



'Youth in Action' Programme

**GREEN DAYS
YOUTH 2-EVS PROJECT**

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Partners:

1. Forumul Cetatenesc pentru Actiune Sociala si Educatie Civica-Romania
2. VIA e.V-Germany
3. Ayuntamiento de Murcia.Servicio de Juventud-Spain
4. Youth Development Association-Turkey
5. Eurocircle-France
6. AUDELE- Uruguay

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Foreword:

With this brochure we want to make known in the local communities the experience we have lived within European Voluntary Service. For 12 months we have developed specific activities of ecological education, environmental protection activities and promoting European Voluntary Service in general and volunteering in particular.

The main activities, we have developed them in Cozia National Park, in schools from Valcea county and in Roma communities from Valcea county.

We believe that the experience we have lived within EVS is relevant to our professional and personal development.

The authors.





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Project description

“GREENDAYS” was a voluntary project developed in partnership with youth organizations from Romania, France, Turkey, Spain, Germany and Uruguay and implied a group stage for 12 months, EVS stage that involved 15 volunteers from the above countries. The place of the stage derulment was valcea county, Romania. The themes of the project have been “Environment” and “Education through outdoor and sport activities”
The specific activities of the project have been:

- strengthening of voluntary work in the field of environmental protection in the local community by exchange of experience with young people from 5 countries.
- Promoting active citizenship of 15 young people by involving them directly in solving the environmental problems of Cozia National Park.
- Strengthening solidarity and tolerance among young participants from volunteer work.
- Making lasting bonds of friendship between the young participants in the project.
- Establishing a volunteer center in the county of Valcea which will provide human resources and information specific to environmental protection both in local community and other youth organisations, interested in volunteer activities.
- Developing entrepreneurship among volunteers.

The activities implemented during the 12 months of EVS stage have been:

- Making videos about Cozia Park and volunteer activities.
- Organizing a festival “Pro Nature” where pro-nature messages will be sent created by volunteers and informative materials about Cozia Park and ecological education.
- Street Animation.
- Talk shows on a local television on environmental education



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and presentation of interviews conducted by volunteers on environmental issues.

- Information activities to pupils in schools on environmental education.
- Greening activities: collecting waste.
- Construction of lay-bys for tourists in Cozia Park.
- Organization of "Green Patrols" in Cozia Park, in order to raise awareness about environmental protection.
- Participation in training courses on environmental issues and implementation of small projects with environmental issues.
- Organizing a local seminar where the volunteer activities will be presented and environmental education will be promoted.

The methods used during the EVS stage have been: street animation, learning by doing, energizers, forum theatre, photo voice, work in mixed teams, structured dialogue, role games, knowledge games, researches, case studies.





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Activities:

The specific tasks accomplished by volunteers, can be found also in the Activity Agreement and have been:

- developing promotional and information materials, during all the project activities, using recyclable materials and ingenious methods of transmission in the community
- transmitting pro-natura messages, created by volunteers, through different media channels: street animation, press release, posters in the street, posters on the turistic traces from Cozia Parc
- fundrasing exhibition with objects done by recycled materials within open doors workshops.
- greening activities- collecting garbages in Cozia Park and around Rm Valcea city.
- marking trails in Cozia Park .
- organizing workshops in the schools from Valcea county, on the topic of ecological education
- organizing seminars on ecology topic.
- organizing an yearly conference on ecology topic.
- participating in trainings on ecology topic.
- administration of the project webpage.
- making a brochure about Cozia Park.
- making a movie about EVS.
- participatind in trainings organized by Romanian National Agent.

Within the EVS activities, the volunteers spent 5 hours / day, having days off according to Romanian legislation and during the school vacation



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MOTIVATION LETTER OF A VOLUNTEER:



My name is Ilker Sitki Tavus. I was born in Ankara in 1980. At the moment I live with my family in Ankara. My mother is housewife. My father works as an aircraft maintenance mechanic. I have a sister, she is biologist.

I am studying in Eskisehir Anadolu University in Local government department. At the same time I am occupied in doing real estate buying and selling. I always work with computer, I had some courses about Microsoft Office Programmes and I learned something about web page design. I can speak English in intermediate stage. Now I

get a bit help of my cousin for writing this letter.

I have danced since 2000, now I teach how to dance to my students at weekends. I am good at dancing tango, swing, rumba, cha-cha and salsa. For 7 years I did taekwondo as a professional. Now I am doing muay-thai since for 4 years.

In my free times I play football with my friends. I prefer playing games with many people, it is better than to play alone. Sometimes you win when you are in a group. When I feel lack of motivation, I do some short nature walks, then I feel better. So I like to be in natural places, I feel like I belong there.

I take photos of places where I like. Also taking photos of my friends makes me happy. They say that I am a good photographer.

I am patient, responsible person, one-eyed, cheerful and also I can communicate easily with people. I like to organise some meetings with my friends, I think I enjoy the place where I am.

By the help of EVS I want to improve myself about so many features. So I am applying to your project. Also I want to have this feeling, being a volunteer in a different country and learning different culture, opinions, places and people.



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WHERE IS COZIA PARK?

Cozia national Park has a surface of 17.100 ha, being situated in central southern Carpathians at approximately 200 km distance from Bucharest and is considered one of the most beautiful, spectacular parks from our country, because 7000 ha are for scientific researches.

The Park is formed by numerous rock formations, like Bulzu-1560 km; main attractions are: Turtudanele Urzicii, Sfinxul Coziei, Pietrele Vulturilor, Pietrele Rosie, Coltii Foarfecii.

Cozia national park has species of plants protected by law like edelweiss, white ivy and mammals like: wolf, fox, wild cat, lynx, tree marten, squirrel, bear, deer, boar and black deer. The tourists can choose one of the touristic itineraries: Turnu - Stanisoara - Varf Cozia (red line), Gara Lotru - Varateca - Varful Cozia (blue line), Brezoi - Valea Satului - Varful Naratu.

Distance is regarded as a city with hills and National Cozia Park, the tower has a lot.

The coordinates are 24,10 and 24,26 from east, 45,16 and 45,24 from North

Limit of 203 biosphere reserves in 2003 and became a national park.

Moreover, Europe is also important to establish a connection. Distance close to big cities 25 km Ramnicu Valcea, Sibiu 81 km, Bucharest 200 km.





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History of Cozia park

Southern Carpathian mountains in the central part are covered with a large area full of history.

The west, Frasineiulu, Vallea lui Stan, Berislavesti, Jiblea with extends to the mountains peaks of the skull.

