

Workbook

Post-arrival orientation for beneficiaries of international protection and non-EU nationals legally residing in Romania



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Theme 1 Getting Started

Welcome to Romania and your post-arrival orientation activities!

The aim of the orientation is to give you information about Romania, help you understanding life in Romania and to answer as many of your questions as possible.

Let's start by finding out what you want to know. Use the column below to write down your questions. When you hear an answer to one of your questions, write the answer down. To help you with this exercise, here are some guiding questions:

What do you know already about Romania?

What are you missing?

What do you need to get along better in Romania?

What is of special interest to you?

At the end of the program, look at your questions again and check to see if you have the answers.

What do you want to know about Romania?

Questions	Answers

Theme 2 Romania – A Brief Overview

Romania is situated in the southeastern part of Europe, has exit to the Black Sea and is neighboring Bulgaria, Serbia, Hungary, Ukraine and the Republic of Moldova. It has a surface of 238,391 square Km and a temperate continental climate. With 19.5 million inhabitants¹, Romania is the seventh country in the European Union. The capital city and the largest city is Bucharest, the sixth as population dimension within the EU, with 2.1 million inhabitants.

Most of the people live in cities, but there are also many villages spread all over the regions. You will learn step by step more about all the different regions in Romania.



Activity

Comparing Romania to other countries

Use the map below to show where you will live in Romania.

How big is your home country compared to Romania? Can you draw it onto the map?



In what ways is the area you are living in Romania to the same or different from where you have lived before?

The climate?

The population?

The economy?

The landscape?

¹ As per May 2018 United Nations estimates. Based on the 2011 Census, Romania's population was 20.1 million inhabitants.

Look at the map below. How many regions does Romania have? Have you visited one of them? What did you find interesting there?



Activity

Form of state and political system

For the questions below, kindly use Internet or any other information source you may have at hand (i.e. library, history books, resources made available in the Regional Integration Centers):

In Romania, presidential elections are organized every five years. When will the next presidential elections be organised? How many presidential elections have been organised since 1990 in Romania?

What political parties are represented in Romania's Parliament? What political parties have been represented in the Parliament since 1990?

What political parties are represented in the Local Council of your residential place in Romania?

Together with three other participants in the orientation sessions, please identify one aspect/situation that you would like to improve in your host community. Kindly analyze why improvement is needed and what would you do to improve the situation. Please prepare, as a group activity, a plan to advocate for the improvement /change and present it publicly (i.e. in front of the group or even to the Mayor's Office) at the end of the orientation program.

Theme 3 Romania – The Country, Culture and People

Throughout centuries, and at the crossroads of the Roman, Ottoman, Russian and Austro-Hungarian Empires, Romania's history has been restless. Today, Romania is a NATO (North Atlantic Treaty Organization) and a European Union (EU) member.



Activity

Why do you think history is important?

Think about moments in the history of your country. How have they influenced people's and country's life?

Romania is an EU Member State. On the map below, identify Romania's neighbors who are not in the EU.



What cultural practices have you seen so far in Romania? Tick the boxes below:

- | | |
|--|---|
| <input type="checkbox"/> Ritual dances | <input type="checkbox"/> Men's group Colindat |
| <input type="checkbox"/> Mărțișor | <input type="checkbox"/> Horezu Ceramics |
| <input type="checkbox"/> Mucenici | <input type="checkbox"/> Ie |
| <input type="checkbox"/> Painted eggs | <input type="checkbox"/> Other (i.e. wedding, funeral, etc.) |

please explain:



What elements of these cultural practices are common and different compared to what you are accustomed to?

Similar	Different

What days are public holidays in your country? What other days do you celebrate?

What similarities and differences with Romanian public holidays and other celebration days could you identify?

Similarities	Differences



Theme 4 Cultural Interaction and Adaptation

Most of us do not stop and think about our own culture. Culture refers to what a group of people think and act, their shared customs and institutions. It refers to learned and shared behaviors between groups of people, including unconscious beliefs.

