BUCHAREST, RO
HANDBOOK

Military Family Services Europe / MFS(E)
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Greetings From
Your MFS(E) Riga-Remote Team

Your Military Family Services Europe / MFS(E) team wishes to congratulate you and your family on your OUTCAN posting. We would like to be the first to welcome you all to Europe! Did you know that your MFS(E) Riga-Remote team supports more than 350 members, spouses, and children posted to 16 countries throughout Europe?

MFS(E) is here to facilitate a smooth integration for you and your family into your new posting, whatever your family unit may look like. We serve everyone from single members to blended families, so please make sure to ask us how we can best help you.

As you and your family begin the transition to Europe, MFS(E) is here to assist you along the way. Throughout your posting, you can expect phone calls, e-mails, virtual programming, as well as workshops for your spouse and children. We also send crafts and packages in the mail!

This Handbook is a living and dynamic document. Once you are settled, we would welcome your input in order to keep it relevant and current. We would like to extend our sincerest THANK YOU to our volunteers, for providing us with most of the information and for sharing their experiences and suggestions as to how to make the location guides as complete as possible.

Our website (www.cafconnection.ca) can be a useful resource for your transition overseas, as it provides information that is location and country specific and provides links to current MFS(E) newsletters, programming, and even overseas job postings for spouses.
Current MFS(E) programs include, but are not limited to:

- Virtual presentations ranging from the [PSP Chalet Program](#) and Europe Christmas Markets (to name a few)
- Crafts For Kids Mailings (for children 3-9 years old)
- Birthday Cards for Children (up to 18 years of age)
- [Youth Employment Preparation (YEP)](#) Program (13 to 18 years old)
- [Youth Connect](#) (helping incoming youth connect to Canadians youth already in Europe)
- [Youth Leadership Conference](#) (annually for teens 13 – 18 years old)
- [Family Separation & Reunion Services](#)
- Host Language Training & [Virtual Language Training](#) (ask us about a Rosetta Stone license for your dependents)
- Virtual Workshops (Including Community Demo and Virtual Travel Forums)
- [Virtual Book Club through Facebook](#)
- Virtual Coffee mornings
- [Friends on a Journey program for kids](#)
- ...And so much more!

This is your opportunity to connect with other Canadian families going through a similar transition to Europe. If there is any wisdom we can pass along to you from the get go, is we encourage you and your family to build a strong support network while you are in Europe. MFS (E) is your key resource to getting in contact with others and to share your experiences and your insight.

Once you have arrived and settled at your new location, MFS(E) will provide you with a welcome package containing information specific to your location and to your unique family dynamic. Your package will be sent to you in the mail, either to your home address or your embassy / consulate (please make sure it is approved by the Embassy first!). Also, please make sure you keep us informed of your contact information, an updated telephone number and e-mail address is greatly appreciated.

If you have any questions about living in Europe or if you wish to know what your MFS(E) team can do to help you and your family, in all shapes and forms, please contact one of our staff members bellow, or e-mail us directly at: [MFSE.RigaRemote@cfmws.com](mailto:MFSE.RigaRemote@cfmws.com)

We look forward to hearing about your adventures and new experiences in the near future.

Help us serve you better, don’t be a stranger!

Best Regards,

Your MFS(E) Riga/Remote Team
European Advisory Committee

The Military Family Services (Europe) (MFS(E)) Advisory Committee (AC) is a group of volunteers representing Canadian Armed Forces (CAF) families and communities across Europe. The AC works to enhance MFS(E)’s capacity to implement family programs and services to all Canadian military families regardless of where they are located in Europe.

As a group of volunteers, the AC is not authorized to act as decision-makers or policy-makers. Their primary role is to provide advice to the Senior Manager MFSP Europe about the needs of the community and to evaluate the effectiveness of the program.

CAF members (in a non-official capacity), and their civilian spouses/partners and dependents (18 years or older) are eligible to volunteer for the AC. Fifty-one (51) percent of the voting membership must be civilian family members of CAF members. Members representing a particular region must reside in that region at the time of recruitment and must have the support of their local CAF Commander.

The MFS(E) AC meets on site at the Canadian Forces Support Unit (Europe) in Geilenkirchen, Germany once a year, usually in the winter. All other meetings, usually held every second month, are conducted on-line. No special computer equipment or program required but reliable internet is required. If you have any questions or would like to discuss this opportunity further, please see the website.
USING THIS GUIDE

Moving around in the guide:

• To go to a Table of Contents entry or a website link, simply click on it
• To search for a specific word, use the Find tool by pressing “Ctrl” then F

Several of the websites referenced in this guide will be in a language other than English. There are a couple of options to obtain the information in English:

• You can enter the address of the website directly into https://translate.google.com/ and it will translate the entire website
• If you have Google Chrome, you can right click anywhere on the page and it will bring up a dialog box which often has a “Translate to English” option. Due to website formatting, this option may not be available for all pages or for all text on the page.
• Some sites have the option to change the language. These sites will have either a drop-down menu listing multiple languages or flags symbolizing the language. Simply click on the language or flag (typically a British or American flag) to see a translated version of the website. Often this option can be found in the top right corner.

This guide is an ongoing work in progress, and we need your help:

• Our Handbooks heavily rely on the time, energy and experiences of our families posted to Europe. For that reason, some sections may be more complete than others.
• Please let us know of any errors or omissions and we will update them in the next edition.
• If there is a topic you’d like added to the next edition, do not hesitate to let us know.

You can contact us at:

MFSE.RigaRemote@cfmws.com

DISCLAIMER: Due to the fact that rules and regulations are ever changing, please ensure you do your own research and consult with the resources provided for the most up-to-date policies and procedures before making any assumptions or relying on information provided here as accurate as policies and procedures change and could be different from the time this document was created and updated.

Thank you for your cooperation and attention in this matter.
SOME HELPFUL RESOURCES

Please be sure to connect with us online for the latest programs and services being offered:

**MFS(E) Website**
- [https://www.cafconnection.ca/Europe/Home.aspx](https://www.cafconnection.ca/Europe/Home.aspx)

**MFS(E) Facebook Page**
- [https://www.facebook.com/MFSEurope/](https://www.facebook.com/MFSEurope/)

**MFS(E) YouTube Channel**
- [https://www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q](https://www.youtube.com/channel/UCbQXCBqcVYvLZhDj0a37h8Q)

**CAF Connection Website**
- [https://www.cafconnection.ca/National/Home.aspx](https://www.cafconnection.ca/National/Home.aspx)

**Employment Opportunities while in Europe**
- [https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx)
- [https://www.cafconnection.ca/Europe/Programs-Services/Employment/Civilian-Employment-Opportunities.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment/Civilian-Employment-Opportunities.aspx)

**My Voice/Ma Voix**
- MyVoice is a closed Facebook group open only to the Canadian military community. MyVoice is a place for you to communicate with Military Family Services (MFS). The group is a safe place to discuss your experiences as a military family and offer feedback about your military lifestyle. : [https://www.facebook.com/groups/MyVoiceMaVoix/](https://www.facebook.com/groups/MyVoiceMaVoix/)

**Family Information Line (FIL)**

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. We serve Canadian Armed Forces members, Veterans and their families-immediate and extended.

Family Information Line: 1-800-866-4546, (613) 995-5234
or toll free in Europe 00800 7711 7722

OVERVIEW OF ROMANIA

MAPS

Overview of Romania:

Capital: Bucharest
Language: Romanian (some German, Hungarian, Russian)
Border Countries: Bulgaria, Ukraine, Hungary, Serbia, Moldova (and Black Sea)
Population: 19,401,658 people
Area: 238,397 km²
Time Zone: UTC + 2 (EET) Summer (DST): UTC +3 (EEST)
Climate: temperate and continental, with four distinct seasons
Currency: RON (Romania is not on the Euro).
Government Type: Republic, parliamentary democracy
Members of: NATO (2004), EU (full member 2007)
Country Code: RO
Calling Code: +40 (or 0040)
Internet TLD: .ro
Overview of Bucharest (Bucureşti)

Bucharest is a dynamic city located in the South-Eastern part of Romania. It is the capital of the country and is also the largest city in Romania. Romania borders Hungary, Serbia, Bulgaria, Moldova, and the Ukraine and also has a shoreline along the Black Sea. The Port of Constanța, located along the Black Sea coast, is one of the largest ports in Europe. Romania is a country that has a long history of conflict, including both World Wars as well as the most recent communist dictatorship of Nicolae Ceaușescu and his wife Elena. Communism is a political system that was imposed on Romania by the Soviets and their supporters. It can be argued that Romania was the most devastated USSR satellite states of the communist era and is the only country behind the iron curtain who violently overthrew their dictator and had them executed on December 25th 1989. Although Romania has been a part of the European Union since 2007, and a member of NATO since 2004, it is still developing in many respects.

It would be an insult to Romania to believe we can provide an overview of its complex history in simply a few paragraphs. For that reason, I strongly encourage you to do your own independent research on Romania. Here is a short list of books that can shed light on this complex country.

1. *In Europe's Shadow: Two Cold Wars and a Thirty-Year Journey Through Romania and Beyond* by Robert D. Kaplan
2. *A Concise History of Romania* by Keith Hitchins
4. *A History of Romania* by Ioan Bolovan.

For more information on the history of Romania:

- [http://romaniatourism.com/history.html](http://romaniatourism.com/history.html)
- [https://www.britannica.com/place/Romania/National-communism](https://www.britannica.com/place/Romania/National-communism)
- [http://www.procesulcomunismului.com/marturii/fonduri/mmioc/anticomrevo/docs/02.htm](http://www.procesulcomunismului.com/marturii/fonduri/mmioc/anticomrevo/docs/02.htm)
A Brief Introduction on the Roma:

The Roma people (derogatory term: Gypsy) actually only make up an estimated 3 - 11% of the total population in Romania. (It is said that many Roma claim to be Romanian or Hungarian to avoid discrimination, making it difficult to have an accurate representation of their population) Although they have their origins in Northern India more than 1,500 years ago, it is often falsely understood that the Roma people originated from Romania. They have a long history of discrimination, persecution, and deep-rooted hatred throughout Eastern and Central Europe. The Roma are a largely nomadic people who live throughout Europe and make up a minority in Romania. It is important to understand that the Roma and Romanians are distinct groups of people, with distinct cultures and ways of life. Romanians often take great offence to the association with the Roma and it is therefore a social taboo for Expats to associate the Roma with Romanians. It is also advisable to not ask the Romanians about the Roma, although many will openly share their (often negative) opinions about the Roma people. Do your own research on the matter. Here are a few helpful links to get you started:

- [https://www.romania-insider.com/many-roma-people-romania/](https://www.romania-insider.com/many-roma-people-romania/)
GEOGRAPHY/Politics

With an area of 238,397 square kilometres (92,046 sq mi), Romania is the largest country in Southeastern Europe and the twelfth-largest in Europe. The terrain is distributed roughly equally between mountains, hills, and plains. The Carpathian Mountains dominate the centre of Romania, with 14 mountain ranges. They are surrounded by the Moldavian and Transylvanian plateaus and Carpathian Basin and Wallachian plains. The Danube river forms a large part of the border with Serbia and Bulgaria, and flows into the Black Sea, forming the Danube Delta, which is the second-largest and best-preserved delta in Europe. Romania has one of the largest areas of undisturbed forest in Europe, covering almost 27% of the territory.

Brief history of Romania (from CIA Factbook)

The principalities of Wallachia and Moldavia - for centuries under the suzerainty of the Turkish Ottoman Empire - secured their autonomy in 1856; they were de facto linked in 1859 and formally united in 1862 under the new name of Romania. The country gained recognition of its independence in 1878. It joined the Allied Powers in World War I and acquired new territories - most notably Transylvania - following the conflict. In 1940, Romania allied with the Axis powers and participated in the 1941 German invasion of the USSR. Three years later, overrun by the Soviets, Romania signed an armistice. The post-war Soviet occupation led to the formation of a communist "people's republic" in 1947 and the abdication of the king. The decades-long rule of dictator Nicolae Ceaușescu, who took power in 1965, and his Securitate police state became increasingly oppressive and draconian through the 1980s. Ceaușescu was overthrown and executed in late 1989.
Former communists dominated the government until 1996 when they were swept from power. Romania joined NATO in 2004 and the EU in 2007.


Climate

Romania has a climate that is temperate and continental, with four distinct seasons. The average annual temperature is 11 °C in the south and 8 °C in the north. In summer, average maximum temperatures in Bucharest rise to 28 °C, and temperatures over 35 °C are fairly common in the lower-lying areas of the country.

Summers in Bucharest are known to be very humid with heavy smog, from pollution.

Bucharest is one of the most polluted cities in Europe, and may cause upper respiratory or sinus issues.
LANGUAGES

The ability to speak and understand your host nation’s language will ensure your European post is as rewarding as possible. It will make day-to-day life such as grocery shopping and banking easier. It will also be easier to connect and build friendships and ensure your cultural experience is more enriching.

Rosetta Stone is the world’s number one language-learning program. We offer Rosetta Stone licences to Canadian Armed Forces Military Spouses. If you are interested in Host Language Training, contact the Military Family Services (Europe) Virtual Programs Coordinator at mfse.virtualprograms@cfmws.com.

Besides Rosetta Stone, there are options to take classes at your local centre or on the economy. There are also various online resources available. Please see the Host Language Document:

- https://www.cafconnection.ca/getmedia/7370f595-6269-4a8d-a6a1-4a91c1206c1c/Host-Language-Information_2018EN.pdf.aspx

or contact your Virtual Programs Coordinator for more information.

Romanian is a Romance language with close affiliations to French, Italian, Spanish, and Portuguese. Geographically isolated, it is thought to have been the first language to have split from Latin, and it is one of the most uniform languages in the region.

Romanian is spoken as a first language by approximately 90% of the entire population, while Hungarian and Vlax Romani are spoken by 6.2% and 1.2% of the population, respectively. Other languages include Hungarian, Moldovan (similarities to Romanian), German and Russian.

