

# WELCOME TO ROMANIA!



## INTERESTING FACTS ABOUT ROMANIA

- ✧ Romania is one of the largest countries in Europe, it has an area of 238,391 square kilometers, which makes it almost as large as the UK.
- ✧ Romania is the only country in Europe where the Brown Bear still lives in the wilderness.
- ✧ Romania is considered the gateway to the Caucaz Region, Middle West and Western Balkans - and this is the reason why many of the great empires of the past tried so hard (and sometimes failed) to conquer it.
- ✧ The Palace of Parliament is the second biggest building in the world after the Pentagon. It lies on 365,000 square meters, which means that it is absolutely HUGE and one of Romania's main attractions because of this fact alone.
- ✧ Timișoara is the first city in the world to be illuminated with electricity.
- ✧ The national coin is called LEU which means Lion, which is curious because there was never a lion or anything related to a lion on the face of a coin (nor is the animal naturally living in Romania).
- ✧ Romania's name actually comes from Latin. "Romanus" means "citizen of the Roman Empire" and this dates back to the years 100, when the country was known back then as DACIA.
- ✧ Insulin was invented by a Romanian - Nicolae Păulescu. However, he failed to get a Nobel Prize for this massive discovery, instead two Canadians got it for their studies of the hormone.

- ✧ Romania is the home of the so called “Merry Cemetery” in Sapanta, in a village in Northern Romania. All the tombstones there are colorful (as opposed to the somber ones that are traditional to Romanian cemeteries) and many also feature funny poems written about the deceased.



## **ARAD**

Arad is the capital city of Arad County, historically situated in the region of “Crişana”, and having extended into the neighboring “Banat” region in the 20<sup>th</sup> century. Arad is the third largest city in Western Romania, behind Timișoara and Oradea, and the 12<sup>th</sup> largest in Romania, with a population of 159,704.

The city’s multicultural heritage is owed to the fact that have been part of the Kingdom of Hungary, the Ottoman Empire, the Habsburg Empire, the Austrian- Hungarian Empire. During the second half of the 19<sup>th</sup> century and the beginning of 20<sup>th</sup> century, the city has experienced rapid development. The most impressive displays of architecture that are still the popular sights of Arad today, such as the neoclassical “Ioan Slavici” Theater, the edectic Administrative Palace and the neogothic Red Church, have been built in this period. More information can be found on:

<https://www.youtube.com/watch?reload=9&v=1Y4ZSLfbDmo>

# **THE THINGS YOU NEED TO KNOW ABOUT YOUR HOST ORGANIZATION**

## *THE RIGHT PLACE AND THE RIGHT PEOPLE*



The pleasure of movement and the desire to promote sport as one of the basic elements of a healthy lifestyle has brought us together. We started to become a team by running in a group and especially, by participating at organizing events dedicated to sport. At the end of 2012 we set up in a sport club called Multisport Experience Association Club. On long term we aim to promote and practice a wide range of individual and team sports, depending also on the preferences of the members.

We began with: promoting and practicing especially short or long distance running, swimming and cycling; promoting and practicing marathon, half marathon, ultra marathon; promoting and practicing triathlon. In the future we also want to reach other levels.

## EVENTS

### WE ARE HAVING AN IMPACT

*Events that we organised before*

Multisport Experience Association Club has organised more than 26 events through which we promoted sports and a healthy lifestyle: Căsoaia CyclingRace(2013), The Green Duathlon(2013), The Duathlon of Arad(2014-2017), The Triathlon of Arad(2014-2017), Tomato Festival on Bikes(2013-2019), The Bike Race at “Peștera Românești”(2015), Funsbee-FrisbeeEvent(2015), The Marathon, Half-Marathon and the Road Runningof Arad(2011-2019).

For all of this events having over 20 000 live participants.

As a target group, we work with young people in sport activities, but people in all age groups have access to organized events. We work regularly with volunteers, as we consider to be the most beneficial to all parts involved.

***Volunteers from ALPHA and OMEGA stages of the project  
PROMOTINGSPORT during activities***





## ***DETAILS ABOUT THE PROJECT PROMOTING SPORT***

Promoting sport is an European Volunteering Project, belonging to the European Solidarity Corps, that aims to promote sport activities in the local community.

