

Support for sport



Multisport Experience Sport Club from
Arad

Stage period: 01.02.2015 -
31.10.2015

Support for sport

Index

	<u>Introduction / summary of the project</u>	2
Chapter 1	<u>Description of hosting organisation</u>	5
Chapter 2	<u>Objectives, activities, evaluation and schedule</u>	14
Chapter 3	<u>Methods to be used</u>	23
Chapter 4	<u>Things to be prepared before coming</u>	26
Chapter 5	<u>Trainings of the project</u>	27
Chapter 6	<u>About running</u>	30
Chapter 7	<u>Practical arrangement</u>	38

Support for sport

Introduction

Period: 01.02.2015 - 31.10.2015

Dear volunteer,

Welcome to our running world! If you read this, most probably you are looking forward to start the project. We feel the same!

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 here to answer you.

You can follow us on www.experientamultisport.ro or Facebook,

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



Support for sport

Summary of the project

“Support for sport” (SFS) is the initiative of Clubul Sportiv Experienta Multisport (CSEM) organization from Arad in west Romania. It is KA1, European Voluntary Service project from Erasmus+ programme. The project involves 10 volunteers from 5 countries and 7 sending organizations. Volunteering stages are scheduled for the period between February 2015 and October 2015. During those 9 months of stage duration, EVS volunteers will support CSEM organization in popularizing sport activities in local neighborhood of Arad as well as at national and international level. Through tailor made for EVS volunteers’ activities, participants will gain skills and abilities necessary to level up their qualifications in organizing events, with special emphasis on sport theme.

Activities done during the project will be described as competences in the Youthpass and Europass tools, which will make participating EVS volunteers more competitive at job market in future. Unique – through sport – opportunities of integration to local neighborhood of Arad and Romania, open up for EVS volunteers also possibilities of working in Romania as well as collaborating after EVS stage for popularizing sport activities and organizing events with sport theme. The project SFS has perfect balance between outdoor and indoor activities. Outdoor activities offer possibilities of making 3 sports regularly – running, biking or swimming. Indoor activities offer possibilities of interacting at local, national and international level with sport enthusiast as well as amateurs and people who would like to make sport. Indoor activities of the EVS volunteers will result in unique compilation of knowledge and good practice tool – online e-book which will consist the compilation of links to every single website devoted to SFS project. This compilation of links groups in online e-book will give unique experience of decentralize reading for public, possibility of using the elements of it on basis of open license and most of all, opportunity of experience never-ending book as the content of the project will grow long after EVS stage will finish because one of the basic features of EVS volunteers’ learning process will be to get trained by CSEM organization and pass forward learning experience by training local, Romanian speaking volunteers making SFS project successful also from the integration point of view. The target groups of the SFS project – participants of sport events supported by EVS volunteers or co-created by them are from all possible social backgrounds and age groups therefore SFS project will have also the dimension of intergenerational exchange. SFS project is unique combination of many learning and integration elements to underline to concept of volunteering and its long lasting impact plus never-ending need for it.

Support for sport

Some of the representative indicators of this project can be seen below:

- No of hours of physical activities/EVS volunteer – at least 115 hours/stage;
- No of training courses delivered to the EVS volunteers – at least 8;
- No of events where the EVS volunteers participate in the organizing team: at least 4;
- No of persons informed by the EVS volunteers about the benefits of sport and healthy lifestyle customs: at least 1000;
- No of local volunteers trained by EVS volunteers in order to continue their work: at least 20;
- No of visitors on web-sites, number of viewers of the project's results: at least 5000;
- No of local/national/international partnerships realized for the promotion of events healthy lifestyle: 100;
- No of participants in the sport events where the EVS volunteers are involved: at least 1000;

Support for sport

Description of hosting organisation



Our story

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.

Support for 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;
- Increasing the access to information and programs dedicated to sports;
- Increasing the practice of various sports by citizens;
- Supporting specific voluntary activities regarding sport, civic participation and active citizenship;
- Promoting the common interests of members organization on sport plan;
- Encouraging practicing performance sport;
- Developing collaborations with similar structures, association within some federations or other types of representative bodies, national and international affiliations;
- Forming a healthy lifestyle among youth;
- Developing management and leadership skills of young people on sport level;
- Making sports activities on the following areas including, but not limited to: athletics, swimming, cycling (cycling city, cyclotourism, mountain biking, mountain biking, etc.), triathlon, duatlon, sports orientation, active tourism, mountaineering, chess , skating, skate board, skiing, dancing, hiking, badminton, basketball, bowling, billiards, kayaking, canoeing, darts, fitness, football, football tennis, gymnastics, paintball, fishing, polo, bowling, roller, karate, tae bo, table tennis, tennis, shooting, volleyball, etc..
- Promoting ecological principles, environmental protection and education of youth in the spirit of respecting nature and sports;
- Promoting European values and development of intercultural programs;



Support for sport

We organize:



- Running group, weekly, every Thursday in Arad, about 5.5 km;
- We have been co-organizers of the four events dedicated to amateur sport, this year:



1 • THE ROAD RUNNING AND THE HALF MARATHON OF ARAD COUNTY,
together with Arad County Council, Arad City Hall and Arad County Cultural Center

This was a very big event which involved:

- 1692 participants;
- 3 course: half-marathon, 6 km, 1 km;
- 106 partners;
- 210 volunteers;
- 5442 km run by all the runners;
- 13 countries represented there;

More details can be seen on www.cros-semimaraton.ro

Support for sport



2 • Arad Bike Race dedicated to mountain biking, together with Arad County Council and Arad County Cultural Center - 135 participants for 3 types of courses: 40 km, 12 km and 1 km;



3 • Tomato Festival on Bikes - one road course for bikes, with 112 participants;

Support for sport



4 • Green Duathlon - with 103 participants;

The total number of participants on the events organised by the club, during 2013 have been 2042.