The east, Staru tail hawks and majestic mountains, with stone from the North glade surrounded by depression.

Archaeological evidences regarding ancient history of these places have been found either by chance (Neolithic tools from Tara Lovistei and Valea Coisca) or by systematic archaeological researches done since the nineteenth century. On the left side of Olt river, the Romans have opened one of their main access road to the heart of Dacia-“Olt road.” The first and oldest branch used by the emperor Traian during the expedition of the year 105 and then by all Walachia’s rulers until the eighteenth century, following route: Călimănești-Jiblea-Berislăvești-Rădăcinești-Pripa-Perișani-Titești-Boișoara-Caineni, a road which surrounds Cozia Massif and avoid Olt cataracts in defile.



Later, this road was known as “Loviste road”. The second branch of the river goes to the north, on the left side of the river, near the base of Cozia Mountain.

The road carved in the rock or suspended on wood bridges built from the order of the emperor Hadrian, after the year 123. During the 2 ways was built roman camps whose traces still can be seen at Jiblea, Poiana Bivolari (Arutela),

Vărateca, Copăceni (Pretorium) Căineni (Pons Vetus), and on the way of



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Lovistea, the camps: Sălătrucel, Rădăcinești, Titești.

In the neighborhood of Cozia National Park, there are human communities at:

- **Călimănești and Brezoi cities;**

- **Racovița, Perişani, Berislăvești, Sălătrucel villages.**

In the Park there are 2 communities on monks at Turnu and Stanisoara monasteries.

Calimanesti city is known as an important touristy destination at national level but also at international level due the mineral springs valorized starting XIX century.

Brezoi city represented an important industrial center for wood processing but now this activities was reduced very much and ii is registered



The agriculture (animal and fruits grows), represents the main economic activity for the habitants of the villages from Cozia National Park, but this a strong accent of subsistence.

Lately, many pensions developed in this area (Călimănești city) and in Brezoi – Valea Lotrului. The area Perişani, Racovița, Berislăvești și Sălătrucel, even they have an agroturistic potential didn't had

a significant development.

There are important the cultural areas of Rroma communities from: Valea lui Stan, Poiana, Păușa, Călinești, Valea Băiașului și Jiblea.

The main pressures and menaces identified until the elaboration of the Management Plan there are:

- lost of traditions,
- depopulation of villages and population aging



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- the import and adjustment of some foreign sub cultural elements
- lack of programs for refreshment the traditional culture.

Archeological residues indicate that lasts up to 9 centuries. The main access roads were opened by the ROMANS. After 105 BC there were used in the shipment, by the former emperor Traian. Calimanești, Jiblea, Berislavești, Radacinești, Pripoare, Perișani, Titești, Boișora roads were surrounded by Cozia mountains until 18 the century.

Still shows the effects of today.



There is a large variety of wild plant species here, some of which are characteristic to this region and are extremely beautiful. Studies show that 10% of these species can only be found in this area. The Cozia Park is also known for its forests. Out of the park's 17,100 hectares, 96% is covered by forests, of which some 8,000 hectares are virgin forests unaffected by human activities.



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6. Endemic species of Cozia Park.

ACHILLEA COZIANA



Achillea is a genus of about 85 flowering plants, in the family Asteraceae, commonly referred to as *yarrow*. They occur in Europe and temperate areas of Asia. These plants typically have frilly, hairy, aromatic leaves. These plants show large, flat clusters of small flowers at the top of the stem. These flowers can be white,

yellow, orange, pink or red. A number of species are popular garden plants.

The genus was named for the Greek mythological character Achilles. According to the Iliad Achilles' soldiers used yarrow to treat wounds, hence some of its common names such as allheal and bloodwort.

Achillea species are used as food plants by the larvae of some Lepidoptera species



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CENTAUREA COZIENSIS



Their leaves, spiny in some species, are usually deeply divided into elongated lobes at least in the plants' lower part, becoming entire towards the top. The flowers are diverse in color, ranging from intense blues, reds and yellows to any mixture of these and lighter shades towards white. Often, the disk flowers are much darker or lighter than the ray flowers which also differ in morphology and are sterile. Each pseudanthium sits atop a cup- or basket-like cluster of scaly bracts, hence the name "basketflowers". Many species, in particular those inhabiting more arid regions, have a long and strong taproot.



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GALIUM BAILLONII



ROSA ARGESANA





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ROSA COZIAE



It has 100 species and comes in a variety of colours. The species form a group of erect shrubs, and climbing or trailing plants, with stems that are often armed with sharp prickles. Most are native to Asia, with smaller numbers of species native to Europe, North America, and northwest Africa. Natives, cultivars and hybrids are all widely grown for their beauty and

fragrance

Attar of rose is the steam-extracted essential oil from rose flowers that has been used in perfumes for centuries. Rose water made from the rose oil, is widely used in Asian and Middle Eastern cuisine. The French are known for their rose syrup most commonly made from an extract of rose petals. In the United States, this French rose syrup is used to make rose scones and marshmallows

Rose hips are occasionally made into jam, jelly, and marmalade, or are brewed for tea, primarily for their high vitamin C content. They are also pressed and filtered to make rose hip syrup. Rose hips are also used to produce Rose hip seed oil, which is used in skin products and some makeup products.



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STIPA CRASSICULMIS



Stipa is a genus of around 300 large perennial hermaphroditic grasses collectively known as feather grass, needle grass, and spear grass.

It can occur in grassland or in savanna habitats. Certain specific prairie plant associations are dominated by grasses of the genus *Stipa*, which genus often lends its name to the terminology of some prairie type. In some areas of

the western USA grasses of the genus *Stipa* form a significant part of the undestroyed of Blue Oaksavannas, and were even a more important element prehistorically before the invasion of many European grasses.

EVS can change a life! I can see what happened with my life. I decided to make an EVS, to see if I am able to stay away from my family. And not only I was able, but I also enjoyed it a lot.....

EVS opens minds! In one year I learned what means to live with a stranger, to get close with somebody with different background and beliefs, with different culture. EVS opened me so much that I decided to continue my studies in another country, because live and work in an international environment is so useful for personal development.



Definitely to make an EVS stage was the best decision. I don't regret this decision not even a moment! If I could turn back time, I would choose again to leave my country, to come in Romania, in Ramnicu Valcea, to be in Greendays project! I encourage the young people to try this, because their life will not be the same anymore!

