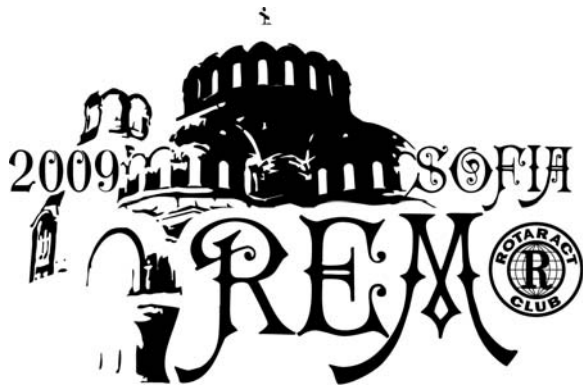
We hope that REM Sofia 2009 will leave you with unforgettable memories about the famous Bulgarian hospitality, our deep friendship and about our beautiful capital – Sofia.

May this event prove once again the unique strength and great embracement of our friendship and ability to work together for a better world, united by the mutual cherishing of the Rotarian ideas, principles and values.

We wish you a pleasant stay and unforgettable moments with many new friends!

Yours,
adv. Geno Andreev – District Rotaract Representative 2009 2010 –
District 2482 – Bulgaria

arch. Jordan Terziyski – Representative of Bulgaria in ERIC



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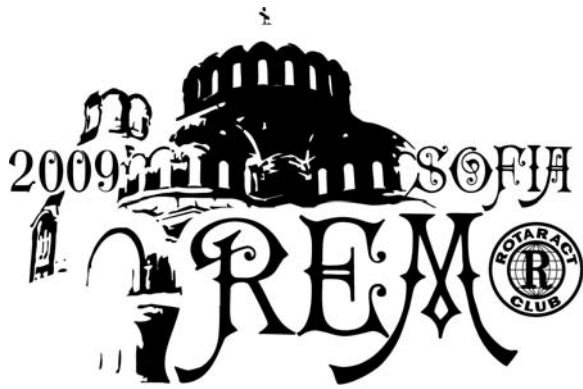
PROGRAM

Thursday, 01.10.2009

Time	Activity	Venue	Participants
08:00 20:00	Hotel check in	H I "Tzarsko Selo"	Rotaract Europe (E.R.I.C) Foreign Rotaractors
20:30 23:00	Dinner	Pizzeria "Victoria" at H I "Tzarsko Selo"	

Friday, 02.10.2009

Time	Activity	Venue	Participants
08:00 20:00	Hotel check in	H I "Tzarsko Selo"	Foreign Rotaractors
07:00 09:30	Breakfast	H I "Tzarsko Selo"	Rotaract Europe (E.R.I.C) Foreign Rotaractors
10:00 10:30	Transportation (buses)	H I "Tzarsko Selo"	
10:30 13:00	Sofia tour guide	City center	
13:30 14:30	Lunch		
14:30 15:00	Transportation (buses)	City center	
15:00 18:30	SPA procedures	H I "Tzarsko Selo"	
20:00 20:30	Transportation (buses)	H I "Tzarsko Selo"	
20:30 ...	Dinner and party	R t "Veseloto selo"	Rotaract Europe (E.R.I.C) Foreign Rotaractors



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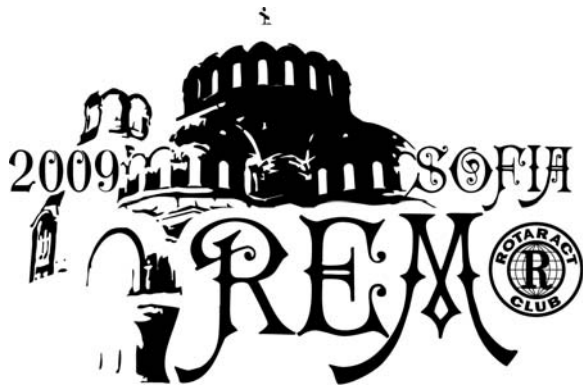
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Saturday, 03.10.2009

