

Clubul Sportiv Experienta Multisport

# „Many faces of the bicycle”

MFOTB

By CSEM

01.10.2016 –  
30.06.2017 Stage 2



Erasmus+



Clubul Sportiv  
Experiența  
multispor

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## **Introduction / summary of the project**

Dear EVS volunteer,

Welcome to the cycling world of Experienta Multisport! We propose You unforgettable experience of participation in a part of our Trilogy of EVS projects. You will participate in the second part of the Trilogy – EVS project called: “Many faces of the bicycle” which will focus on promotion of cycling.

The first project from Trilogy called “The habit of running”, focused on promotion of running, the third one will focus on promotion of swimming.

If you are reading this booklet, then You must be seriously anxious to start the project. And so do we!

Therefore, we will send you some files with the main things to be considered before Your coming and during your stage.

Please read them carefully and if You have questions, we are ready to answer them.

You can follow us on [www.experientamultisport.ro](http://www.experientamultisport.ro)

Facebook: <https://www.facebook.com/pages/Clubul-Sportiv-Experienta-Multisport/611791855501854>

The other activities of CSEM organization can be followed here:

The first project in our Trilogy: <https://www.facebook.com/aradrunning>

Cycling activities: [https://www.facebook.com/FestivalulParadaicilor?fref=ts&ref=br\\_tf](https://www.facebook.com/FestivalulParadaicilor?fref=ts&ref=br_tf)

Other projects: <https://www.facebook.com/pages/Find-and-practice-sport-in-Arad/1569185143351835>

[https://www.youtube.com/channel/UCvEFKU-VJF4ltUczqj9\\_shw](https://www.youtube.com/channel/UCvEFKU-VJF4ltUczqj9_shw)

<http://www.maratonarad.ro/>

## Summary of the project

**“Many faces of the bicycle” (MFOTB)** is second major EVS initiative

of **Clubul Sportiv Experienta**

**Multisport (CSEM)** from Arad in west Romania. Project is scheduled as second out of three EVS projects which promote 3 major sport activities of CSEM: running, cycling and swimming.

Successfully implemented “The habit of running” EVS project from 2014 promotes running, MFOTB will promote cycling in 2015, and in 2016, CSEM plans to implement project promoting swimming. MFOTB will involve EVS volunteers in 2 stages,

spending 9 months of each stage, in Romania, leading the active and healthy lifestyle of amateur bikers as well as promoting cycling as a sport activity, hobby and the lifestyle. EVS volunteers will promote also bicycle as a tool in three areas: sport, practical and positive influence on human health. The promotion with usage of at least 5 non-formal/informal methods, will add educational element to sport activities of the project

MFOTB activities are balanced between indoors and outdoors plus will feature management and update of virtual community of bikers gathered around CSEM. The final goal of the project will be informing 1000 people from local neighbourhood of Arad about benefits of cycling, involving 150 persons in cycling activity, 50 in running activities and 25 in swimming. EVS volunteers will develop 10 partnerships with local institutions to deal with challenges and problems of bikers in Arad area as a part of solidarity with local community, which will be also emphasized in organization of 18 workshops for public connected with MFOTB tasks/objectives and activities in two, 9 month long stages of the project– all by using non-formal and informal methods of work in European dimension of healthy lifestyle and wellbeing.

In learning dimension MFOTB will further develop online solutions for EVS learning, used already by CSEM: Virtual Classroom and Electronic Resource Center.



## **Chapter 1: Description of hosting organisation**

The pleasure of movement and the desire to promote sport as one of the basic elements of a healthy lifestyle have 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 Club.

On long term we aim to promote and practice a wide range of individual and team sports, depending also on members' preferences.

We begin 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 such as:

- Proposing and implementing activities, projects and programs in terms of sport, organizing competitions, events, projects, locally, nationally and internationally;
- Organizing sport courses, seminars, conferences, camps, training camps and other activities based on methods from formal or non-formal education;
- Participating at local, national and international competitions;
- Promoting European values and development of intercultural programs;

We organize:

- Running group, weekly, every Thursday in Arad, about 5.5 km;



**We have been co-organizers of many events dedicated to amateur sport, since 2012:**

**1 • THE ROAD RUNNING AND THE HALF MARATHON OF ARAD COUNTY**, together with Arad County Council, Arad City Hall and Arad County Cultural Center: <http://www.maratonarad.ro/>



**2 • Casoaia Bike Race:**

<https://www.facebook.com/media/set/?set=a.709490592398646.1073741842.611791855501854&type=3>



