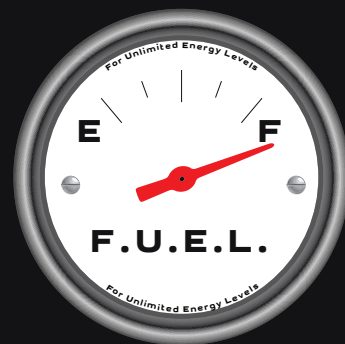


# FOR UNLIMITED ENERGY LEVELS

Bucharest, Romania



11<sup>th</sup> - 18<sup>th</sup> of July  
2022



Co-funded by the  
Erasmus+ Programme  
of the European Union

# ABOUT THE REGION



**Bucharest** is the capital of Romania. It is the most populous city and the most important industrial and commercial center of the country. The stable population of 1.9 million inhabitants makes Bucharest one of the largest cities in the European Union. According to estimates that take into account homeless people in the city, or in transit, Bucharest gathers over three million people daily, and in the future, this number is estimated to exceed four million.

Bucharest has an area of 228 square km, and is located in southern Romania, at a distance of 64 km north of the Danube River, 100 km south of the Eastern Carpathians, and 250 km west of the Black Sea.

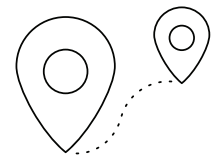
**Distance** to Kozani: 580 km.

**Distance** to Bordeaux: 2.105 km.

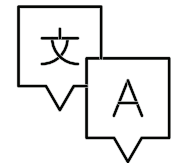
**Distance** to Prato: 1.197 km

**Distance** to Skopje: 465 km

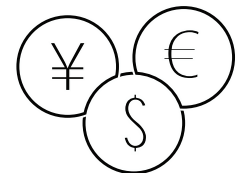
**Distance** to Lamissol: 1.222 km



The official **language** in is Romanian. However, most Romanians also know English. So you will not have problems managing on the streets of Bucharest.



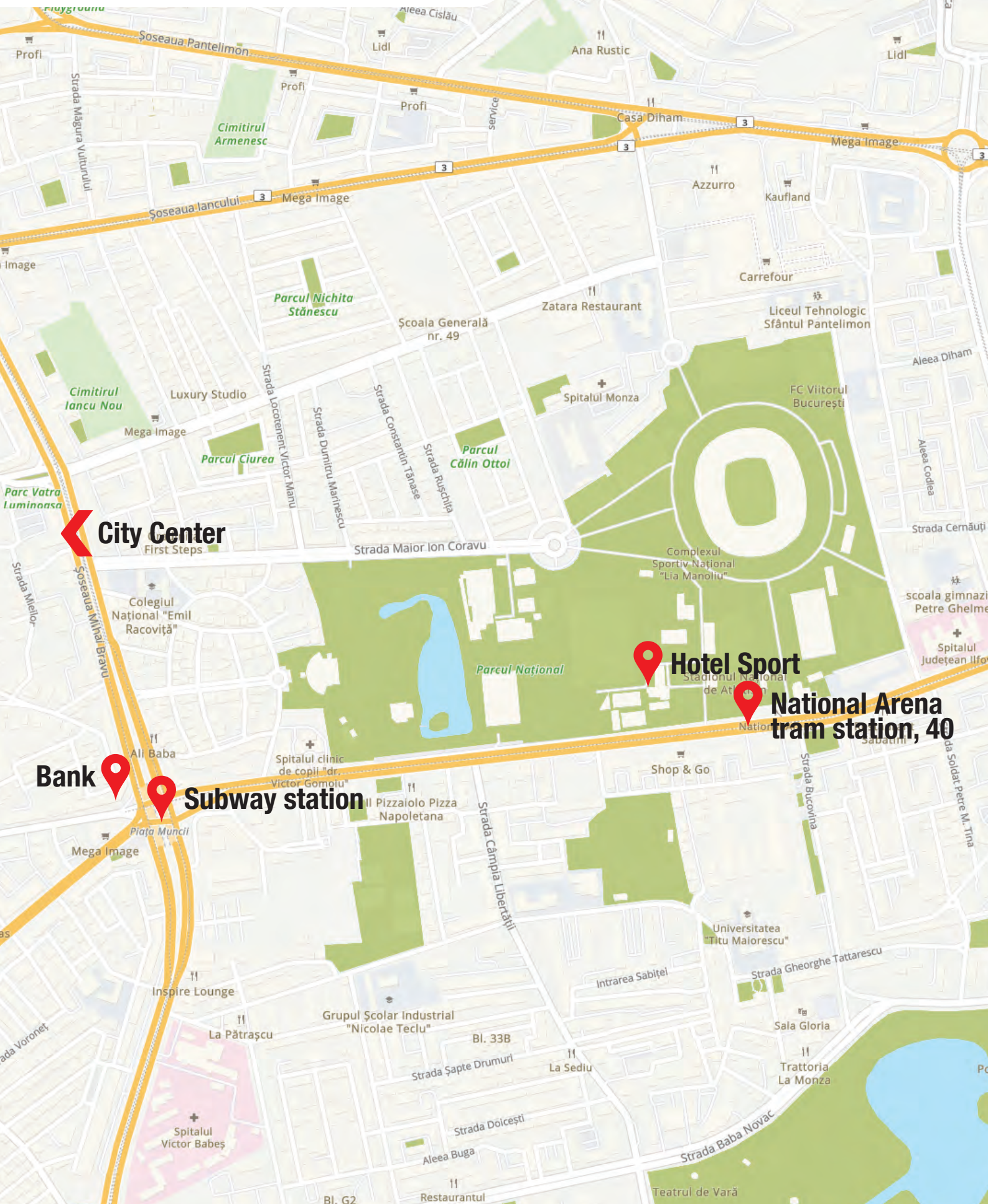
The Romanian leu (RON) is the **currency** of Romania. In most places you can pay with a debit/credit card. For reference, a soda costs between 2 RON to 4 RON in store and between 8 RON to 20 RON in restaurants.