We intend to annually participate in a group to at least six events dedicated to amateur sport. The present team consists of 49 people (4 founder members and 45 who joined us last year) which includes colleagues with various backgrounds and experience in volunteering and sport programs for young people as well as in training. As a target group, we work, in particular but not exclusively, with youth at events and activities dedicated to sports, but at the events we organize, people without age limit have access in general.

Our members, amateurs on sports have been involved in running, swimming or riding a bike in these events, during 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

Support for sport

13. Triatlon Oradea
14. Maraton Apuseni
15. Brasov Triathlon
16. Retezat Maraton
17. Duatlonul verde
18. Runsilvania WILD RACE
19. Maraton Timisoara

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.

By using EU sport related framework Multisport Experience Sports Club would like to increase the activities on sport by implementing “Support for sport” project as European Voluntary Service one for the following reasons as hosting organisation:

1. we want to bring to other people our passion for sports and especially for running, swimming and cycling.
2. we would be glad to learn from you, the volunteers about the way things are working in your native countries in terms of sport, about how sport is seen in your region, about how your life is with or without sport, motivations to move, own culture, your life experience on the subject and so on.
3. we can teach you what we already do in terms of running, group running, running on different events, quick running or jogging, here or in other places, road running, half marathon, marathon or even ultra marathon. The same can be applied on cycling, swimming and other sports we plan to practice in groups.
4. you, as foreign volunteers, can be examples for local people helping us in promoting sports as a healthy way of spending free time.
5. together we can prepare activities to increase the number of people involved in sport activities in Arad county and in Romania.
6. we can compare traditions of our cities and our countries in terms of sport and learn from each lesson we can see together.
7. we can develop new approaches for practicing sport.
8. using sport as learning tool in overcoming prejudices, racism and xenophobia, uniting all competitors without exceptions
9. applying sport as a therapeutic tool used in working with disabilities (mental and physical)

Support for sport

Finally, you can help us promote our activities abroad and participate in different international events or networks as well as from our side the enhance the process of putting Romania and Arad on the sport map of Europe and creating the flow of Romania leading the way to create and promote healthy lifestyle through making sport.

As for the responsibilities, tasks and objectives of coordinating organisation we can play an important and active role in implementing our proposals plus we can apply further our initiatives in sport field after initial success. We plan to apply procedures which can help us and our partners (hosting or sending) to achieve the performance we would like to have all together in long terms of learning.

We are a new born structure therefore we are at the beginning of our journey. We have enthusiasm and our members have been involved, for many years in different organisations on EVS projects in Romania and abroad as coordinators, facilitators, mentors, trainers, participants, etc. We are strongly motivated and we will put our experiences all together in order to build sports activities on international level with foreign volunteers. 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.

According to the common saying “Strong body, strong mind”, we believe also in therapeutic influence of running as solution to everyday life problems and concerns but most of all as a solution to health problems. We cannot forget that:

- **In Arad county**, the main cause of mortality is due to cardiovascular diseases, in 2009 from 6137 inhabitants, 3598 died of heart diseases. One from 3.7 persons is suffering from a heart disease. (*Statistics published by the Arad Public Health Direction, September 2010*). The areas of intervention for promoting heart’s health include: encouraging physical activity, a healthy diet and avoiding smoking. The above mentioned situation may be generalized with some variation at the national level;
- In Romania, about 50% of citizens are overweight (according to the C.I. Parhon Institute of Endocrinology);
- Among the negative current trends at the national level, which are found in a study called ”Emerging needs of children in Romania” conducted by FDSC in 2009, there is also stated that physical activities were replaced with those from the virtual environment (75% of respondents).
- The number of obesity cases in primary school has doubled in the last 8 years (study realized by the Bucharest Public Health Institute);

Arad has as a target to become a city oriented more on sport, to build here a sport center. This project can support that ambition target with people doing sport on regular basics.

Support for sport

More about this target can be found here:
http://www.vestic.ro/articol_32441/primarul-aradului-militeaza-pentru-realizarea-unui-centru-national-de-sport-la-arad.html, <http://arq.ro/centru-national-pentru-sport-la-arad/>, <http://www.actualitati-arad.ro/centru-sportiv-national-infiintat-arad/>

Because sport is also a part of the culture we hope to help the city to apply also for the “European Capital of Culture” through all our activities in this field.

Multisport Experience club has the following objectives, until 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)**

From these perspectives, the project can support our dreams for the benefit of the local community especially in the objective number 1. Once the people will start to run, they would like to check their performance in a big running event.

We treat “Support for sport” project as an excellent opportunity to emphasize even more the mission of our organisation to promote running and healthy lifestyle not only at local level but by involving the EVS volunteers into activities at European level because:

- Infantile obesity tends to take alarming proportions in the European Union, where 14 million children are overweight and their number increases by 400,000 annually. For drawing attention to this situation, the EU countries mark the European Day Against Obesity (EDAO) for the first time on 22nd of May. ZEIO goal is to help overweight and obese European citizens, in changing their lifestyle, controlling their weight and improving their life quality (<http://www.obesityday.eu>).

You can follow us on www.experientamultisport.ro or Facebook:

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

Support for sport

A. Details of the applicant (Coordinating Organisation)			
Name	Asociatia Clubul Sportiv Experienta Multisport		
Accreditation reference number (EI) ⁵	2013-RO-50		
Street address	Str. Iulian Grozescu, no. 4-6, sc. C, ap. 8		
Postcode	310001 Arad	City	Arad
Region	Arad	Country	Romania
Email	experientamultisport@gmail.com	Website	www.experientamultisport.ro
Telephone	0040 730 570393	Telefax	

⁴ The applicant must be established in a Programme Country, in South East Europe or in an Eastern Partnership Country and must be accredited as Coordinating Organisation and have a reference to an approved Expression of Interest (EI).