**3 • Tomato Festival on Bikes** – one road course for bikes:  
<https://www.facebook.com/FestivalulParadaicilor?fref=ts>



4 • Green

Duathlon: <https://www.facebook.com/media/set/?set=a.971245966223106.1073741870.611791855501854&type=3>



Arad, Parcul Natural Lunca Mureşului, Centrul de vizitare Ceala

# DUATLONUL Aradului

Sâmbătă, 1 noiembrie 2014

DUATLONUL LUNCA MUREŞULUI: 4 KM ALERGARE, 6,5 KM CICLISM SI 4 KM ALERGARE  
DUATLONUL VERDE: 4 KM ALERGARE, 6,5 KM CICLISM

Perioada de înscriere este : 10 septembrie - 29 octombrie 2014, pe site-ul  
**WWW.EXPERIENTAMULTISPORT.RO**

Logos: Municipality of Arad, Multisport, ARAD 2021, ARAD Green City

Logos: TI, ASOCIATIA EDUCATIO, ARB, etc.

QR code

## 5 • Triathlon Arad:

<https://www.facebook.com/media/set/?set=a.984738424873860.1073741872.611791855501854&type=3>



The poster for the Triathlon Arad 2014 event features a blue background with a geometric pattern. At the top, logos for the Municipality of Arad, Multisport, and Arad 2021 are visible. The main title 'TRIATLONUL ARADULUI' is in large white letters, with a green and red graphic element to the left. Below the title, the date 'Sâmbătă, 22 noiembrie, 3 curse posibile:' is written in white. The word 'TRIATLON' is centered in white. Three circular images show a runner, a cyclist, and a swimmer. Below these, the details for two triathlon races are listed: 'TRIATLON COMPETIȚIONAL "MULTISPORT"' (5.5 km running, 10 km cycling, 400 m swimming) and 'TRIATLON NECOMPETIȚIONAL "FĂRĂ GRABĂ"' (4 km cycling, 2 km running, 200 m swimming). A larger image at the bottom shows a group of runners. Below this, the text 'ALERGARE - CROS 2 KM' is displayed. At the bottom of the poster, it states 'Înscrierile se pot face până în 20 noiembrie 2014 pe site-ul: WWW.EXPERIENTAMULTISPORT.RO' and lists various sponsors.

Apart from local actions, in 2014 we started implementation of European level project: “The habit of running”. EVS project involves 10 EVS volunteers from France, Spain, Denmark and Turkey . Project features development and management of virtual community of runners with the final goal of: informing 500 people from local neighbourhood about benefits of running, involving 100 persons in at least one running activity, 50 in cycling activities, developing 20 partnerships in local neighbourhood.

The present team consists more than 60 people (with 4 founder members) which includes colleagues with various backgrounds and experience in volunteering and sport programs for young people as well as in training. The main point is that we make sports to keep us fit, to have a healthy way of life and to inspire others, also. The focus in these events is not on winning but on participation.

We truly believe that sports can bring people together in having fun and learning about one another. Having a fair play approach we can make a better world and have a better understanding of one another.

Our members, amateurs in sports have been involved in running, swimming or riding a bike in these events, since 2013:

- 1). Semimaraton Novi Sad
- 2). Fighters' Run
- 3). Semimaraton Brasov
- 4). Maratonul Parisului
- 5). Maratonul Viena
- 6). Maratonul International Cluj - Napoca
- 7). Brasov Marathon
- 8). EcoMarathon Moeciu de Sus
- 9). Felix Race Trail
- 10). Hercules Maraton
- 11). Semimaratonul Varsilor
- 12). CROSUL SI SEMIMARATONUL JUDETULUI ARAD**
- 13). Triatlon Oradea
- 14). Maraton Apuseni
- 15). Brasov Triathlon
- 16). Retezat Maraton
- 17). Duatlonul Verde
- 18). Runsilvania WILD RACE
- 19). Maraton Timisoara

Multisport Experience club has the following objectives, in 2015:

- To involve in a running event at least 1% from Arad city population (at least 1479 runners)
- At least 30 members of the organisation to have a half marathon realised (21.097 km);
- At least 15 members of the club to have a marathon realised (42.195 km);
- At least one member of the organisation to have an Iron Man realised (3.8 km swimming, 180 km riding a bike, 42.197 km running)