Time	Activity	Venue	Participants
07:00 09:30	Breakfast	h I "Tzarsko Selo"	Rotaract Europe (E.R.I.C) Foreign Rotaractors
10:00 16:00	Conference program	Residence "Boyana"	Rotaract Europe (E.R.I.C)
10:00 11:15	Plenary sessions		
11:15 11:30	Coffee pause		
11:30 13:00	Plenary sessions		
13:00 14:00	Lunch		
14:00 16:00	Workshop		
10:00 19:30	Free time		Foreign Rotaractors
Only for the ones arrived on Friday*:			
10:00 10:30	Transportation (buses)	h I "Tzarsko Selo"	Foreign Rotaractors
10:30 13:00	Sofia tour guide	City center	
13:30 14:30	Lunch		
14:30 15:00	Transportation (buses)	City center	
15:00 18:30	SPA procedures	h I "Tzarsko Selo"	
20:00 20:30	Transportation (buses)	h I "Tzarsko Selo"	Rotaract Europe (E.R.I.C) Foreign Rotaractors
20:30 23:00	Gala dinner	Residence "Boyana"	Rotaract Europe (E.R.I.C)
23:30 ...	Party	Residence "Boyana"	Foreign Rotaractors Bulgarian Rotaractors

Sunday, 04.10.2009

Time	Activity	Venue	Participants
07:00 – 09:30	Breakfast	h I "Tzarsko Selo"	Rotaract Europe (E.R.I.C) Foreign Rotaractors
BON VOYAJE! (Check out & Departure of participants)			



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WORKSHOPS

This weeks REM in Sofia offers you interesting workshops.

To give you a chance to select and prepare for the workshops,
here is a brief introduction on both topics:

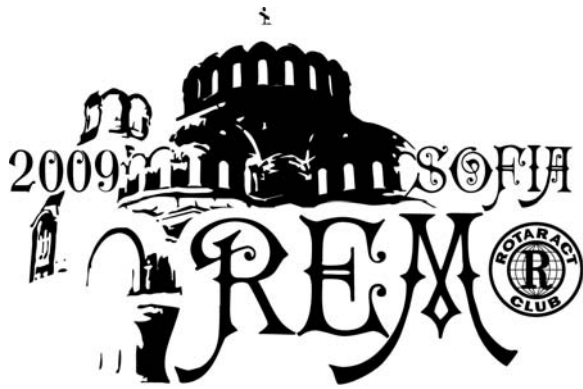
SchelterBox:

Being an official Global Rotary Club Project, ShelterBox is an international disaster relief charity that delivers emergency shelter, warmth and dignity to people affected by disaster worldwide. We instantly respond to earthquake, volcano, flood, hurricane, cyclone, tsunami or conflict by delivering boxes of aid. Each box supplies an extended family of up to 10 people with a tent and lifesaving equipment to use while they are displaced or homeless.

If you want to learn more about ShelterBox and about how you can get involved, we will be happy to welcome you at the ShelterBox workshop.

Rotaract EuCo 2020 – A vision for our EuCo:

Will the EuCo in 2020 be the same like today? Is there something to be change? What are the wishes of the participants? Can we increase the networking and the output of international service projects? We would like to discuss also other issues with participants of the past EuCos and evaluate them. See you at the workshop.



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SOFIA CITY

Information about Sofia

* Culture and education

16 universities
15 theatres
15 museums
50 galleries
over 20 cinemas and 4 large cinema centers

Over 200 religious monuments and centers, including Christian churches, Islam mosques, Synagogues, Buddhist temples.