The official language is Romanian, but English is widely spoken and understood within the city limits. Outside of Bucharest, it will be more difficult to find someone fluent in English. Some of the older Romanians do speak French, as it was part of their school curriculum before the Communist period. English is the preferred foreign language of the younger generations. Hungarian is widely spoken in the Transilvania region and German is the pockets formerly inhabited by the German minority. The Roma people often speak Romani.

RELIGION

The main religion practised in Romania is Romanian Orthodox (Christian), representing around 87% of the population. At the country’s 2011 census, 81.0% of respondents identified as Orthodox Christians belonging to the Romanian Orthodox Church. Other
denominations include Protestantism (6.2%), Roman Catholicism (4.3%), and Greek Catholicism (0.8%).

Religion is part of every day life for Romanians. Many national holidays are religious in origin. Many families attend church together on Sunday, followed by a family meal. Romanians are very traditional with regards to religion.

Read more about Romanian religious practices here:

The country's many Orthodox monasteries, as well as the Transylvanian Catholic and Evangelical Churches, some of which date back to the 13th century, are repositories of artistic treasures. The famous painted monasteries of Bukovina make an important contribution to European architecture.

**COST OF LIVING**

Romania continues to use its own currency (RON - meaning lion in Romanian), also called the Lei. The cost of living in Romania is very affordable, for Canadians at the moment (3.33 Lei = 1 CAD Feb 2020). Local products, groceries and services are much cheaper than we are used to in Canada. However, some imported Western products will be more expensive (for example: Maple Syrup). Also, Western brands will be more expensive (if they are available). Name brand clothing and electronics are typically more expensive.

Certain brands are not yet readily available in Romania (for example: Apple products. You can buy refurbished Apple products and some iPhones).

Also, some items may be cheaper in Romania, but the quality may be compromised. Be aware of where the product originate from.

Overall, the cost of living in Romania is growing steadily, but at a slower pace. Inflation has been a problem in Romania since 2018, when it averaged 4.6% per year (the largest value in the European Union), but it has since slowed (4%). Despite the inflation, Romania remains one of the cheapest places to live in the EU.

For a cost of living breakdown for Romania: https://www.numbeo.com/cost-of-living/country_result.jsp?country=Romania

**CANADIAN/EXPAT COMMUNITY**

There is actually a good Canadian presence in Bucharest. Take the time to join a few Expat groups and you will be sure to find a Canadian or two. There are two main locations where
families and Expats tend to live in Bucharest. The first being Sector 1, which includes the Dorobanti and Primaverii area, and around Kiseleff Park. There is a fair amount of newly constructed apartment buildings in Sector 1. The second area is more geared towards families who wish to send their children to the international schools, which is located within the Pipera or Voluntari area. There are a fair number of villa styled homes to choose from in the Pipera area. The locals in both areas tend to speak English fairly well. There is a large Expat community in Bucharest because of the business sectors and international schools.

**International Women's Association of Bucharest (IWA):** [https://www.iwabucharest.ro](https://www.iwabucharest.ro) is a great way to grow your community when you arrive. It is strongly recommended for international women.

At present, there are 4 Canadians posted to Bucharest (3 with NATO, and one with the Embassy). There are also 3 Canadians posted to Craiova, Romania.

### CULTURAL NUANCES, ETIQUETTE AND TRADITIONS

Living in a new country often brings new cultural experiences and some will likely be completely foreign and perhaps even different than your beliefs. Take the time to read about Romanian customs and traditions. Not only will it help you understand Romanian mannerisms, it will also provide you with much needed insight to better understand the conditions of the country you are currently living in. There are a number of excellent YouTube documentaries on Romania during the World, War, Communism, and life since the fall of the red curtain.

**Documentaries worth watching to better understand Romania:**

**Nicolae Ceausescu The King of Communism BBC Documentary 2016**
[https://www.youtube.com/watch?v=s2-EvWZQ6Ik](https://www.youtube.com/watch?v=s2-EvWZQ6Ik)

**Ceausescu Behind The Myth**
[https://www.youtube.com/watch?v=cvlfRKBIGok&t=1121s](https://www.youtube.com/watch?v=cvlfRKBIGok&t=1121s)

**Discover the real Romania**
[https://www.youtube.com/watch?v=IUu7CBTsopY](https://www.youtube.com/watch?v=IUu7CBTsopY)

**Discover Romania with Peter Hurley**
[https://www.youtube.com/watch?v=ywDHSpVui8o](https://www.youtube.com/watch?v=ywDHSpVui8o)

**Documentary - The lost world of communism part 1/3 (East Germany)**
[https://www.youtube.com/watch?v=znb_X48WXUg](https://www.youtube.com/watch?v=znb_X48WXUg)

*N.B. Although it starts addressing the issues in East Germany, it does talk about Romania and provides excellent insight into the communist culture. Follow the links for all three parts.*
Romania is a unique country, with a unique culture. Romanians pride themselves on their Latin based language, customs and traditional values. Romanians are religious and family oriented. The culture involves traditional male-female roles, although more and more, women are working and contributing to the family (dual-income). The expectation remains that the woman will take care of all domestic responsibilities, in addition to working.

Women tend to exhibit high beauty standards and take pride in their appearance. This can be intimidating to Western women.

This can be a difficult posting for women, who are accustomed to the Western standards of gender roles. Romanian men can, at times, be dismissive of women and expect to have certain conversations with men (for example: banking, deliveries to the house, any maintenance around the house or car. Expect potential friction if a Western woman is assertive and addressing a Romanian man). The younger generations are much more open and progressive. However, the older generations (men and women) have very traditional views. The gender standards have been likened to Western cultures in the 1950s.

Romanians are very proud people and have a tendency to tell you what they perceive you want to hear. They can at times be misleading, in an attempt to avoid embarrassment or admitting they do not know something. Always be diligent and do your own research on important topics.

Romanians are quite conservative, but are very generous once they open up to you. Because of the recent communist past (the revolution was in 1989), many (older) Romanians do not trust "outsiders" and tend to keep to themselves. There is still a deeply ingrained sense of mistrust. The nostalgia for the "good old days" under communism are still present among some middle-aged to older Romanians (generally, 35-50 years of age and older).

Romanians also have a different sense of personal space. This can take some time to get used to for Canadians, who are accustomed to a wide birth of personal space. This will be come evident once you line up at the bank, groceries or take public transit. Lastly, Romanians openly stare at anything that is different from what they are used to. This is not considered rude to them.

Romanian culture is very bright, vibrant, and again family oriented. They openly celebrate family occasions (birthday days, name days, weddings, christenings etc.), they have many national holidays and deeply rooted traditions based on seasons. For example, "Martisor" is celebrated on March 1 every year. Martisor is an old way of saying "little March," and it is observed with the giving of martisor amulets (little trinkets) as a way for Romanians to show appreciation to each other. This is also a way to celebrate the coming of Spring.
Easter is an important holiday on the Romanian calendar. Romanians, the majority of whom adhere to Orthodox Christianity, place significance on this holiday more than any others, including Christmas.

This day is marked by family gatherings, special foods, and the decoration of Easter eggs in traditional Romanian style. The days leading up to Easter are also important and are marked by traditions similar to those throughout the Christian world.

To learn more about Romanian cultural traditions, click here.

**Romanian Society & Culture**

Retrieved from: [https://www.commisceo-global.com/resources/country-guides/romania-guide](https://www.commisceo-global.com/resources/country-guides/romania-guide)

**Hierarchy**

- Romania is a hierarchical society where age and position are respected.
- Older people are viewed as wise since they have earned life experience.
- Romanians expect the most senior person, by age or position, to make decisions that are in the best interest of the group.
- Titles are very important and denote respect.
- It is expected that you will use a person’s title and their surname until invited to use their first name.

**The Family**

- The family is the foundation of the social structure and forms the basis of stability for most people.
- The individual derives a social network and assistance in times of need from their family.
- Families are patriarchal. The father is the head of the family.

**Privacy**

- Romanians are formal and reserved with a strong need for privacy.
- Most do not trust strangers readily.
- They are generally shy and quiet when you first meet and admire modesty and humility in themselves and others.
- Once you develop a personal relationship Romanians will open up slightly.
- Although always polite, they seldom move to a first-name basis with people outside their extended family or very close friends.

For more information on etiquette, click here.
PUBLIC HOLIDAYS

- Jan 1 - 2: Romania New Year
- Jan 24: Union Day
- Easter and Easter Monday
- May 1: Labour day
- May 10: Independence day
- Whitsuntide (40 days after Easter)
- Aug 15: St Mary's Day
- Nov 30: St Andrew's Day
- December 1: National Day
- Dec 25 - 26: Christmas

Social & Business Hours: The majority of larger shops and shopping centres are open throughout the day and well into the evening, generally closing at 22:00. Smaller shops will close by 17-1900 and may be closed on Sundays and Mondays.

Local Time: Romania (GMT +3) is 7 hours ahead of Ottawa, Ontario (EDT). However time is rather different in Romania. For a start, things rarely begin at the stated time, and this doesn’t seem to surprise or trouble anyone. Guests may well arrive before the time you have invited them or a couple of hours afterwards. There is a local saying known as "Romania time", which remains true to their Latin origins. This may be a source of initial frustration for those used to living life by a watch.

NEWS

If you would like to read the latest Romanian news in English then the following are useful resources:

Euro News (Romania): https://www.euronews.com/tag/romania
http://www.nineoclock.ro – on-line version of printed daily English-language newspaper
http://www.romania-insider.com – you can also sign up for their daily headlines delivered to your email inbox.

http://english.hotnews.ro/
BEFORE YOU COME

Things to Consider/Bring:

• Immunization Records (for school registration – don’t pack in the sea shipment!)

• Long form birth certificates and your marriage certificate (this may be required for entry to DoDEA school – to prove dependents are “yours”, a Canadian posting message may not be enough. Also, don’t pack in the sea shipment!)

• If your children will be participating in sports on a US Garrison or in a DoDEA school, they will require a sports physical. It can be challenging to get this done on arrival, so if possible, have their Canadian doctor complete the form before leaving. This will cost, but it may be claimable through Sun Life. Get the form from the school on your HHT.

• If your teens participate in the Youth Employment Preparation (YEP) Program, they will require a Social Insurance Number (SIN). Get this well before leaving Canada.

• If you plan on working in a field that may require a Police Check, get one done before leaving Canada.

You and your family are all ambassadors for Canada while you are here. You will likely get invited to a neighbour’s home or participate in hosting an international night or Canadian social for your military community or spouse’s community or your children will have an international day at their school where they will showcase Canada. If you can stock up on Canadian goodies, they will be a big hit. Everything from the items the local dollar store has for Canada Day celebrations in July to decorations to gifts that symbolize Canada (maple syrup, Aboriginal/Inuit crafts, books, flags, maple leaves, Canada clothing, children’s stuffed animals of beavers or RCMP…. get creative!).

Some people really miss their Kraft Peanut Butter, Tim Horton’s coffee, Kraft Dinner, Coffee Crisps, real maple syrup or ketchup chips and prefer to bring a bit of a stockpile of comfort food as these items are not available in Europe or you will pay a high premium to be able to get them. Some common cooking ingredients can also be hard to track down so you can either bring graham wafer crumbs or improvise by crushing up digestives. The choice is yours and it is part of the experience. Just as you can’t get some of that comfort food you have been used to, you will get to experience all kinds of new and interesting tasty treats while in Europe.
Extra Tips:

- CAA International Driver's Permit: [https://www.caa.ca/international-driving-permit/](https://www.caa.ca/international-driving-permit/)
- Minimum of a 6-month supply for all your prescriptions.
- Bringing some red / white party decor is a good idea (BBQs / events / etc). Canadian Swag is also a great idea for small gifts (The Royal Canadian Legion has some great items for gifts: [https://www.poppystore.ca](https://www.poppystore.ca))
- A police background check is also a good idea for spouses / dependents if you are hoping to volunteer locally. This can be very difficult to initiate once you have moved to Romania.
EMERGENCY INFORMATION

PUBLIC SAFETY AND SECURITY

EMERGENCY CONTACTS

Police (Emergency) ........................................ 112
Ambulance/Fire (Emergency) ............................. 112
CFSU(E) Duty Officer ...................................... +49 (0) 1725 345 900
CFSU(E) Chaplain ........................................... +32 (0) 65 44 6179
Embassy of Canada ........................................... +40 21 307 5000

Canadian Embassy
Str. Tuberozelor 1-3
Bucharest, Romania
Tel: (+4) 021 307 5000
Fax: (+4) 021 307 5010
Email: bucst@international.gc.ca
Hours:
Mon - Thurs: 08:30-17:00
Fri: 08:30 - 14:00
Sat - Sun: Closed

In Bucharest, the main police station is at Str. Lascar Catargiu 22 (halfway between Piata Romana and Piata Victoriei), tel. +40 21 212 56 84).

The emergency number in Romania is 112. When you call, you will be asked which service you require (Politia/Police, Ambulanta/Ambulance or Pompieri/Firemen). Emergency call centre operators should speak English or French but in our experience they do not always
do so. At least make sure you know the name of the street you are calling from. If you get into trouble with the Police, demand to call the embassy.

**IN CASE OF A FIRE:**

Call the fire brigade at 112

Say "Foc la (give your address). Veniti imediati". The operator will ask you the telephone number and will call back to make sure it is not a hoax.

**IN CASE OF A BURGLARY OR INTRUDER:**

Call the police (112), say “spargere (give the address)”.
GETTING SETTLED

MAKING PHONE CALLS

Calling Within Europe

There is no standard way to write a European phone number, which will lead to confusion. This is the same number, written different ways –

+49 - 89 - 343 80 – 14  
+49 (89) 343 80 – 14  
0049 (0) 89 343 80 – 14  
(089) 343 80 – 14  
089 / 343 80 – 14  
089 343 80 14

The “+49” at the start is the exit code and German country code. The “89” is the area code and the “3438014” is the phone number. There is no standard length for area codes (2-5 digits) or phone numbers (5-12 digits).

So…when dialing within the country you’re in, you do not need the exit code and country code (+49).

If you’re dialing within the same area code, you do not need to enter the area code. But it’s a good idea to use it just in case!