### Details of coordinating / hosting organization:

PIC	945538153	<input type="button" value="Check PIC"/>
Full legal name (National Language)	Clubul Sportiv Experienta Multisport	
Full legal name (Latin characters)	Asociatia Clubul Sportiv Experienta Multisport	
Acronym		
National ID (if applicable)	31021976	
Department (if applicable)		
Address	4-6 Iulian Grozescu street, sc. C, ap no 8	
Country	Romania	
Region	RO42 - Vest	
P.O. Box		
Post Code	310001	
CEDEX		
City	Arad	
Website	www.experientamultisport.ro	
Email		
Telephone 1	+40357805606	
Telephone 2	+40722977094	
Fax	+40357805606	

### Legal representative / contact person:

<b>C.1.4. Legal Representative</b>	
Title	Ms
Gender	Female
First Name	Delia-Codruta
Family Name	Roman
Department	
Position	President
Email	experientamultisport@gmail.com
Telephone 1	+40357805606
<input type="checkbox"/>	If the address is different from the one of the organisation, please tick this box
<b>C.1.5. Contact Person</b>	

Coordinating organization believes that having in the team experienced youth workers acting as coordinator of the project, mentor of the project, supported by professional Romanian and English language teacher and personal physical trainer devoted to work with EVS volunteers we are able to perform 9 month stage long project and transmit the powerful message about the positive influence of **cycling** on human health as well as answer with **“Many faces of the bicycle”** project to the common concern of EU regarding EU Citizens health in such documents as *The **WHITE PAPER ON SPORT**, Brussels, 11.7.2007, COM(2007) 391 final* with accompanying documents: {SEC(2007) 932}, {SEC(2007) 934}, {SEC(2007) 935}, SEC(2007) 936} and else.

## **Chapter 2: The background, tasks, objectives, description of activities and model schedule**

### **The background behind “Many faces of the bicycle”**

“Many faces of the bicycle” (MFOTB) is a second EVS project planned by CSEM in trilogy which will promote 3 CSEM’s main sports activities: running, cycling and swimming. Through proposed projects CSEM adds informal education into promotion of sport. EVS volunteers, local volunteers and neighbourhood, will have unique opportunity to get educated within non-formal methods and take care of own health, through making proposed sports. In the long term strategy of CSEM the EVS trilogy, started with “The habit of running” (THOR), has objectives of informing local public about benefits of making sports, involving public in making sport and taking care of public’s health by making people aware of the freighting statistics for Romania/Arad area of deaths from circulatory or respiratory systems failures. All 3 projects – THOR, MFOTB and future one with main theme of swimming – target issues and needs of local public in the further areas of health: reducing the risk of bone damage as the bones are put in motion; strengthening the muscles; helping to reduce weight; contributing to lower cholesterol; strengthening the cardiovascular system; improving the respiratory system; improving the immune system by strengthening the respiratory and cardio vascular system; improving memory by producing new brain cells; oxygenating all body parts; rebuilding tissues’ and muscles’ tone; restoring skeletal position; removing stress hormones; accelerating the recovery mechanisms of the body. All 3 projects are aimed to be implemented under non-formal and informal methods of education. Finally, all 3 projects are especially designed for EVS volunteers to gain maximum number of competences available through designed activities, with special emphasis on innovative **sport competence**, developed by CSEM team with EVS volunteers.

The **objectives** for MFOTB are:

Objectives for the community:

- 1) Inform 1 000 persons about the benefits of cycling for the health
- 2) Involving of at least 150 persons in cycling activity
- 3) Using at least 5 different non formal methods to promote and popularizing cycling
- 4) Realizing at least 10 partnerships with companies or institutions or NGO-s to promote cycling in 3 different areas
- 5) Involving at least 25 persons in swimming activity
- 6) Discovering, monitoring and testing new bike routes in the area

MFOTB will play important supportive role with its activities to big projects in local neighbourhood such as arranging 122km long bike route in Arad county. The deal signed in august 2014 and designed for duration of 16 months is very important European financed project in Arad county. MFOTB will build up the community of bikers associated with CSEM and encourage similar initiatives in future in partnerships with 10 local stakeholders. EVS volunteers will have an important role of discovering new needs of local people regarding cycling activities and put those needs to be visible for

authorities and stakeholders. This will be activity of 18 workshops organized for public during MFOTB project's duration.

MFOTB will keep continue the good practice of predecessor, THOR in popularizing in local neighbourhood European level indicators in sport area with following indicators from official EU Commission documents:

- ✓ "Promoting sport and enhancing health in European Union countries: a policy content analysis to support action" document to be included into problem solving activity of MFOTB
- ✓ Guideline 3 – Public authorities responsible for different sectors should support each other through cross-sectoral cooperation to implement policies that can make it easier and more attractive for individuals to increase their level of physical activity as a framework to obtain partnership with local institutions to fight with problems of bikers in Arad area.

