



Lifelong
Learning
Programme

EPAEMSI

European Partnership on Adult Education and
Mobility for Social Inclusion

GUIDE FOR PARTICIPANTS

Activity location: Cluj-Napoca, Romania.

Activity date: 24th to 27th May 2013.

Hosting organisation: Centrul de Resurse pentru Diversitate Etnoculturală - Ethnocultural Diversity Resource Center (<http://edrc.ro/>).

Contact person from the hosting organisation during the activity: Zsuzsanna Kovacs - 0040723172527

1. Logistics

1.1 Airport transfers.

The easiest way to reach the center of the city from Cluj-Napoca airport (CLJ) is by taxi, a trip to downtown costs around 7 euros.

1.2 Accommodation.

Your sending organisation will shortly provide you with this information.

1.3 Meals.

The hosting organisation will book specific restaurants for the entire group of participants. There will be choices of dishes. The average cost of a meal is between 10 and 25 Euros. Details about each meal will be provided a few days before arrival.

In case of you not being interested in joining the group for the meals, please, inform the coordinator (coordinator@epaemsi.eu) before 10th May in order to cancel your meals' bookings.

1.4 Local activities

Details about will be provided a few days before arrival. Transportation costs should be considered.

1.5 Public transport fares.

The fares for a bus or tram ride are about 1 euro for two trips. The average taxi fare is about 0,5 euro. We recommend NOVA Taxi (004) 0745 151 000, (004) 0722 855 456 or DIESEL Taxi 0264 946. DANIEL Taxi or PRITAX are also ok. Please avoid STUDENT Taxi or any other company.

1.6 Weather.

Average night temperature will be about 10 degrees, while average day temperature will probably be about 20 degrees. Rain is possible.

1.6 Things to bring.

- Within the framework of the intercultural celebration, each delegation will have **10 MINUTES** to present to the other participants and guests of the hosting organisation their country, culture and gastronomy. In order to do so, it is suggested that each delegation prepare and bring an audiovisual presentation (PowerPoint, video, etc.) of their country and culture as well as some food or drinks in order to introduce the other participants in their gastronomy. Please be aware that the food must not require any preparation as neither a kitchen nor kitchen instruments such as knives will be made available.
- An umbrella/raincoat as rain is possible.

2. Agenda for the activity (Provisional)

24th May

- 09:00 - 20:00 h: Arrivals.
- 20:00 - 22:00 h: Welcoming dinner.

25th May

- 09:00 - 10:30 h: Presentation of the hosting organisation and presentation of the hosting organisation's good practice in promoting social inclusion.
- 10:30 - 11:00 h: Coffee break
- 11:00 - 12:30 h: Presentation of the SWOT analysis made by the adult learners from each organisation, except the hosting organisation of the previous mobility activity, about the good practice seen during the previous mobility activity.
- 13:00 - 14:30 h: Lunch
- 16:00 - 19:30 h: Testing a good practice of conflict resolution in multiethnic environments. Participants will work in groups in order to solve a given issue.
- 20:00 - 22:00 h: Dinner

26th May

- 09:00 - 12:30 h: Visiting Bánffy Castle, an architectonic baroque monument owned by an old aristocratic transylvanian family, nearby Cluj. The castle is being restored involving disadvantaged groups. Visiting a sample of income generating activity run by disadvantaged people in rural area. Transportation will be organized by EDRC.
- 13:00 - 14:30 h: Lunch
- 16:00 - 19:30 h: Conference on non-formal education for social inclusion followed by the intercultural celebration prepared by the adult learners for the members of the public and local organisations.
- 20:00 - 22:00 h: Farewell dinner including local traditional motives.

27th May

- 07:00 - 20:00 h: Departures.

3. Local tourist information

3.1 Most popular touristic attractions.

The most popular touristic attractions are located in the center of the city around two major squares: Union Square with Saint Michael Church in the middle and the statue of Matei Corvin (Mathias Rex) and the Avram Iancu Square with Orthodox Cathedral, National Theatre and the statue of a Avram Iancu, a transylvanian Romanian leader. The Botanical Garden which is 20 minutes walk from the center of the city is also a nice place to visit. The Ethnographic Museum of Transylvania and the Art Museum are also located close to Union Square. The Museum Square area offers both terraces and the possibility to buy traditional souvenirs from locals. There are different old churches (Orthodox, Catholic, Protestant) that can be visited. Details about other cultural attractions can be found in a multicultural guide published by our organisation:

<http://www.edrc.ro/docs/docs/clujm/Clujul-Multicultural-final-2011.pdf>

3.2 Places to go out for a drink?

Ursus Restaurant, situated near Union Square, is a nice place to drink or eat. At Olivo Cafe you have a large variety of coffee and tea. In Union Square you can also try Corso Cafe & Bistro.

3.3 Places to go out for a meal?

Camino Restaurant, situated in the Museum Square; Marty Restaurants on V. Babes Street no.39 and Horea Street no. 5; Toulouse Cafe Brasserie in Union Square; La Piazzeta on Eroilor Street, between the two major squares.