Sometimes, it is only when we meet someone from a different culture that we pay attention to our reactions and emotions. Here is an exercise we propose, intended to help you analyze an encounter you have had with someone from other cultural background. Think about one such experience, download and fill in the following questionnaire:

https://www.coe.int/t/dg4/autobiography/Source/AIE_en/AIE_autobiography_en.pdf

Theme 5 Daily Life in Romania

Look at the pictures. Explain what the picture expresses and then draw a line to the right category:



Help!

Celebration

Food

Orientation

Safety

Education

Theme 6 Rights and Responsibilities

Romania is a democratic state with fundamental and human rights guaranteed by the constitution. With rights come responsibilities as well. To enjoy the rights, your main responsibility is to know and follow the laws of Romania.



Activity

Laws in Romania may be different from those in your country or other countries you have lived in. Below are laws in Romania. Note if the laws in your home country are the same, different, and/or challenging to your culture and beliefs.

Situation	Same	Different	Challenging to my culture and beliefs
It is forbidden to give money to government or local officials			
The police maintains public order and the safety of citizens			
Domestic violence is forbidden			
Knives or other weapons cannot be carried in public places			
The legal age for marriage is 18 years old for both men and women			
Smoking is not allowed in all enclosed public, office spaces, public transportation, children's playgrounds, schools and hospitals			
It is illegal to cultivate, produce, experiment, offer, sell or buy risk drugs (cannabis, marijuana) and high risk drugs (heroin, cocaine, opium, amphetamine)			
Men and women enjoy equal rights and responsibilities			
To drive a car, one needs a driving license			



Please read TITLE II of the Romanian Constitution and identify situations from your experience in Romania when your rights have been respected. If there have been situations when your rights have not been respected, what have you done?

Approaches to Parenting

In Romania, it is illegal to discipline children through beating or hitting them hard. It is important that parents learn ways to discipline their children without using violence. Alternative punishments to beating should always be reasonable. Alternative punishments may include:

Time out – This means that if the child misbehaves, he/she is given a warning and then, if the behavior continues, he/she is sent to a specific area of the house (preferably not the child's bedroom) for a set period. Parents should decide what behaviors warrant 'time out' and be sure that this is a clear with children.

Count to three – The parent explains to the child the consequences if the behavior continues, then count to three as a warning to stop the behavior (this works well with younger children).

Grounding – This is not allowing children to participate in social activities that they want to attend. If a child has misbehaved after repeated warnings to stop, the parent might ground him/her from playing with a friend for a specified period (for example, for 1-2 days).

Stopping privileges (for example, no TV/toy/computer/video game for a set time).

Parental disapproval (can work for younger children).

Peer disapproval (can work with older children).

Parents should make the household rules clear so it is easy for children to understand what the rules are. A useful tool can be family meetings where the family members can discuss their expectations and concerns. This may also allow children to feel like they can have input into family issues

Some ways to manage your anger when dealing with children include:

- Have a glass of water and think before reacting
- Take five deep breaths. Inhale. Exhale. Slowly, slowly
- Count to 20 slowly
- Phone a relative or friend for support
- Go for a walk
- Read a newspaper, magazine or watch television
- Do some exercise
- Write down the problem
- Lie down and relax
- Listen to some pleasant music.

Theme 7 Education

As you moved to a new country, you may have thoughts about the life you would like to have, the type of job you may have or how your family will settle into a new community. Your personal commitment to learning Romanian and taking advantage of educational opportunities will support your settlement.