Aude Langlais - France



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A region with so many plant species also boasts a rich wild life

The Cozia Massif is a little different from the Southern Carpathians. It is somehow isolated, being located further south more isolated areas usually boast special plant and animal species. There are many interesting animal species living in the Cozia park.

First of all, there is the whole food pyramid of the Carpathian Mountains, starting with the big carnivores, such as bears, lynxes and wolves. There are also species from all stages in the development of wild life: herbivores such as the deer and the chamois, the latter being one of the biggest attractions in the area. Particularly interesting are the bird species found in this park. It is a well known fact that the Olt Gorges are an ecological corridor for the birds' migration. In recent years, probably due to climatic changes and other global developments, many birds normally living in the steppe, the Delta and even by the sea have settled here.

The insect species here are equally interesting. In the Cozia park we can find small scorpions which are extremely interesting species and difficult to find in other areas. They live here because of the warmer, southern Mediterranean, influences affecting the area.



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URSUS ARCTOS



The brown bear (*Ursus arctos*) is a large bear distributed across much of northern Eurasia and North America. It can weigh from 300 to 780 kilograms

There are several recognized subspecies within the brown bear species. While the brown bear's range has shrunk, and it has faced local extinctions, it remains listed as a least concern species by the IUCN (**International Union for Conservation of Nature**), with a total population of approximately 200,000. Its principal range countries are Russia the United States (mostly in Alaska), Canada, the Carpathian region (especially Romania), and Finland where it is the national animal. Of the three most common bear species, including the polar bear and the American black bear, the brown bear is the most widely distributed.



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CERVUS ELAPHUS-Red deer



Stags (males) are larger in size than hinds (females), and have magnificent branched antlers that can reach up to 1m. The coat is reddish-brown in color in summer but becomes brown or grey in winter and there is a cream colored rump patch



I choosed to make an EVS because I just graduated the high school and I wanted to have an year for discover myself and what I want to do in my life and I thought EVS is the best solution for me to make this. It was good for me to make an EVS because I found out about myself that I am good in IT and I like mathematics and now, at University, I study mathematics.

I shared a flat with other volunteers and learned how is it for the first time, how is it to be far from your family and your friends.

When I started to work in school with pupils, I had no idea about what means to work with pupils, it was my first experience. At the beginning I was a little bit affraid but then.

I liked my work. And the most I liked to learn to edit video. I was part of the video team and I am so proud about the video I did with my team.

EVS is learning all the time. Thank you EVS for this experience!

Eike Schulte-Germany



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GLIS GLIS



It was farmed and eaten by the ancient Romans (usually as a snack), hence the word *edible* in its name. The dormice were kept and raised either in large pits or (in less spacious urban surroundings) in terra cotta containers, something like contemporary hamster cages.

To this day, wild edible dormice are consumed in Slovenia, where they are considered a rare delicacy and dormouse trapping an ethnic tradition. Use of dormice for food and fur and of dormouse fat as a medicament is documented there since the 13th century. Seasonal dormice feasts were welcome protein supplements for the impoverished



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BUFO BUFO



True toads have in common a stocky figure and short legs, which makes them poor jumpers. As with all members of the family Bufonidae they lack a tail and teeth, and they have horizontal pupils. Their dry skin is thick

and warty.

Behind their eyes Bufo species have a warlike structure, the parotid glands. These glands distinguish the true toads from all other tailless amphibians. They secrete a fatty, white poisonous substance which acts as a deterrent to predators. Ordinary handling of toads is not dangerous, and does not cause warts in contradiction to folk beliefs.



„The first cut is the deepest“.

I guess for many people it's a quite hard step to leave their home behind them... it's hard because you don't know at all the environment where you will spend the next months.

But aside from these doubts and fears there are some other strange feelings like curiousness and expectation, and they are even bigger.

Before I came to Romania for one year I never expected all the possibilities to discover new things. There are so many situations where you can learn and teach, think and laugh. Although every person is different, this will be the same for everybody. So if you have this chance, then take it!

Eva Rossbrucker-Germany.



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CORVUX CORAX



The Common Raven (*Corvus corax*), also known as the Northern Raven, is a large, all-black passerine bird in the crow family. Found across the northern hemisphere, it is the most widely distributed of all corvids. There are at least eight known subspecies with little variation in appearance-although recent research has demonstrated significant genetic differences among populations from various regions

The Common Raven has coexisted with humans for thousands of years and in some areas has been so numerous that it is considered a pest. Part of its success comes from its omnivorous diet; Common Ravens are extremely versatile and opportunistic in finding sources of nutrition feeding on carrion, insects, cereal grains, berries, fruit, small animals, and food waste.



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PARUS MAJOR



The Great Tit is a distinctive bird, with a black head and neck, prominent white cheeks, olive upperparts and yellow under parts, with some variation amongst the numerous subspecies. It is predominantly insectivorous in the summer, but will consume a wider range of food items in the winter months. Like all tits it is a cavity nester, usually nesting in a hole in a tree. The female lays around 12 eggs and incubates them alone, although both parents raise the chicks. In most years the pair will raise two broods. The nests may be raided by woodpeckers, squirrels and weasels and infested with fleas, and adults may be hunted by Sparrowhawks. The Great Tit has adapted well to human changes in the environment and is a common and familiar bird in urban parks and gardens. The Great Tit is also an important study species in ornithology.



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TURDUS MERULA



The male of the nominate subspecies, which is found throughout most of Europe, is all black except for a yellow eye-ring and bill and has a rich melodious song; the adult female and juvenile have mainly dark brown plumage. This species breeds in woods and gardens, building a neat, mud-lined, cup-shaped nest. It is omnivorous, eating a wide range of insects, earthworms, berries, and fruits.

Both sexes are territorial on the breeding grounds, with distinctive threat displays, but are more gregarious during migration and in wintering areas. Pairs will stay in their territory throughout the year where the climate is sufficiently temperate. This common and conspicuous species has given rise to a number of literary and cultural references, frequently related to its song.



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BONASA BONASIA



The **Hazel Grouse** or **Hazel Hen** (*Bonasa bonasia*) is one of the smaller members of the grouse family of birds. It is a sedentary species, breeding across northern Eurasia and central and Eastern Europe in dense, damp, mixed coniferous woodland, preferably with some spruce.

The nest is on the ground, and 3–6 eggs is the normal clutch size. The female takes all responsibility for incubating the eggs and caring for the chicks, as is typical with gamebirds.

The male has a short erectile crest and a white-bordered black throat. The female has a shorter crest and lacks the black throat. In flight, this species shows a black-tipped grey tail.