3.4 "You should not leave without going to/doing ..."

You should not leave Cluj without trying the Frog Cake, called "Broscutsa" or "Kurtos Kalacs", a Transylvanian pastry, as well as "mici/mititei", a traditional Romanian dish of grilled meat rolls made from a mixture of beef and pork, and Ursus Beer, a local brand. You should also climb on "Cetățuie" (Fortress Hill), a small hill in the center of the city (where Belvedere Hotel is situated), to have a nice landscape of the city.

4. Local customs and cultural information about the hosting country

4.1 National language.

The national language is Romanian, a Latin language. In Transylvania, Hungarian is also spoken mostly by the largest ethnic minority, the Hungarians. You can easily find English speakers for directions.

4.2 Local currency.

The local currency is LEI. One Euro is about 4,5 lei.

4.3 How is a typical day organised?

People usually have breakfast before 9 a.m. when they start work. Lunch usually is between 1 and 3 p.m., while dinner is around 8-10 p.m. On Sunday, most of the shops are closed. However, restaurants, bars, shopping malls are open.

4.4 Popular food.

"Covrigi" is a popular pastry that you can easily find in the center of the city (Pastry shops: Panemar, Petru, Delissima etc.). Pizza and pasta, as well as Turkish fast food are very popular among students. Romanian cuisine is a diverse blend of different dishes mostly based on meat and soup such as "ciorba" (sour soup with diverse vegetables and meat), "mamaliga" (polenta served usually with cheese or meat), "sarmale" (minced meat mixed with rice and wrapped with cabbage leaves), "papanasi" (a tasty fried dessert based on cheese). In Cluj, a traditional dish is "Varza à la Cluj" (Cabbage à la Cluj) - you can serve it at "Vărzărie" on Eroilor street, a place having a local flavor. "Năsău" cheese - a traditional cheese produced in a natural cave from the middle ages in microbiological conditions unique in the world. You can buy it in Napolact Shop (M. Viteazu Square).

4.5 Popular drinks.

Romanians have a good selection of beer and wine. A popular soft refreshing drink is lemonade with all kinds of tastes, served in restaurants or bistros. "Tuica/Palinca" is a traditional strong Romanian spirit usually made from plums.

4.6 Tips.

10% percent of the bill is recommended, though never compulsory. It is not included in the bill and it is given if you are satisfied with the service.

4.7 Meeting / Greeting people.

Formal greetings involve shaking hands, both for men and women. Kisses are not very usual outside family and close friends.

4.8 Gestures which can be misunderstood and should be avoided.

All the same widely known Western manners also apply to Romania.

4.9 Stereotypes.

There are no vampires in Transylvania. Also there is nothing creepy about it and the people living there. Stealing is not a more common issue than in other countries. Roma people are a different ethnic minority group in Romania. Budapest is not the capital of Romania.

4.10 Sense of humour.

Romanians have a good sense of humor, joking being a mean to overcome difficulties in life. A famous humorous character is "Bula", a tragic-comic absolute idiot. Communism was a humour producing machine. Especially during the communist regime political jokes were very popular although they were illegal and dangerous to tell.

5. Other information

Cluj-Napoca is a large university center, having about 100,000 students.

Wireless is easily accessible in public spaces.

Useful links:

<http://www.visitcluj.ro/home.html>

http://www.virtualtourist.com/travel/Europe/Romania/Judetul_Cluj/Cluj_Napoca-519167/Things_To_Do-Cluj_Napoca-TG-C-1.html

6. Basic vocabulary

English	Romanian	Phonetically
Hello/Hi!	Servus! (specific to Transylvania)	Servus!
How are you?	Ce mai faci?	Tche my fatchy?
Good morning	Bună dimineața	Bunə dimineatsa
Good afternoon/evening	Bună ziua/seara	Bunə seara
Good night	Noapte bună	Nȃapte bune
Goodbye	La revedere	La revedere
Excuse me! / Sorry	Scuze	Skuze
Yes	Da	Da
No	Nu	Nu
OK	OK / Bine	OK / Bine
Please	Te rog	Te rog
Thank you	Mulțumesc	Multsumesc
Thank you very much	Mulțumesc foarte mult	Multsumesc foarte mult
Your welcome	Cu plăcere	Cu plăcere
How much is that?	Cât costă?	Cît kostə?
The bill please	Nota, vă rog	Nota, və rog
A beer	O bere	O bere
A tea	Un ceai	Un tchai
A coffee	O cafea	O kafea
Black / with milk	Neagră / Cu lapte	Neagrə / Cu lapte
A fruit juice	Un suc de fructe	Un suk de frukte
A red wine	Un vin roșu	Un vin roshu
A white Wine	Un vin alb	Un vin alb
What's your name?	Cum te cheamă?	Kum te kiamə?
My name is...	Numele meu este...	Numele meu este...
Do you speak English?	Vorbești engleza?	Vorbeshti engleza?