Activity

The Romanian school education structure

Age	Level			Comments
Adult education				Training programs at all qualifications levels
18+	Higher education - doctoral studies			Doctoral degree
	Higher education - Master studies			Master's degree
	Higher education - Bachelor			Bachelor's degree
				Post- secondary non - tertiary education (Certificate of professional education)
15 to 18	Upper secondary general education Theoretical high schools (Baccalaureate)	Upper secondary general and vocational education - Technological and vocational high schools (Certificate of professional qualification / Baccalaureate	Vocational education (Certificate of professional qualification)	Grades from 9 to 12
11 to 14	Lower secondary education (Gymnasium)			Grades from 5 to 8
7 to 10	Primary education			Grades from 1 to 4
6	Preparatory year			Preparatory grade
3 to 5	Pre-school education (Kindergarten)			Not applicable
0 to 3	Early childhood education and care			Not applicable

In what ways is the education system in Romania the same or different from where you have lived before?

	Same	Different
Education is free of charge in public schools and universities		
Children between 0 and 3 years old benefit from early childhood education and care		
Girls and boys between 6 and 18 years old attend school together and learn the same subjects		
Pupils attending gymnasium and high school receive marks from 1 to 10		
Pupils finishing high schools and technological school pass a Bacalaureate exam		
Parents participate in school events (for example, parents' meetings, meetings with teachers, excursions)		
The university year starts every year in October		

In Romania, education and employment opportunities are closely linked. What plans do you have for meeting your educational needs?





Activity

Planning for your future learning and employment

Consider the following opportunities and explain what they mean to you?

Opportunity	What does it mean to you?
Attending a vocational course (a course that prepares you or specializes you in the field of crafts and trades; it focuses on practical application of the skills learned or acquired and provides the hands-on instruction in a specific trade)	
Attend the Second Chance School (Second Chance School is to help those who have left the school system finishing it and getting access to other types of education, such as vocational education, or high school, and even to employment)	

	<p>Completing the high school (this opportunity gives you access to university education, as well as an easier access to the labour market for certain jobs, such as operator in a call center, merchant, seller, etc.)</p>	
	<p>Enrolling in university education (this gives you access to personal development/fulfilment and high-level skills necessary for every labour market)</p>	
	<p>Looking for an internship with an organization / private company (an internship provides first-hand exposure of working in the real world, the opportunity to learn more about yourself, to get connected and develop your own network and get a full-time position)</p>	

Theme 8 Health

You have the same access to healthcare as for Romanian citizens. You must enroll in the national health insurance scheme, pay the monthly health insurance fee and register with a General Practitioner (GP).



Activity

What do you do in the following situations? Choose the correct answer from the options below:

You have a strong toothache:

- You call your GP
- You go to the pharmacy and ask for a medicine
- You call the dentist, describe what you feel and make an appointment

Your child has swollen some pills found in a drawer at home:

- You call immediately 112
- You go with the child to the closest hospital
- You do not do anything, the child will vomit anyway the pills

How do you get a health insurance card?:

- You wait to receive one from a social worker
- You pay your health insurance contribution and file a request for the card
- None of the above

What happens if you want to see a doctor and you do not have your insurance card?

- Nothing, you indicate your name and the doctor will find you in the database
- You pay for the medical services
- You go home and come back with the card

Name three things that the standard health insurance does not pay for:

Theme 9 Employment

The job market in Romania is competitive, with jobs awarded with relevant experience and qualifications. Networking in getting a job is also important. Romanian language skills are highly valued. Your diplomas and qualifications would have to be recognized in Romania to get a job or enroll in vocational or other type of professional qualifications leading to a future job.



Activity

Read the statement and mark if it is true or false.

1. AJOFM can help me find a job	True	False
2. NGO counsellors and GII must find me a job	True	False
3. Romanian skills are important for getting a job	True	False
4. Volunteers get paid	True	False
5. You don't have to pay taxes in Romania	True	False
6. Men and women are treated equally in the workplace	True	False
7. Once you have a job you must tell the tax administration (Administratia Financiara)	True	False
8. Being on time for work is unimportant	True	False
9. Young children can work instead of going to school	True	False
10. You must sign a work contract to be sure you get paid on time	True	False



Activity

Planning for a job in Romania

What type of job would you like to have in Romania?



