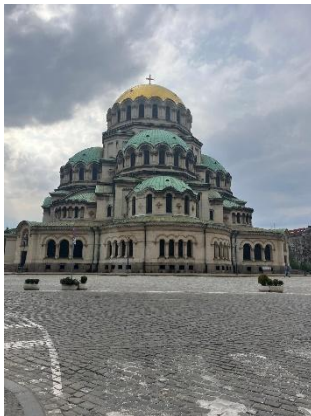


**Feedback on my travelling seminar at the New Bulgarian University in Sofia, Bulgaria**



In April 2026, I had the incredible opportunity to be selected to participate in a travelling seminar entitled Democracy, Human Rights and Sustainable Transformation of Corporate Governance in Europe, organized by the New Bulgarian University (NBU) in Sofia, Bulgaria, a city and a country I had never had the chance to visit before. Over several days, I was immersed in the Bulgarian capital, where I enthusiastically discovered a new university, new monuments, a new culture, a new cuisine, a new language, as well as a new writing system with an alphabet that was previously unfamiliar to me.

I would like to sincerely thank all the organizers who made it possible for me to take part in this unique project, which taught me a lot about democracy, human rights, and the sustainable transformation of corporate governance in Europe, as well as about Bulgaria and the European gem that Sofia represents.



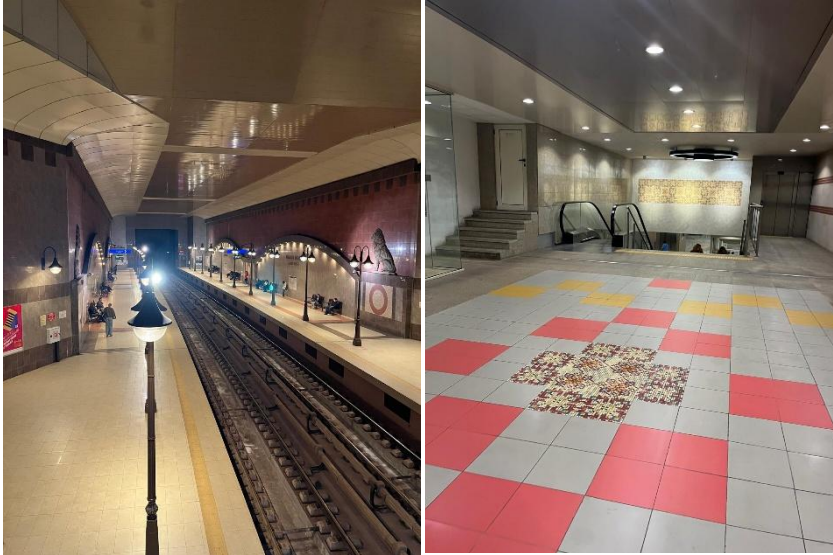
The main purpose of this trip was to study at the New Bulgarian University, where we participated in an academic exchange for three days. Each day, we attended highly enriching lectures delivered by inspiring speakers such as Svetla Kacharova, Silvia Tsoneva, and Virginius Bite. They introduced us to topics such as democratic safeguards in state-owned enterprise governance, regulatory firewalls, and the public interest dimension of SOEs. We also explored the protection of human rights in the corporate sphere, highlighting how the case law of the European Court of Human Rights protects companies, shareholders, and managers against excessive state interference, as well as the concept of steward ownership. These were fascinating topics that represent a real added value to my Master's degree in European and International Business Law.



In Sofia, the weather was unfortunately not always favorable. Much like in Vilnius, despite it being spring and already well into April, temperatures were low and it rained quite a lot. I would therefore recommend bringing an umbrella and a warm coat when visiting Sofia, as the weather can be misleading and an April day can sometimes feel more like November or even December. Nevertheless, despite the unpredictable weather, the city was covered in beautiful multicolored flowers that brightened the landscape and still gave a sense of spring.



I was truly delighted to discover Bulgarian culture through paintings, traditional clothing, and local shops, which may appear discreet at first glance but are deeply rooted in Bulgarian heritage.



One aspect I particularly appreciated in Sofia was its transport network, which includes trams, metro lines, buses, and numerous taxis. This made it easy and affordable for me to travel across the city. What struck me the most was the cleanliness and the sense of safety in public transportation.

However, it is important to note that buses can sometimes take a while to arrive, and there may be long intervals between services. As a result, travel times can occasionally be longer than expected.



During our trip, we visited several sites, including the Boyana Church and the National Museum, where we learned more about Bulgaria's rich and ancient history. In particular, I discovered more about one of the oldest cities in Europe, Plovdiv, which dates back to around 6000 BC and is located not far from Sofia. We were also able to observe the ancient Bulgarian alphabet.



The museum also offered a stunning view of a beautiful forest and the nearby Vitosha mountain range, located close to Sofia.



In conclusion, this travelling seminar was an incredibly enriching experience, both academically and personally. I would once again like to express my sincere gratitude to the institutions and professionals who made this exchange possible. It allowed me to discover a country that truly became a favorite of mine, and one that I would highly recommend visiting. Sofia is an affordable city that remains largely underrated. I would like to end this report with a beautiful image, reflecting my journey: the Vitosha mountain range, which I was able to admire from my airplane window upon arrival, illuminated by the soft twilight light that gently touched its still snow-covered peaks.