* Sports

7 stadiums (including 50 000 seated National Stadium)
10 sport halls
15 sport centers
7 football teams, 5 volleyball teams

* What you have to see in Sofia (some places of special interest)

National palace of culture (NDK) the largest multifunctional complex in Southeastern Europe

Boyana Church a 10th century Orthodox church, part of The UNESCO Cultural Heritage List situated on the outskirts of Sofia

St. Aleksander Nevsky Cathedral one of the largest Eastern Orthodox cathedrals in the world

Bulgarian National Historical Museum notable by its world famous collection of Thracian gold

The Sofia University oldest university in Bulgaria, established in 1888, built on 18 624 sq. mi. surface, with 20 faculties and over 80 specialties

The Ivan Vazov National Theatre remarkable Neoclassic building

National Library keeping remarkable collection of ancient and modern book and document fund from most of the world cultures; one of the richest funds in the world.

The Church of Sv. Georgi it is among the oldest Christian temples in the Balkan peninsula dating back to 4th century

The unique central outdoor book market on Slaveykov Square

Sofia Mineral Springs a construction of fountains in the center of the city with natural hot mineral water.

Central Military club remarkable Neoclassic building with 4 ball halls

Borisova gradina Sofia's main and oldest garden, constructed in 1884

The Royal Palace of The Third Bulgarian Kingdom

Sofia South Park larges park in Sofia

The Sofia lake "Ariana"

Statue of St. Sophia 25 m. golden bronze statue of the patron of the city

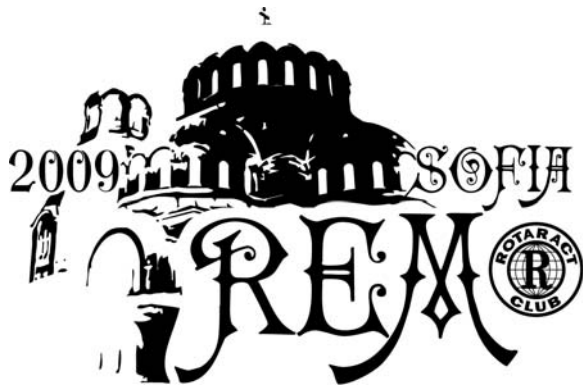
The Monument of the Tsar Liberator

National Stadium "Vassil Levksi"

Student campus (Studentski grad) largest place of nightlife in Sofia with more than 100 nightclubs, disco's, restaurants, cafeterias.

Vitosha boulevard the city's central boulevard (largo)

The Sofia yellow pavement one of Sofia's symbols, unique yellow pavement in the administrative center of the city – more than 100 years old.



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* Sofia in facts and figures:

Location

Western Bulgaria,
42°42'N 23°20'E
situated 550 m (1,804 ft) above sea level
Surface Area (city) 1,349 km²

Time

East European time : EET (UTC+2)
Summer (DST) EEST (UTC+3)

Climate and Weather

Continental climate
Average summer temperature: 25° C
Average winter temperature: 1° C

Population (2007 07 01)

City ▲ 1,270,010
Density 1,030/km² (2,667.7/sq mi)
Metro 1,386,702

* Transportation in Sofia

Sofia has very developed public transport, including tramways, trolleybuses, busses, multiply taxis, subway, taxis. Tramways No 1 and 7 are passing through the center of the city, also trolleybuses No 1, 2, 7, 9. The subway line leads from the center to one of its suburbs and back. For every public transport in the city, you'll need ticket ("bilet" in Bulgarian), which can be bought in any kiosk or newsagent (price: €0.50 / 1.00 lev). Warning: Control in public transport is very strict and the fine is 10 100 times greater than the sum of 1 ticket!

* Where can I buy...

Practically in Sofia, you can buy whatever you want, because prices are pretty much acceptable and quantity is high. Most expensive place in the city is "Vitosha" boulevard, where are located boutiques and shops of most of the world brands. Other similar streets are "Alabin" and "Graf Ignatiev", near "Vitosha".