Person authorised to sign the contract on behalf of the applicant (legal representative)			
Family name (Ms/Mr)	ROMAN	First name	CODRUTA DELIA
Position/function	President		

Person in charge of the project (contact person)			
Family name (Ms/Mr)	ROMAN	First name	CODRUTA DELIA
Position/function	President		
Email	experientam@gmail.com		
Telephone	0040 730 570393	Telefax	

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 running on human health as well as answer with "Support for sport" 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.

Support for sport

Objectives, activities, evaluation and schedule

The objectives of the project "Support for sport" can be consulted below:

1) The EVS volunteers will practice at least one sport for at least 3 hours every week during 9 months of the stage.

The volunteers will have the possibility to choose what to practice from at least the following 3 sports which the organization promotes: running, cycling, and swimming. Also, they will be supported to be involved in at least 2 sports events but this time as participants and not in the organizing team.

2) The EVS volunteers will participate in intensive training courses focused on at least 5 subjects from the list below, during 9 months of the stage.

The subjects available will be the ones here and the selection is based on their preferences and the needs of the partnership:

- Romanian language
- Organizing events from outside to inside
- Identifying, mapping the stakeholders
- Promoting the events
- Benefits of sports
- Running, cycling – basics
- How to film, how to take proper photos
- Leadership, how to lead people

3) The volunteers will be involved in organizing at least 4 sport events for amateurs in 9 months of the stage, in 2015

Support for sport

After the training courses, once they are ready, they start to apply what they learnt so far in at least 3 events of CSEM from at least the ones listed below:

- Marathon, half marathon and road running of Arad
 - Tomato festival on bikes
 - Casoaia Bike Race
 - The Green Duathlon
- other

Finally, the volunteers will create and organize at least one small sport event during 9 months of the stage, on their preference, this time and here they can apply everything they got in terms of competences necessary to organize sport events. Finally they will have at least 4 events where they took an active part.

4) Encouraging at least 500 persons to be involved in sport activities as an essential part of the healthy lifestyle - during 9 months of the stage

The EVS volunteers will play an active role in developing a dissemination plan and act according to it, in order to promote a healthy behavior among the residents from Arad County and Romania.

5) During 9 months of the stage, the EVS volunteers will teach at least 20 local volunteers what they accomplished from organizing sport events and how to prepare the future local teams which can continue their work in 2016.

It is time to share with the others the competences acquired, to celebrate the all process, to prepare the local teams which will act on the ground in 2016 when they will no longer be there but their work will be continued!

Support for sport

ACTIVITIES

“I hear and I forget. I see and I remember. I do and I understand” Confucius

The main idea of the project is that the volunteers will take an active role in supporting the teams which organize sport activities:

1. First they will be trained
2. Secondly, they will be a part of the organizing sport activities applying the theory
3. Thirdly, they will coordinate sport activities
4. Fourthly, they can teach others what they know so that the things they know will be used and cemented (dissemination tools, preparing others etc)

The system we describe here will be applied to each event which will be realized in 2015 and there the volunteers will be a part of the organizing team in at least 3 of them and for the last one they will create something on their own, applying what they have learnt so far: Marathon, half marathon and road running of Arad, Tomato festival on bikes, Casoaia Bike Race, The Green Duathlon.

The basic elements of activities planned for SFS volunteers are listed as their work packages, strictly connected with tasks and objectives of the project showing clearly the way of how to achieve the competences needed to find job in future. Each area can contain but it will not be limited to the next steps to be followed by the volunteers, described on each of the sections.

I. Photo and video section

- 1) Prepare a photo and video plan
- 2) Make photos of and for the participants
- 3) Create a representative movie for the event - capture the best moments from preparation to evaluation of the events

II. Logistic section

- 1) Establish the roles inside the teams
- 2) Establish the goods' flow during the event

Support for sport

3) Make the map of the place for the event

4) Prepare the rules, the food/fruits/water for the events, the places for audience, participants, speakers, team, the communication panels, the risk management plan, contact list, the scenario, the tables, chairs, banners, gates, laptops, photo and video cameras, prizes, kits for the participants, microphones, speakers, projectors, podiums, medals, certificates, pens, bags, first-aid kit, the package for the participants (venue, time, things to bring, rules, numbers, t-shirts) etc

5) Make a rehearsal, take notes of what was going right and what not and prepare the event according to this last feedback

6) Regularly update the website with the main information for the public

7) Checking the microphones, stage, gates, toilets etc

8) Arrange the tables, chairs, banners, gates, laptops, photo and video cameras, prizes, kits for the participants, microphones, speakers, projectors, podiums, medals, certificates, pens, bags, first-aid kit, communication panels etc

9) Open the event: presentations, rules, participants, quests etc

10) Start on each sub-event/course

11) Offer the prizes for the winners, participants

12) Closing the event

13) Clean up the spaces

14) Send feedback forms to the participants

15) Send thank you letters to the participants, donors, partners, team members

III. Preparing the sport routes section

1) Research and measure the routes

2) Get the necessary authorizations from the city hall, police, ambulance etc

3) Arrange the routes for the day of the event

4) Insert the necessary panels

Support for sport

5) Update the web-site with the proper information

IV. Managing the groups of local volunteers section

1) Prepare a local volunteers plan: preparation of the organization, recruitment, selection, motivation, rewarding and evaluation

2) Apply the recruitment process

3) Select the volunteers

4) Match the volunteers profile with the necessary work

5) Implement the orientation and training for the local volunteers

6) Motivate the local volunteers

V. Preparation of partnerships section - this area can contain but it will not be limited to the steps described on the next chapter, focused on partnerships.

VI. Promotion the events, promotion the healthy lifestyle section - this area can contain but it will not be limited to the steps described in the chapter dedicated to the partnerships.