The male has a high-pitched *ti-ti-ti-ti-ti* call, and the female a liquid *tettettettetet*. The calls, or the burr of the flying birds' wings, are often the only indication of this grouse's presence, since its shyness and dense woodland habitat make it difficult to see.

This bird feeds on the ground, taking mainly plant food, supplemented by insects when breeding.



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CINCLUS CINCLUS



The head of the adult White-throated Dipper (*gularis* and *aquaticus*) is brown, the back slate-grey mottled with black, looking black from a distance, and the wings and tail are brown. The throat and upper breast are white, followed by a band of warm chestnut which merges into black on the belly and flanks. The bill is almost black, the legs and irides brown. It often perches bobbing spasmodically with its short tail uplifted on the rocks round which the water swirls and tumbles. The nest is by the water. It is large, globular or oval, like a large Wren's nest, built into a crack or hollow in the rock, in the masonry, or on the supports of a bridge, or, more rarely, in an overhanging branch.

It is composed of moss, dead grass and leaves. This ball, however, is just a shelter. Three to six white eggs are laid starting between March and May. One or two broods are reared, usually in the same nest.

When disturbed the young, when hardly feathered, will at once drop into the water and dive



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Canis lupus



The dog (*Canis lupus*) is a domesticated form of the gray wolf a member of the Canidae family of the order Carnivora. The term is used for both feral and petvarieties. The domestic dog has been one of the most widely kept working and companion animals in human history

The word “dog” may also mean the male of a canine species as opposed to the word “bitch” for the female of the species.

The dog quickly became ubiquitous across world cultures, and was extremely valuable to early human settlements. For instance, it is believed that the successful emigration across the Bering Strait might not have been possible without sled dogs Dogs perform many roles for people, such as hunting, herding, protection, assisting police and military, companionship, and, more recently, aiding handicapped individuals. This versatility, more than almost any other known animal, has given them the nickname “Man’s best friend” in the western world. Currently, there are estimated to be 400 million dogs in the world.

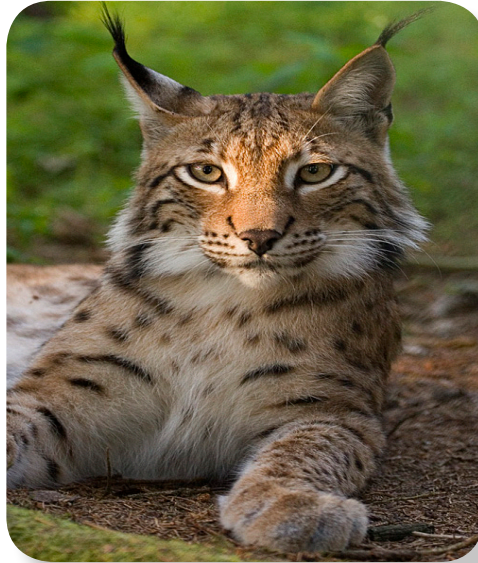


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Lynx lynx



Lynx have short tails and characteristic tufts of black hair on the tip of their ears. They have a ruff under the neck, which has black bars (not very visible), resembling a bow tie. They have large padded paws for walking on snow, and long whiskers on the face.

The large body color varies from medium brown to gold-ish to beige-white; and occasionally, is marked with dark brown spots, especially on the limbs. All species of lynx also have white fur on their chests, bellies and on the insides of their legs, which are extensions of the chest and belly fur.

Lynx are usually solitary, although small groups of lynx may travel and hunt together occasionally. Mating takes place in the late winter and they give birth from two to six kittens once a year



Felix silvestris



It is a hunter of small mammals, birds, and other creatures of a similar or smaller size.

In its native environment, the wildcat is adaptable to a variety of habitat types: savannah, open forest, and steppe.

The wildcat physically resembles a domesticated cat in most respects. Although domesticated breeds show a great variety of shapes and colors, wild species are pale yellow to medium-brown with black stripes or spots. The underparts are light grey, and sometimes marked with black spots. melanistic (all-black) individuals have been reported, but are probably the result of hybridization with domestic cats.

The wildcat is predominantly a carnivore; insects and plants are minor parts of its diet.

The main threats to the survival of this species are with domestic cats, disease transmission, and competition with feral domestic cats. Other significant threats are ongoing habitat loss, fragmentation and degradation in some areas (although in some other parts of Europe forest cover is increasing, as a result of abandonment of extensive agricultural land). Road kills and, in some areas, persecution are also problems.



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Martes martes



Pine Martens are roughly the same size as a cat but have stumpy front legs and have a nests, squirrel dreys and among rocks or boulders. They have been known to reside in roofs of occupied buildings. During winter they do not hibernate but become less active to conserve energy reserves. Pine martens are not particularly vocal but they have been heard to meow, purr and squeal.

A mixture of seeds, raisins and raspberry jam is their favorite. If you leave large food items they can simply run away, with the food, however, with seeds they will stay and munch allowing you to view them as they eat.



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Jderul de piatra



A cat-like, long and slender body, long tail is fluffy and plentiful. 40-50 cm in length., Weighing 2 kg around. Fork in the neck in white feathers that resemble the shape of the marten, bright dark brown in color. Out at night to hunt. Compression can be quite dangerous if they were rodents, reptiles, birds, eggs and fruit (birds) are essential nutrients.

I heard about EVS from a friend and I immediately liked the idea to experiment the life abroad, in another community. I thought that it will not be easy but it will be a good experience for my personal development.

I wanted to make an EVS in Romania because in Spain I have Romanian friends and I was curious to find more about Romanian culture. During on arrival training I met people from all Europe and I did friendship relations with them. In my vacation I could travel in Romania, to visit my new friends and this helped me to know Romanian culture.



Romania, is an interesting country. But the best in Romania is the people. The Romanian are very hospitable. During my EVS, my parents came in Romania, to visit this country because I told them so much about Romania and they wanted to know more about my host country. In all the cities we travelled, we met people very kind and my parents were impressed about Romanian people.

Another thing I like about my country is the variety of the nature. But I think sometimes people don't respect to much the nature and this is very pity, because they have a beautiful nature.

Javi Ramon Grunewald - Spain



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Meles meles



It is very closely related to the stoats, otters, weasels, minks and other badgers. The general hue of its fur is grey above and black on the under parts with a distinctive black and white striped face and white-tipped ears. European badgers are around 70 cm long with a tail of about 20 cm and weigh 10 kg on average, but weights can vary enormously.