Also in Sofia are located three 5 floor malls Sofia City Center, Mall of Sofia and TZUM. Markets on streets in the east part of the city are cheaper. Large markets, some kiosks on main streets and most of pharmacies are working on weekends and even 24/7.

Food and drinks, also with very good quantity and great variety of products are sold in many places in the center of the city and around, in small markets or in large supermarkets. The hygienic control of foods and drinks is strict, so you always get fresh products and don't have to feel uncomfortable of buying ice cream, drinks or related from a stall on the street. You can buy alcohol and cigarettes in mentioned markets, also in specialized kiosks.

* Restaurants & cafes

Eating in a restaurant or having coffee is something usual in Sofia, because the city provides one of the cheapest prices in the EU, even in its top center. Products are always fresh and well cooked. Restaurants usually can offer you traditional Bulgarian food, European, exotic dishes (Lebanese, Chinese, Turkish, Arab, etc.), number of good pizzerias, large and small cafeterias in every part of the city with absolutely acceptable prices. Alcohol in bars, disco's, restaurants, etc is also not expensive. In Bulgaria the quantity of small alcohol drink is 50ml, 100ml for large, small beer is 330 – 500 ml, 1l for large.



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* Night clubs and disco

With its remarkable number of night clubs, discos, party places on acceptable prices, Sofia is one of the most vivid cities in Europe. Most night clubs in Sofia work Wednesday to Saturday, starting around 7 p.m. and finishing 4 5 a.m. The most popular places of nightlife are in the center of the city and in the student's campus (called "Studentski grad" in Bulgarian). The student campus is one of the main places of nightlife in Sofia with more than 100 nightclubs, disco's, restaurants, cafeterias (most of them working 24/7) for each taste and expectations. Usually an average entrance price for a party in a disco club is around 5.00 10.00 levas (€2.5 5.00), except for special parties with guest star (prices between 15.00 50.00 leva/ €7.00 – 25.00). Consummation is not included in the price. Some of the discos and clubs did not require from their clients entrance. Control in disco's is very strict, so you will probably be kindly asked to be checked for dangerous and prohibited supplies and items.

* Be careful with...

Here are some warnings in order to avoid unexpected worries:

Be careful when using a taxi! Average prices per kilometers start at €0.35. Highly recommended is to take "OK Supertrans" or "1 Euro taxi" (Taxi telephone numbers +359 2 9732121 and +359 2 9622226). Always watch the sticker on the front glass, where the price is written and do not worry to ask the driver if the total price looks much to you.

Be careful when using public transport. Always keep your bag and precious things close and buy a ticket the control is really strict and as in every big international city pickpockets are available!

Be careful with the homeless dogs!

Be careful when changing money. Do not change money on the street, no matter how good the rate exchange looks to you. Always look at the fixing rate table in front of the change bureau for the daily rate and inside, before giving money. Highly recommended is to change money in banks and in large change offices. DO NOT CHANGE MONEY ON A VIEW OF "DIFFERENCE IN PERCENTAGE" in the fixing on the fixing rate table.

Be careful when paying check in cafeterias, restaurants, disco's, and clubs, also for entrance in disco club. Always ask for the check voucher and calculate your total. Every waiter and bartender is obliged to give you the check voucher!!!!

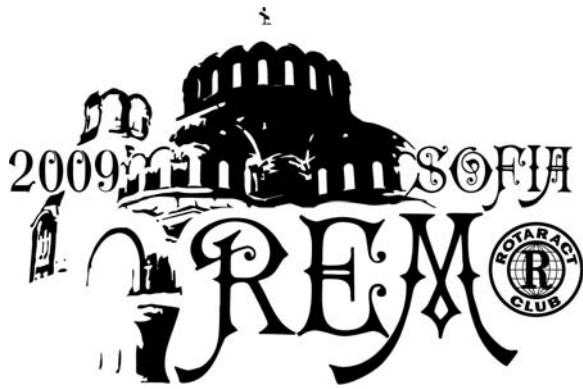
Be careful when ordering concentrate alcohol drinks and cocktails. Highly recommended is to order popular brands, cocktails or expensive Bulgarian beverages.

