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Dear Friends,

Freedom of expression is a protected right in a democracy. On the thirty-third anniversary of the beginning of Bulgaria's democratic transition, we are reminded about the importance of free speech by a 16-year-old history buff and by 94-year-old Tsvetana Dzhermanova, who spent four years in labor camps in her youth because she dared to speak her mind. Today, she speaks out to deliver a simple message: "Don't let that happen again."

*This newsletter is your guide to the goings-on in the America for Bulgaria Foundation community, so make sure you [subscribe to stay in the know](#).*



### A Survivor's Greatest Reward Is Living to Tell the Tale

Lora Krumova and Maria Yotova's documentary *To Outlive the System* is a first-person account of the four years Tsvetana Dzhermanova spent in Bulgaria's Belene and Bosna communist-era labor camps without a conviction or a trial. Her crime? Speaking up against injustice.

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### Dimitar Metodiev, Tenth Grader: When I Am Active, I Am Strong

Sixteen-year-old Dimitar's interest in history and the role of youth in democratic processes isn't merely academic — he is an active participant in them.

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### Survivors Relive Trauma to Help Contemporaries Avoid Past Mistakes

Every year we visit Belene to honor the victims of Bulgaria's former totalitarian regime and to reflect on the gains brought about by democracy.

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Warm greetings from,

Your friends at the America for Bulgaria Foundation

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