Calling Outside of Romania

The exit code for calling out of the country in Europe is 00. You then follow that with the country code, area code, and telephone number. The “+” means to use the exit code for the country you’re in – in Europe, that’s 00, in Canada, it’s 011. You can use the “+” on your mobile phone as the exit code, and your phone should pick up the right exit code, no matter what country you’re in!

Calling Canada from Romania

The country code for Canada and the United States is 1. Dial the exit code (00) then the country code (1) then the number.

00 - 1 - area code - seven-digit number

Calling Romania from Canada

The exit code in Canada is “011”
Some Country Codes:

Austria ................. 43
Belgium................ 32
Czech Republic ..... 420
Estonia................ 372
France.................. 33
Italy.................... 39
Germany .............. 49
Latvia.................. 371
Netherlands .......... 31
Spain ................... 34
Switzerland.......... 41
Turkey ................. 90
United Kingdom.... 44

Romania ............... 40
Summary:

To dial a number within Romania 0 711 1234567
To dial a Romanian number from elsewhere in Europe +40 711 1234567
or 00 40 711 1234567
To dial a number outside Romania +33 121 1234567
or 00 33 121 1234567
To dial Canada from Romania 00 1 613 5551234
To dial Romania from Canada 011 40 711 1234567

Toll Free and Charges for Calls

Per minute charges for calls

Check your phone contract, both land line and cell phone. Many families have been surprised by charges on their bill for calls they thought were “free” or included. Depending on your contract, you may end up paying per minute for local calls. It is common for calls to be free to numbers with the same provider, but not always. Some contracts charge for calls to cell phone numbers, but land lines may be included. The same applies to long distance – if you get a plan that includes calling to Canada, that may only include calls to land lines.

Check the plan for the term “flat”, which means that calls are included – “Germany flat” means you can call anywhere in Germany, where “Vodafone flat” means your calls to other Vodafone customers are included. If you have a landline, you may have to pay to call a cell phone, or vice versa.

0800

0800 is the dialling prefix for Toll Free Calls in most of Europe.

0900 and 0180 calls

0900 numbers are “premium-rate” services, and 0180 numbers are for service-oriented calls and are billed at a per minute or per call. Costs will vary.
WHERE TO LIVE

Most Canadians settle in Sector 1 (Dorobanti area) or in Pipera / Voluntari to be close to the international schools. Most of the houses near the international schools, are within gated communities.

Here are a few popular locations among Expats:

1. Stejarii Residences
   A bit pricey, but excellent facilities with day care, a spa, a small grocery store and a full gym and fitness complex for the entire family. Note that is quite the commute to sector 5, for work.
   
   https://www.stejarii.ro

2. Oxfords Gardens
   
   https://oxfordgardens.ro

3. Green Gate
   

Houses for rent / sale near the international schools : https://www.imobiliare.ro/vanzare-case-vile/bucuresti/iancu-nicolae

HOUSES AND REALTORS

Finding a place to live:

The first wave of Canadians all went through Regatta to find accommodations. Cristina Petrescu is an excellent agent who speaks English fluently and really understands the lay of the land in Bucharest as well as the needs of the expat community.

Residential Rental & Relocation Services
www.regatta.ro
REGATTA® - Leader of Romanian Real Estate Brands
Tel: +4 021 232 90 12
Please find further reading on finding a place in Bucharest:
http://www.expatarrivals.com/romania/accommodation-in-romania

**BASE INFORMATION**

**NATO - Multinational Headquarters Division South-East (MNDSE)**

If you will be working with NATO, you will most likely be working at the Multinational Headquarters Division South-East (MNDSE). The headquarters is located in Sector 5 of the city. People drive their own vehicles (with protected parking inside the base), take a taxi or Uber, or will take public transportation (Metro, tram, walking). Walking in the area is not entirely advisable because it is not the safest neighborhood in Bucharest. Be vigilant and maintain your situation awareness if walking part of your journey to work.

Website: http://www.en.mndse.ro
Facebook group: https://www.facebook.com/hqmnse/
TRAVEL & TRANSPORTATION

Traveling to and from Bucharest is quite easy and accessible. The Bucharest International Airport (Henri Coandă International Airport) is 15 km from the city center and is easy to get to in a cab (most use Black Cab). The airport infrastructure is a bit dated and the traveler traffic has been increasing 10-15% a year. This equates to a very busy airport, with long waits and few staff members. Plan several hours (2.5 - 3 hours) for international flights, especially if you are traveling with a budget airline (TAROM, Wizz Air, Blue Air, Ryanair et.). National airlines (Air France, KLM, Turkish Airlines, Lufthansa) are usually smoother and require less of a wait.

SUBSIDIZED TRAVEL

The Chalet Program offers accommodation options in various parts of Europe at a 40% subsidy. It is open to all European Fund members and chalets are awarded by draw. For more information please visit:

- [https://www.cafconnection.ca/Europe/Programs-Services/Chalet-Program.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Chalet-Program.aspx)

NON-UNIT FUND AND CANEX/SISIP GRANT

As a CAF member of Formation Europe you and your family are members of the European Fund (EF). EF members who are not part of a Unit Fund due to their geographical location are termed Non-Unit Fund (NUF) members. In order to ensure equitability across Formation Europe, all EF members have the same entitlements; however, certain entitlements are managed differently depending on location. See this link for more information:

- [https://www.cafconnection.ca/Europe/Programs-Services/European-Fund/Non-Unit-Fund-(NUF)-Member-Personnel.aspx](https://www.cafconnection.ca/Europe/Programs-Services/European-Fund/Non-Unit-Fund-(NUF)-Member-Personnel.aspx)

AIR TRAVEL

There are two main airports in Bucharest. Henri Coanda (aka Otopeni) is the international Airport used for commercial travel, and is roughly 30 minutes from the city centre. A taxi ride from the city centre should not cost more than 35-50 lei (at 1.99lei/km). However, if you use one of the more expensive taxi companies the price will increase according to the rate. The Aurel Vlaicu Airport is much smaller and is generally used for business purposes and private planes. There is a good chance you will not need to go to the Aurel Vlaicu Airport.
**Taxi from the airport:**
From the airport, should be not be more than 30-35 lei. If you have extra baggage, negotiate the price ahead of time. They do not have Taxi vans, only cars.

**1. Henri Coanda International Airport (Otopeni)**
International and domestic flights
Switchboard: 021-204-1000
Customs: 021-204-1560
Lost luggage: 021-201-4976
Airport Police: 021-201-3242

**2. Aurel Vlaicu International Airport (Baneasa)**
Domestic and international flights
021-9371

**Airlines that fly out of Bucharest:**

<table>
<thead>
<tr>
<th>Aegean</th>
<th>CSA</th>
<th>Olympic Air</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aeroflot</td>
<td>EL AL</td>
<td>Qatar</td>
</tr>
<tr>
<td>Air France</td>
<td>Emirates</td>
<td>SN Brussels Airlines (GSA)</td>
</tr>
<tr>
<td>Alitalia</td>
<td>Fly Dubia</td>
<td>Swiss</td>
</tr>
<tr>
<td>Austrian Airlines</td>
<td>KLM</td>
<td>Tarom (Romanian)</td>
</tr>
<tr>
<td>Blue Air</td>
<td>Lufthansa</td>
<td>Turkish</td>
</tr>
<tr>
<td>British Airways</td>
<td>LOT (Polish)</td>
<td></td>
</tr>
</tbody>
</table>

**DRIVING**
The country’s roadway network has only about 500 km of motorways. Most of the roads date back to the communist era and are in bad shape. Highways connecting Bucharest to other major cities are often clogged. Several projects are underway to modernize the roadways, increase safety, and improve customs crossing-points. Ambitiously, the government hopes that between 1500-2500 km of highways will be constructed by 2018, connecting all major cities in Romania to highways in Western and Central Europe.
Unfortunately, this unlikely to be achieved, unless the administrative capacity of Romania to absorb EU funds improve.

Driving within Bucharest is chaotic, aggressive and unpredictable. There are too many cars within the city for the present infrastructure. Expect heavy congestion every morning and every afternoon starting around 16h00. Drivers frequently use their cells phones when driving and can often be distracted. Maintain a high level of alertness when driving in Bucharest. It is not common for passengers to use seatbelts, when in the back seat.

There is very limited parking opportunities within the city limits. Romanians often park on sidewalks, double park with other vehicles, and create their own parking spaces. It is not uncommon to pay security guards to park in front of buildings. It is not uncommon to be blocked in by someone else's car, with their phone number in the windshield. Be open minded when parking in Bucharest.
PUBLIC TRANSIT

The public transportation is actually quite good within the city limits, despite the dated infrastructure in some areas. It is also very affordable.

A map of Bucharest’s public transport system can be found at:


Trams, Buses & Trolleybuses:

Most main roads in the city centre benefit from three or four different transport routes. Trams, buses & trolleybuses run from very early in the morning around 4.30am to around 23.00pm, then the night buses take over.

RATB Tickets:

To use a tram, bus or trolleybus you will need to buy an Activ card beforehand. These cards cost around 3.70 lei and can be bought from the little kiosks next to major stops. They need to be loaded with credit (5 lei minimum) and are reusable. The card is then debited each time it is validated at one of the orange devices located on the bus, tram or trolleybus. One trip costs 1.30 lei. Children under seven travel for free. The trams, buses and trolleybuses are often checked by inspectors wearing a blue vest marked CONTROL on the back. They will present you with credentials and will ask to see your validated ticket. If you do not have one, you will be removed from the vehicle and will be fined at least 50 lei.

Metro:

The Metro is also very cheap (20 lei- about $6 CAD for 10 journeys), but doesn’t offer such wide coverage, so is less crowded generally. Maps can be found in ‘Bucharest in Your Pocket’ or ‘City Compass’ guides. To help you orient yourself, remember that Pipera is North.

The Metro does not extend out as far as Baneasa Mall / Str. Iancu Nicolae and the houses near the British and American school; although there is a stop called Pipera, it is nowhere near walking distance to any of the above places.
**TRAIN**

There are several train stations in Bucharest. The main train station is the Gara du Nord.

**Gara de Nord:**

All international trains arrive and depart here.

Phone: 021-9521

There are 3 main types of trains from Gara du Nord:

- **Regio** - painfully slow
- **Interregio** - stops at major cities
- **Intercity** - Euro city and Euronight (faster and more expensive)

Ticket lines can be very long. Plan to arrive early to buy your tickets. You can book tickets via the internet. Sleeping compartments must be booked in advance, and there is generally no food for sale on most trains, so it is recommended that you pack accordingly.

Website: [http://www.cfr.ro](http://www.cfr.ro)

**TAXIS**

In Bucharest, there is an abundance of taxis. Licensed taxis are yellow and have black and white registration numbers. BE CAUTIOUS OF UNLICENSED TAXIS THAT ARE MADE TO LOOK LEGITIMATE. Check for a registration number on the side of the car. They should also have the price listed on the side of the car and will start the meter when you get into the taxi. The taxis run on meters, usually around 1.69 lei - 1.99 lei per km. There are taxis that charge more than that, be cautious.

**Newspaper article: HOW TO AVOID THE BAD TAXIES**


The best way to get a Taxi in Bucharest is from a Taxi kiosk (located at popular places such as the airport and hotels - information centres at the mall can get you a taxi as well). This will give you a printed ticket with a Taxi number and an estimated wait time. You will need to give this ticket to the driver when they arrive. You can also use a Taxi application (for
example Clever Taxi) or an Uber application. Uber does run in Bucharest, it is slightly more than a conventional taxi, but very affordable. Uber and taxi prices may slightly increase during the winter months, due to the worsening driving conditions, or during higher traffic periods.

Here is a short list of the most reliable taxi companies in Bucharest. There are also others, just make sure to locate the price of the side of the car door. In addition, the price is charged per kilometer, with the price varying per company. Ensure the taxi driver adheres to these rates and does not try to "renegotiate" another price while en route. However, taxis ordered via kiosk or a taxi App are known to keep to the advertised rates and do not present a problem. The mapping system with the taxi Apps will also find your location making it easier to arrange collection if you are unsure of directions.

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cobalescu</td>
<td>(021) 9451</td>
</tr>
<tr>
<td>CrisTaxi</td>
<td>(021) 9455 / 9466</td>
</tr>
<tr>
<td>Fly Taxi</td>
<td>(021) 9446</td>
</tr>
<tr>
<td>Grant Taxi</td>
<td>(021) 9433</td>
</tr>
<tr>
<td>Meridian</td>
<td>(021) 9444 / 9888</td>
</tr>
<tr>
<td>Pelicanul</td>
<td>(021) 9665</td>
</tr>
<tr>
<td>Speed Taxi</td>
<td>(021) 9477 / 9488</td>
</tr>
<tr>
<td>Taxi 2000</td>
<td>(021) 9494</td>
</tr>
<tr>
<td>Black Cab</td>
<td>+40758 880786</td>
</tr>
</tbody>
</table>

Some of these taxi firms also let you order cars online – see their websites for details. Whether you use Apps, order online, or call for a cab, bear in mind the following points if ordering:

- BlackCab will allow you to book in advance and also have larger cars in their fleet.
- [https://www.blackcab.ro](https://www.blackcab.ro)
- StarTaxi and SpeedTaxi will usually have a car with you in around 5 minutes when ordering through the App.
- Friday and Saturday nights, during after work rush hour, and when it’s raining, are especially hard times to get a taxi – allow half an hour at least to get through to a taxi firm who has cars available; or book in advance (as above).
• Most operators speak English but are almost invariably curt to the point of rudeness, and if they can’t get a response from their drivers, they will simply announce that there are no cars and hang up.

**Uber Bucharest:**

Uber has become increasingly popular in Bucharest, and legislation regarding ride share services are changing in Romania. Keep an eye on the news for developments.

Prices are slightly higher than the taxis and do fluctuate depending on the time of day, road conditions, and traffic. This is a fairly reliable and safe option to travel in Bucharest. The best option is to download the Uber application to your phone. Uber Eats is also becoming quite popular and accessible in Bucharest.


**CAR RENTAL**

There are many opportunities to rent a car in Bucharest.