### **Tasks and objectives of the project:**

Learning objectives and competences for EVS volunteers are:

1. Developing the necessary competences for cycling, in 9 months of the stage duration;
2. Gaining the competences of planning, realizing and evaluating of a cycling event in 9 months of the stage duration;
3. Gaining the competences of planning, realizing and evaluating of a weekly group cycling events for local persons in 9 months of the stage duration;
4. Developing the knowledge, abilities and attitudes regarding cycling and road safety in 9 months of the stage duration;
5. Implementing raising awareness campaign by organizing at least 9 workshops for public regarding cycling and road safety with promotion of bicycle as a tool in 3 dimensions
6. Updating, managing and moderating the virtual community of cyclists gathered around the activities of CSEM organization; using ICT techniques; Virtual Classroom and Electronic Resource Center
7. Acquiring the innovative sport competence by CSEM with special emphasis on cycling

In addition, the volunteers can choose some other **personal objectives**, from following:

- a) Learning Romanian as a new language for integration purposes
- b) Learning Romanian culture through interactions with people, travels, participation in cultural events and else.
- c) Creating promotional and visibility materials connected with a project, EVS and Erasmus plus
- d) Recognizing and being recognized as local stakeholder and sport promoter
- e) Testing new bike routes in the area, as they are created by local authorities

### **Description of activities:**

MFOTB is a classic EVS project designed for and with young people to have as big as possible impact on local neighbourhood. It's activities are closely connected to its objectives:

- Involving of at least 150 persons in cycling activity
- Realizing at least 10 partnerships with companies or institutions or NGO-s to promote cycling in 3 different areas
- Updating, managing and moderating the virtual community of cyclists gathered around the activities of CSEM organization; using ICT techniques; Virtual Classroom and Electronic Resource Center
- Implementing raising awareness campaign by organizing at least 9 workshops for public regarding cycling and road safety with promotion of bicycle as a tool in 3 dimensions
- Using at least 5 different non formal methods to promote and popularizing cycling

The overriding idea of MFOTB project is promotion of bicycle as a tool in 3 dimensions by promoting healthy lifestyle through cycling, healthy diet, and non-formal education through sport.

**3 basic dimensions** where bicycle is used as a tool are:

- Bike and its role in sport (promoting sport activities)
- Bike and its practical role in society (cheap transport, ecology, road safety)
- Bike and its positive influence on human health (recreation activities with the use of bike)

Activities will have a target of involving 150 new persons to cycling activity from local community of Arad, which also refers to rural areas of Arad and young people with fewer opportunities. EVS volunteers will also involve at least 50 people into running activity and 25 in swimming. In order to keep balance between MFOTB activities in virtual space and real one at level of 50-50%, MFOTB will feature 9 workshops for public organized by EVS/local Romanian speaking volunteers with use of non-formal and informal methods such as role playing, storytelling, simulation games and others. Workshops for public will have clear themes: anti-smoking, anti-drug, anti-alcohol as well as promotion of positive attitudes: being open minded, holding safety measures in riding a bike, etc. The target of the project will be for EVS volunteers to gain at least 10 solid partnerships with a local authority/NGO/private company to deal with a problem identified in local neighbourhood during workshops with public. This ongoing activity will be held through virtual methods such as: online promotion in social media, motivation art, online essays and open letters, etc, as well as classic methods: visits in local institutions, street campaign with flyers, distribution of posters, etc.

## Model schedule

The time table of activities, represents the major idea and division of activities within the project. This model schedule, will be adjusted after arrival of EVS volunteers to MFOTB, to their particular needs, their learning speed and availability of local neighbourhood for particular actions:

Working hours		Timetable				
Starting time	Ending time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00	10:30	Morning briefieng with Facilitator - making plan for the upcoming week	Morning briefing - making a plan for a day	Morning briefing - making a plan for a day	Morning briefing - making a plan for a day	Morning briefing - making a plan for a day
10:30	12:00	Online promotion of the bikes	Preparing weekly meeting of cyclists	Online road safety promotion	Online and classic recruitment of 150 persons to cycling activity	Online preparation for 10 partnerships in local neighbourhood and visiting partners
12:00	13:30	Update and managing virtual community of cyclists	Virtual classroom and Electronic Resource Center management with MFOTB trainer	Virtual classroom and Electronic Resource Center management with MFOTB trainer	Brainstorming and preparation for 18 workshops for public	Virtual classroom and Electronic Resource Center management with MFOTB trainer
13:30	15:00	Lunch	Lunch	Lunch	Lunch	Lunch
15:00	17:30	Meeting with mentor	Preparing non-formal and	Meeting with Mentor	Romanian classes	Romanian classes
17:00	17:30	Reporting of the day/competences	Reporting of the day/competences	Reporting of the day/competences	Reporting of the day/competences	
	18:00					Reporting of the week - online
18:00	19:00		Training with a coach before cycling	Training with a coach before cycling	18 workshops for public	
19:00	20:00		Weekly meeting of cyclists gathered around CSEM	Discovering new routes for cycling in local neighbourhood		