VII. Fundraising section - This area can contain the steps described on the partnership section.

Each section will have the steps described and, at the end this which will be repeated:

- Evaluate the section
- Celebrate the accomplishments
- Plan the next cycle based on the conclusions so far

Those work packages are focused on gaining as many as possible competences to find a job in future in the area of organizing events – especially with sport themes. But not limited to. All those carefully planned work packages are focused on volunteers working individually and in teamwork to achieved mentioned competences in 9 months of project duration.

Support for sport

Evaluation

I) The evaluation of the activities at each level will involve at least 3 main actors of the project:

- CSEM as coordinating organization
- Sending organizations
- SFS – EVS volunteers

The evaluation will be done on the basis of:

- Work diary of the EVS volunteers
- Updates of websites devoted to a project
- Evaluation sessions in connection to tasks and objectives of the project
- Evaluation sessions in connection to quantity of tasks and objectives of the project

The basic field of evaluation and monitoring of the activities will be so called – Virtual Classroom and Electronic Resource Center. Both instruments have been already successfully implemented by CSEM organization during a previous EVS project. Those are on-line tools of communication and evaluation. The scheme of both is yet to be established directly with SFS-EVS volunteers after arrival to Romania – standard scheme of those tools will be adjusted to needs and initial competences of the new volunteers in order to be as easy as possible to navigate and use. The standard scheme of VC and ERC is created by collection of connected with one another documents created for a purpose of the project such as weekly schedule, work diary of the EVS volunteer or coordinating file which contains tasks and objectives of both: project and persons involved, all with the use of free of charge software such as google disk drive or else. Within this complex but easy to work with electronic tools of monitoring and evaluation, CSEM can be sure of providing only proper tools to control the project for desired number of the volunteers during the stage of the project. Access to those electronic tools will be naturally provided for sending organizations as well.

Very important feature of both: VC and ERC will be files devoted to competences useful to find a job in future for EVS volunteers – files which will focus on the way of achieving those competences. Stage of the project is a long time in the life of any young person and

Support for sport

some things, even from very personal experience can be lost or forgotten – we remember what we did but not necessary how. That is the purpose of VC and ERC which being online based will keep their content long after EVS volunteers will come back to sending countries. Therefore all those online tools provided by CSEM organization will play a role of some sort of EVS “Wikipedia” for the SFS volunteers in future.

II) Evaluation of SFS project will be made in two dimensions:

- 1) Evaluation of EVS volunteers activities and competences
- 2) Evaluation of impact of the project on local neighborhood

There are two factors which will play major role in the evaluation process:

a) Training sessions provided by CSEM

b) Electronic Resource Center provided to SFS project by CSEM organization with complex system of documents of evaluations. There is a series of internal trainings provided for SFS – EVS volunteers during the project. The training sessions which will contribute the most to evaluation process are Introduction, Middle stage, Final evaluation.

As for introduction session, this will be training provided for CSEM organization in order to set up “zero” point of competences – the initial level of the volunteers. This initial level will be described by filling in the questionnaire. Extended of expected competences to be achieved, the document will set initial point of learning progress of the volunteers. It will be up to EVS volunteers to choose the form of this document – we can suggest the most powerful one, which is simple video recorded by the volunteers about himself/herself stating initial point of the project. ERC will be the database of this point of references, which initial number we set as 3. During middle stage sessions of evaluation, which will take place approximately in the middle of stage duration but not longer than 4 months from starting the project, there will come a time for first major evaluation workshop – volunteers will be asked again, to make the same chosen form of evaluation – in our proposed case: short video stating the level of competences in the middle of the project. By watching the previous video, EVS volunteers will have an opportunity to see, where they are with the progress of the project and desired at the beginning of the project competences. Middle stage sessions with CSEM will have another big target – to evaluate progress of the activities, to see what is yet to be done and make the plan of future activities until the end of the stage. At the end of the stage, for EVS volunteers will wait the final evaluation session and final document of evaluation: final video in our example, which video will be simply compilation of two others, made earlier and by that compilation it will be clear as crystal, the way through competences and activities of the project.

Support for sport

Ongoing evaluation of the project will be supported during everyday activities of the volunteers – of updating websites devoted to a project.

And those websites will be the actual Evaluation of impact of the project on local neighborhood. Through those website EVS volunteers and CSEM will communicate to public the results of the project at almost “live” time. The impact of the public – at local, national and international level – will be measured in number of “likes”, shares, comments and other on relevant websites as well as simple and core statistics provided by websites designers to monitor the number of people visiting the website. Taking all those measure into consideration, we expect to reach the total number of 5000 persons to see the results of the project, activities, volunteers posts, updates and so on. Activities of the volunteers directly addressed into public will be also evaluated by the numbers of people attending at the described in this application sports event which EVS volunteers will organize. The total number of people participating in these min. 4 events is 1000, the total number of local RO volunteers participating in those activities is 100.

As for the learning, the Electronic Resource Center available for EVS volunteers will play great role. As we mentioned before, in ERC there will be many documents explaining and making easier for the volunteers the road through competences. As for evaluation document it will be excel sheet based description of activities including their quality and quantity, under constant supervision of facilitator of the project regarding activities and mentor regarding integration to local neighborhood plus Romanian teacher regarding language skills. Volunteers under supervision of all those 3 persons, will be obligated to start, manage and update online work diary of the volunteer which will be also excel based document stating the number of working hours, description of activities and competences achieved. Those two documents joined together will create a system of:

- Cards of competences available for EVS volunteers – cards in which achieved competence will be described by set of skills and abilities gained by EVS volunteers with their confirmation such as photos, videos or other materials

- Quantity description document of impact to public. This impact collected in numbers of people reached, local RO volunteers recruited or partnerships tighten in local neighborhood will be elaborated as percentage of tasks and objectives for SFS project

Schedule

Support for sport

The schedule which can be consulted below might be adapted in the future when the events are during the weekend with the volunteers taking the necessary days off, 2 per week and other 2 per month, apart from the weekly ones.