**Avis:** [https://www.avis.com/en/locations/ro/bucharest](https://www.avis.com/en/locations/ro/bucharest)

**Hertz:** [https://www.hertz.com/p/car-rental/romania/bucharest](https://www.hertz.com/p/car-rental/romania/bucharest)


**HOTELS**

Many options for hotels in Bucharest, for all budgets.

A favorite for Canadians and Americans is the Park Inn (by Radisson). Great location and a variety of rooms and apartments for families.


Otherwise, Booking.com is a great website to find available hotels.

**TRAVEL ADVISORIES**

Remain vigilant and ensure personal belongings, passports and other travel documents are secure at all times. Carry a valid Canadian passport, whether you are travelling in any other foreign country. A Canadian passport is the only reliable and universally accepted travel and
identification document available to Canadians for the purpose of international travel. When you make purchases with a credit or debit card, your passport will be required to verify your identity.

Exercise normal safety precautions. Ensure that your personal belongings, passport and other travel documents are secure at all times. Keep a copy of your passport identification page, driver’s license, train or airline tickets, and credit cards. Safeguard the originals. Be advised that many countries require visas in advance either for official or vacation travel. It is recommended you research the policy for each country prior to travel. For the most updated information please visit: https://travel.gc.ca/travelling/advisories

Travel Advisory UK: https://www.gov.uk/foreign-travel-advice
Travel Advisory US: https://travel.state.gov/content/travel/en/international-travel.html
ADMINISTRATION

BANKING

Local Currency

The Romanian currency is the leu (plural lei - which means Lion in Romanian), which comes in the following denomination banknotes: 1 leu, 5 lei, 10 lei, 50 lei, 100 lei, 200 lei and 500 lei. Each leu is divided into 100 bani, available as coins of 1, 2, 5, 10 and 50.

Always change money in a bank, never in an exchange house or with people on the street. Before you have your bank accounts set up in the local currency (it is recommended to have a bank account in Lei and another in Euro), you may need to bring your passport with you to the bank for withdrawals or exchanges. There is usually bank fees associated with taking out foreign currencies.

Verify the exchange rate: www.xe.com/currencyconverter/

Bank Accounts and Financial Considerations

Most of the Canadians opened a local bank account at Raifeissen. The other reliable option is ING bank. Do NOT open an account with a local Romanian bank. Alternatively, you could withdraw money at an ATM with your debit card, but be aware of commission charges for some banks. You will most likely be required to open a bank account for your pay and for your housing allowances, as well as to pay bills and rent. As a reminder, don’t forget to notify your bank in Canada that you are now in Romania or you may run into difficulties.

Internet banking is also available with Raifeissen and seems to work well – bills (e.g. phone/internet) can be paid online and transfers (e.g. for reserving accommodation when travelling) made easily once you are set up as a user.

https://www.raiffeisenonline.ro/eBankingWeb/Controller

Bank Cards

There are cash machines locally where you can use your ATM card and credit cards if you need more cash. Be aware of fraudulent activity with "fake ATMs", where cameras hidden within the fake ATM display, registers your card information. Some ATMs look legitimate, but are indeed fake. Be vigilant, hide your card number with your thumb when you insert the card into the machine and always cover your pin. It is advised to use ATMs located inside financial institutes or large hotels, rather than those on the street.
Credit Cards

Credit cards are now widely accepted in most places, especially in Bucharest, although some places still only take cash, so be prepared. Romania is still a fairly cash based society, and you will encounter this more frequently outside Bucharest where they may only accept cash. Despite using the CHIP and PIN system, you will occasionally be asked to sign the receipt as well. You should be aware that there are reports of credit or debit cards being 'copied' when used in some bars and restaurants, resulting in illegal charges being raised against the user account. It is prudent to pay cash in bars downtown. Most restaurants in Bucharest are used to dealing with credit cards.

Cheques: Cheques are not widely used in Romania and therefore will be difficult to cash or handle. It is strongly recommended to set up direct deposits where ever possible to avoid the administrative headache of cashing a cheque.

Foreign exchange shops: To obtain Romanian currency (RON) for Canadian currency, you can visit one of the many exchange bureaus in Bucharest. The rate of exchange offered will vary slightly from one shop to another. However, it is recommended that you use a bank to exchange currency. You will have to bring your passport to the bank if you wish you exchange RON to EUROs. Never change money on the street as it is illegal.

Online Banking Payments – IBANs, BICs, and TANs

Bank Transfers: Estimated 40 Euros to send money back to Canada (via a wire transfer).

Bank accounts in Europe have an “IBAN” (International Bank Account Number) and a “BIC” (Bank Identifier Code). You will use these for making payments and receiving money. If you are paying a bill, you will typically find their IBAN on the bill and you can use that in your online banking to make the payment. You will also provide your IBAN to companies to pay your bills (insurance, gym payments, cell phone, etc). The orderly room and claims section at CFSU(E) will use your IBAN to deposit pay and claims into your bank account.

To make a payment, you will often need a TAN (Transaction Authorization Number). This can be a complex thing to get used to in Europe. You will likely get a sheet of TANs when you initially get your bank account, but then through your mobile banking you can use mobile TANs (a number sent to your phone) or photo TANs with an app on your phone. To use mobile or photo TANs, you will need to register your mobile number in the online banking.
Money Transfer

You will likely have a requirement to move money between Canadian and European accounts. Transferwise.com and XE.com are both worth looking at for this.

CRA AND RESIDENCY STATUS FOR SPOUSES/DEPENDENTS

Completing and submitting an income tax return from OUTCAN can be even more fun than doing it in Canada. In the past, there has been significant confusion regarding the residency status of spouses. Unfortunately, some CAF families have found out that choosing incorrectly can have a major financial impact. Many have found this issue confusing and have sought professional tax advice.

The following information regarding residency status has been provided to us by the CRA:

<table>
<thead>
<tr>
<th>Spouses of Canadian Government Employees on Foreign Assignment – Residency Status for Tax Purposes</th>
</tr>
</thead>
<tbody>
<tr>
<td>The purpose of this document is to provide general residency information for the spouses of employees of the Department of National Defence (“DND“)/members of the Canadian Armed Forces (“CAF“) and Department of Foreign Affairs, Trade and Development (“DFATD“) Canada that are sent on foreign assignments. This document does not address all possible situations that may require more analysis when determining the tax implications.</td>
</tr>
<tr>
<td>Please note that our reference to a spouse in this document includes a common-law partner.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spouses that Intend to Return to Canada and expect to Maintain their Canadian Residency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where you are the spouse of a Canadian Government employee and are moving with your spouse and family to another country for your spouse to carry out a foreign assignment for the Government of Canada and it is your intention to return to Canada following the assignment, then you will be considered a factual resident of Canada. This factual residency is based on your intention to return to Canada as well as your secondary residential ties maintained with Canada, as described in paragraph 1.14 of Folio S5-F1-C1.</td>
</tr>
<tr>
<td>Please do not complete a Form NR73, Determination of Residency Status (Leaving Canada).</td>
</tr>
<tr>
<td>As a factual resident, you will have to complete and file your Canadian Personal Income Tax Return and you will meet the residency requirement for Canadian benefits administered by the CRA.</td>
</tr>
</tbody>
</table>
Spouses that do not expect to Maintain their Canadian Residency

If you believe that you will be a non-resident of Canada when you leave with your spouse and family for the foreign assignment because your intention, primary ties and secondary ties support your status as a non-resident of Canada, then you should complete Form NR73, Determination of Residency Status (Leaving Canada). The Canada Revenue Agency will review the information provided in your completed Form NR73 to determine whether or not you will be considered a non-resident of Canada.

If it is determined that you will be a non-resident of Canada, you should know the tax implications, which include:

1. You will be deemed to have disposed of certain properties that may give rise to capital gains (taxes on gains can be deferred by using Form T1244, Election, Under Subsection 220(4.5) of the Information Sheet Income Tax Act, to Defer the Payment of Tax on Income Relating to the Deemed Disposition of Property);

2. You will only be able to create additional RRSP room if you have earned income in Canada;

3. You will not be able to contribute to a Tax Free Savings Account; and

4. You will be subject to tax of up to 25% on certain payments from Canadian sources, such as investment income (Part XIII tax).


Further information on how income tax rules apply to Canadian residents that leave the country can be found in [http://www.cra-arc.gc.ca/tx/nnrsdnts/ndvdls/nnrs-eng.html](http://www.cra-arc.gc.ca/tx/nnrsdnts/ndvdls/nnrs-eng.html)

Should you have any further questions or require additional information regarding this, please do not hesitate to communicate with the International and Ottawa Tax Services Office.

Child Benefits

Please note, MFS(E) strongly encourages you to do your own research regarding educational institutions for your children, based on their abilities and needs. The following is a list of international schools in the city of your OUTCAN posting. If you have questions regarding the curriculum, entitlements or other important questions, please contact the school directly or contact the Children’s Education Manager for Europe: CEMGEE@forces.gc.ca

Other CEM contacts:
PETS

Romania is generally a pet friendly country. Stray dogs are no longer a large problem within the city limits (but they are still present). You can find pet stores quite easily and the major grocery chains all have pet sections.

Veterinarians:
Dr Rasvan
VetZone on Pipera-Tunari
Tel: 0744 365 225 will also do home appointments
www.vetzone.ro

Canin Azzurro 2000
Str. Stefan Negulescu 6, Sector 1
Tel. 201 231 2489

Biovet,
Str. Mihail Sebastian, 211C, Sector 5
Tel. 021 410 34 69 / 410 0226
http://biovet-impex.ro/

MarcoVet
Str. Campul Pipera, 115, Pipera, Voluntari
Tel. 0372 744 214 / 214, or emergencies: 021 9881
www.marcovet.ro

Dog Kennels:
1. Alex – 0723 267 672 alexxmit2@yahoo.com
Alex will arrange collection and return of your pet
2. Ringstar (Pet Hotel) Club
Boarding for pets in and around Bucharest.
0724 161 616
POSTAL SERVICES

PERSONAL MAIL

Canadian Forces Post Office

Your postal address in Belleville will be:

(name)
RP
PO Box xxxx Stn Forces
Belleville, ON   K8N 5W6

If you need a physical address, either for banking or for a signature on delivery, the address is:

(name)
RP xx, CFPO xxxx
15 Westwin Ave Bldg 348
CFB Trenton
Astra, Ontario   K0K 3W0

If mail or a package is being sent to the 15 Westwin address, it is recommended that you email postal@forces.gc.ca to inform them when and what to expect.

Romanian Postal Services

Posta Romana is the Romanian postal service. Unfortunately, it is one of the institutions that is still seems to be stuck in the Communist era, a point often remarked upon by many locals. The postal service is slow and often makes mistakes with deliveries. Sometime they will deliver your packages to your home, but most often than not, you will have to travel to a local post office to pick up your parcels. If it is an item you have purchased online, it is prudent to bring the receipt with you, as proof of purchase. There is a good chance your parcel will be inspected and that you will have to pay the VAT on the product (if it was not included in the online price). VAT is 19-20% of your total purchase.

Check out their webpage (https://www.posta-romana.ro) if you need to find a postal code or a post office anywhere in Romania (and Bucharest of course). To find your nearest post office, click on "Găsește Oficiu Poștal" on the left side of the screen. This will take you to a
new page, where you can use the drop down menu to locate any post office in Romania. Type in Bucuresti and your sector to find the one closest to you. Please note, that parts of the website are in English, but some pages are still only in Romanian. You can also track your package by selecting "track and trace" in the top left side of the main homepage.

If you are not at home when a parcel is delivered, the postman should leave an announcement (aviz) in your mailbox. It’s written by hand on that small, thin grey piece of paper (that gets lost very easily in between other mailings). On it, you will find the number of the post office where from you can pick up your package or letter. When you do go to pick it up, don’t forget your national residency card (if it is an international package outside of the EU, you may even need your passport). If you’re expecting a package and haven’t gotten your slip, just go to your regular Post Office to see if it’s there. If you don’t pick up the parcel they (should) send another announcement (called “re-aviz”), usually around 4-6 days later. If you do not pick it up within 10 days, the post charges 1 x LEU per day.

**Post Offices (Posta Romana)**

Main office: 12 Matei Millo St

Hours: Mon - Fri 07h30 - 20h00 (Lunch: 13:00-13h00)
Sat - 08h00 - 14h00
Closed on Sundays

Web page: [https://www.posta-romana.ro](https://www.posta-romana.ro)

N.B. There are several post offices located throughout Bucharest. Make sure to look up the nearest post office in your sector (ie Sector 1), and check their local hours. They may be different from what is listed above.

Also, all packages must be inspected before being sent, therefore they have to be unsealed.

### Sector Postal Offices

<table>
<thead>
<tr>
<th>Unit</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bucharest IEO EMS 39</td>
<td>Virgiliu St.</td>
<td>+40 21 212 62 64</td>
</tr>
<tr>
<td>CRT Bucharest</td>
<td>6-8 Giulesti St.</td>
<td>+40 21 224 86 40</td>
</tr>
<tr>
<td>Area Postal Office Sector 1</td>
<td>54 Caramfil Nicolae St.</td>
<td>+40 21 232 55 34</td>
</tr>
<tr>
<td>Area Postal Office Sector 2</td>
<td>5-7 Iancului St.</td>
<td>+40 21 250 31 27</td>
</tr>
<tr>
<td>Area Postal Office Sector 3</td>
<td>380-382 Mihai Bravu St.</td>
<td>+40 21 322 36 42</td>
</tr>
</tbody>
</table>
**International packages:**

If you are planning on receiving any packages from North America, you will have to go to the post office in Sector 4. This is unfortunately a long and inefficient process, make sure to give yourself 2 hours to pick up your parcel because there are often line ups. Also, it may be prudent to bring your passport if you do not yet have your Romanian residency card. Once your parcel is found, you will be called into a different room where your parcel will be opened and thoroughly inspected. You may be required to explain the contents, show proof of purchase and/or pay a VAT amount.