**STAGES: ALPHA&OMEGA**

**VOLUNTEERS NEEDED:**

**ALPHA STAGE – long term volunteering: 8 volunteers**

**OMEGA STAGE – volunteering team based stage: 40 volunteers**

**Starting date of the project**

**ALPHA STAGE: January 20, 2022**

**OMEGA1: 1<sup>st</sup> of April 2022**

**OMEGA2: 1<sup>st</sup> of June 2022**

*\*Considering the current situation we take into account the possibility to start the stage physical or virtual, depending on the restrictions to be imposed. During the virtual stage, the volunteer will start the activities in his country and if the situation requires it, the whole stage will continue like this. During the physical stage, the activities will be carried out as it will be presented bellow.*

### **How will the project promote solidarity?**

The promotion of solidarity is achieved through:

1. Support for participants in sports competitions who have the opportunity to practice one sport, framework also provided by volunteers;
2. Actions to promote various opportunities to practice sports in Arad, to encourage in this kind of young people in particular to practice a sport and choose from a wider range;
3. Promoting blood donation at least once a year at a major support event .We mention that the organization promotes blood donation, regularly, in addition to promotion several members donate blood to the Arad Transfusion Center;
4. Inclusion of young people with reduced opportunities in the project and support for their personal and professional development;
5. Promoting European cooperation, taking into account the international participation in this project;
6. Promoting European and international participation by facilitating access for people from other countries at organized events;
7. Promoting the movement among disadvantaged people in Arad schools;
8. Encouraging the spirit of fair play in all sports activities we organize;
9. Emphasis on the idea of covering a distance and not the competition itself. In this regard we specify that all participants in our events receive as small medal-type souvenir, regardless of the place occupied;
10. The common fight against a European and international scourge, obesity.

### **How does the implementation of European Solidarity Corps volunteering activities fit in with the work of your organization and its aims?**

The activities of ESC volunteers can directly contribute to the achievement the organization's targets for the next cycle, 2019-2021, as follows:

1. direct support in the organization of events and activities designed to encourage the practice of the sport to amateurs in the community and beyond;
2. involvement in the non-formal activities we organize;
3. distribution of promotional materials regarding the activities we have in mind;
4. support given to colleagues who participate in sports competitions and need a logistics team;
5. support in organizing trainings dedicated to amateurs;
6. promoting European values;
7. all other aspects detailed in the ACTIVITIES section;

The support of these volunteers in the proposed project is very important especially given the fact that most of the members of the organization are volunteers and they manage to get involved in activities according to their leisure which is not necessary enough and how we would like it to be.

We look for volunteers motivated to be involved in sport activities and sport promotion. In order to check the motivation for this field, we would like to ask the potential candidates to create a folder with:

- Curriculum Vitae;
- Motivation letter;
- Proposals for own initiatives to be applied here, in the sport area; - A medical certificate that he/she is able to do sport at an average level, where the case is;

Sport is based on a universal language, so we do not look for special abilities in terms of languages. Basic skills will be enough.

The volunteering stage will be free of charge for the volunteers apart from the potential contribution to the transport.

Generally we noticed that some volunteers are confronted with cultural, social or educational obstacles. Non-formal methods will be very much used to take out the volunteers from their comfort zone and to involve them in different activities in order to be better prepared for the stage.

We already noticed that the big impact of a volunteering stage is on the people with fewer opportunities, therefore as much as possible we will strongly encourage and help them to apply for being a volunteer abroad.

Depending on the additional needs identified in the relationship with volunteers with few opportunities, we will include in the action plan one or more of the following activities:

- additional support for training - given to volunteers with difficulties of understanding, educational barriers;
- emotional support for introverted, shy volunteers;
- additional time allocated for linguistic preparation;
- applying a training portfolio to find a job after the volunteer internship; - IT lessons to acquire the minimum skills needed in the project.

Before sending the person, we plan to have sessions of Pre Departure Training which will include subjects like:

- Erasmus+ programme;
- What an EVS is, values of EVS;
- Roles in EVS;
- Ways of learning;
- EVS CYCLE;
- What kind of support they can have;
- Role of a mentor;
- Medical insurance;
- Youthpass;
- Personal objectives;
- Risk prevention and crises management;
- Emergency kit;

The activities during the long term stage contains all of the following A1-A25, some of them lasting for days and some of them lasting for months.

**A1 - promo at local level** - conducting actions to bring the details about or sport events to the attention of the public through presentations in schools, companies, institutions, public spaces.

**A2 - promo at national level** - contacting active sports structures at national level and informing them about our events, contact runners, cyclists.

**A3 - promo at international level** - refers to potentially interesting structures in the region, including our events in online calendars, special registers.

**A4 - foto-video** - making photos that can help to promote our events on social networks, making impact videos that can support sharing our message.

**A5 - online promo** - sharing information on different pages, groups, promotion on various social network.

**A6 - design** - contributions to the production of promotional materials that contribute to good visibility of activities and events.