Example of standard week of European Voluntary Service timetable:

Timetable								
Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(MORNING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
9:00	10:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Free time	Free time
10:00	10:30	Morning briefing	Morning briefing	Morning briefing	Morning briefing	Morning briefing		
10:30	11:00	Weekly / daily planning	Daily planning	Daily planning	Daily planning	Daily planning		
11:00	12:00	Weekly / daily planning	Preparing the sport routes sections	Preparing the partnership sections	Promotion of the events	Managing the group of local volunteers		
(NOON)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
12:00	13:00	Updating Internet websites devoted to project/ Photo and video actions	Preparing the sport routes sections	Logistic section	Promotion of the events	Preparing the online e-book of the project - links managing/ Managing the group of local volunteers	Free time	Free time
(AFTERNOON)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
13:00	14:00	Lunch	Lunch	Lunch	Lunch	Lunch	Free time	Free time
14:00	15:00	Fundraising/Partnerships actions	Updating youtube website devoted to project/Photo and video section	Logistic section	Participating in cultural events in Arad city - intergration	Reporting of the day and a week / ERC managing		
15:00	17:00	Preparing the partnerships	Romanian classes	Mentorship	Romanian classes	Mentorship		
17:00	18:00	Reporting of the day / ERC managing	Reporting of the day / ERC managing	Reporting of the day / ERC managing	Reporting of the day / ERC managing	Participating in cultural events in Arad city/Romania - integration		
18:00	19:00	Practicing one chosen sport activities	Practicing one chosen sport activities	Practicing one chosen sport activities	Practicing one chosen sport activities	Participating in cultural events in Arad city/Romania - integration		
(EVENING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities
19:00	20:00	Dinner	Dinner	Dinner	Dinner	Dinner		

Support for sport

Methods to be used during the project “Support for sport”

The list of the methods used during the stages will be at least these: dialogue, workshop, photo-exhibition, movie, brainstorming, role-play, presentation, analysis, world cafe, debate, interviews, games, team-building exercises, visual plans, coaching, open space, photo voice, public speaking, street animation, flash mob etc

Below you can find the general description of some of these methods:

- **Dialogue:**

Dialogue is a basis of any good mentorship. EVS volunteers will learn the art of dialog from mentorship meetings and will multiply its usage in their activities;

- **Workshop**

It is going to be used when the volunteers meet to focus on a plan, activities to be realised, together with the young people, etc. This method will be the most popular used in working with EVS volunteers – workshop will became a basic framework of activities, right from the beginning. Evaluation of the workshop will be done with sub-method: quiz. Viewers of the presentation will answer relevant questions to verify how clear the knowledge was passed further. On the basis of quiz there will be good practice regarding creating promotional / informative materials elaborated. Volunteers will learn many faces of workshop as method and many outcomes which it gives. That will be the conclusion of why this method is preferred one in non-formal and informal learning;

- **Photo Exhibition**

The EVS volunteers will organize various photo exhibitions available for the local community where they will display relevant photos from their activities. Indeed, every exhibition will play a great integration value;

- **Movies**

Support for sport

The EVS volunteers will realize various movies in order to promote their activities. Apart from the recruitment value, this method will be very practical for the EVS volunteer in order to enhance their abilities of creating and editing video materials;

- **Brainstorming**

In order to plan, or to create the best scenarios for the activities, we encourage to use this method, together with the sister method, brainwriting. We count on it to be useful in the development of innovative internet tools of communication and interaction for the purpose of virtual community of runners gathered around Multisport Experience Sport Club;

- **Role playing**

Method especially useful to test the abilities for interviews with members of virtual community of runners gathered around Multisport Experience Sport Club or public. The idea is very simple: one volunteer plays a role of interviewed and another one is interviewed. EVS volunteers evaluate each other to check basic purposes of the interview: whether the questions were relevant and answers comprehensive. It allows also to check the duration of the interview as well as its tools: video camera or voice recorder;

- **Interviews**

The EVS volunteers will be involved in realising short movies in order to keep the promotion alive. EVS volunteers will be encouraged to use as many different tools for interviews: photo / video cameras, voice recorders, even use drawings as interview – keeping promotion alive means developing new and innovative tools;

- **Games**

This method is going to be used as an energizer before running, as integration tool, etc.

- **Open space**

In order to enhance their integration in the local community, the EVS volunteers can organise an open space event where to invite interested persons from local community who can share their passion or can learn about running, technique, alimentation, trainings programs, stories, etc.

- **Photo voice**

This method will be used to tell some interesting stories about running and positive influences on the people's lives. The volunteers will follow the steps of this method:

Support for sport

- a) Establishing the problem they want to focus on;
- b) Target identification;
- c) Planning the photo session;
- d) Realising the photos;
- e) Organising the exhibition;
- f) Evaluation the process;

- **Flash mob**

In order to send a specific message, the EVS volunteers can use this method to draw the attention on the necessity to have people being involved in sport. Evaluation of the method will be photos and videos of people participating;

Things to be prepared before coming

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

2) National evening; Increasing positive awareness will be one of the key point of traditional introduction activities for EVS volunteers during introductory training by Multisport Experience Sport Club right after arrival of the EVS volunteers to Romania. During the training, 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 running;

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

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:

- Organising photo exhibition
- Meeting with press
- Meeting with young local people in sending organization
- Articles in local press
- Promotion of EVS, YiA and European Commission in local neighbourhood
- Organising and updating sending organisation's website of key results of „ Support for sport” project

Trainings of the project

Host country official training circle:

It is performed in hosting country by NA of YiA Programme. EVS volunteers of “Support for sport” will be obligated to participate into 2 trainings in Romania from that cycle:

- on arrival training
- mid-term training

Coordinating / hosting organisation assist EVS volunteers with these trainings providing the information about date, venue and content. We help in travel arrangement as well.