The following offices are specialized in sending/receiving packages and mail to/from non-EU countries (Canada, America, Asia etc):

<table>
<thead>
<tr>
<th>Unit</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bucharest 3</td>
<td>255 Pantelimon St.</td>
<td>+40 21 255 31 40</td>
</tr>
<tr>
<td>Bucharest 6</td>
<td>203 Vacaresti St.</td>
<td>+40 21 330 27 31</td>
</tr>
<tr>
<td>Bucharest 27</td>
<td>1 Valea Ursului St.</td>
<td>+40 21 430 22 58</td>
</tr>
<tr>
<td>Bucharest 41</td>
<td>2 General Vladoianu St.</td>
<td>+40 21 222 41 54</td>
</tr>
<tr>
<td>Bucharest 48</td>
<td>1 Colentina St.</td>
<td>+40 21 242 37 86</td>
</tr>
<tr>
<td>Bucharest 67</td>
<td>39 Virgiliu St.</td>
<td>+40 21 637 31 05</td>
</tr>
</tbody>
</table>
HEALTH SERVICES

GENERAL

The healthcare in Romania is generally not equal to Western standards. There is both public and private access to healthcare. For check up, routine procedures or even surgeries, you can consult private clinics (paying for services up-front). In the case of an emergency, you will be required to go to a public hospital. The services in the public sector are dated and greatly lacking in hygiene and safety practices. It is advised to spend as little time as possible in the public system.

Basic medical supplies are limited, particularly outside of major cities. There are some private institutions in Bucharest that meet Western quality standards, but this may be difficult to locate in other cities. Make sure you have the EXTENDED COVERAGE through your health care insurance before coming to Bucharest, Romania. If your coverage is through Manulife or Sunlife, make sure to update your coverage before your house hunting trip.


As a CAF member posted to a remote location in Europe, you are able to consult the medical services offered at the medical Geilenkirchen (GK) in Germany.

The Health team at CFSU(E) is able to provide support, education, and resources to the CAF community, including remote families. You can contact them at:

+49 2451 717 301

GKMedicalClinic@forces.gc.ca

Facebook page: [https://www.facebook.com/GKMedicalClinic/?ref=br_rs](https://www.facebook.com/GKMedicalClinic/?ref=br_rs)

Social Workers

- Capt Martin Laferrière-Simard - Social Worker (Military Members)
  martin.laferrieresimard@forces.gc.ca
- Myriam Chebat - Social Worker (Family members / dependents)
  chebat.myriam@cfmws.com or Myriam.Chebat@Forces.gc.ca

Immunizations For an up to date list of required immunizations for your location, please contact Tel: +49 2451 717 305
**Pharmacy Services** Tel: +49 2451717 308

**I Dental Unit Detachment Geilenkirchen**
Canadian Forces Support Unit (Europe), Selfkant-Kaseme
Quimperlestrasse I 00, 5251 I Geilenkirchen, Germany
Clinic Phone Number: +49 (0) 2451 717 330 (leave voicemail if no answer).

**EMERGENCY NUMBERS**

The emergency number in Romania is 112. When you call, you will be asked which service you require (*Politia / Police*, *Ambulanta / Ambulance* or *Pompierii / Firemen*).

**HOSPITALS**

The best Casualty Unit (Emergency Room) in the city is at *Spitalul de Urgente*, Calea Floreasca 8, next to Dinamo Stadium. However, please take note that this is a public hospital and therefore has its limitations. Their hospitals are unfortunately not up to Western medical care standards. The best options are private hospitals. Most of the larger private hospitals (*Sanador, Bio-Medica, and Regina Maria Hospital*) do have emergency services and employ a payment for treatment option. Meaning, if you are able to pay upfront for the services, the medical staff are very accessible.

**Private Hospitals:**

Unfortunately the public hospitals may not be up to the standards we are used to back in Canada, therefore it is generally recommended to use a *private hospital*, or which there are many in Bucharest. They are generally cleaner and more efficient than the private hospitals.

You have to pay for the services upfront (make sure you obtain a full receipt and a medical report for insurance purposes) and then claim them with your insurance company. The services are generally faster than back in Canada and are much more affordable. For example, you can get same-day appointments with generalists and specialists and can be scheduled for surgical procedures generally within 1 - 3 weeks.

Make sure to specify that you require a Doctor that speaks English / French.

**Example of fees at private hospitals:**

Consultation fee: 120 lei
Laboratory test: 80 lei
Imaging (X-ray, MRI etc..) 150 - 300 lei

**PRIVATE CLINICS**

**Medical clinics in Bucharest:**

Please see the listed websites for each medical provider for more detail: in most cases you will find maps, list of specialities, doctors’ schedules & prices there.

<table>
<thead>
<tr>
<th>Expat Medical Clinic</th>
<th>Dr. Nadim Niman and Dr. Madalina Niman</th>
<th>Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://expatmedical.ro">http://expatmedical.ro</a></td>
<td>Vila 6, Soseaua Pipera-Tunari 106-108 Voluntari, 077191 *** Please note, the physicians who run this clinic work part-time in the UK and are in Romania when possible. You can e-mail them for an appointment and they will tell you their availabilities.</td>
<td>• 031 105 7117 • 0738 853 344 • 0789 456 2483 e-mail: <a href="mailto:mail@expatmedical.ro">mail@expatmedical.ro</a></td>
</tr>
</tbody>
</table>

<p>| Regina Maria | Floreasca (Euro clinic): Str. Axinte Uricariul (near Stefan Cel Mare) Open M-F 7:30am-8pm, &amp; Saturdays 8am-2pm. Dorobanti: Calea Dorobanti 240 (Charles de Gaulle end) – open Monday-Friday 7:30am-8pm, Saturday 8am-4pm, Sunday 9am-1pm Children’s Hospital also at this address, open 24 hours Baneasa: Ion Ionescu de la Brad 5B (near Aurel Vlaicu Airport &amp; Baneasa underpass) – open Monday – Friday 7:30am-8:30pm Aviatiei: Calea Floreasca 169A, Building B (near Aurel Vlaicu metro station, in the Oracle complex) – open 7:30am-4pm Monday-Friday | Call Centre for appointments at all clinics: |
| <a href="http://www.reginamaria.ro">www.reginamaria.ro</a> | | 021 9268 |</p>
<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Operating Hours</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Enescu</strong></td>
<td>Str. George Enescu 12, (near the Embassy, on the other side of Blvd. Magheru). Open 7:30am-8pm M-F and 8am-2pm on Saturdays.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Pipera</strong></td>
<td>Str. Dimitrie Pompeiu 9-9A, Building 1, Ground Floor (in Iride Business Park, near Pipera metro station) – open 7:30am-8pm M-F</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Paediatric clinic</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Opera</strong></td>
<td>Str. Costache Negri 1-5 (past Cismigui &amp; Izvor parks) - open M-F 7:30am-8pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Family Clinic</strong></td>
<td>Str. Erou Iancu Nicolae 29, Pipera (near British School)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Open 8am-6pm Monday –Friday or on-call at weekends</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Medicover</strong></td>
<td>Str. Dimitrie Pompeiu 6A (near Pipera metro station) – open 8am-8:30pm M-F</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Str. Grigore Alexandrescu 16-20 (near Piața Victoriei) – open 8am-8:30pm and 8am-2pm Saturday.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Blvd. Marasesti 64-66 (near Piața Unirii)- open 8am-8:30pm M-F and 8am-2pm Saturday</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Calea Plevnei 96 (near Cotroceni shopping centre) – open 8am-8:30pm and 8am-2pm Saturday</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Baneasa</strong></td>
<td>Sos. Bucuresti-Ploiesti 10 (near Baneasa underpass &amp; Aurel Vlaicu airport) – open 8am-9pm M-F and 9am-2pm on</td>
<td></td>
<td>Call Centre for appointments at all clinics: 021</td>
</tr>
<tr>
<td><strong>For the Call Centre</strong></td>
<td></td>
<td></td>
<td>tel. 021 9896, or if you know the clinic you want to go to:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>021 232 85 30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>021 310 16 88</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>021 335 39 00</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>021 310 44 10</td>
</tr>
</tbody>
</table>

(From homepage, click on ‘contact’ tab, then ‘harta clinici medicover’ to get map of clinic locations, then zoom from there.)
| www.medlife.ro | Saturdays  
Grivitei: Calea Grivitei 365 – open 7am-9pm M-F and 8am-2pm on Saturdays  
Unirii: Calea Hans Cristian Andersen 1(near Piata Unirii) – open 7am-9pm M-F and 7am-3pm on Saturdays  
Favorit: Str. Drumul Taberei 24 (out past Cotroceni shopping centre) – open 7am-9pm M-F and 7am-3pm on Saturdays  
Titan: Strada Liviu Rebreanu 8, Bucharest,  
7am – 9pm  
Victoriei: Strada Calea Victoriei, 222, Bucharest  
Note: positive comments about dental staff and excellent English spoken.  
Clinic at children’s hospital: Str. Zaguzului 7-8 (near Aurel Vlaicu metro station, off Aviației) | 9646  
Call the call centre or ring direct: 021 202 5600 / 0756 565666 |
<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.spitaluldepediatrie.ro">www.spitaluldepediatrie.ro</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Medsana  
www.medsana.ro | Primaverii: Bd. Primaverii 9 (off Piata Charles de Gaulle) - open 7am-9pm M-F and 8am-2pm Saturdays  
Cotroceni: Str. Nanu Muscel 12 (near Elefterie Church) - open 7am-9pm M-F and 8am-2pm Saturdays | Call 021 9607 for bookings at both clinics |
| Sanador  
www.sanador.ro | Clinica Victoriei: Str. Dr. Sergiu Dumitru nr. 26-28 (small road off Blvd. Ion Mihalache)  
Note: positive comments, English speaking receptionists and medical staff.  
Baneasa Park: Sos. Bucuresti-Ploiesti nr. 42-44 (within Baneasa Business & Technology Park – take 4th exit off the US Embassy roundabout to enter the Park) Clinica Pipera: Sos. Pipera Tunari 4C | Call centre for appointments at all clinics: 021 9699 |
Alternative
BGS Ambulance Service will take you to a hospital of your choice – 021 9505.
You will have to pay for this service.

PHARMACEUTICAL SERVICES

Some medications are not available in Romania (different brands and dosages). Ensure you bring a 6 month supply of your prescriptions with you. If you have questions, you can also reach the Pharmacist in GK (Tel: +49 2451717 308)

Pharmacies are done slightly differently in Romania. We are accustomed to a "one-stop-shop" approach to our pharmacies in Canada, however they are divided into two separate entities (Medical versus Non-Medical) in Romania. There are Non-Medical stores that sell only beauty and household items. Medical pharmacies only sell health related products and medication. There are also an abundance of pharmacies in Bucharest. Not all the pharmacists speak English (and you are more likely to speak to a Pharmacist Assistant) and medication names are different in Romania. Also, some medications are controlled in Romania that are not in Canada so you may need a prescription. You will generally have to pay for the medications upfront and submit the claim to your insurance company. There are a number of 24 hour (NON-STOP) pharmacies in Bucharest that will have something similar to a pedestrian drive-by window. Simply provide your prescription through the small window and your medication will be handed to you in a paper bag after you have paid.

DENTAL CLINICS

Dentists for children and adults in Bucharest. Please see the listed websites for each dentist for more detail: you can find a map, list of services and prices there.

<table>
<thead>
<tr>
<th>Bucharest British Dental Place</th>
<th>Dr. Cosmin Teasdale</th>
<th>+40 733 150 605</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.getyoursmileback.co.uk">www.getyoursmileback.co.uk</a></td>
<td>Address: Soseaua Pipera 41, 6th Floor, Sector 2, Bucharest, Romania</td>
<td></td>
</tr>
<tr>
<td></td>
<td>All staff speak excellent English and are very good with children.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dental France</th>
<th></th>
<th>+40-756-111-666</th>
</tr>
</thead>
</table>
41, Pipera, Bucuresti.
Excellent dentists. Speaks English, French and Romanian.

**German Dentist**
http://en.germandentist.ro
Dorobanti: Cal. Dorobantilor 208
Unirii: Str. Ionescu Gion 4
Baneasa Mall (Perfect Smile): unit 104 (below Peek & Cloppenberg)
*Note: do not always have English speaking receptionists or dentists*

<table>
<thead>
<tr>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>+40 21 2318856</td>
</tr>
<tr>
<td>+40 021 3200151</td>
</tr>
<tr>
<td>+40 726 666999</td>
</tr>
</tbody>
</table>

**Dent Estet**
http://en.dentestet.ro for information, and appointments can be booked online
Aviatorilor: Blvd. Aviatorilor 15
Herastrau: Sos. Nordului 82-92
Piata Victoriei (Green Dental): Str. Grigore Alexandrescu 7

<table>
<thead>
<tr>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>+40 21 2221108 / 0744 602020</td>
</tr>
<tr>
<td>+40 21 2325687 / 0744 662663</td>
</tr>
<tr>
<td>+40 21 3147341 / 0723 602020</td>
</tr>
</tbody>
</table>

**OPTOMETRY**
Many optometrists exist in Bucharest. The quality is good and the prices are reasonable.

**Optiblu**
A chain of eyewear stores with optometrists on site. You can also purchase contact lenses here. https://www.optiblu.ro

**Optikgallery (Jolie Ville Mall)**
Mihaela Ciuca
+40 0765 219 402
office@optikgallery.ro
SOCIAL SERVICES

The following options are available to military members and their families for access to psychosocial or mental health resources:

Social Worker

You can reach the MFS(E) Social Worker Myriam Chebat at:

myriam.chebat@forces.gc.ca
+49 (0) 2451 717 206

You can reach the CAF Formation Europe Social Worker, Captain Martin Laferrière-Simard at:

martin.laferrieresimard@forces.gc.ca
+49 (0) 2451 717 309

Padre

There are three Padres serving the families in Europe, and they are also available for consultation:

<table>
<thead>
<tr>
<th>Maj Jean-Guy Morin</th>
<th>Lt(N) Lesley Fox</th>
<th>Capt Gerson Flor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Located in Casteau</td>
<td>Located in London</td>
<td>Located in Naples</td>
</tr>
<tr>
<td>Responsible for Central Europe (Netherlands, Germany, France, Belgium)</td>
<td>Responsible for UK and Northern Europe</td>
<td>Responsible for Southern Europe (Spain, Italy, Portugal, Turkey, Romania)</td>
</tr>
<tr>
<td><a href="mailto:jean-guy.morin@forces.gc.ca">jean-guy.morin@forces.gc.ca</a></td>
<td><a href="mailto:lesley.fox@forces.gc.ca">lesley.fox@forces.gc.ca</a></td>
<td><a href="mailto:gerson.flor@forces.gc.ca">gerson.flor@forces.gc.ca</a></td>
</tr>
<tr>
<td>+32 (0) 65 44 6179</td>
<td>+44 (0) 1895 613 022</td>
<td>+39 345 080 5673</td>
</tr>
</tbody>
</table>

CAF Member Assistance Program

Military members and their families can also contact the CAF Member Assistance Program at +1 800 268 7708. This is a voluntary and confidential service that allows callers to speak with a professional counsellor and is available 24 hours a day, 365 days a year. Please note that Canadian toll-free numbers are not free when calling from another country, but the CAF Member Assistance Program will also accept collect calls at +1 613 941 5842.
**Family Information Line**

The Family Information Line offers confidential assistance and supportive counselling 24/7. When you call you will be connected to one of their experienced professionals who can connect you with local and national resources. The Family Information Line can be called toll free, from Europe, at 00 800 7711 7722.

