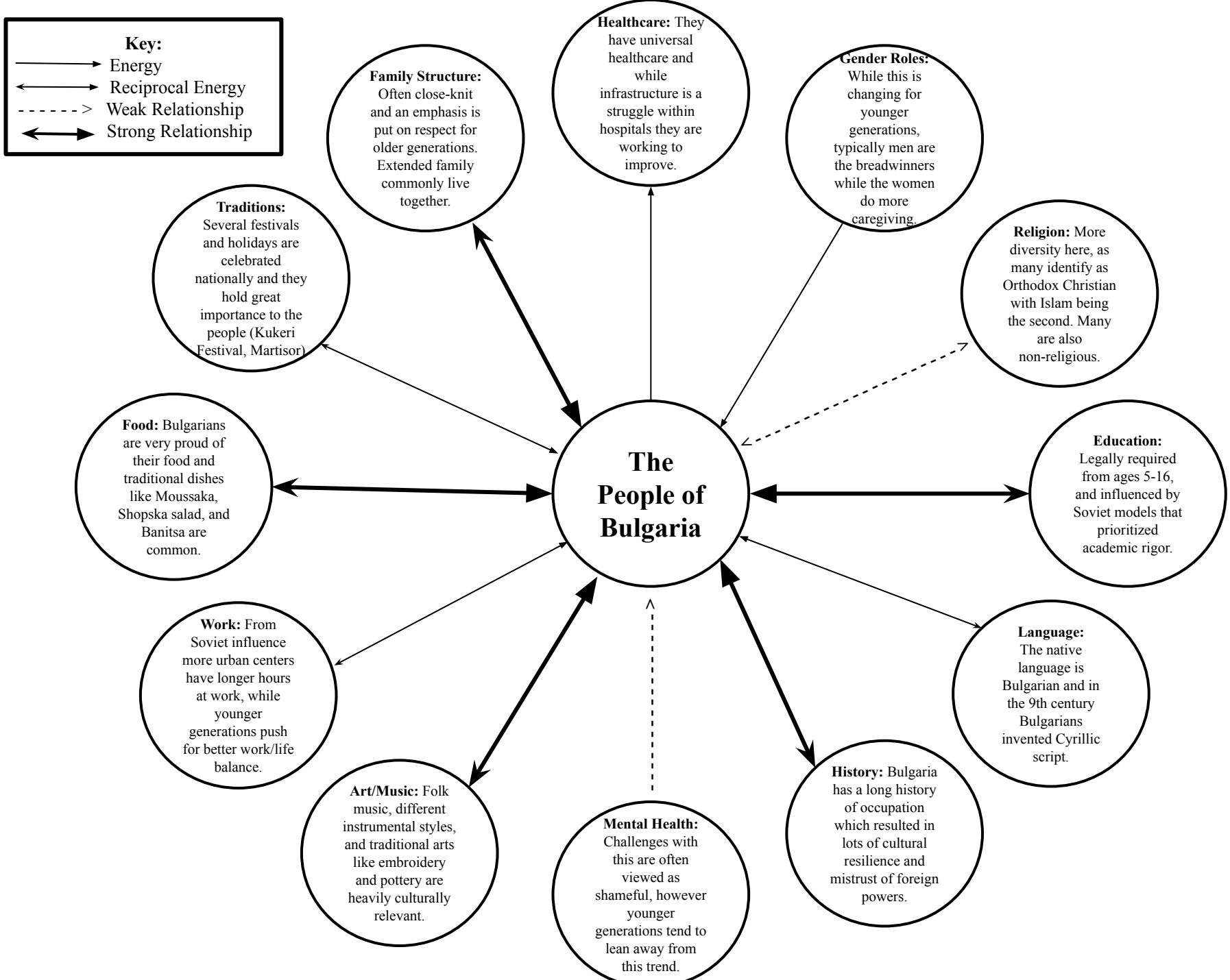
Key:
Energy
Reciprocal Energy
Weak Relationship
Strong Relationship
The People of Bulgaria
Healthcare: They have universal healthcare and while infrastructure is a struggle within hospitals they are working to improve.
Family Structure: Often close-knit and an emphasis is put on respect for older generations. Extended family commonly live together.
Gender Roles: While this is changing for younger generations, typically men are the breadwinners while the women do more caregiving.
Traditions: Several festivals and holidays are celebrated nationally and they hold great importance to the people (Kukeri Festival, Martisor)
Religion: More diversity here, as many identify as Orthodox Christian with Islam being the second. Many are also non-religious.
Food: Bulgarians are very proud of their food and traditional dishes like Moussaka, Shopska salad, and Banitsa are common.
Education: Legally required from ages 5-16, and influenced by Soviet models that prioritized academic rigor.
Work: From Soviet influence more urban centers have longer hours at work, while younger generations push for better work/life balance.
Language: The native language is Bulgarian and in the 9th century Bulgarians invented Cyrillic script.
Art/Music: Folk music, different instrumental styles, and traditional arts like embroidery and pottery are heavily culturally relevant.
Mental Health: Challenges with this are often viewed as shameful, however younger generations tend to lean away from this trend.
History: Bulgaria has a long history of occupation which resulted in lots of cultural resilience and mistrust of foreign powers.