Host country coordinating / hosting organisation training cycle

This cycle is in the gesture of coordinating / hosting organisation in order for the EVS volunteers to have as full picture of EVS experience as possible. Coordinating organisation assists with trainings for the volunteers at the beginning, in the middle and at the end of the project. All three trainings designed for “Support for sport” project are done by the team of professional trainers and youth workers from coordinating / hosting organisation who have necessary knowledge and licence to do so. Trainings provided by coordinating / hosting organisation are as follows.

Regarding non-formal and informal learning dimension:

- introductory training
- middle-stage evaluation and planning sessions
- evaluation of the project sessions

Regarding running and related activities:

- running training
- promotion training
- first aid training

Support for sport

Introductory training will be the first internal training provided by Multisport Experience Sport Club for EVS volunteers of “Support for sport”. The training will consist of full introduction to EVS, “Support for sport” tasks and objectives, local neighbourhood and Romania. We will take this training in the light form, spreading the information so EVS volunteers would have a time to acknowledge it during the difficult (in most cases) first days of adaptation to new environment of EVS project. This internal training will be also an introduction to existing websites, which EVS volunteers will have a task to manage during the project into virtual community of runners gathered around Multisport Experience Sport Club.

Middle-stage evaluation and planning sessions is the second training-like activity provided by coordinating / hosting organisation during EVS stage of “Support for sport” - the basic aim is to evaluate in the approximate middle of the project the achievements and progress of learning process as well as plan rest of them until the end of the stage. These sessions are also the time for the EVS volunteers to get involved better into the project by suggesting own initiatives as well as making plans for own learning process to be improved. There is always a time and space to improve after middle-stage evaluation and planning sessions - this is why we organise it.

Evaluation of the project sessions will be one of the most important moments during the whole stage because there comes a time to evaluate whole stage duration of the project, and that is quite a lot in the lifetime of the young person. These sessions will be constructed in such a way that they will bring the sentiment of all good things which happened over the months as well as will bring evaluation of challenges or possible failures, so they would not happen again. The whole project’s design, collecting materials and gaining experiences, documented in proper way is indicated not only for reporting process of the application but also for the purpose of this final training to create full, panoramic picture of the EVS stage, which often is a lifetime memory for EVS volunteer and a start of new habits in life.

During the evaluation of the project sessions EVS volunteers will be also presented with the methods of how to multiply the results of the project in their home countries as well as cultivate the activity of running in the future.

Evaluation of the project sessions will be also an opportunity for the EVS volunteers to take a part of virtual community of runners gathered around Multisport Experience Sport Club with him/ her back home. It will be symbolically represented by all electronic materials created by the EVS volunteer during the stage (on DVD or memory stick with logo of Multisport Experience Sport Club) as well as items such as medals for participation in running events, t-shirts and else.

Running training. Training will contain basic information of how to run - techniques, how to do warm ups - techniques, what to eat, time for run - for beginners, how to keep oneself in shape for running, sleeping habits and else

Support for sport

Promotion training. Containing some PR indicators as well as practical information about promotion of sport in local neighbourhood: channels of communication, key persons for sport activities in Arad area, other organisations devoted to running in Arad county and in Romania, other activities organised in in Arad county and in Romania, and else.

First aid training. Training devoted in the first place to possible dangers of injuries during running activities, joined with elements of basic first aid train, also within other than running activities health hazards. First aid training will be also completed of elements of safety during running - warning about dangers which comes from: stray dogs, cars, dark alleys in neighbourhood, and so on.

EVS volunteers from “Support for sport” project at any given moment will be supported by 4 different persons from coordinating organisation as well as some extra support persons from local neighbourhood:

- Facilitator of the project - coordinator may act as facilitator - regarding activities with EVS volunteers so task related support

- Mentor of the project regarding integration to local neighborhood of EVS volunteers and their personal problems, therefore intercultural dimension of the project

- Romanian language teacher regarding EVS volunteers' language skills, so linguistic section of SFS

- Trainer regarding ongoing support of the project regarding the methods used and competences achieved as well as preparing and performing at least 3 internal CSEM trainings: introduction, middle sessions and final evaluation ones.

- Local Romanian speaking volunteers - to support EVS-SFS volunteers in their activities or being a target group for EVS-SFS volunteers to be trained.

About running

Support for sport



Running

Basic information about positive influence of running for human health

Promotion of **young people's active citizenship in general and their European citizenship** in particular is expressed by conscience awareness of all members of our organisation of the importance keeping oneself fit, active in order to live longer and make more people aware of the importance of healthy lifestyle. This is also a point of view and big concern of EU as statistic says that:

- In Arad county, the main cause of mortality is due to cardiovascular diseases, in 2009 from 6137 inhabitants, 3598 died of heart diseases. One from 3.7 persons is suffering from a heart disease. (*Statistics published by the Arad Public Health Direction, September 2010*). The areas of intervention for promoting heart's health include: encouraging physical activity, a healthy diet and avoiding smoking. The above mentioned situation may be generalized with some variation at the national level;
- In Romania, about 50% of citizens are overweight (according to the C.I. Parhon Institute of Endocrinology);
- Among the negative current trends at the national level, which are found in a study called "Emerging needs of children in Romania" conducted by FDSC in 2009, there is also stated that physical activities were replaced with those from the virtual environment (75% of respondents).
- The number of obesity cases in primary school has doubled in the last 8 years (study realized by the Bucharest Public Health Institute);
- Infantile obesity tends to take alarming proportions in the European Union, where 14 million children are overweight and their number increases by 400,000 annually. For drawing attention to this situation, the EU countries mark the European Day Against Obesity (EDAO) for the first time on 22nd of May 2011. ZEIO goal is to help overweight and obese European citizens, in changing their lifestyle, controlling their weight and improving their life quality (<http://www.obesityday.eu>).