**Local Resources**

Military families can also access resources in their community, as recommended by their doctor or other sources, but they should ensure with their Public Service Health Care Plan that they will be covered for the services they are considering. For their services, military members are required to go through their medical system or the CAF Member Assistance Program.

**A. A. Meetings**

Information on Alcoholic Anonymous meetings in Europe or online is available at [https://alcoholics-anonymous.eu/](https://alcoholics-anonymous.eu/)

**GREAT WEST LIFE / ALLIANZ**

**Dental Claims**

Unless you are served by a CAF Dental Clinic, dental claims will need to be sent to Great-West Life, using the paper form. Log into your account on the Great-West Life website and print a claim form. Claims and original receipts need to be mailed to the following address:

- Great-West Life Health and Dental Benefits
- Foreign Benefit Payments
- PO Box 6000
- Winnipeg, MB  R3C 3A5

Be sure to keep copies of your receipts!

**Medical Claims**

For medical claims, you will also need to submit a paper claim to Allianz, using the PSHCP Out-of-Country claim form ([http://www.pshcp.ca/media/43901/claimform_out_fill.pdf](http://www.pshcp.ca/media/43901/claimform_out_fill.pdf)). Send the claim form and the original receipts to:
Allianz Global Assistance
Public Service Health Care Plan
PO Box 880
Waterloo, ON N2J 4C3

Be sure to keep copies of your receipts!
ON THE ROAD

GENERAL

The amount of traffic on Bucharest’s roads is increasing yearly, and many points in the city naturally suffer congestion as a result of this. Avoid driving at rush hour (07h00 – 09h00 and 15h00 - 18h00) and as of 14h00 on Fridays. Most Romanians will leave the city for long weekends and it increases the traffic congestion exponentially, especially on routes leading out of the city.

Despite traffic regulations and police enforcement, the rules of the road seem to be considered more of a loose guideline than something that must be obeyed by many locals. Standards are erratic, and people will push into intersections at once, or otherwise put their interests ahead of anyone else on the road. Another example of this is seen at traffic lights, when as soon as the traffic lights turn green there is likely to be someone coming from another direction, blatantly jumping the just-turned-red light. Naturally, any hesitation on your part will result in immediate sounding of horns by those behind you, although this is much more prevalent in Bucharest where drivers are notoriously impatient. Take particular care when driving in the countryside, where horse-drawn vehicles are common, even on major roads, and are rarely lit or otherwise highly visible.

DRIVER’S LICENCE

Try and keep a Canadian valid driver’s license in Romania for the duration of your entire posting. Some provinces you can simply re-apply online. Try to retrieve as much information from your last province of residence regarding this matter before leaving Canada.

Once in Romania, the traffic authorities will accept a Canadian license with an International Driver’s Permit (IDP). You can get one through CAA before leaving Canada, they are valid for one year so do not forget to renew.

https://www.caa.ca/travelling/international-driving-permit/

The Romanian authorities recognise an international driving licence and the licences of most other countries on a reciprocal basis.
Drinking and Driving:
Romanian laws are much stricter than the Canadian laws, and it is illegal to drive after consuming any alcohol at all. If stopped on suspicion of drinking and driving you must undertake a breathalyser test if so requested by the Romanian traffic authorities. Taxis and Uber are relatively cheap and accessible, do not take any risks.

Speeding:
The speed limits are 50km within towns and villages (or 60km on some of the main roads), 90km outside town and 130km on motorways. These limits are not always posted but they must be respected. When you pass a sign for a town or village, reduce your speed. The definition of "in town" is as soon as you pass the sign with the name of the town or village on it and until you pass the corresponding one on the way out, helpfully with a red diagonal line across it. The Romania police do use up-to-date radar and are able to impose on-the-spot fines. Make sure you get a receipt. It is also illegal to talk on a cell phone while driving, although you will see that it is still widely practiced.

Pedestrians:
Pedestrian crossings are not all uniformly marked. Some have lights, while others, even on busy roads, have only zebra lines across the road. Some of the lit cross walks only have lights facing one direction of traffic. While drivers are legally obliged to stop at pedestrian crossings, many do not. Pedestrians have to be extremely vigilant while crossing roads, especially busy ones, and should be on the lookout for speeding cars, inattentive drivers or, in cases where drivers do try to stop, poor or faulty brakes. A good example of a dangerous pedestrian crossing in on the busy road outside the MND-SE HQ.

Parking:
Parking restrictions exist and apply equally to diplomats as well as the general public, except for in areas that specify ‘only CD / TC plates’. You should not park in a ‘No Parking’ zone. If you do, be prepared to accept the consequences. The police use wheel clamps and also tow cars away that are illegally parked (without much care for the car). If they do, try looking for it at the nearest police station. Parking sometimes appear to be a "free-for-all" where parking on sidewalks is acceptable. You will see in some congested areas, large water bottles or bricks along the side of the road, this is an attempt to "reserve" a parking spot.
Other Driving Laws:

- Seat belts are compulsory at all times in front seats (however many taxis do not have working seat belts in the back).
- It is compulsory to give right of way to buses and trolley buses leaving a stop.
- Overtaking on the tram lines when there is more than 1 lane is forbidden.
- It is forbidden to use a mobile phone while driving unless it is a hands-free facility.
- You must have your headlights on AT ALL TIMES when driving outside the city limits.
- Winter tires must be fitted to your car during wintertime (beginning 1st November) for all driving outside city limits and on wet or snowy roads; all-weather tires are also acceptable if they have M+S (mud + snow) inscribed on them.
- Third-party insurance is compulsory.

Traffic Accidents:

Under Romanian law, all accidents should be reported immediately, and a written statement should be made, at the nearest police station of the Sector in which the accident happened, within 24 hours, if the accident was serious, or there was disagreement over whose fault it was.

If the accident is minor, and both parties agree on culpability for the accident, a procedure called 'constatare amiabila' ('amicable agreement') can be used; this involves both parties completing a form, as well as the responsible party providing a copy of their third party insurance, car registration document and driving licence.

- Before leaving the scene of the accident you should obtain details of any other cars involved; make, model and registration number of the car(s), driver’s name(s) and ID. You will need a police report to get any repairs done on your car caused by an accident. Even if you hit a stray dog, you need to report it to get the form to take to the garage.
- If you have an accident outside Bucharest, all cars involved should go to the nearest police station. If there are injuries, you should wait at the car for the police to arrive. If the injuries need urgent medical attention, one car should take the injured to the nearest Emergency hospital while the other waits for the police. (Make sure you have details of the car that goes to the hospital). You may wish to keep the following step by step procedures in your car:
  - In an accident, when another vehicle is involved and no one is injured, you may leave the scene after you agree on an appointment with the other driver(s) for the required visit to the Police Section of the Sector in which the accident happened.
  - If anyone is injured, you must remain at the scene until the police arrive unless an injured person must be taken urgently to hospital and there is nobody else to do it.
  - In all cases, the police will issue papers authorising the necessary repairs. You should take your car to a garage with an insurance agent to have the damage evaluated and then have the repairs done.
  - The cost of the repairs are payable by the Insurance Company directly, who will advise what garage to use to have the car repaired.
By law all vehicles must carry one breakdown-warning triangle, a first aid box and a fire extinguisher. Badges, emblems and mirrors are sometimes stolen. Minor damage and vandalism (e.g. to non-telescopic aerials) sometimes occur.

Anybody wanting a second basic car could consider purchasing a Romanian saloon car or jeep. The Dacia Logan (the local car brand) costs between €10,000 and €11,000 new, payable in local currency.

**INFORMATION ON DRIVER’S LICENCE IN CANADA AND RENEWAL**

<table>
<thead>
<tr>
<th>Province</th>
<th>Mailing Address</th>
<th>Phone Number</th>
<th>Internet Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alberta</td>
<td>Alberta Transportation Main Floor- Twin Atria</td>
<td>(780) 310-0000 Outside AB: (780) 427-8230</td>
<td>Government of Alberta Ministry of Transportation: Drivers &amp; Vehicles</td>
</tr>
<tr>
<td></td>
<td>4999-98 Ave Edmonton, AB T6B 2X3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>British Columbia</td>
<td>ICBC Licensing Driver Services Centre</td>
<td>From Lower BC: (604) 661-2800 Toll Free in NA: (800) 663-3051</td>
<td><a href="http://www.icbc.com/driver-licensing/Pages/default.aspx">http://www.icbc.com/driver-licensing/Pages/default.aspx</a></td>
</tr>
<tr>
<td></td>
<td>151 West Esplanade North Vancouver, BC V7M 3H9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manitoba</td>
<td>Manitoba Transportation Driver &amp; Vehicle Licensing</td>
<td>(204) 985-7000 Fax: (204) 954-5338 or Toll Free in NA: (800) 665-2410</td>
<td><a href="http://residents.gov.mb.ca/refere">http://residents.gov.mb.ca/refere</a> nece.html?d=details&amp;program_id=304</td>
</tr>
<tr>
<td></td>
<td>234 Donald St, Box 6300 Winnipeg, NB R3C 4A4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Brunswick</td>
<td>NB Department of Transportation</td>
<td><a href="mailto:DPS-MSP.Information@gnb.ca">DPS-MSP.Information@gnb.ca</a></td>
<td><a href="http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html">http://www2.gnb.ca/content/gnb/en/services/driving_and_vehicles.html</a></td>
</tr>
<tr>
<td></td>
<td>364 Argyle St Fredericton, NB E3B 1T9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Newfoundland &amp; Labrador</td>
<td>Motor Registration Division Department of Government Services</td>
<td>(709) 729-4834</td>
<td><a href="http://www.gs.gov.nl.ca/drivers.html">http://www.gs.gov.nl.ca/drivers.html</a></td>
</tr>
<tr>
<td></td>
<td>PO Box 8710 St. John’s NF A1B 4J5</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>5003 – 49th Street, Yellowknife NWT X1A 2L9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Province</td>
<td>Mailing Address</td>
<td>Phone Number</td>
<td>Internet Site</td>
</tr>
<tr>
<td>---------------</td>
<td>---------------------------------------------------------------------------------</td>
<td>----------------------------------------------------</td>
<td>-------------------------------------------------------------------</td>
</tr>
<tr>
<td>Nunavut</td>
<td>Motor Vehicles Division Department of Economic Development &amp; Transportation Box 1000 Station 1575 Iqaluit, NU X0A 0H0</td>
<td>Toll Free: (867) 975-7800</td>
<td><a href="http://www.gov.nu.ca/programs-services/vehicle-registration">http://www.gov.nu.ca/programs-services/vehicle-registration</a></td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>Saskatchewan Government Insurance (SGI), Licensing and Registration Services 2260 11th Avenue Regina, SK S4P 0J9</td>
<td>(306) 775-6900 Toll Free: (800) 667-9868</td>
<td><a href="http://www.sgi.sk.ca/individuals/index.html">http://www.sgi.sk.ca/individuals/index.html</a></td>
</tr>
<tr>
<td>Yukon</td>
<td>Gold Creek Building (Old Rogers Video Building) Unit A, 2251-2nd Avenue Whitehorse, Yukon Y1A 5W1</td>
<td>(867) 667-5315 Fax: (867) 393-6220 Toll Free: (800) 661-0408 ext. 5315</td>
<td><a href="http://www.hpw.gov.yk.ca/mv/mvdlrlic.html">http://www.hpw.gov.yk.ca/mv/mvdlrlic.html</a></td>
</tr>
</tbody>
</table>
ROADWORTHINESS TEST/SAFETY / VEHICLE REGISTRATION / EMISSION STICKER

The HQ Morale and Welfare (MWR) at the NATO Headquarters is responsible to assist the internationals with all aspects of car registration, license plates etc. Please contact them for more information.

Emission and safety testing is required every 2 years. The price associated with registration and safety varies upon the size of the engine and emissions.

**European Green Zones**

Germany (58 zones), France (28 zones), Belgium (3 zones), Denmark (5 zones), and Austria (6 zones) have Green Zones and corresponding stickers. If you will be driving in the Green Zones of those countries, you may need a sticker for your car. You can order a sticker for your vehicle from the links in this website:


**TOLLS**

When traveling, be aware of toll costs. To drive on the autoroutes in Switzerland, for example, you require a sticker (called a *vignette*) on your windshield. The vignette is only available as an annual purchase. For Austria, you can purchase a 10-day, 2-month or annual vignette. In France, you will find toll booths on the autoroute. For some you pay a toll to go through the booth, for others you take a ticket and pay when you exit the toll road. The website [https://www.viamichelin.com/](https://www.viamichelin.com/) is an excellent resource for calculating toll costs before a trip.
MOBILE PHONES

Romania has some of the cheapest rates when it comes to cell phone plans. You can sign a contract (6 months to several years), or you can simply get a pay-as-you-go plan. Be careful of hidden fees and phone service cut-off if you exceed your pay-as-you-go amount.

You will first need to be resident, i.e. living in your permanent accommodation, before registering for a mobile telephone. You will need to present your residency card and sometimes your passport in order to set up an account. A way around this at first is to simply get a pay-as-you-go plan. If you decide to get a contract, the bill can be sent direct to your home address or emailed and can be paid in accordance with phone company policy.

