

## Accessing documents for official use

By Oleg Andreev

### Belarus to allow state officials to work online

State officials will be able to access documents via their laptops, electronic display boards or smartphones, adding their electronic-digital signature. "We've already conducted tests and everything works well from a technical point of view. However, security matters still need to be addressed; studies are ongoing," stresses Belarus' Deputy Minister for Communications and Informatisation, Nikolay Strukov.

The Minister explains that wireless broadband access (3G) technologies have been selected for trials. These enable remote access of documents, although other technologies are also viable. "This project allows the military or diplomats to work from abroad, accessing documents created in Belarus for official use only," underlines Mr. Strukov.

## Assistance welcomed by children

By Galina Grishkovets

### Ambassador Extraordinary and Plenipotentiary of Belarus to the United Kingdom of Great Britain and Northern Ireland, H.E. Mr. Alexander Mikhnevich, awards Frantsisk Skorina Order to William Joseph Grant — the Chief Executive of the Chernobyl Aid Ireland Charity

During the ceremony, hosted by the Embassy, Mr. Mikhnevich underlined the great role of Mr. Grant in helping alleviate the consequences of the Chernobyl accident. Chernobyl Aid Ireland primarily helps Grozov's boarding school for orphans and those without parental guardianship. Starting from 1997, the organisation has sent humanitarian convoys twice a year.

The Irish volunteers have conducted major repairs to the boarding school: adding a computer class and library and updating the décor of rooms.

Mr. Grant noted the great honour of receiving this Belarusian state award and stressed that he will continue to assist Belarus in mitigating the consequences of the Chernobyl catastrophe, including recuperation of Belarusian children.



New facility for war and labour veterans, as well as invalids, opens at Republican Belaya Vezha spa

# Recuperation available throughout the year

Belarusian spas offer alternative treatments: leeches, bee stings and cryo-saunas

By Ludmila Svetlova

Before too long, our thoughts will turn to summer and how to spend our holidays. It's common knowledge that ever more Belarusians are choosing to holiday in our countryside resorts.

### Places for local holidaymakers

Many Belarusians complain that it's far from easy to gain a booking at a local spa — especially in summer, as the Russians tend to book so far in advance. In fact, the quality of service at many of our health resorts long ago captured the attention of our foreign neighbours. Some from CIS states book their places up to six months in advance.

The Belarusian Federation of Trade Unions has booked 10,000 places for its members in advance for the last few years, in order to make sure spa trips can be assured. Of course, our spas are just as lovely outside of the summer season. The Director of the Republican Centre for Recuperation and Sanatorium-Resort Treatment, Nikolay Mazur, tells us, "Ten percent of Belarusian citizens visited a spa last year. The number of those choosing to holiday at home rather than abroad has risen by 15,000."

### Searching for eternal youth

Our Belarusian spas offer 150-200 types of treatment each year, including traditional mud cures, balneo-, phyto-, magneto- and laser treatments and aromatherapy. At Priozerny, Sosny, Belorusochka, and Krinitza spas, you can try leeches and, at Pridneprovsky, Belaya Rus, and Rassvet-Luban, bee sting treatments are available.

Since ancient times, people have known the benefits of contrast bathing in cold and hot water, making use of ice and snow in winter. "Today, we can achieve the



Sanatorium named after Orlovsky even more attractive following reconstruction

same effect more conveniently with a cryo-sauna," explains Mr. Mazur. Patients enter one cabin — where a dry cold mixture of ozone and air is given at a temperature of 130-140 degrees below zero. The 'stress' of the cold stimulates the inner organs, strengthening immunity and lifting your mood, due to the activity of 'happiness' hormones: endorphins. The process also stimulates circulation and thereby vitalises the skin, battling signs of aging. It can even help with weight loss; unsurprisingly, cryo-saunas are proving popular with female guests.

### Belarusian Macesta

Some Belarusian spas rival the most famous worldwide in having unique natural landscapes and treatments. Radon (with its five medium concentration of radioactive radon wells) is like Georgian Tskaltubo while the mineral

water of Porechie is similar to that of Lithuanian Druskininkai. We have our own Truskavets at Rassvet, whose mineral waters are used to treat genitourinary problems.

"We're now hopeful of promoting the Braslav District," admits Mr. Mazur. "Scientists found bromine bitterns and sulphide mud there recently; some of its spring waters support the motor system and cure skin ailments. Such treatment courses are offered at balneomud resort Marcial Waters in Sochi. Although this kind of treatment isn't yet available to most Belarusians the analogue to Marcial Waters will soon appear in our country.

Naturally, investments are needed to bring such plans to fruition and services need to be exported to foreign tourists to generate revenue. At present, such visitors bring in around \$100m annually and the figure could rise significantly.



Cave for inhaling salty air