Support for sport

The members of Multisport Experience Sport Club from Arad propose a solution to stand up to health risks – and it is simply running. And promotion of running. With promotion of clear and easy to identify advantages of running.

What are the basic advantages?

- 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 cardiovascular 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.

Taking all stated above concerns and facts which clearly prove the point of running having positive influence on human's health and long life perspective, we propose "Support for Sport" project as the answer to common EU concerns to take care of health of average European Citizen. Coordinating organisation of this EVS project consider proposed solution as an active European Citizenship attitude.

Safety measures

For greater safety and for avoiding some possible risks, we advise you that before starting a training program to consult your doctor for getting his permission that you are medically fit for this activity. Also, you should consider using an appropriate equipment (especially running shoes).

NUTRITION

General rules for the training ration

Support for sport

A balanced diet is one of the factors that influence the preparation of athletes, being truly effective when it becomes permanent and it generates eating habits.

The training ratio can vary quantitatively (as number of calories) in quite wide limits, from one person to another, the average values being around 3500 calories for men and 2800 calories for women.

Studies conducted on 400 performance athletes showed that the best results were obtained respecting the following proportions of the main nutrients in the diet:

- o 15% proteins, respecting animal protein / vegetable protein ratio ≥ 1

because animal proteins have a high biological value and vegetable proteins are accompanied by valuable antioxidants.

- o 30% lipids (fats), so vegetable fats including fish / total fats $\geq 2 / 5$

because vegetable fats are less incriminated in atherosclerosis than those of animal origin, and omega3 polyunsaturated fatty acids decrease the risk of coronary diseases.

- o 55% carbohydrates, respecting Kcal of simple sugars / Total Kcal ratio $\leq 1 / 10$

to avoid the excess of simple sugars with rapid absorption.

As general rules, avoid fatty and indigestible foods (sausage, mayonnaise, sauces, fried fats, cream cakes, puff pastry) and alcoholic beverages, eat slowly chewing each bite, consume at least 2 litres of liquid (mineral water, fruit juice) / day, but do not drink during the meal, half an hour before and 2 hours after meals.

An example of a menu for the period of training is as follows:

- o Breakfast: cereals with milk, eggs, bacon or dairy products, toast or crackers, compote or honey, fruit or freshly squeezed fruit juice, butter.

- o Lunch: a salad of raw or cooked vegetables (eggplant, peppers), meat or fish (baked or grilled or steam), braised or grilled green vegetables, a fruit.

- o Snack: tea or weak coffee or yogurt.

- o Dinner: mashed vegetable soup, meat or fish or eggs, a flour or green vegetable serving, fruit or fruit salad.

And do not forget that in the competition day, the last meal before the running should be taken at least 3 hours before, and should be a balanced meal and easy to digest!

Support for sport

Eng. Dana Radu, Ph.D

References:

1. A. - F., Creff, Diet manual in curent clinical practice, revised edition by D. Layan, translated by C. Fitcoschi and E. Cojocaru, Polirom Publishing house, Iasi, 2010;

2. R. Ballentine, Diet and Nutrition - a holistic approach, translated by C. Macovei, Old Court Publishing house, Bucharest, 2007.

Training Programs for the Half-marathon

synthesis by Sorin Victor Roman

In the following I propose you two training programs by two American authors who agreed that these variants to be published for the benefit of those interested in training for the half-marathon. Tom Holland and Jeff Galloway are people with extensive practical and theoretical experience, with dozens of marathons realized and thousands of people who have followed their advice. More about these authors can be found at the following web addresses:

<http://www.teamholland.com> , <http://www.jeffgalloway.com>

If there are any coaches who want to share with us their experience and their used methods, please contact us.

Training for beginners - proposed by Tom Holland in "The Marathon Method"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Break	4,8 km	Exercises with weights	4,8 Km	Exercises with weights	4,8 Km	4,8 Km	19,2 Km
2	Break	4,8 km	Exercises with weights	4,8 Km	Exercises with weights	4,8 Km	4,8 Km	19,2 Km
3	Break	4,8 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	6,4 Km	22,4 Km
4	Break	4,8 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	6,4 Km	22,4 Km
5	Break	4,8 Km	Exercises with weights	4,8 Km	Exercises with weights	4,8 Km	4,8 Km	19,2 Km
6	Break	4,8	Exercises	6,4	Exercises	4,8	8	24

Support for sport

		Km	with weights	Km	with weights	Km	Km	Km
7	Break	6,4	Exercises with weights	8	Exercises with weights	4,8	9,6	28,8
		Km	with weights	Km	with weights	Km	km	Km
8	Break	6,4	Exercises with weights	6,4	Exercises with weights	4,8	6,4	24
		Km	with weights	Km	with weights	Km	Km	Km
9	Break	6,4	Exercises with weights	8	Exercises with weights	4,8	11,2	30,4
		Km	with weights	Km	with weights	Km	km	Km
10	Break	6,4	Exercises with weights	6,4	Exercises with weights	4,8	14,4	32
		Km	with weights	Km	with weights	Km	Km	Km
11	Break	4,8	Exercises with weights	6,4	Exercises with weights	4,8	8	24
		km	with weights	Km	with weights	Km	Km	Km
12	Break	6,4	Exercises with weights	8	Exercises with weights	4,8	16	35,2
		Km	with weights	Km	with weights	Km	Km	Km
13	Break	8	Exercises with weights	9,6	Exercises with weights	4,8	17,6	40
		Km	with weights	km	with weights	Km	km	Km
14	Break	4,8	Exercises with weights	8	Exercises with weights	6,4	9,6	28,8
		Km	with weights	Km	with weights	Km	km	Km
15	Break	4,8	Exercises with weights	8	Exercises with weights	4,8	6,4	24
		Km	with weights	Km	with weights	Km	Km	Km
16	Break	6,4	Exercises with weights	4,8	Exercises with weights	10 minute		
		km	with weights	Km	with weights			

The original data were in miles and they were approximated in kilometres using a conversion rate of 1 mile = 1.6 km.