Though classified as belonging to the order Carnivora, badgers are effectively omnivorous and insectivorous; most of their diet consists of earthworms, although they also eat insects, spiders, scorpions, small mammals, eggs, young birds, reptiles, berries, roots, bulbs, nuts, and fruit. Badgers also dig up the nests of wasps and bumblebees in order to eat the larvae.

Badgers are nocturnal and spend the day in their sets, or extensive networks of tunnels dug in well-drained ground (or sometimes beneath buildings or roads). Sets give shelter from the weather and predators, which are humans, wolves and leopards. Badgers are territorial, but can be found in groups often called clans.



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Martes foina



Beech martens range in coloration from dark brown to pale grayish brown. A white or buffy streak can be seen just below the chin running down the neck to the chest. Beech martens are typically solitary animals, except during the mating season. Male territories overlap those of females, providing access to several potential mates. Beech martens are primarily solitary animals, with the exception of family groups (mothers and young) and mating interactions. *Martes foina* is a nocturnal species, however, during the mating season they can frequently be seen during the day.



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Sciurus vulgaris



Sciurus vulgaris lives and nests in deciduous and coniferous forests. These squirrels prefer to live in large, mature trees that can provide them with an abundant supply of food in the form of seeds or acorns. Trees chosen as nesting sites usually have hollowed out cavities or large holes in their trunks which can be used as nests.

This species has more variation in coat color than almost any other mammal in the Palearctic region. The color of these squirrels varies from light-red to black on their heads and backs. All individuals (except those that are completely melanistic), have white or creamy fur on their stomachs. Like many other tree squirrels, *S. vulgaris* has long tufts on its ears and a long, bushy tail. The mortality rate of young Eurasian red squirrels is high, due to heavy predation by birds and mammals. Less than one in four survive to their first birthday. Although adults can live for 6 to 7 years in the wild, and longer in captivity, most individuals probably only live for 2-4 years.

Sciurus vulgaris regularly forage on coniferous seeds, beechnuts, acorns, and nuts. They have a specialized technique for opening nuts that utilizes the power of the lower incisors.



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Apodemus sylvaticus



Wood mice inhabit forests, grasslands, and cultivated fields. Almost entirely nocturnal and terrestrial, wood mice burrow extensively, build nests of plants and live in buildings during harsh seasons. Wood mice are primarily seed eaters, particularly seeds of trees such as oak, beech, ash, lime, hawthorn and sycamore. If there is a plentiful amount of seeds on the ground, they carry them back to their nests/burrows for storage. They may eat small invertebrates such as snails and insects, particularly in late spring and early summer when seeds are least available. They also consume berries, fruits and roots.

The gestation period of wood mice is of 25–26 days and each female produces on average 5 young. The offspring become independent after about three weeks and become sexually active after two months



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Erinaceus europaeus



European hedgehogs are small nocturnal mammals. A quaint appearance and a diet of slugs and snails make them popular garden visitors, and give rise to many hedgehog myths.

To other hedgehogs and to their potential prey, these small, nocturnal animals are prickly, bad tempered loners. They spend half the year sleeping, eat slugs, snails, small birds and frogs, carry fleas, and roll into a ball as soon as you look at them.



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Phoxinus phoxinus



Lives in cold, running or still, yet well oxygenated, waters over gravel substrate. Feeds on algae, plant debris (in rivers), mollusks, crustaceans and insects. Migrates

upstream for spawning in shallow gravel areas. Important laboratory fish, for research on sensory organs of fishes. Mean maximum age is 6 years.

I like my country, Uruguay, very much. But I always wanted to travel and know something about Europe and what means Europe. My chance to do this was the EVS program.



I heard about this program in my organization, in Montevideo and the idea to go in Europe to live one year, was very attractive. So I decided to leave back my friends, my family and to start a new life, in another country, at thousands kilometers distance. What I found here was more than I expected: nice people, great friends and an intercultural environment.

EVS program is the best resource of learning. Doing an EVS you learn very much about yourself, first of all, then about other people, about history, about cultures....You learn how to survive with less money and how to travel without many resources, you learn

to be creative and to be flexible, to adapt all the time to new environments . If you have the chance to do an EVS, don't miss it and you will not regret!

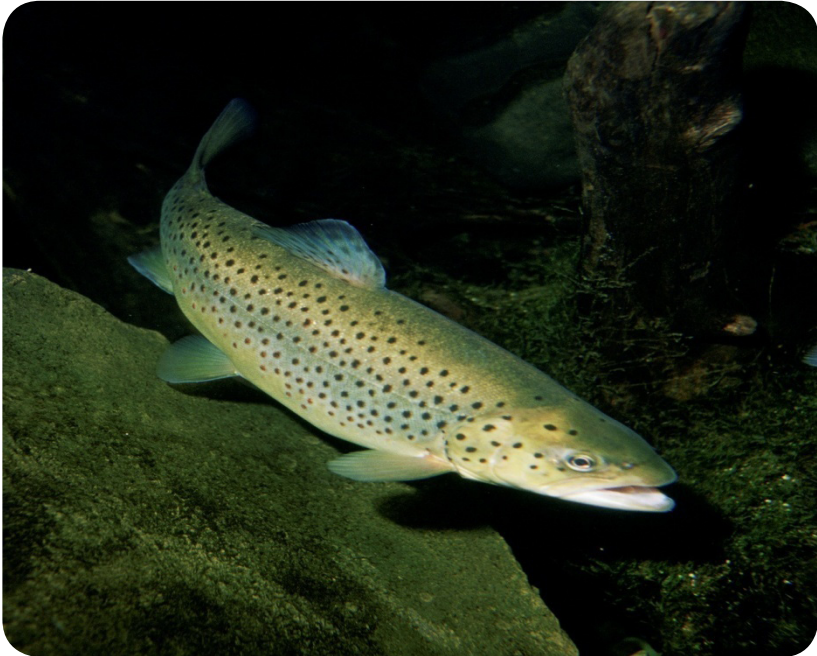
Leandro Galetta Saraibe – Uruguay.



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Salmo trutta



Freshwater brown trout range in color from largely silver with relatively few spots and a white belly, to the more well known brassy brown cast fading to creamy white on the fish's belly, with medium-sized spots surrounded by lighter haloes

Young brown trout feed on insects and other invertebrates such as shrimp, corixa, caddis, stonefly, mayfly, etc. Both larvae and adults are taken and the fish will eat whatever local insect life is abundant at the time.



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Barbus barbuis



B. barbuis is bathypelagic, meaning they are found at the bottom of rivers as well as in open water. They are typically found feeding in deeper areas of rivers with a rocky or gravel bottom. Feeding is on benthic organisms, including crustaceans, [insect larvae](#) and [mollusks](#).