### **Chapter 3: Innovative sport competence**

The most important learning outcome from innovation point of view for MFOTB project's EVS volunteers is **innovative sport competence**. EVS volunteers of MFOTB project will have unique opportunity to gain sport competence through:

- o Promotion of cycling in local neighbourhood
- o Ability to present bike as a tool in 3 different areas
- o Ability to integrate into local neighbourhood through cycling activity
- o Promotion of road safety from the point of view of bicyclist (especially important feature of MFOTB in relation to the youngest of target groups from 150 persons to be involved in cycling activity)
- o Ability to verify own motivation, skills and abilities in foreign neighbourhood through cycling activities
- o Ability to recognize cycling as important way to improve own health and the health of others
- o Ability to consolidate different groups of people and create community through sport activities with special emphasis on cycling



#### **Chapter 4: participatory learning, methods, dissemination and BLOG**

MFOTB puts emphasis on participatory learning for its EVS volunteers. That is why, CSEM will involve them in each stage of MFOTB development, including dissemination. From EVS volunteer's point of view, the most important dissemination product and activity will be elaboration of good practice material, describing at least 5 non-formal/informal methods, used by EVS volunteers during MFOTB with its wide range of activities. The added value of this activity is to strengthen learning process and to make EVS volunteers more aware of its flow. The ongoing exercise for EVS volunteers to describe the methods as they use them in their everyday-life EVS experience, workshops for public or making 10 partnerships, will be elaborated as a story, with elements connected, for example: presenting brainstorming as a good way to generate the ideas and technique of group discussion to discover the best way of implementing developed ideas. Good practice material will be published on a blog devoted to MFOTB after finish of each stage of MFOTB.

The blog devoted to MFOTB will be major dissemination tool, to which materials will be collected through entire duration of stage. Good practice materials by EVS volunteers about the methods used will be just one type of dissemination content. The other one, will be good practice material by coordinating team of CSEM devoted to MFOTB about 18 workshops for public. Described with details from all stages: preparation, implementation and evaluation, posts on the blog will appear once per month as workshops for public will be developed by EVS volunteers. This is the major difference between both good practice materials: the one from coordinating team of MFOTB will appear consecutively through whole the stage and the good practice material from EVS volunteers will appear after the stage will finish. This strategy is to keep people interested in the flow of the MFOTB activities and on the same time to keep the public waiting for more. At the end of the project good practice materials from both stages of MFOTB will be re-edited and compiled in one huge good practice e-book of MFOTB. It will be distributed among partners – local and international – with request of feedback, test in practice and popularizing it. In accordance to drafted strategy, relevant parts of good practice material, will be send to partners from abroad, to be translated and published on their website/blogs. Each sending organization will be asked to produce feedback materials about MFOTB good practice and complete the description of MFOTB experience, from the partners point of view. The MFOTB e-book elaborated at the end of the project, will start to be promoted in virtual space through different channels, used as educational material in trainings provided by MFOTB trainer in different NGOs, used as good practice/good example of EVS during regular activities of CSEM in local neighbourhood, used by CSEM during seminars with members to inspire them to create own vision of innovative EVS in future for CSEM. In the long term, the good practice material of MFOTB, will help CSEM to recruit 1% of population of Arad into sport activities.

Other, supportive dissemination activities for MFOTB are:

- ✓ Presenting MFOTB results in social media by photo galleries
- ✓ Creating and updating mini-blog of MFOTB – regular updates of MFOTB activities
- ✓ Creating and updating youtube channel of MFOTB
- ✓ MFOTB questionnaires for public

### **Chapter 5: Things to be prepared before coming**

**1) Medical letter / certificate** from sending country confirming and assuring that there are absolutely no obstacles for future EVS volunteer to make sports – cycling especially.

**2) National evening;** Increasing positive awareness of other cultures will be one of the key points of traditional activities for EVS volunteers during the stage. EVS volunteers will be asked to prepare and perform national evenings during which they will present own culture, language and sport particularities.