Training for people who run regularly - proposed by Jeff Galloway in "Half-Marathon"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Break	30	Break	30	Easy	Break	12,8 km

Support for sport

		minutes running		minutes running	walk		
2	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	6,4 km
3	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	14,4 km
4	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	6,4 km
5	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	16 km
6	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
7	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	17,6 km
8	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
9	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	19,2 km
10	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
11	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	20,8 km
12	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
13	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	22,4 km
14	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
15	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	Running competition
16	Break	30 minutes	Break	30 minutes	Easy walk	Break	4,8 - 8 km

Support for sport

| | running | | running | | |

This second program is addressed to those who want to finish the race, and not necessarily to those who intend to finish the race in a certain period of time. For those who want a certain time, there are detailed programs according to their proposed objective. To start Jeff Galloway's program you must have already run a long race of 11.2 kilometers in the last two weeks. If you are not in this situation, you must get prepared to run such a distance and then start the program

More information can be found at the following link: www.jeffgalloway.com

Proposed running routes in Arad:

- Gloria stadium
- Moise Nicoara stadium
- Arad – Vladimirescu on Mures embankment
- **The 6 km race:** Arad City Hall - Revolution Avenue - Nicolae Grigorescu Street – Mures Promenade - Micalaca Road Bridge - Eugen Popa Street - Roundabout - Fortress Street - Decebal Bridge - Dragalina Avenue - Union Street - Revolution Avenue - Arad City Hall
- **• Half-marathon:** Arad City Hall - Revolution Avenue - Nicolae Grigorescu Street - Mures Promenade- Europa Park - Micalaca Road Bridge - Eugen Popa Street - Roundabout - Fortress Street - Decebal Bridge - Dragalina Avenue - Union Street - Revolution Avenue - Arad City Hall - three times this route in order to totalise 21.097 km;

Some links, where to start to study about the running world:

Support for sport

<http://www.runnersworld.com/the-starting-line>

<http://www.runnersworld.com/the-starting-line/how-to-start-walking>

<http://www.runnersworld.com/the-starting-line/how-start-running-if-youre-already-exercising>

<http://www.runnersworld.com/the-starting-line/how-run-nonstop-30-minutes-or-finish-5k>

<http://www.runnersworld.com/the-starting-line/how-run-longer-if-youve-already-done-5k>

<http://www.runnersworld.com/the-starting-line/how-to-get-faster>

<http://running.about.com/>

<http://running.about.com/od/runningforbeginners/u/Beginners.htm#s2>

<http://running.about.com/od/howtorun/ht/warmup.htm>

<http://running.about.com/od/howtorun/f/breathing.htm>

<http://running.about.com/od/howtorun/tp/runningform.htm>

<http://running.about.com/od/howtorun/a/Beginners-Guide-To-Run-Walk.htm>

Practical arrangement

a) The accommodation:

Support for sport

The EVS volunteers will stay in an apartment or 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 property of the owner of the apartment/dormitory (furniture, and electronic equipment) plus take care of water, heating and electric systems and do not overload them.

b) The food

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

c) Volunteer's allowance

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

d) Means of providing the finance for food and volunteer's allowance

Each volunteer will have to open an bank account where he 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/her has a passport).

e) Local transport

The EVS volunteer will receive a tram season ticket or a local transport allowance if necessary, they can receive bicycles or any other solution that go according to the existing budget and can be taken into consideration by the hosting/coordinating organization once arisen.

Support for sport

f) 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.

g) Meteorological conditions

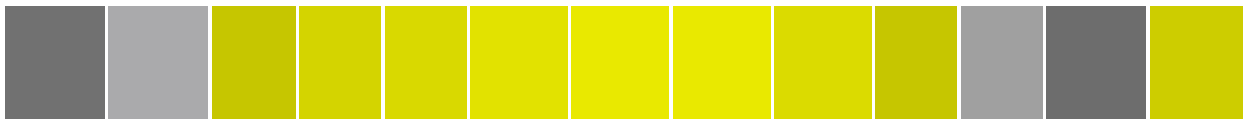
Because of its position on the southeastern portion of the European continent, Romania has a climate that is transitional between temperate and continental. Climatic conditions are somewhat modified by the country's varied relief. The Carpathians serve as a barrier to Atlantic air masses, restricting 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
Record high °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)
Average high °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)
Daily mean °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)
Average low °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)
Record low °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)
Precipitation 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)
% humidity	91	87	81	80	77	79	74	75	76	85	92	89	82.2
Avg. precipitation days	12	10	8	7	12	15	11	10	10	9	11	11	126
Avg. rainy days	2	3	5	7	10	14	11	10	10	8	6	4	90
Avg. snowy days	10	7	3	0	0	0	0	0	0	1	5	7	33
Mean	62	85	155	180	210	240	280	279	210	155	85	60	2,001

Support for sport

monthly
sunshine
hours



h) Free time

In their free time the EVS volunteer can go to the State Theatre, Opera Hall, at the cinema, Riviera Complex where they can play tennis, football etc. Also, there are 2 commercial centres 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.

i) Some words to remember:

English	Română
Good Morning	Buna dimineața
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 găsi ...?
Mineral water	Apă minerală
A glass of white/red wine	Un pahar de vin alb/rosu
Lake	Lac
City-center	Centrul orașului
Left	Stânga
Right	Dreapta
Straight on	Drept înainte
Enjoy	Poftă bună

Support for sport

I love you	Te iubesc
What is your name?	Cum te numești?
Please	Te rog
Volunteer	Voluntar

j) 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, Crișan 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

Further on you will find some of the most frequently asked questions and their answers.

Q: 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?

A: 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 its better to have them before you come here. You should get them from the company.

Support for sport

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 a telephone 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 sky 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 can not 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.

Support for sport

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 mentors.

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