There are several networks available. The two largest companies are Vodafone and Orange.

- [www.orange.ro](http://www.orange.ro)
- [www.vodafone.ro](http://www.vodafone.ro)

Landline Phone:

Packages vary with regard to cost of international, national and local calls – visit the websites of the various companies for details.

- [www.romtelecom.ro](http://www.romtelecom.ro)
- [www.rcs-rds.ro](http://www.rcs-rds.ro)
- [www.upc.ro](http://www.upc.ro)

WINTER TIRES

Winter tires are a good idea in Romania, but they are not mandatory. Bucharest does see snow in Jan - March. There is much heavier snowfall outside of Bucharest, towards the mountains and up north.

ALCOHOL AND NARCOTICS

Romanian laws are much stricter than the Canadian laws, and it is illegal to drive after consuming any alcohol or drugs at all. If stopped on suspicion of drinking and driving you must undertake a breathalyser test if so requested by the Romanian traffic authorities.
ROADSIDE ASSISTANCE

This is not a service that is common in Romania. Make sure you have a list of personal emergency numbers, as well as local police and fire department in your vehicle at all times. There is a possibility that you may not find someone who can speak English (very rare in French) if you call Romanian emergency numbers.
RELIGIOUS SERVICES

ENGLISH LANGUAGE SERVICES IN THE AREA

Romanians are very religious people. There are a few services available in English, and one parish which offers French services.

**In English**

The Church of the Resurrection (Anglican)

https://churchoftheresurrection.ro

The International Church of Bucharest (Baptist)

https://ibc-bucharest.org/home/about-us/

**In French**

Catholic Church of Sacre Coeur (Catholic)

https://sacrecoeur.ro
AROUND THE HOUSE

INTERNET/TELEVISION/MOBILE PHONE

*Voice over Internet Protocol (VoIP) Phones*

Several Canadian families have used a VoIP phone, and this is worth investigating before leaving Canada (so you can keep your number).

With a VoIP phone, you can keep a Canadian phone number. This has a few benefits. Your family and friends can call you, and you can call them, without overseas long-distance charges. Besides cost, it is also less confusing for people who may not be used to European calling (like elderly parents). Keeping a Canadian phone number also can help when completing online forms, banking, registering on Canadian websites etc. And finally, if you want to keep a phone number for continuity, you can move a number to a VoIP provider when you move OUTCAN, then move the same number back to a Canadian provider when you return.

Which provider to use? There are several, with varying costs and services. MagicJack and Vonage are two of the big companies, but many other VoIP providers are out there.

ELECTRICITY

Electricity in Romania is 230 Volts, alternating at 50 cycles per second. If you travel to Romania with a device that does not accept 230 Volts at 50 Hertz, you will need a voltage converter.

Electricity in Europe differs from electricity in Canada, in that the voltage is higher and the frequency is lower. In Canada our electricity is 110V 60Hz, while in Europe, they have 220-230V and 50Hz. Some electronics are not compatible with European power and require transformers, while others are dual voltage and only require a plug adapter.

To find out if an electronic is dual voltage, look for the electronic information on the product. This information is often found on the bottom or back of the product, or on its battery pack. If the input gives a range such as 100-240V 50-60Hz, then the product is dual voltage and works with both Canadian and European electricity. If the input does not give a range and only says 110V 60Hz, then it is not compatible with European electricity.
**Dual Voltage**

If your product is dual voltage, then all you need is a plug adapter in order to use it. Since the product is already compatible with the local electricity, all the adapter does is allow the prongs to fit the electrical outlets. If you use an adapter with a product that is not dual voltage, you will not only damage your product, but you may also cause electrical damage to the building.

Lamps are considered dual voltage; however, you will need to replace the light bulbs with European lightbulbs.

**Single Voltage**

If your electronics only says 110V 60Hz, then it is not compatible with European electricity. In order to use it while in Europe, you will need to use a transformer. Transformers convert the local electricity to 110V 60Hz, so you are able to plug devices into it as if you were plugging them into a wall in Canada.

Most electronic devices have a prominent label that looks like this picture. On this device (a camera battery charger), you can see that after "Input" it says "110 - 240 volt", which means that it can be used with any voltage within that range, including the 110 volt standard in Canada or the 220-230 volt standard in much of Europe. All you'll need is a plug adaptor.

On this next label, you can see that this coffee maker is **NOT** dual voltage. It lists simply "120 volts". Other items may say "110" - anything in this range is a standard North American appliance. If you want to use something like this overseas, it will need to be on a transformer.

In this final image, you can see that some appliances have a switch for use between higher and lower voltages. This can be used overseas with only a plug **adaptor**, but don’t forget to flip the switch!
Transformers

Transformers are created with different wattage ratings, so you will need to make sure you are using the correct wattage to handle what you are plugging into it.

The total wattage of appliances plugged into the transformer must be less than the wattage rating of the transformer. To find out the wattage of an electronic device, if it’s not on the label, you can multiply the voltage of the item by the number of amperes (amps). For example, if the information on an item says 110V 60Hz 1A, you would multiple 110 (voltage) by 1 (amps) to get 110 watts.

There are also websites that have information on the approximate wattage of electronic and household appliances, for example,

- https://www.wholesalesolar.com/solar-information/how-to-save-energy/power-table

Research before choosing transformers. If in doubt, buy bigger. Some items (like TVs) need a big surge of power when switched on, so go with three times the wattage (a 500W appliance might need a 1500W transformer). Items that produce heat (iron, hair dryer) will require more wattage.

Transformers that do not have an ON/OFF switch, or have a switch and are turned on, will consume energy while plugged in, even if you do not have an appliance plugged into them. Therefore, you should always keep your transformers off or unplugged when not in use.

As part of your furniture claim, you can purchase and claim 50% of the cost of up to four transformers.

UTILITIES

When renting, the prices for utilities are usually not included in the rent, so you will have to pay these as an extra.

If you’re renting an apartment, most of these will be part of something called Intretinere (which translates as “maintenance”) and it usually includes garbage collection, water, a fund for minor repairs and heating. If you have gas (we don’t), that’s paid separately, as well as the electrical bill.

APPLIANCES

Appliances should be provided with the rental agreement. Speak to the GK housing office for guidance on this issue.
BEDS

You should note that sizes of beds and bedding differ between Canada and Europe. It may be helpful to purchase extra bedding prior to your move, or you may find that you have to have it shipped from Canada. If you plan on purchasing a bed while you are in Europe, do your research to ensure you will be able to find bedding that will fit upon your return to Canada.

WATER QUALITY

Although the water is said to be potable in Bucharest, it is not advised to drink the water. The infrastructure is old and the pipes are often rusted and in need to replacing.

Also, in some areas of Eastern Europe, food and water can also carry diseases like Hepatitis A. Practice safe food and water precautions while traveling or living in Eastern Europe. When it doubt, remember to boil it, cook it, peel it, or leave it!

GARBAGE AND RECYCLING

This will depend on where you live in the city. In general, Romania is not known for it's recycling plan. Often times, the recycling simply ends up in the trash bins.

METRIC CONVERSION

Oven Temperature

<table>
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<tr>
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<th>°C</th>
<th>°F</th>
<th>°C</th>
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<tbody>
<tr>
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<td>135</td>
<td>350</td>
<td>175</td>
<td>425</td>
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<td>325</td>
<td>165</td>
<td>400</td>
<td>205</td>
<td>500</td>
<td>260</td>
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## Cup & Spoon Equivalents

<table>
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<tr>
<th>Fraction</th>
<th>Milliliters</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
<td>60 ml</td>
</tr>
<tr>
<td>⅓ cup</td>
<td>80 ml</td>
</tr>
<tr>
<td>½ cup</td>
<td>120 ml</td>
</tr>
<tr>
<td>⅔ cup</td>
<td>160 ml</td>
</tr>
<tr>
<td>¾ cup</td>
<td>180 ml</td>
</tr>
<tr>
<td>1 cup</td>
<td>240 ml</td>
</tr>
<tr>
<td>1¼ cup</td>
<td>300 ml</td>
</tr>
<tr>
<td>1½ cup</td>
<td>360 ml</td>
</tr>
<tr>
<td>2 cup</td>
<td>480 ml</td>
</tr>
<tr>
<td>3 cup</td>
<td>720 ml</td>
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</table>

<table>
<thead>
<tr>
<th>Spoon</th>
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<tr>
<td>⅛ tsp</td>
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<tr>
<td>1 tbsp</td>
<td>15 ml</td>
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<tr>
<td>2 tbsp</td>
<td>30 ml</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>45 ml</td>
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</tbody>
</table>
EMPLOYMENT

WORKING FOR MILITARY FAMILY SERVICES (MFS) OR PERSONNEL SUPPORT PROGRAMS (PSP)

If you want to work for MFS and PSP while in Europe, you should bring the following information with you. It will be required to process your file to obtain the required security clearance to work in Europe. Having this information at your fingertips will speed-up the hiring process:

• Copy of passport, SOFA or VISA stamp (some of those, you will get in Europe)
• Another form of government (federal or provincial) photo ID (birth certificate, Driver’s Licence, etc.). If Government photo ID is not available a 3rd piece of photo ID (such as student ID) must be provided
• Five years of resident addresses along with proof (mail, bill, T4, etc.). The dates must be five years from the date of filling out the form back exactly five years from that date (i.e.: 24 Oct 2018 back to 24 Oct 2013)
• Proof of relevant education and professional qualifications (transcripts, diplomas, etc.)
• Proof of previous employment (back 5 years), (work agreements, T4s, etc.)
• Two References (names and addresses at least – reference letters are good to have as well)

SPOUSAL/DEPENDENT EMPLOYMENT ASSISTANCE AND EDUCATION

Our Education, Employment and Training Program Coordinator creates and delivers programs such as the Youth Employment Preparation and the Adult Employability Programs. The coordinator also offers employment and training assistance to working age youth and adult family members. These services include; job search information and tools, career related training and programs, and one-on-one employment assistance (resume writing, cover letter, interview skills).

For information regarding education or employment please contact the MFS(E) Education, Employment and Training Programs Coordinator, at MFSE.EmploymentEducationTraining@cfmws.com.
JOB POSTINGS

Civilian employment opportunities are published regularly on the CAF Connection Website:

•  https://www.cafconnection.ca/Europe/Programs-Services/Employment.aspx

LOCAL EMPLOYMENT

If you are interested in working for a local employer, your SOFA stamp/dependent status does not confer the right to be employed on the economy. This is entirely a matter for the host nation to decide and it is an individual’s responsibility to seek permission from local authorities. The host nation embassy in Canada may be able to assist before departure or upon arrival, consult the appropriate department of the host nation government.

At present, the details for dependents working on the economy is being explored through the legalities of the SOFA stamp. It is advisable to financially prepare yourselves for the reality of living on one income for the duration of your posting.

ADULT EMPLOYABILITY PROGRAM

If you will be looking for employment when you return to Canada, MFS(E) can help you to be well prepared through our Adult Employability Program. Through participation in a series of virtual workshops, you can receive help creating a strong resume, cover letter and career portfolio as well as learn and practice interview techniques.

VOLUNTEERING

An OUTCAN posting is a good opportunity to get involved with your community. Volunteer work not only helps support other CAF families and provides social networks and personal satisfaction, but it can help build your skill set and improve your resume.

A great opportunity to volunteer is through IWA: https://www.iwabucharest.ro

Or Light Into Europe (walking service dogs, for example): https://www.lightintoeurope.ro

YOUTH EMPLOYMENT PREPARATION PROGRAM

The Youth Employment Preparation (YEP) Program provides real-life workplace training and employment opportunities to the youth of the CAF members and Canadian Forces support personnel posted in Europe. YEP aims to assist youth - between the age of 15 and 24 who
are pursuing full-time studies – gain the knowledge, skills and experience to make a successful transition into the labour market. For more information on this program, see:

- [https://www.cafconnection.ca/Europe/Programs-Services/Employment/Youth-Employment-Preparation-Program.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Employment/Youth-Employment-Preparation-Program.aspx)
EDUCATION

SCHOOLS

It is best advised to seek out international schools in Bucharest. They generally offer high-quality education and are mostly located in Sectors 1 and 2. Here are the three most popular schools for Expats:

1. American International School of Bucharest

Age 3 to 18.
Gender: Co-educational
Address
196 Pipera Boulevard
Voluntari, Ilfov County
077190
Phone & Fax
Administrative Office
Tel: (40 21) 2044300
Fax: (40 21) 2044306
Email: office@aisb.ro
Elementary School: Early Childhood 2 – Grade 5
Tel: (40 21) 2044301 / (40 21) 2044307
Fax: (40 21) 2044305
Secondary School: Grade 6 – Grade 12
Tel: (40 21) 2044302 / (40 21) 2044308
Fax: (40 21) 2044303
Admissions Office
Tel: (40 21) 2044333
Email: cgardescu@aisb.ro
http://www.aisb.ro

2. British International School of Bucharest

Age 3 to 18.
Gender: Co-educational

Address:
21-25 Agricultori St. District 2,
Bucharest, Romania
021481
Tel: 021.253.16.98 or +40745 34 08 41
Email: office@ibsb.ro
http://ibsb.ro

3. Lycée Français Anna de Noailles

Age 6 to 18.
Gender: Co-educational
Curriculum: French
www.lyceefrancais.ro

For more information on international schools, visit:

IMMUNIZATION

For an up to date list of required immunizations for your location, please contact our
Community Health Nurse Capt Connie Grant, connie.grant@forces.gc.ca, Tel: +49 2451 717 305.

CHILDREN’S EDUCATION MANAGEMENT (CEM)

For school-age children and benefits associated with university-aged dependent children studying in Canada, the Children’s Education Management Officer for Europe, Nathalie Gagné, should be your first point of contact. Her contact information is: +49 2451 717 164 or Nathalie.Gagne@forces.gc.ca.