Males become mature after three to four years, females after five to eight years, spawning occurs after upriver migration during May, June and July and 8,000 to 12,000 eggs are produced per kilogram of bodyweight. The eggs are poisonous.

The name derives from "barb" giving rise to both the Scientific and Common names, *B. barbuis* has of course, excellent examples of barbells. In English folklore the barbell was once called the pigfish



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Cyrinus carpio



Hi! My name is Manolo and I am from Spain. I participated in the EVS project „Greendays” because I wanted to change my lifestyle and to take a break for thinking of what I want to do in the future.



The experience was something new for me and it was hard because I didn't speak the language of my host country and sometimes was not easy to communicate with the people. But in Romania I found many people who speak Spanish and I was able to make a lot of friends.

I think Romania is a very beautiful country, with green nature. I worked in Cozia Park and I enjoyed very much to be in the nature, in the mountains. I wanted to show this to my family and to my friends and I convinced them to come to visit Romania because there is very different from other countries and they don't know much about Balkan countries.

This EVS gave me the opportunity of learning so much about me, about other people, other cultures.....I advise every young people to have this experience because it is unique.

Manolo Terror-Spania



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Sabanejewia romanica



The Romanian Loach (*Sabanejewia romanica*) is a species of ray-finned fish in the Cobitidae family. It was originally placed in the genus *Cobitis*.

It is found only in Romania.

„Greendays” project was for me a chance to become an adult. I had to leave my house and my country for the first time and to go and live on another continent, together with other people that I never met before. I knew from the beginning that it will be hard and I didn't know how good I will manage to do that but it was a challenge for me and I think I passed it.



For me it was my first contact with other cultures and with the European culture and I could learn very much about other countries and other cultures.

The best for me was to work in the nature, because I like very much to work outdoor and to spend time in the nature. But I think people should respect more the nature and to behave more responsible. Staying and working in Romania on environment issues, made me more careful with environmental problems.

I consider EVS experience one of the best things that could happen to a young person and I recommend to young people to do an EVS project because it is a great experience and it makes them become more responsible.

Matias Perreira-Uruguay



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Natrix tessellata



It feeds mainly on fish, though lives mainly nearby river streams or lakes. Sometimes it feeds also on amphibians like frogs, toads and tadpoles.

This snake is not venomous. As a defense it spreads a very bad smelling secretion from its cloaca. Another defense mechanism is thanatosis that meaning the snake is playing dead.

During the mating season (March-April-May) they congregate in large groups. Egg laying is usually in July and one clutch consists of 10-30 eggs. The young snakes hatch in early September. Dice snakes hibernate from October to April in dry holes near the water.



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Vipera berus



It is illegal to kill, injure, harm, or sell adders under the 1981 Wildlife and Countryside Act. The common viper is categorized as “endangered” in Switzerland, and is also protected in some other countries in its range. It is also

found in many protected areas.

Sufficient habitat complexity is a crucial requirement for the presence of this species, in order to support their various behavior-basking, foraging, and hibernation—as well as to offer some protection from predators and human harass.

This species is mainly a diurnal species, especially in the north of its range. Further south it is said to be active in the evening, and it may even be active at night during the summer months. It is predominantly a terrestrial species, although it has been known to climb up banks and into low bushes in order to bask or search for preyment. Diet consists mainly of small mammals, such as mice, voles, and shrews, as well as lizards. Sometimes, slow worms are taken, and even weasels and moles. They feed on amphibians, such as frogs, newts, and salamanders



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Lacerta muralis



Mainly insects, spiders, worms and small invertebrates as food they buy. From May until November of that time, under a stone, or they hibernate in crevices. Tail of the body 2 / 3 would be. Can be up to 20 cm in length. Rocky and stony areas in the section of the abundant sunlight, walls, ruins and live in a little woodland. Height of 1370 meters can be found in places.



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1.COZIA MONASTERY

Administered by about 30 monks, the Cozia Monastery lies 20 km of Râmnicu Vâlcea, in the vicinity of the Calimanesti-Caciulata resorts, on the right bank of the Olt river.

“The Holy Trinity” Church of the Cozia Monastery was founded by ruling prince Mircea the Old (Vlad the Impeller’s grandfather) in 1388. The three-cusped plan of the church was harmoniously and richly decorated by master builders from Moravia. The pronaos still keeps fragments of the original Byzantine monastic painting made between 1390 and 1391, while the rest of mural paintings are the result of the restoration work performed in 1719.

The original iconostasis made of wood was destroyed in a fire, but was restored in stucco work in 1794. The cross on top of the belfry dates back to Mircea the Old’s time, whereas the chandeliers are a gift from Prince Constantin Brâncoveanu.

The buildings were restored by princes Bibescu and Stirbei between 1850-1856; at the same time, two pavilions were built, of which the one that used to be a princely summer residence still exists.

The Cozia set of buildings has also two chapels dating back to the 16th and 18th centuries, with original mural paintings of those times, and two bells made in 1395, and in 1413 respectively. The infirmary Church dates back to 1543, whereas the cells were built in 1388 and renovated in the 19th century.

The monastic site was completely restored and modernized between 1958 and 1980, when the church was covered with a copper tin roof, the cells and the two chapels were consolidated, and central heating was provided to it.

The Cozia Monastery was an important medieval cultural centre where monk scholars and their disciples would print, translate and interpret many religious books written in Slavonic, and thus render them accessible to the Romanians.

In the same old tradition, it is at Cozia Monastery that the Romanian poet Grigore Alexandrescu wrote one of the best known



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pieces of Romanian poetry studied by children at school and entitled 'The Shadow of Mircea at Cozia'.



I decided to make an EVS in Romania because I always wanted to live in a country for East Europe. I did think that I will like this so much that I want after my project to come back and discover more of Romania.



I arrived in Romania in January 2011 and I enjoyed to stay and work in Ramnicu Valcea for 8 months. I discovered the city and its surroundings, I met a lot of friends in all the country and I visited many places from Romania. I learned what means culturality and cultural diversity.

I consider EVS an experience that everyone has to have in the life. I think it is great to help the others, to give something back to the community you live but the most important is the experience you live as EVS volunteer. This experience helps you become a better person and to pay more attention to people near you.

I told to all my friends about this great opportunity offered by EVS program and I will continue to promote the idea of this program because I think EVS is a great experience for any young person, who helps people in the process of knowing and developing themselves.