Make a plan for how you can achieve this job.

Do I have these?	Yes	No
Romanian language skills		
Skills in other foreign languages		
Qualifications for this type of work		
Experience in this work area		
References		
Résumé		
Interview skills		
A willingness to accept challenges and set-backs		
Information on how to achieve this job		



Theme 10 Housing

There are many different types of accommodation in Romania. Housing in the cities is different from the suburbs, and different from the regional towns. The houses are probably different from what you know from your own experiences. The cost of renting and buying houses is relatively high.



Activity

What would you do?

Situation 1: the tap in your bathroom is leaking badly and you are responsible for the water bill. Your landlord has promised to fix it, but that was three months ago, and nothing has been done.

Situation 2: You have lived in your apartment for six months when you find an apartment that is cheaper, better and close to the children's school. You have signed a one-year lease.

Situation 3: On January 1st, your landlord phones to tell you that he wants to move into your apartment himself and that you are to move out at the end of the month. You ask for more time to find a new place, but he disagrees. On January 31st, you come home and find your landlord in the apartment. He tells you that he will change the locks.

Theme 11 Money

Once you received your residence permit and have personal code number, you may open a bank account in Romania. You are then on the way to handling the money and making decisions about how to manage your income. Cash is still widely used in Romania. If you find difficult handling a bank account, you may easily use cash as well.

Romanian currency

Whose image is on the front of the Romanian RON 100.00 bill? Why is he famous?



All Romanian coins have coat of arms on one side. What does it represent?




NGO counsellors will help you upon arrival in Romania. But you will be responsible for how you manage your income to meet your and your family needs and dreams for the future. The cost of living in Romania differs depending on the region and city:



Activity

Think about the following:

A. What is your monthly income?RON
B. What are your monthly expenses?RON
Food RON
Housing RON
Heat and utilities RON
Clothing RON
Transportation RON



Medicines RON
Communications RON
Other (indicate them) RON
Total monthly expenses (add up all items in B) RON
C. Disposable income (A minus B) RON

The amount in “C” is what you have left to spend as you wish. You may want to save some money for an emergency or for a large purchase or house refurbishment.



Activity

Budgeting

Here is a way to think about budgeting. List the items in each section and the amount you pay for them. In six months, it might be different so try it again once you have better settled into your new home.

NOW	IN 6 MONTHS
<p>Fixed expenses – These are expenses which you must pay (i.e. rent, utilities, food) or problems can occur for you or your family.</p> <ul style="list-style-type: none">• _____• _____• _____• _____	
<p>Flexible expenses – These are expenses over which you have some control. You need the product or service but you can decide how much you buy or how much you use the service (i.e. restaurants, means of transport, internet, phone, leisure activities).</p> <ul style="list-style-type: none">• _____• _____• _____• _____	
<p>Unnecessary expenses – These are expenses over which you have total control. You do not have to buy them but you might like to have them (contracting a credit to buy a fancy car, buying brands only).</p> <ul style="list-style-type: none">• _____• _____• _____• _____	

Self-Assessment

How confident do you feel about each of the following:

- If you feel very confident put a cross in the box ☐
- If you feel you have some understanding but need more information put a slash in the box ☐
- If you know little or nothing leave the box blank.

You are not expected to cross every box.