**3) Proper equipment for cycling;**

**4) Laptop, telephone etc;** (if you want)

**5) Preparing Yourself to be EVS volunteer.** We expect from the volunteers following features in order to fulfill all tasks and objectives of the project in order to achieve maximum what EVS can offer:

- A. English language skills at basic – communicative level
- B. Devotion to stay for 9 months long EVS stage in Romania
- C. Open minded attitude
- D. Faith and believe in non-formal plus informal methods of learning
- E. Willingness to work in a team and interact with local people
- F. Cycling as hobby
- G. Running or swimming as potential sports to be developed.
- H. Willingness to work using ICT techniques

The EVS volunteers should have personal willingness of interacting with people and self-realization through non-formal learning of the culture, language and way of life of receiving country – Romania and other cultures participating in the project. But most of all, the future EVS volunteer will have to be in position of having the need of verification of personal skills and abilities in realities of different than home, neighbourhood. The will to check how will he/she manage in changed conditions and out of their personal comfort zones.

During the project or after finishing the EVS stage by the volunteers and their comeback to sending country, sending organizations are advised by coordinating organization to conduct in cooperation with volunteers at least one from the following activities, in order to emphasized the results of the project:

- Organizing photo exhibition
- Meeting with press
- Meeting with young local people in sending organization
- Articles in local press
- Promotion of EVS, Erasmus plus and European Commission in local neighbourhood
- Organizing and updating sending organization's website of key results of „Many faces of the bicycle” project

## **Chapter 6: Trainings of the project**

During MFOTB project there will be 3 internal trainings provided for EVS volunteers by CSEM:

1. MFOTB introductory training
2. MFOTB middle stage training
3. MFOTB final training

MFOTB introductory training provided by CSEM will take place right after arrival of EVS volunteers to Romania. It will have an aim of preparing them for EVS experience. There will be local neighbourhood introduced, coordinating team, mentors, local volunteers, methods of work including VC and ERC, activities, tasks and objectives, risk prevention management, practical arrangements, skills/abilities and competences available to achieve, YouthPass, safety of EVS volunteer and many more. Duration: 5 days.

MFOTB middle stage training will be held approximately in the middle of 9 month long stage with a purpose of summarizing activities implemented so far and plan the rest until the end of the stage. Duration: 2 days.

MFOTB final training will be held in the last 2 weeks of the stage. All together training will last for 11 working days with following scheme: first day will be for everybody who participated in the MFOTB project: EVS volunteers, local ones, during which there will be presented achievements of the project. After that, for 5 days, each single of 5 volunteers will have one day session individual with MFOTB trainer to evaluate achievement and competences to benefit from them in future. During that day, mentor of the project will make a YouthPass with a volunteer and rest of administrative documents.

Apart from internal CSEM trainings provided for EVS volunteers, there will be series of compulsory official trainings:

- ✓ Pre-departure training, with sending organization in charge
- ✓ On-arrival training with Romanian National Agency of Erasmus plus
- ✓ Mid-term training with Romanian National Agency of Erasmus plus
- ✓ Final evaluation training, after comeback home of EVS volunteers, with sending organization in charge

All those trainings provided for EVS volunteers within 9 months of stage duration provide experience in:

- Non-formal and informal methods
- Healthy lifestyle and wellbeing
- Managing and updating virtual community of bikers gathered around CSEM
- Learning to learn
- Integration to local community
- Interpersonal competences

Apart from mentioned training cycle, CSEM will provide for EVS volunteers other trainings within own resources:

- o First aid training
- o Road safety training
- o Organising workshops training
- o Dissemination training
- o ICT training
- o Virtual community development training (VCDT)

## **Chapter 7: Practical arrangements**

**Accommodation:**The EVS volunteers will stay in a dormitory in the city area of Arad, 2/3 persons in a room.

Following behaviors **are forbidden** in the room:

- excessive drinking of alcohol
- drugs
- smoking (with the exception of balcony)
- parties (in order to have good integration with neighbours)
- making noise in the afternoon – depending of the place and between 22 hours and 6 in the morning
- having guests to sleep over

Apart from that EVS volunteers need to respect the property of the owner of the dormitory (furniture, and electronic equipment) plus take care of water, heating and electric systems and do not overload them.

### ***The food***

The volunteers will receive food allowances – fix money amount per month (100 Euro). From this sum of money volunteers will cook and prepare food for themselves in accommodation place.