Be careful from pickpockets on the streets and in transport! Keep your things close!

Be careful when crossing the street, much of the drivers do not respect traffic lights and pedestrian cross line! Cross ONLY on pedestrian lanes and on GREEN LIGHT TRAFFIC LIGHTS for pedestrians. If available use subways.

* Going to... not a good idea.

Actually, Sofia is usually quite and peaceful, with strict police control, but you have to be careful when going out alone or walking by night all alone. Take a friend or someone from the REM SOFIA 2009 organizers with you in company is always much more fun. WALK ALWAYS BY 2 IF YOU ARE NOT LOCAL! Going on a sight seeing alone is not such a good idea, because the city has many



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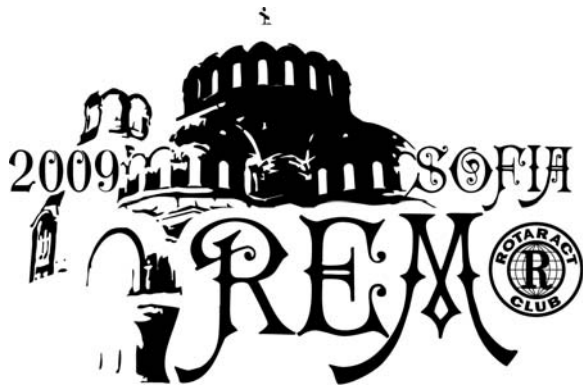
suburbs and small streets and you might get lost very easy. Not a good idea is going alone in the deep parts of the large gardens and parks by night because of thefts or other worries. If you get lost, ask for the direction in markets, cafeterias, shops. DO NOT STOP PASSING STRANGERS! CHECK YOUR INFO TWICE! CALL REM SOFIA 2009 FOUNDATION FOR ASSISTANCE!

* Calculate your expenses:

(average prices, depends on place)

Item	Bulgarian Lev		European Euro	
1 beer, Bulgarian, 500ml	4.00		2.00	
1 beer, foreign, 500ml	5.00	10.00	2.50	5.00
1 box of cigarettes	3.00	6.00	1.50	3.00
1 glass alcohol, 50 ml. (vodka, whiskey, etc.)	3.00	10.00	1.50	5.00
Energy drinks	4.00	8.00	2.00	7.50
Coffee, tea	0.50	2.00	0.25	1.00
Non alcoholic drinks, juices	1.00	3.00	0,50	1.50
Salad (in restaurant, pizzeria, etc.)	2.00	10.00	1.00	5.00
Pizza (in pizzerias)	3.00	12.00	1.50	6.00
Barbeque dish (for one portion)	5.00	10.00	2.00	5.00
Disco club entrance*	5.00	10.00	2.50	5.00
Disco club entrance (guest star parties)	15.00	50.00	7.00	25.00
Taxi (per kilometer)	0.70		0.35	
Ticket for all types of public transport	1.00		0.50	
Tickets for theatre, gallery	10.00	15.00	5.00	7.00
Tickets for cinema	5.00	10.00	2.50	5.00

*Some of the discos and clubs do not require from their clients entrance.



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BULGARIA

❖ Facts & figures

Official language: Bulgarian
Official alphabet: Cyrillic
Anthem: Mila Rodino (My Dear Homeland)
Government: Parliamentary republic
(elected every four years)
Area: 110,910 km²

Population: 2008 estimate 7 642 882
Time zone: East European time, EET (UTC+2)
/Summer (DST) EEST (UTC+3)/
Currency: Lev (BGN), Bulgarian lev
Calling code: +359
Internet TLD: .bg

❖ Where is Bulgaria?

