

E-NEWSLETTER ISSUE 10 • DECEMBER 2025

THE WRESTLER AS ROLE-MODEL, THE DANCER AS HEALER

Official Newsletter of the Bulgarian Fulbright Commission

Happy New Year to all friends of Fulbright Bulgaria! We hope 2026 brings you health, success and joy. This year is special not only because it marks the 80th anniversary of the Fulbright program, but also since it is the United States of America's 250th birthday! To ready ourselves for this landmark new year, in December Fulbright Bulgaria hosted an A250 ETA seminar for 50+ US Fulbrighters placed all over Europe that showcased innovative strategies for teaching American history, culture, literature, film, music and sports in high school classrooms—check out the highlights here (spoiler: there was dancing but no wrestling!). To get the new year itself off to an inspiring start, this issue of the newsletter features two young Fulbrighters who truly embody exchange, using athletics and arts to bring communities together. ETA Samantha Hauff uses her champion wrestling skills as well as her writing prowess to inspire students in Montana, while Bulgarian MA student Izabel Mitkova discusses the importance of dance/movement therapy for connecting on a level even deeper than words. Mark your calendar for an exciting year and keep an eye on your email: Fulbright Bulgaria plans to host several events over the next twelve months to celebrate not only American history and culture, but the achievements of the Bulgarian-American Fulbright community—stay tuned и за много години!



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A Celebration of
American Culture and
Classroom Creativity:
A250 ETAs Converge
in Sofia

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EVENTS

A Celebration of American Culture and Classroom Creativity: A250 ETAs Converge in Sofia

The A250 Regional ETA Seminar to prepare Fulbrighters to highlight America's 250th anniversary in 2026 is a wrap—and what an inspiring celebration of U.S. culture, history, and teaching it was!

This year's seminar, held in Sofia, brought together Fulbright English Teaching Assistants to Albania, Andorra, Bulgaria, Cyprus, Estonia, Latvia, Malta, Moldova, Montenegro, North Macedonia, Switzerland—an inspiring American group eager to bring creative, cultural, and historical insights into their classrooms.

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“We learned how to connect American culture to our students’ everyday lives through meaningful classroom conversations.”

SARAH SCHALKOFF
FULBRIGHT ETA TO STARA
ZAGORA, BULGARIA
AY 2025-26



ETAS TO BULGARIA

Wrestling, Writing, and Role-Modeling: ETA Samatha Hauff Goes to the Mat for Montana

A national champion beach wrestler, award-winning writer, and dedicated educator—these are just a few of the many roles Samantha “Sam” Hauff embraces as this year’s Fulbright | America for Bulgaria English Teaching Assistant at the Petar Bogdan Foreign Language School in Montana. Sam earned her B.A. in English with a concentration in Communication Studies and a minor in Creative Writing from Presbyterian College, South Carolina. She also completed international business coursework in Lyon, France.

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BULGARIAN GRANTEES

Connecting in Ways That Are Deeper Than Language: Dance/Movement Therapy as Embodied Exchange

Many international performers dream of making it to New York—for Izabel Mitkova, a talented young Bulgarian actor, dancer and choreographer who won a Fulbright/Thanks to Scandinavia Scholarship, this dream has come true! In Fall 2025, Izabel began a two-year MA program in Dance/Movement Therapy at Sarah Lawrence University in Bronxville, New York.

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