### ***Volunteer's allowance***

Each volunteer will receive a monthly allowance of 60 Euro (pocket money)

### ***Means of providing the finance for food and volunteer's allowance***

Each volunteer will have to open Romanian bank account where he/she will receive, every month, the money for food and volunteer's allowance.

**IMPORTANT!** In order to open this account, the volunteer must have his/her identity card and the passport (if he/she has a passport).

### ***Local transport***

It will depend of the weather conditions and it is strongly connected to main theme of the project. The EVS volunteer will receive a tram season ticket or a local transport allowance if necessary during cold/snow/ice season. For favorable weather conditions, volunteers will receive bicycles to implement major activities of the project and as a mean of local transport. Necessary paper work connected to bicycles will obligate volunteers to be financially responsible for this equipment and take proper care of it.

### ***Working hours and days off***

Volunteers will be encouraged to work between 7 and 8 hours from Monday to Friday. Every month the volunteer can take 2 days off. The total numbers of days can be added and used at once but not in the last month of the stage.

### ***Meteorological conditions***

Because of its position on the southeastern area of the European continent, Romania has a climate that is transitional between temperate and continental. Climatic conditions are somewhat modified by the country's varied relief. The Carpathians serve as a barrier to Atlantic air masses, restricting their oceanic influences to the west and center of the country, where they make for milder winters and heavier rainfall. The average annual temperature is 11 °C (51.8 °F) in the south and 8 °C (46.4 °F) in the north.

### Climate data for Arad, Romania

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
<b>Record high</b> °C (°F)	17.4 (63.3)	20.5 (68.9)	28.2 (82.8)	32.0 (89.6)	34.5 (94.1)	38.4 (101.1)	39.6 (103.3)	41.0 (105.8)	39.7 (103.5)	33.8 (92.8)	27.1 (80.8)	20.2 (68.4)	41 (105.8)
<b>Average high</b> °C (°F)	2 (36)	5 (41)	11 (52)	18 (64)	23 (73)	26 (79)	28 (82)	28 (82)	25 (77)	18 (64)	11 (52)	4 (39)	16.6 (61.8)
<b>Daily mean</b> °C (°F)	-1 (30)	1 (34)	5 (41)	11 (52)	16 (61)	19 (66)	21 (70)	21 (70)	18 (64)	12 (54)	6 (43)	1 (34)	10.8 (51.5)
<b>Average low</b> °C (°F)	-5 (23)	-3 (27)	0 (32)	5 (41)	10 (50)	13 (55)	15 (59)	14 (57)	11 (52)	6 (43)	2 (36)	-1 (30)	5.6 (42.0)
<b>Record low</b> °C (°F)	-35.3 (-31.5)	-29.2 (-20.6)	-20 (-4.0)	-5.2 (22.6)	-5 (23.0)	2.2 (36.0)	5.9 (42.6)	5.0 (41.0)	-1.9 (28.6)	-6.8 (19.8)	-15.4 (4.3)	-24.8 (-12.6)	-35.3 (-31.5)
<b>Precipitation</b> mm (inches)	47 (1.85)	44 (1.73)	46 (1.81)	56 (2.2)	71 (2.8)	91 (3.58)	67 (2.64)	53 (2.09)	51 (2.01)	46 (1.81)	57 (2.24)	59 (2.32)	688 (27.09)
<b>% humidity</b>	91	87	81	80	77	79	74	75	76	85	92	89	82.2
<b>Avg. precipitation days</b>	12	10	8	7	12	15	11	10	10	9	11	11	126
<b>Avg. rainy days</b>	2	3	5	7	10	14	11	10	10	8	6	4	90
<b>Avg. snowy days</b>	10	7	3	0	0	0	0	0	0	1	5	7	33
<b>Mean</b>	62	85	155	180	210	240	280	279	210	155	85	60	2,001

### Free time

In their free time the EVS volunteer can go to the State Theatre, Opera Hall, at the cinema, Riviera Complex, in the summer to the Strand (artificial beach and leisure center) where they can play tennis camp, football etc. Also, there are 2 commercial centers with many stores and coffee shops.

A program with many activities for spending free time will be prepared by the mentors and will be made available to volunteers at the time when they arrive in the host community.

### Some words to remember:

English	Română
Good Morning	Buna dimineata
Hello	Salut
Good Evening	Bună seara
Railway station	Gară
Sorry	Pardon
Street	Stradă
Market	Piață
How are you?	Ce mai faci_?
Thank you	Mulțumesc
Where can I find ... ?	Unde pot gasi ...?
Mineral water	Apă minerală
A glas of white/red wine	Un pahar de vin alb/rosu
Lake	Lac
City-center	Centrul oraşului
Left	Stânga
Right	Dreapta
Straight on	Drept înainte
Enjoy	Poftă bună

**Emergency numbers**

**112** - number of Police, Ambulance Service and Fire brigade

If you call at 112 the emergency number you have to say what is the emergency, the place of the event and the place where you are, the number of the phone from which you are calling and what is your name. After that you have to stay on the phone to get in contact with the emergency agency that you need and to receive possible recommendations.