Overview of Romania

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> • know the values underpinning Romania's democracy and society • recognise the importance of asking for help when needed • recognise there are challenges during the initial stages of the settlement 	<ul style="list-style-type: none"> • ask general knowledge questions about life in Romania • identify Romania's regions and counties including main cities • identify Romania's essential historical milestones • name some of the different behaviours you might see in Romania • explain your democratic rights and responsibilities • name the key political parties in Romania • name Romania's key public holidays and explain why they are celebrated • identify government and community service organizations available to assist your orientation • identify other basic services which may be available in the local community, for example, sports clubs, social groups 	<ul style="list-style-type: none"> • fill in basic information on official forms • use public transport • enroll to vote • cook a Romanian dish

Rights and Responsibilities

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> understand all people are equal under the law in Romania understand the freedoms that underpin the laws of Romania understand that police are to be respected and not feared understand that all forms of domestic and family violence and sexual assault are against the law and these laws are enforced without exception understand that government officials including police officers are unable to accept gifts or bribes recognise there are laws about owning and operating a private vehicle, family, alcohol, tobacco, and violence understand that religious law is not enforceable if it is in conflict with the Romanian law 	<ul style="list-style-type: none"> identify the institutions you can contact if you need legal support describe forms of domestic violence and what can be done to deal with domestic violence 	<ul style="list-style-type: none"> contact police if you are in trouble contact institutions/agencies if you need legal support contact institutions / agencies if you need assistance with managing domestic or family concerns

Education

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> understand the role of the school inspectorate appreciate the importance of learning Romanian to access education and employment understand the difference between public and private schooling understand the responsibilities of parents in their children's education understand there are pathways to tertiary and further education know that you can have qualifications and diplomas recognized by submitting them to CNRED 	<ul style="list-style-type: none"> use key vocabulary about education terms compare and contrast the Romanian education system with your own experiences make decisions about schooling of children describe possible pathways to tertiary and further education identify support services available to people wanting to study 	<ul style="list-style-type: none"> attend parent teacher interviews with research, select and enroll in an appropriate tertiary course enroll children in a local school and complete the necessary paperwork understand that school absences must be approved by the parent in written form to the school

Health

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> know that some schools need a record of a child's immunization status to be presented when they start school understand there is basic healthcare system understand that not all health services are free and that you need to contribute to the health insurance system to benefit from proper care 	<ul style="list-style-type: none"> explain where to go for health assessment requirements explain what the State health insurance does and does not cover describe the differences between public and private health services outline different health services including when and how to access them explain the value of preventive health measures including immunization identify the mental health and counselling services available in your region 	<ul style="list-style-type: none"> complete your health assessment requirements take personal responsibility for the health and wellbeing of yourself and your family phone emergency services if required to do so access the appropriate health services for your needs communicate your health needs yourself or through an interpreter

Employment

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> understand the job market requirements understand that qualifications can be recognized understand the importance of learning Romanian to gain employment appreciate that jobs are awarded to those with relevant experience and qualifications understand the rights and responsibilities of employees in Romania understand job application and interview processes 	<ul style="list-style-type: none"> use key vocabulary about employment identify various job opportunities in Romania describe ways to find employment develop verbal and non-verbal communication skills for interviews 	<ul style="list-style-type: none"> complete personal details on job applications write a résumé and cover letter research employment opportunities online pursue the recognition of qualifications and diplomas

Housing

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> understand you must pay rent to live in accommodation and the cost of renting in Romania is different in different regions understand it is your responsibility to maintain the cleanliness and tidiness of the rental property understand your first accommodation in Romania may be temporary 	<ul style="list-style-type: none"> use key vocabulary about the rental process name the household utilities you must connect and are responsible for paying name places where rental properties are advertised name your rights and responsibilities as a tenant name the landlord's rights and responsibilities 	<ul style="list-style-type: none"> research and identify appropriate accommodation fill in important information on rental forms connect household utilities

Money

Do you:	Can you:	Can you do these:
<ul style="list-style-type: none"> appreciate the cost of living in Romania understand that internet banking is a common in banking practice understand the role of credit in and recognize the potential dangers involved with going into debt understand common banking institutions and practices 	<ul style="list-style-type: none"> identify Romanian currency and understand its value in comparison to your country currency identify opportunities to reduce household expenditure use key vocabulary about money and banking 	<ul style="list-style-type: none"> use an ATM and POS facilities to withdraw money and make purchases put together a basic household budget

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