**A7 - sports art** - adding an artistic flavor to the sport events and activities.

**A8 - human resource management** - support in early recruitment and training, training local volunteers needed for events.

**A9 - partnerships** - making strategic partnerships with structures that can support our events.

**A10 - sponsorships** - finding sponsors to cover the expenses occasioned by events dedicated to amateur athletes, prizes, etc.

**A11 - trainings with local community participants** - training with the public, preparing, implementing and evaluating training sessions with the Group Running audience.

**A12 - logistics** - managing all the logistical materials for the events that will be organized.

**A13 - sport routes** - creating and keeping the sport routs prepared for our events but also creating hydration points for participants.

**A14 - registration**

**A15 - interventions** - interventions in case there is any need in emergency situations.

**A16 - practicing sport** - at least 5 hours/week. Volunteers will be offered a training model and they will be accompanied periodically by an instructor.

**A17 - online sports platform** - updating the database with sport opportunities in [Arad. www.cautasport.ro](http://www.cautasport.ro)

**A18 - ecology**

**A19 - awards and certification** - writing and offering the certificates for participants.

**A20 - communicating with the public** – through out the trainings and post events.

**A21 - timing**

**A22 - entrepreneurship trainings** - own initiatives, personal and professional development , activities.

**A23 - language and culture workshop**

**A24 - mentorship workshop** - personal support, community integration, support and evidence of skills acquisition, Youthpass process and recognition.

**A25 - partners management**

**A26 - Career development workshop** - career orientation workshops;

**A27 - Missions** - a system of rewards, prizes through monthly activities included in the mission;

**A28 - Quality management**

**A29 - Team meetings** - with the team, local volunteers, in order to plan the activities; **A30**

- **Educational sport activities and events** - group running, blood donation

The volunteers will have proper trainings offered during their stage:

During the project there will be two internal trainings provided for ESC volunteers by CSEM: *INTRODUCTORY TRAINING 2, ONARRIVALTRAINING AND MID TERM TRAINING.*

Introductory training provided by CSEM will take place right after the arrival of ESC volunteers to Romania. It will have an aim of preparing them for ESC experience. Apart from internal CSEM trainings, there will be series of compulsory official trainings only for long term volunteers: ON ARRIVAL TRAINING AND MIDTERM TRAINING. All of the trainings provided for ESC volunteers provide experience in: using non formal methods, adopting an healthy lifestyle, learning to learn integration to local community.

#### LINGUISTIC SUPPORT OFFERED

For ALPHA STAGE - The two transnational volunteers will have access to online language support - online romanian courses. Volunteers will receive a license, they will have a pretest and a final one.

\*For more information on the languages and levels covered, please consult the OLS website: <http://erasmusplusols.eu/>

For OMEGA STAGE - The transnationals will not benefit from linguistic support in Romanian because it is not financed for program team internships, but CSEM will try to cover the Romanian language intensively in the first part of the stage or as needed.

## INSURANCE

Cigna insurance it is covered just for transnationals fully or as a supplement to national insurance.

For those who do not have a social insurance but also for national volunteers, CSEM will cover an insurance through out the hole stage. Concrete details will be receieved after the proof of insurance or non-insurance.

## **ACCOMODATION**



We currently have a contract with UAV University and the volunteers can have good and suitable conditions in their dormitory as well as intercultural environment - as other NGO host EVS/ESC volunteers there, there are also University Erasmus students and the regular students from Romania.

Following behaviors are forbidden in the room:

- excessive drinking of alcohol;
- drugs;
- smoking; - parties;
- making noise between 06 AM and 22 PM; - having guests to sleep over.

## LOCAL TRANSPORT



Local transport can be covered and we will strongly recommend after a training about safty routes and RO regulations, to use the bike in the summer/good season in order to promote and encourage our own team to practice more sport. The estimated time from the accommodation place to the office is 15-20 min. When the weather will not allow it, the volunteer will receive a tram season ticket. What the volunteer needs to know is that if he choose the tram season ticket then he/she will not have the possibility to receive also a bicycle and vice versa. At the end of the month, the tram season ticket must be returned, in order for the volunteer to receive the money spent; otherwise, if the volunteer doesn't have the tram season ticket but he/she received the money for it, at the end of the month he/she will have to return that amount of money.

The volunteers will receive every month food money (150 Euro/month) and pocket money(90 Euro/month).

From this amount of money, the volunteers will cook and prepare food for themselves in the accomodation place.

Also, each volunteer will have to open a Romanian bank account where he/she will receive every month the money for food and volunteer's allowance. In order to open this account, the volunteer must have his/her ID and the passport(if he/she has one).