Daytime **temperatures** usually reach 29°C in Bucharest in July with moderate heat and humidity, falling to 15°C at night. Thunderstorms are frequent during summer and the UV index is 8 (Very high. Bring sunscreen.



# TRANSPORTATION



**City Center**  
First Steps

**Bank**

**Subway station**

**Hotel Sport**

**National Arena tram station, 40**

From the airport to the accomodation:



**Option 1:**

- 783 Express Bus from the airport to City Center (40-60 min; 3 RON)
- 10 minutes walk to Saint Friday Square
- Tram 40 from Saint Friday Square Station to National Arena Station (20 min)

**Option 2:**

- Train from airport to Bucharest North Railway Station (Gara de Nord) (25 min; 5 RON)
- Metro from Gara de Nord Station to Piața Muncii Station (15 min; 3 RON)
- Tram 40 from Piața Muncii to National Arena Station (5 min; 3 RON)

From the accomodation to the City Center:



- 40 Tram from National Arena Station to the end of the line, Saint Friday Square (15 min; 3 RON)

For other routes, you can use Google Maps on public transportation mode. To travel by subway you can either pay with a credit/debit card or buy tickets at the subway station. The bus tickets are valid for 90 minutes and must be purchased from special sales centers, vending machines, 24Pay android/iOS app, or through SMS at 7458 with the text:

- “C” for all urban travel (including to and from the airport) - valid for 90 minutes for all bus/trams; (0.74 EUR)
- “AB” for 1-day pass on all bus/trams (including to and from the airport); (1.79 EUR)

Warning: All bus/tram cards need to be validated upon entry.

# ACCOMODATION



You will be hosted at Hotel Sport Bucharest in double rooms. Hotel Sport is a part of The National Sports Complex "Lia Manoliu", a public institution subordinated to the Ministry of Youth and Sports. In its facilities, the National and Olympic teams are hosted and trained.

**Hotel adress** is: 37-39 Basarabia Boulevard

At check-in, it is mandatory to present a negative Covid test (antigen or PCR).

It is located near Alexandru Ioan Cuza Park and 20 minutes away from the city center and Union Square by car/public transportation or 50 minutes walking. In its vicinity is the National Park with an ice rink and a swimming complex, Lake Titan, and Lia Manoliu National Arena.

The accommodation center has all essential facilities, including bed sheets, towels, air conditioning, fridge, laundry room, and wi-fi.

Check-out time is: 11:00

**Please inform us of any dietary restrictions.**

# PREPARATION





### Packing list:



- Comfortable clothes and sports clothes and shoes;
- Personal hygiene products;
- Food, drinks and other cultural curiosities (flags, games, music, etc.);
- Medicines (if needed);
- Hairdryer (if needed).

### Travel documents:



- EU citizens can travel with a **personal ID card**. No passport is required. Make two copies of all your travel documents in case of emergency. Leave one copy with a trusted friend or relative at home and carry the other separately from your original documents or store it online;
- Get your **European Health Insurance Card**. It is issued free of charge and allows anyone who is insured by or covered by a statutory social security scheme of the EEA countries and Switzerland to receive medical treatment in another member state free or at a reduced cost.
- North Macedonia citizens can travel to Romania without a visa using a **biometric passport**.

### To prepare:



- A 3-minute presentation on your favourite sportsman, preferably from your home country, and their journey to success.

**EMERGENCY**



Don't  
Panic!



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# USEFUL PHRASES

Je t'aime

我爱你

AKU CINTA KAMU

MAHAL KITA

Goe suka Moé

English	Romanian	Phonetic transcription
Yes	Da	/da/
No	Nu	/nu/
I	Eu	/jew/
You	Tu	/tu/
Hello	Salut	/sa'lut/
Thank you	Mulțumesc	/mul.tsu'mesk/
You're welcome	Cu plăcere	/ku plə'tʃe.re/
Excuse me	Scuză-mă	/'sku.zə.mə/
Sorry!	Scuze!	/'sku.ze/
How are you?	Ce faci?	/ʤ tʃe ɹ'fatʃʝ/
Ok/Fine/Well	Bine	/'bi.ne/
Bad	Rău	/rəw/
My name is...	Mă numesc...	/mə nu'mesk/
Nice to meet you	Îmi pare bine	/imʝ 'pa.re 'bi.ne/
How much is this?	Cât costă?	/ʤkɪt ɹ'kos.tə/
You look great	Arăți superb	/a'rətsʝ su'perb/
I love you	Te iubesc	/te ju'besk/
Enjoy your meal	Poftă bună	/'pof.tə 'bu.nə/
One	Unu	/'u.nu/
Two	Doi	/doj/
Three	Trei	/trej/

**36**

Participants

**8**

Days

**6**

Countries

Youth exchanges, such as this, allow people from different countries to meet, live together and work on shared projects for short periods. It's about getting to know different cultures, having fun, and also about non-formal learning.

Sport helps you achieve the desired physical shape and maintain a healthy weight. But there is also a link between physical activity and mental health. Sport motivates you and helps you act towards your goals. It requires dedication and self-discipline and it teaches you the importance of sustained work to achieve the desired results. In this exchange, sports, and more precisely martial arts, will be our main tool to inspire you to lead a more active lifestyle.

During your stay, you will train, get to know new people, set goals, learn about performance and rules and their importance in society, sports and personal life.

**Are you ready?**

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**Embassy of Italy in Romania**

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