Bulgaria is one of the oldest states in Europe, located in Southeastern Europe, bordering five other countries: Romania to the north (mostly along the Danube), Serbia and the Republic of Macedonia to the west; Greece and Turkey to the south. The Black Sea defines the extent of the country to the east.

Bulgaria comprises the classical regions of Moesia, Thrace, and Macedonia. Old European culture in the region started to produce golden artifacts by the fifth millennium BC.

Through Bulgaria runs the meridian number 22.

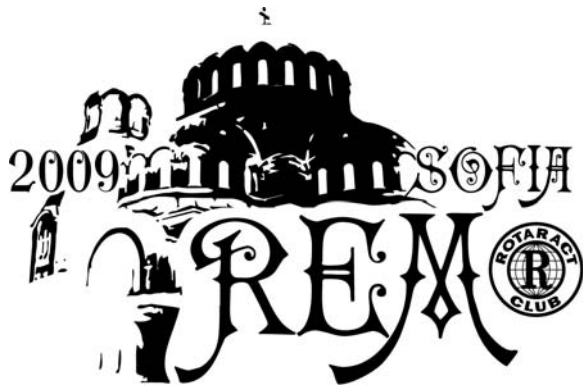
❖ Why is it called "Bulgaria"?

The name "Bulgaria" comes from the name of the first tribe, Bulgar (also known as Proto Bulgarians), established the state, coming from South Eastern Europe and Central Asia areas in 680-681 A.D.

Before the establishment of Bulgaria (681 A.D.) there were another couple of Bulgarian states East from nowadays Bulgaria and one Great Bulgarian state. Because of the emerging population and economic prosperity of Great Bulgaria the ruler of it Kan Kubrat told his sons to take there people and find other territories where to establish the next Bulgarian states, but as the legend says while talking to them he ordered them to stay together. The idea was that if they aren't united they are like one branch of wood easy to brake, but if they are together as a bundle of branches, than the bundle cannot be broken.

❖ Nature of Bulgaria

Proud with its remarkable nature, Bulgaria is the homeland of the rose water, component, used in the perfume industry all over the world. Bulgaria occupies a relatively middle size area 111 000 sq. km, but is nevertheless distinguished by and blessed with generous and varied nature a sea with a 380 km. long coastal strip and golden beaches, one of the top tourist destinations in Europe, with more than 70 tourist villages, cities and holiday complexes. Also Bulgaria is popular as an excellent skiing resort, Bulgaria has 16 mountains with their own characteristic features and excellent conditions for winter sport. On its territory, the country has shelters, valleys and high



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plateaus, over 550 curative mineral springs, dozen of unique natural phenomena and 2000 thrilling caves, a healthy climate and diverse flora and fauna.

In Bulgaria is the highest mountain top on the Balkan peninsula – Musala peak (2925 m).

❖ History of Bulgaria

Founded in 681 A.D. by Khan Asparuh (Khan = Bulgarian version of King before the spread of the new title Tzar), Bulgaria has very rich history divided into three Bulgarian kingdoms (two times Bulgaria was an empire). Bulgarians are part of the Slavic world in Europe, inheritors of Slavs, Thracians and Proto Bulgarians (coming from Central Asia area).

Bulgaria embraced Christianity (Orthodox) during the First Kingdom, in 864 A.D. at the time of Boris the 1st. During the 1328 years Bulgaria has been under rule twice – once by The Byzantine Empire and once by the Ottoman Empire. After ending the Ottoman rule during the Russian Turk war 1876 1878, Bulgaria was re established as a constitutional monarchy in 1878, with the Treaty of San Stefano marking the birth of the Third Bulgarian Kingdom. After World War II, Bulgaria became a communist state and part of the Eastern Bloc, but did not accept the idea to become part of the USSR. In 1990, after the Revolutions of 1989, Bulgaria transitioned to democracy.