Thomas Decarry-France.



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2. TURNU MONASTERY



Turnu Monastery is one of the most sacred Christian monastic dwellings of the Ramnic Diocese. Secluded on the left bank of the Olt River, sheltered by Cozia Mountain and located nearly 2 km away from Cozia Monastery, also built by an ancient Romanian ruler, Mircea The Old, Turnu Monastery was, for centuries, a very remote and unreachable place.

The name of the Monastery comes from a massive tower, located on a rock called “Teofil’s Peak”, which was built by the Roman legions of the Arutela Roman Camp, in the 2nd century. Its ruins are still there, in the Bivolari Clearing, somewhere lower than the hydro-electric power plant. Turnu Monastery was first called “the convent behind the tower”, then “Turnu Convent” and finally “Turnu Monastery”.

History tells us that, in the 15th and 16th century, some monks left Cozia Monastery and lived isolated, in completely poverty, sheltered by shacks and wood made houses. Among those hermits retreated there the most renowned were Daniil and Misail, whose caves lasted until today.

At the middle of the 16th century, more hermits together with the monk Misail built, on today’s location of Turnu Monastery, a small wood made church, establishing Turnu Convent.

In 1676, after being promoted as Bishop of Ramnic, the Father Superior of Cozia Monastery, Varlaam, gives very special attention and care to the hermits from Turnu. Becoming Metropolitan Bishop of Vlach Region, he builds another church, made of stone and brick, located on the grounds of the former wooden small chapel. Here he sheltered the relics of Daniil and Misail and since that time, Turnu Convent became a settled monastic place, protected by Cozia Monastery.



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STANISOARA MONASTARY



Monastery of monks, having St. George as the titular saint, it is placed at the bottom of Cozia mountain, on the Southern slope of the territory of Calimanesti

locality, in Valcea county.

At Nucet- Stanisoara, the first monarchical place was a hermitage built in wood (nobody knows the date of the building) that is linked of the monasteries' names: Meletie, Neofit, Isaia and others, that came here from the monastery Cozia and lives in the caves from here. The present church built in stone was built in the period 1903- 1908, having as founder the Bishop Gherasim Timus, abbot being Nicodim Manu. Six priests, all of them members of the Saint Synode of the Romanian Orthodox Church participated to establishing the foundation. At that time, in the incynthe of the monastery, it could be found a house for rest with 100 beds.

The monastery is situated in a quietly landscape, having all around natural beauties. The monarchs have an austere life, the divine service take place during the night and their meal doesn't contain meat.



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Other touristic attractions:

Main anthropogenic touristic attractions

Arutela Castle- with Roman ruins, built on an ancient Dacian settlement, located on the left side of Olt river in Poiana Bivolari. Currently, there are ruins of the castle and of the Roman thermals built by the Syrian archers from the Roman army and also a part of the old Roman road, paved with stone carved. Following the excavations were found inscriptions from the time of Roman Hadrian (117-118 a.d.) and Antoninus Pius (138-161 a.d.); the largest part of the fortress was destroyed by a big flood of Olt river and reconstructed today; near the Roman ruins there are the springs and thermal waters from Bivolari.

EVS is the really one of the greatest things I have ever done in my life. And I think doing EVS in such a country as Romania made my EVS time the greatest. EVS is a nice opportunity to meet new people, get to know about different cultures, and from this point of view I made a lot of friends from all over the world. I learned a lot. One of the important things for me was to learn such a different and interesting culture of Romania.



EVS gives you a chance to understand different mindsets and mentalities of people and also gives you a chance to make it clear for yourself what you actually want from your life and what you want to achieve. You have time to think about it and you have a chance to try yourself in different ways that you really can or you can not do. It gives you a chance to live in a totally different country with the people you have never met before. This is a great chance to know people better to improve your skills.

For me! My project was really nice, taught me a lot, I also improved my personal skills while doing EVS. Had a great experience doing EVS and a lot of fun. When you are doing EVS you never want your EVS to finish and don't even want to go back to your country. It makes you feel like you want to live on EVS forever with all the volunteers.

Mehmet Ali Edgu-Turkey



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Traian`s table: a rocky headland which prologues Muchia lui Teofil to Olt river; today is just a small island coming out from the waters of Turnu lake. The legend says that here, the emperor Traian would be dining during the campaign for the conquest of Dacia.

The popular tradition keep also the name "Mihai`s table", who also stopped here in his way to Transilvania. Dimitrie Bolintineanu was inspired by this cliff when he wrote in 1846 the poem "The last night of Great Mihai", together with the poem "The shadow of Mircea at Cozia".

Castrul Pretorium camp: situated on the left side of Olt River, near Copaceni – Racovita village, with 2 monumental buildings- one on the Olt side with defense purpose and another on the upper terrace of Olt river, a real Roman reinforced settlement.

The network of Roman camps situated near the cliff Cozia, was integrated in the ancient defense system - „Limex Alutanus”.
Medieval Historical Monuments:

Bolnița (the hospital) Mănăstirii Cozia- built in XVI century, where even from its inception many patients were cured both Romanian and foreign.

Schitul Ostrov- situated in Calimanesti city, builded in XVI century and celebrating the born of Virgin Mary

Mănăstirea Frasinei- Muereasca village, built in the XVIII century, place for monks, celebrating "The born of Saint John the Baptist" for the old church and "The assumption of Virgin Mary" for the new church. It is a big monastic complex.

Cornet Monastery – Calinesti village, place of monks celebrating "The headcut of Saint John the baptist" – XVI century.

Churches – historical medieval monuments: Păușa (XVII century), Olt Church Călimănești (XVI century); Biserica Scăueni-miniature copy of Cozia Monastery (XV century); Proieni Church, Călinești Church.

Historical places: Pripoare village, Perișani communal. Some historians believe that here there is Posada pass, a place where the armies lead by the emperor Basarab Ist defeated the armies lead by Carol Robert



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of Anjou (9-12 January 1330), establishing the settlement of independent Romanian Country.

Vlad Tepeş Fortresse – situated on Valea Băiaşului- enhanced point. Valea Băiaşului, is a name coming from the old name of the habitants occupation–„băiaşi”. Their job was to look for gold.

Dealul viilor – Jiblea Veche, winery of Cozia Monastery, from the time of old emperors, the highest winery from the country

I used to work in France in ecological farms, with kids on ecological education. But I wanted to have the experience of living in another country and I heard about European Voluntary Service. My sending organization told me about this project, in Romania and I love it for the first moment.