**Other contacts:**

**Miss Delia Roman**, contact person, tel: 0040 730 570393, e-mail: experientam@gmail.com

**Dental emergency number:** 0257/ 253 794, Crişan Street, no.1.

**Family Doctor:** 0257/ 252 568

**Pizza number:**

- Pizza 5 Colturi: 0257.273.273 ; 0726.386.406

- Pizza OK: 0257.212 .141; 0745.825.227

**Taxi:** Taxi Alfa 0745 506070, Taxi Europa 0723 677 555

## **Chapter 8: FAQ**

**Question:** Does my sending organization has to take care about the insurance, or is it your exercise? Our insurance is made by AXA, isn't it? Do we get the insurance card, when we arrive in Romania?

**Answer:** Yes, the insurance is made by AXA and sending organizations have to do it for the volunteer(s). You can get the insurance card(s) also in Romania, but it's better to have them before you come here. You should get them from the company.

**Q:** Do we have holidays? For example, Christmas?

**A:** Yes, of course, all celebration days will be days off + 2 days/month.

**Q:** So we really don't need to bring bedclothes? There are blankets and also bedclothes?

**A:** We will provide bedclothes and blankets. If you want to take also yours, it is up to you.

**Q:** How often are we going to visit the language course?

**A:** We plan to do it once/twice a week.

**Q:** About electricity, do you have 220 V?

**A:** As I was asked about sockets and electricity, I can answer you that 220 V is here usually.

**Q:** Should you bring your mobile phone with you? Or can you use a telephone there, or should you buy telephone cards? What's the best thing to do?

**A:** You can bring your phone with you; we will provide you also with Romanian SIM card (Vodafone) when you will come here. There is also the possibility of buying international telephone cards.

**Q:** When will the language courses begin?

**A:** At the beginning of the project.

**Q:** What day will the effective voluntary job begin? Just after the formation?

**A:** Yes.

**Q:** Is there a possibility to snowboard or ski close to Arad?

**A:** Yes, there is. It is not really close to Arad, but some kilometers away. Still, you can get there by train to Straja.

**Q:** How about holiday? Do I have holiday, for how long, can I decide on my own when I want to take that holiday?

**A:** You will have 2 free days/month, you will discuss when to take the days off with the local facilitator. Also, the Romanian holidays are days free.

**Q:** Do the shops in Romania accept Euros, or only lei? 1 euro is about 4.5 lei, but I cannot imagine anything with numbers. Can you tell me how much a loaf of bread, or one liter of milk, or anything else costs, jut that i can compare euro and lei?

**A:** In Romania we do not use Euros already, only lei. So if you will have Euros you will have to change them in lei when you arrive here. As for your questions about products, a loaf of bread is between 1 and 3,5 lei, but it depends of the product. That will be somewhere around 80 cents in Euros. As for the milk, is somewhere around 4 lei, meaning almost 1 euro, but it also depends on the product. Some of them are cheaper; some of them are more expensive.

**Q:** Do volunteers need to bring towels and bed sheets from home?

**A:** We will provide bed sheets, but we would kindly ask volunteers to bring personal towels.

**Q:** How many working hours will they have per day?

**A:** The working schedule consists in an average of 7-8 working hours per day.

**Q:** Some volunteers would like to bring their laptop with them, is that recommended?

**A:** Yes, it is recommended, volunteers will need it and it will prove to be very useful. Naturally, they are the ones who will have to take care of it.

**Q:** How much can the luggage weigh?

**A:** Normally, the big luggage must weigh around 20kg, but that also appears on the electronic version of the tickets, so you will all know about this beforehand.

**Q:** What type of clothes should volunteers bring with them in Romania?

**A:** Taking into consideration the fact that this stage will take place during autumn and winter, I will recommend volunteers to take warmer clothes.

**Q:** Will the volunteers have a mentor?

**A:** Yes, all volunteers will have mentor.

**Q:** If volunteers are going to need medical assistance, will there be a doctor to attend their needs?

**A:** In case something might happen, or if one of the volunteers gets sick, there will definitely be a doctor to attend to their needs and take care of their medical condition.

**The end**