Currently, Bulgaria has a parliamentary democracy under a unitary constitutional republic. A member of the European Union since 2007 and NATO since 2004, it has a population of approximately 7.7 million, with Sofia as its capital and largest city.

Bulgaria is looking forward on becoming a regional centre and guarantee for security and stability.

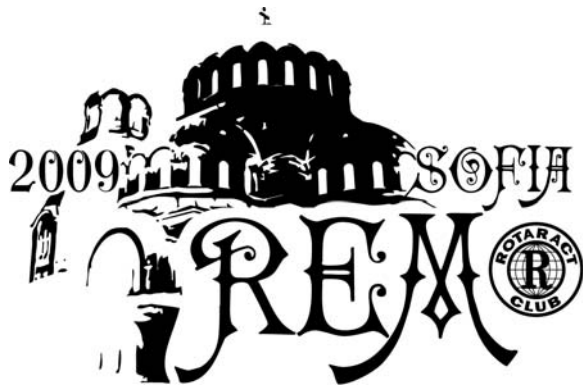
❖ Traditions of Bulgaria

The official religion in Bulgaria is East Orthodox, but many traces from the typical Bulgarian folklore and from a cultural heritage for centuries, including ancient period, Roman, Byzantine, Ottoman empires, Thracian and Proto Bulgarian cultures still remain.

The country is the homeland of the Cyrillic alphabet, now used by more than 300 million people in more than 20 states. Bulgaria is popular with its unique music folklore, remarkable songs and melodies, played only here (most popular Bulgarian folklore singers in the world are “The mystery of Bulgarian voices”).

Pure and typical tradition can also be seen in the huge number of churches and monasteries in the country – remarkable constructions, icons, iconostases, some of them dated back in the dawn of Christianity.

Unique Bulgarian culture includes traditions in ceramics, carpet making and remarkable cuisine. Something significant for Bulgaria is keeping an old ritual from the Pre Christianity period celebrating the coming of the spring on 1st of March with the so called “martenitza” traditional white and red cotton made ornament, given to every person and living soul for health and luck.



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❖ There are nine Bulgarian wonders, protected by UNESCO (World Heritage List):

Rila monastery	Thracian tomb of Sveshtari
Boyana church	Madara rider
Rock hewn churches of Ivanovo	Town of Nessebar
Thracian tomb of Kazanluk	The biosphere reserve "Sreburna"
	Natural reserve "Pirin"

❖ Bulgaria and its culture

Nevertheless of its remarkable folklore, Bulgaria has strong traditions in modern and nowadays culture with theaters, galleries and museums in almost every city and town on its territory. Some of the faces of Bulgarian culture are its world popular opera singers and classic musicians, artists and writers (Raina Kabaivanska, Nikola Giusselev, Vassko Vassilev). World pop musicians are Liucy Diakovska ("No angels" group), Elitza Todorova and Stoyan Yankulov (5 th place at "Eurovision" song contest 2007)

Museums: 22 000	Universities: 54
Museum exhibits: 5,766,707	Cinemas: 50
Number of libraries: 50	Theaters: 55

