

European Solidarity Corps. Volunteer's Essentials.

Welcome to your European Solidarity Corps experience in Romania!

This journey offers you the opportunity to make a difference while learning about Romania's culture, language, and traditions. Whether you're working in a community, supporting local organizations, or helping with social and environmental causes, we want you to have a fulfilling, safe, and impactful experience.



Salut (that's Hello in Romanian)!

Romania is known for its beautiful landscapes, vibrant culture, and rich history. From the Carpathian Mountains to the Black Sea, you'll have plenty of opportunities to explore and immerse yourself in new experiences. Romania is also home to a diverse mix of cultures and traditions, which will enrich your stay.

- **Language:** The official language is Romanian, but many people also speak English, particularly in urban areas.
- **Currency:** The currency is the Romanian Leu (RON).
- **Climate:** Romania has a temperate-continental climate with four distinct seasons. Be prepared for hot summers and cold winters.

A few things you should know...

Your role as a volunteer

As a European Solidarity Corps volunteer, your role involves supporting local organizations and communities. Depending on your project, you may engage in activities such as:

Environmental conservation
Social inclusion programs
Educational support
Cultural projects

Your involvement is crucial to the success of the project. Keep in mind that you should embody the spirit of solidarity—actively contributing to your community while respecting cultural differences and local customs. This is a full-time commitment, requiring 30-38 hours per week. Take ownership of your role, be proactive, and always strive to support the mission of the hosting organization.

Accommodation and living arrangements

Your accommodation will be arranged by the hosting organization and will be safe, clean, and comfortable. Throughout your stay, you will have access to:

- Free board and lodging (including during holidays)
- A small allowance (pocket money) for personal expenses
- Support with local transportation if required by your tasks

You are entitled to two free days per week and two days of holiday per month. Vacation periods will be arranged in agreement with your hosting organization. Always communicate any needs or concerns regarding your living arrangements with your host to ensure that everyone's expectations are met.

Safeguarding and safety

Your safety and well-being are very important. All host organizations are responsible for ensuring a safe environment. This includes both your physical safety and emotional well-being. You must feel free to express any concerns you might have—whether it's about your safety, your role, or any challenges you face—openly with your host or mentor. They are there to support you.

- **Safeguarding:** Be mindful of the local laws and the rules set by your host organization. Safeguarding yourself and others is a shared responsibility. If you encounter any situation that makes you uncomfortable or poses a risk, communicate it immediately to your host organization and mentor.
- **Health and insurance:** You are covered by the European Solidarity Corps insurance plan, which supplements your European Health Insurance Card (EHIC). Always keep your EHIC with you during your stay. In the event of any health-related issue or emergency, your mentor and host will help you seek proper medical attention.

Learning as a shared responsibility

Volunteering is not just about giving—it's also about learning. You are responsible for making the most of this learning opportunity. Throughout your time in Romania, you will develop new personal, social, and professional skills. These skills will benefit you long after your project ends.

- **Task-related learning:** Take the initiative to deepen your knowledge and improve your skills related to the project tasks. Whether it's learning a new language, improving your ability to work in a team, or developing problem-solving skills, actively seek out learning opportunities.
- **Personal growth:** Reflect on your experiences regularly, as this will help you gain insights into your personal development. At the end of the project, you will receive a Youthpass certificate that documents your learning outcomes. Take responsibility for documenting your learning and growth to maximize the benefits of this experience.



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Cultural tips and etiquette

- **Respect for local customs:** Romanians are known for their hospitality and warmth. It is customary to greet people with a handshake and maintain eye contact.
- **Public behavior:** Be mindful of your behavior in public spaces. In Romania, it is polite to show respect in social interactions and public places.
- **Local food:** Romanian cuisine is diverse and delicious. Be sure to try traditional dishes like "sarmale" (stuffed cabbage rolls) and "mămăligă" (cornmeal porridge).

Communication and responsibility

Clear and open communication with your hosting and supporting organizations is essential for a successful experience. As a volunteer, it is your responsibility to:

- Keep your host and supporting organizations informed about your whereabouts, health, and well-being.
- Provide feedback regularly about your experience, including challenges and achievements.
- Engage with your mentor—who is appointed by your host to support your well-being—through regular meetings to discuss any issues or needs.

Always show respect for the structure and rules of your host organization and ensure you abide by the national laws of Romania. Your host organization is investing time and resources in making this experience successful, and in turn, they expect your dedication and commitment.

Your time in Romania is an opportunity for both personal and professional growth.

By fostering solidarity, respecting the local culture and embracing your learning journey, you will make a positive impact on the community and gain valuable skills for the future.

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