I don't regret not even one moment my choice. I learned a lot of things during my stage. It was not easy.....I can say it was difficult to leave my family and my friends and to go in a country about I heard not nice words before..... share a flat with persons I never saw in my life, even speak all the time other language. But even so, I was the greatest experience of my life. I never regret my choice to make an EVS.

I enjoyed very much Romania and people there is amazing. I traveled a little bit in Romania, in historical places and I loved so much this country that I told to all my friends about and some of them already went to visit Romania. I hope one day to return in Romania, because there are still a lot of places to see.

Pauline Vial Detambel – France

YOUTH IN ACTION PROGRAMME

Youth in Action is the Program the European Union has set up for young people. It aims to inspire a sense of active European citizenship, solidarity and tolerance among young Europeans and to involve them in shaping the Union's future. It promotes mobility within and beyond the EU's borders, non-formal learning and intercultural dialogue, and encourages the inclusion of all young people, regardless



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of their educational, social and cultural background: Youth in Action is a Programme for all.

Every year, thousands of projects are submitted by promoters in order to get financial support from the Programme; a selection process aims at granting the best projects.

OBJECTIVES:

The YOUTH IN ACTION program is the EU's mobility and non-formal education program targeting young people aged between 13 and 30 years. Its general objectives are the following:

- Promote young people's active citizenship in general and their European citizenship in particular;
- Develop solidarity and promote tolerance among young people, in particular in order to foster social cohesion in the European Union;
- Foster mutual understanding between young people in different countries;
- Contribute to developing the quality of support systems for youth activities and the capabilities of civil society organizations in the youth field;
- Promote European cooperation in the youth field.

ACTION 2-EUROPEAN VOLUNTARY SERVICE

The aim of the European Voluntary Service is to support young people's participation in various forms of voluntary activities, both within and outside the European Union. Under this Action, young people take part individually or in groups in non-profit, unpaid activities.

What is a European Voluntary Service project?

The European Voluntary Service enables young people to carry out voluntary service for up to 12 months in a country other than their country of residence. It fosters solidarity among young people and is a



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true 'learning service'. Beyond benefiting local communities, volunteers learn new skills and languages, and discover other cultures. Non-formal learning principles and practice are reflected throughout the project.

An EVS project has three phases:

- planning and preparation
- implementation
- evaluation (including reflection on a possible follow-up).

An EVS project can focus on a variety of themes and areas, such as culture, youth, sports, social care, cultural heritage, arts, civil protection, environment, development cooperation, etc. High-risk interventions in immediate post-crisis situations (e.g. humanitarian aid, immediate disaster relief, etc.) are excluded.

An EVS project has three essential components:

- **the Service:** the volunteer(s) is/are hosted by a promoter in a country other than their country of residence and carry out voluntary service for the benefit of the local community. The service is unpaid, non profit-making and full-time. An EVS project can include between 1 and 30 volunteers who can do their Service either individually or in a (or several) group(s). For any given group, volunteers carry out their Service in the same time-frame and the tasks they carry out are linked to a common thematic.

Ongoing volunteer support: the promoters must provide personal, task-related, linguistic and administrative support to each volunteer involved in the project. For further information, please consult section 'What else should you know about EVS?' under this Action.

EVS Training and Evaluation Cycle: besides the support provided to the volunteers by the promoters involved in the project, the National Agencies or regional SALTOs organise the following Training and Evaluation sessions to be attended by each volunteer:

- on-arrival training
- mid-term evaluation (for a Service lasting more than 6 months).

For further information on the EVS Training and Evaluation Cycle,



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please consult section 'What else should you know about EVS?' under this Action.

What is the role of promoters in an EVS project?

Promoters involved in the EVS project perform the following roles and tasks:

- **Coordinating Organization (CO):** the CO assumes the role of applicant and carries the financial and administrative responsibility for the entire project vis-à-vis the National or Executive Agency. The CO doesn't necessarily have to be an SO or HO in the project (although it may be). In EVS projects involving only one volunteer, either the SO or the HO is CO. There can be only one CO in an EVS project.
- **Sending Organisation (SO):** an SO recruits and sends one or more volunteers. There can be one or more SOs in an EVS project.
- **Host Organization (HO):** an HO receives one or more volunteers. There can be one or more HOs in an EVS project.

The EVS Charter

The EVS Charter is part of the Youth in Action Programme Guide and highlights the roles of each promoter in an EVS project, as well as the main principles and quality standards of EVS. Each EVS promoter must adhere to the provisions set out in this Charter.

And there is a nice waterfall. It is sightseeing,





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I arrived in Ramnicu Valcea on 15th of August 2010, through European Voluntary Service (EVS). I remember that I had the courage to cross the ocean without knowing exactly what I will find here. The cultural shock was big, but cause I adapt easy and I passed this issue.



I heard about the program in my country, in Uruguay, while I was teaching Spanish and English for some young people who, at their turn, were EVS volunteers. Then I said myself that I have to this also me, especcally because means for me new opportunities that I didn't know about them before. In Romania, especcally in Rm Valcea, where I have worked as volunteer, I discovered many new things, especcally regarding the culture and the cultural differences. As volunteer, you have to integrate fast and if you want to be succesfully and to realize all you proposed.

I like Romanian language and this helped me to learn it but I also learned French from my French colleague. In Romania many tounge people speak spanish because many of them are watching telenovelas. I was surprized to see how good I can understand the Romanian young people and how good I can work with them. I just hope that for future I will still have the chance to practice my Romanian.

MATIAS ASCONEGUY-Uruguay



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I, Frederic ESPI, went in Râmnicu Vâlcea, from August 2010 until August 2011 to take part in the EVS Project called Green Days, which was implemented by the Romanian NGO FCASEC. Our project was about Environment, because we worked in the Cozia National Park, which is located between Râmnicu-Vâlcea and Sibiu, and we also did activities in Romanian schools using methods like non-formal education activities and Boal's Forum Theatre method.

This experience has been amazing, because Romania is a country that deserves to be discovered like Romanian people who always gave us a wonderful welcome anywhere we've been. I also met some amazing Romanian and European people who've become wonderful friends since then, I also learned new languages like Romanian and Spanish (I'm working hard in order not to loose it J). This experience taught a lot about me, about the world thanks to the trips I did with my EVS fellows, and I also learned about new methods for working with kids, which I'm doing actually in Haïti, where I decided to follow my volunteering experience in teaching French with Haitian children. I hope I will come back someday in Romania to meet my friends again and also why not creating European Projects with them.

Frederic Espi-France.