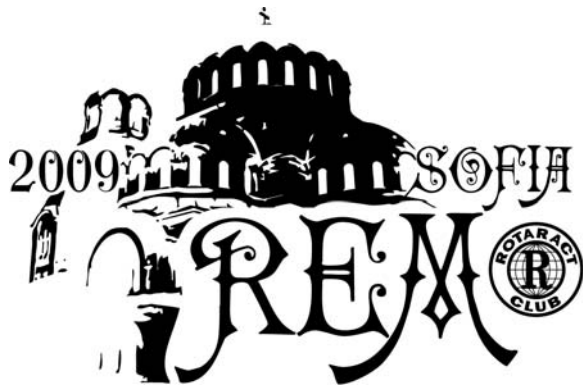
❖ Bulgaria on the sports arena

Bulgaria has strong sport traditions in many sports. Its popular schools for wrestling, gymnastics, athletics, soccer, volleyball, ice skating, chess won many golden medals and prestigious world championships two times world champion in ice skating, world champions in chess (both men and women and youth), absolute world champions in athletics, gymnastics, European champions in volleyball. Some of the world's most popular soccer players are also Bulgarians Georgi Asparuhov Gundi, Hristo Stoichkov, Dimitar Berbatov, Stilian Petrov, Martin Petrov. The 2 fastest women on the planet are Bulgarians Ivet Lalova and Tezdhan Naimova. Bulgarian youngsters always win top prizes and medals at international math, computer and informatics olympics and competitions.

70 sport halls and complexes; 120 sport teams; more than 35 football stadiums

❖ Bulgarian food and drinks

Bulgaria is really notable for its cuisine and great drinks. A homeland of the yogurt ("kiselo mliako" in Bulgarian) exporting large quantities for Japan, the country has more than 50 sorts of red and white wine and brandy (so called "rakia"), nearly 15 sorts of beer, exporting for all Europe. Typical Bulgarian cuisine includes wonderful bread, many types of salads, including the so called Bulgarian cold soup "tarator" (yogurt, cucumber, water), minced and barbeque meals, different types of dishes as "giuvetch" (baked meal mixed with vegetables), "musaka" (baked minced meal, mixed with potatoes and eggs), "kapama" (mixture of meals), "shkembe chorba" (tripe soup), etc.



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❖ You use it every day Bulgarians invented it or discovered it!

Some of the things, very much used in the modern world own their existence on the progressive mind of Bulgarians, such as the first computer, the Parkinson vaccine, the electronic watch, also the first motorized airplane with third wing, the most distanced planet (5000 light years from the sun) was discovered by a Bulgarian. The Proto Bulgarian calendar is recognized by UNESCO as most précised in the world. Also Bulgarian citizens invented the air bags in automobiles and they first used airplanes for armed combat by dropping bombs from them. Bulgarians have been responsible for the "one little step" on the moon by inventing technologies and techniques that paved the way to a successful conquering of the Moon. Also in the last 10 years some archives from international institutions shed light on the fact that the 1st conception for a "world governmental organization for peace and harmony" (the UN today) has been proposed by the Bulgarian Nikola Dymkoff in 1916 1917.

❖ Things you must see in Bulgaria!

The nine UNESCO protected objects
Bulgarian seaside amazing place for resting summer holiday and rich night life
Bulgarian skiing resorts in Bansko, Borovetz, Pamporovo, Vitosha mountain
Rhodopa mountain massif with its remarkable waterfalls and deep caves
Seven Rila lakes
2608 long Magura cave
The rock massif of Belogradchik
The city of Veliko Turnovo, capitol of the Second Bulgarian Kingdom with the unique Tzarevetz hill
The old city of Plovdiv
The old cities of Nessebar and Sozopol at the seaside and Koprivshtitza in the mountain
The incredible Thracian complexes in the Kazanluk Valley (also, the tomb of Orpheus)

❖ Bulgaria and the world!

Nevertheless Bulgaria has a young democracy, the country was always a part of the world movement. Part of the European Union since 2007 and of NATO since 2004, Bulgaria is member of the United Nations since 1955, also member of OSCE and chaired it in 2004, member of Black Sea Corporation (BSC), participates in the International Development Cooperation.

EMERGENCY

If you have any questions or problems, you can contact us at:

Jordan Terziyski 00359 895060666

Radena Dragieva 00359 889635240

The official taxi company of REM Sofia 2009 is called Taxi S Ekspres () and its phone number is 00359291280.

Be carefull, because there are fake taxis at the airport. The normal price from the airport to the hotel is no more than 6 euro (12 leva).

In case of any emergency dial 112 wherever you are!

In case of any health problems you could contact our friend Dr. Emil Atanasov +359 887714883 who will help you to find the appropriate medical assistance.