For full information on education OUTCAN, please visit Children’s Education Management on CAFConnection.ca
SCHOLARSHIP AND BURSARY INFORMATION

A variety of scholarships and bursaries are available to serving and former Canadian Armed Forces members and their families. These scholarships and bursaries are funded by educational institutions, government partners and charitable organizations and are not administered by MFS(E). More information can be found here:


The European Fund (EF) Academic Program is established to recognize the academic accomplishments of students graduating from high school who are dependents of European Fund Members and to encourage students to continue towards post-secondary studies. All students accepted and attending a recognized post-secondary institution will receive €500.

- [https://www.cafconnection.ca/Europe/Programs-Services/Education-Training/Academic-Scholarship.aspx](https://www.cafconnection.ca/Europe/Programs-Services/Education-Training/Academic-Scholarship.aspx)

POST SECONDARY EDUCATION

An OUTCAN posting can be an ideal time to continue your education, whether through part-time or full-time studies, working towards a degree or certificate, for professional development or taking a special interest course for fun. Studies can be done in person at local colleges and universities or on-line through a variety of institutions.

If you plan on studying with a local university or college, be aware that Canadians may have to pay overseas (international) student fees and these fees can be double or triple what a local student will pay. Check with the institutions to see if part-time studies lower these fees.

Local Institutions

The Canadian Information Centre for International Credentials ([http://cicic.ca](http://cicic.ca)) can provide you with information related to Canadians studying abroad or returning to Canada with foreign credentials.

If you are looking to continue a degree that you started in Canada, transferring credits or studying on a Letter of Permission from your Canadian university can be challenging due to differences in the educational systems. Do some research into programs available at your local universities and colleges, attend open days, and connect with their international admissions department to see what options are available to you. Your Canadian university may also have information about studying abroad.
If you choose to pursue an educational program locally and intend to use it professionally, you must ensure that it is an accredited program and your diploma/degree will be recognized in Canada. If there is a governing body for your line of work in the province you will be returning to (i.e. teaching, nursing, accounting) you should check with them to determine how they view foreign qualifications. If you plan to continue with higher education upon returning to Canada, you may want to contact the Canadian institution you are interested in attending in order to see how they will assess your foreign education.

Distance learning in your local community may be available; however, if distance learning is your desired method, it may be easier (and cheaper) to go through a Canadian institution.

**Canadian Institutions**

Many Canadian universities and colleges offer distance education programs. The delivery of these programs can vary based on the institution or field of study, for example, some programs are offered completely online, some may require you to have proctored exams, while others may require you to visit the institution in person periodically.

When choosing a program, it is important to make sure that it is offered through a recognized, authorized, registered and/or licensed educational institution.

To check the current status of an institution you can use the following search tool:


For more information on this directory please visit:

ENTERTAINMENT & LEISURE

There are several ways to see the sights if your car hasn’t arrived, or you are here short-term:

- Make a list and take a black cab.
- Book a tour through City Compass – email tours@citycompass.ro for details and prices – join an organised tour or make your own group and itinerary.
- Catch the hop-on, hop-off tourist bus which stops at most of the main sightseeing spots, see www.bucharestcitytours.ratb.ro for details. A ticket costs around 25 Lei and a ticket lasts 24 hours.

The Palace of the People:

aka “The People’s Palace (Casa Poporului)”, at Piata Libertatii (Str. Izvor 3)

This is the second-largest government building in the world, after the Pentagon, though you’ll see just a fraction on a guided tour. To take a tour, go to the side entrance (on the right-hand side of the building if you are looking at the front of it), across from the other side of Izvor Park, if you take the metro. There is also an art exhibition hall here - the Brancusi Hall. Car parking is available. Some form of ID is required. **Take your passport!**

Tours are available daily from 10am-4pm, and can be booked 24 hours ahead by calling 021 4141426 or 021 3113611.

Lipscani Area (Old Town):

Bucharest’s Old Town, also known as Lipscani, and in Romanian Centrul Vechi (the translation for the Old Center) has become the heart of the city. Come evening and come weekend, everyone seems to be headed into the Old Town, to a pub, club or restaurant. Something new opens up there every other week, so keeping up with the development of the place is quite a challenge. Terraces are filled almost all day long, which during the summer people who just want to walk around the little streets tend to avoid, simply because there is not much room for walking. Terraces have taken over the pedestrian part of the streets. There are still derelict buildings that await new owners, so do not be surprised if you see places opening up almost overnight.
LOCAL ATTRACTIONS

Here a few places of interest:

Hanul Manuc  
Str Franceza (opposite the Old Court)  
This is a former coaching Inn which now offers accommodation, dining and outdoor bars in the central courtyard. Note the wooden cobbles on the outside floor.  
www.hanulluimanuc.ro

Hanul cu Tei  
Entrances on Strada Blanari & Strada Lipscani  
This is an old coaching inn with large ornate iron gates at each end. The courtyard houses many art shops – artist’s materials and galleries/shops. Upstairs, encircling the whole courtyard is a large, antiques warehouse selling furniture, paintings, rugs, bric-a-brac and a small gift shop selling cards, painted eggs and other decorative items. Auctions are held here once in a while and usually advertised with a two-day previewing period.  
http://www.berariahanulcutei.ro

Curtea Sticlarilor (Glass blowers’ court)  
Off Strada Selari  
It’s almost hidden, look for the large glazed double doors. If you are lucky you will see the men blowing glass. If not, stop and look at the shop!  
www.curteasticlarilor.ro

There are many glass shops in the area of Curtea Sticlarilor so just wander and find something you like.

Stavropoleos Church (Biserica Stavropoleos)  
Str Stavropoleos, Lipscani  
UNESCO protected status, built in 1724, and currently being restored. A small treasure, in a built up area, there is a peaceful cloister at the rear.  
While you are in Lipscani, treat yourself to a civilised lunch or coffee stop at the Amsterdam Grand Café, Strada Covaci 6. Good food, reasonable prices and air conditioning in the summer.

Opera, Ballet, Concerts & Cinemas: 

If you are interested in culture, music, or art, Bucharest is the place to be. There are countless cultural events throughout the week and on weekends. All events and tickets available in Bucharest are a fraction of the price compared to similar events back in Canada.
There are also 22 theatres and countless art galleries and concert halls. Bucharest really is a cultural center. Prices are very reasonable compared to other major European countries. If you like the arts, if you are in the right place! Check websites for information and forthcoming events.

**Opera & ballet**
Blvd Kogalniceanu
Tel: Box office 314 6980 to pre-book tickets, or visit in person
www.operanb.ro for schedule and seating plan

**ATENEUL ROMAN**
Classical concerts
Str Franklin 1 (opposite the Hilton Athenee Palace)
Purchase tickets at box office. www.fge.rog.ro for details

**RADIO HALL**
Romanian Radio Society organises concerts
Str Gen Berthelot 60-64
Tel: 303 1100 for reservations.

**SALA PALATULUI**
Concerts and festivals
Romanian Philharmonic Orchestra Thursdays and Fridays at 7pm
Piața Palatului (behind the National Art Gallery)
Tel: 315 6875 for reservations.
www.salapalatului.ro for schedule of concerts and exhibitions

**MUSEUMS**
Please note that most museums throughout Romania are closed on a Monday and some on Tuesday as well. There is usually an additional fee for taking photographs.
**National Art Museum** (former Royal Palace)
Calea Victoriei 49-53
Tel: 313 3030 / 314 8119
Website: [http://www.mnar.arts.ro](http://www.mnar.arts.ro)
Open Wed - Sat 10-18.00 (October - April)
11-19.00 (May - September)
This houses the largest collection of art in Bucharest. The Romanian section in the east wing is well worth a visit.

**ZAMBACCIAN MUSEUM**
Str Muzeul Zambaccian 21A
Tel: 230 1920
Private collection of Romanian and international art works exhibited in Zambaccian’s former home.

**VILLAGE MUSEUM**
Sos Kiseleff 28-30 (alongside Herastrau Park)
Tel: 222 9110
Open every day 9-18.00 (check for holiday schedules)
Fantastic collection of old buildings from around

**Peasant Museum**
Sos Kiseleff 3 (near Piata Victoriei)
Tel: 212 9667
Open Tues-Sun: 9-18.00
Has a history of country life with artefacts, some textiles and a schoolroom. Guides available, stalls are often set up outside in the courtyard. Nice cafe and great gift-shop.
HISTORY MUSEUM

Calea Victoriei 12
Tel: 313 8207 / 311 3356
Open Wed-Sun: 9-17.00
Romanian Treasury in basement is worth a look.

http://www.mnir.ro

COTROCENI NATIONAL MUSEUM

Sos. Cotroceni (entrance opposite the Botanical Garden)
Tel: 021 430 6171
Open Tues – Sun 9.30-16.30
This is an historic architectural site with a good tour - well worth doing. You must book a tour in advance and will need to take your passports/ID.

www.muzeulcotroceni.ro

THE CITY ASTRONOMIC OBSERVATORY

Blvd Lascar Cartigiu 21
Tel: 212 9644

www.astro-urseanu.ro

Antipa Natural History Museum

Şos. Kisselef 1 (just off Piaţa Victoriei)
Recently renovated with interesting (some interactive) exhibits, including coverage of native Romanian animal and plant life, and a good programme of weekend workshops for children. Cafe and gift shop.

George Enescu Museum

Address: 141 Calea Victoriei
Phone: +40213 181 450
Web: www.georgeenescu.ro
Art Galleries:

**418 contemporary art gallery**
Address: 12 intrarea armasului, 2nd floor
Phone: +40 212 117 833/ +40 747 480 630
E-mail: [418gallery@gmail.com](mailto:418gallery@gmail.com)
Web: [www.418gallery.com](http://www.418gallery.com)

**BASIL**
Str Dionisie Lupu 46
(In the courtyard next to Casa Universitarilor, very close to the Embassy)
Tel: 805 9757
Exhibition changes every two weeks. They run art classes & sell artists’ supplies.
[www.galeriabasil.ro](http://www.galeriabasil.ro)

**HANUL CU TEI**
Str Blanari 5 – 7
Tel: 315 3827
Classic and Modern art
[http://www.berariahanulcutei.ro](http://www.berariahanulcutei.ro)

**ORIZONT**
Blvd Balcescu 23A
Tel: 315 8917
Website: [www.galeria-orizont.ro](http://www.galeria-orizont.ro)

**BAKU GALLERY**
Str Dem Dobrescu 11
Tel: 307 2977/307 2978
Website: [www.artgallery.ro](http://www.artgallery.ro)
Contemporary art
VAL HOUSE GALLERY
Str Gabroveni 24
Tel: 312 4204
Website: www.picturi.ro
Contemporary art mostly.

The Music University
Classical, entrance is usually free
Starts at 18h00
Music University of Bucharest
George Enescu Hall & Chopin Hall
33 Stirbei Voda St
021-314-2710

CINEMAS
These show current releases in native language with Romanian sub titles. The cinemas are of a good standard and are very cheap. You can also get a VIP ticket, which will seat you in a large sofa or recliner, and they will bring you food and alcohol.

IMAX Cinema City Cotroceni
Afi Palace
SC Cotroceni Park SA
Tel: 031 425 75 10/11/12  www.aficotroceni.ro

Grand Cinema Digiplex
Baneasa Shopping City
Sos Bucuresti-Ploieşti 42D  www.grandcinemadigiplex.ro

Hollywood Multiplex
Bucharest Mall, Calea Vitan 55-59
**RECREATION CENTRES & PARKS**

**Herastrau Park**
This park is located in the north of the city. It has several entrances, but the main one is at Piata Charles de Gaulle. This is the largest of the municipal parks and it surrounds the lake. There are some formal gardens, as well as many wooded areas. The Village Museum adjoins the park on the western side, on Şos. Kiseleff. There are also play areas and a skateboard area along the edge of park if you turn left after entering at Charles de Gaulle. Take a walk around the lake, detouring as you do so. The park is beautiful at any time of the year and it helps newcomers to find their bearings with landmarks visible over the treetops. During the summer months, you could even try a picnic - though weekends and evenings in the summer can be very crowded. There are several tennis clubs within the park (Şos. Nordului side), a fun fair, (Şos. Kiseleff side), there are also many bars and restaurants on the lake edge. You can roller blade or bike around large areas of it, or take a mini-cruise on the lake in summer.

**Cismigiu Park (Blvd Regina Elisabeta)**
This is one of the best known parks in Bucharest. It has a brass band area where concerts are held sometimes over the weekends and has a small children’s play area. There is a small lake in the centre with a restaurant, and a number of outdoor cafes. It is very busy at weekends, especially in summer.

**Floreasca Park**
This is a much smaller park, just north of central Dorobanţi (bordered by Str Radu Beller and Mircea Eliade). Has a nice playground and boat rides on the lake during summer.

**Kiseleff Park**
This is also very nice, with a few swings and small ponds. There is also a small ice skating rink here during the winter months.

**Tineretului Park**
Located in southern Bucharest and covers around 80 hectares and includes areas for sports and has a large playground

**SPORTS & CLUBS**

Bucharest is a pretty happening place for sports. Keep an eye out for a running club (Hash House Harriers Runs) or a good rugby game! Here are a couple of places to look into:

**Bowling**

<table>
<thead>
<tr>
<th>Club</th>
<th>Address</th>
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<tbody>
<tr>
<td>IDM Club</td>
<td>319B Splaiul Independetei, Bucharest</td>
<td>+40213 161052</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.idmclub.ro">www.idmclub.ro</a></td>
</tr>
<tr>
<td>Trick Shot</td>
<td>246B Calea Floreasca, inside Promenada Mall, Bucharest</td>
<td>+40756 143 303</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.trickshot.ro">www.trickshot.ro</a></td>
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**Golf**

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<tr>
<th>Club</th>
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<tbody>
<tr>
<td>Lac de Verde Golf Club</td>
<td>Caraiman Street No 54, Breaza, Prahova, Romania (road to Sinaia)</td>
<td>(+4) 0754.093.291</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.lacdeverde.ro">www.lacdeverde.ro</a></td>
</tr>
<tr>
<td>Bucharest Golf Centre</td>
<td>Sos Pipera (3kms past American School)</td>
<td>222 9473</td>
</tr>
<tr>
<td>Stejarii Country Club</td>
<td>Address: 14 Jandarmeriei St., Bucharest</td>
<td>+40 744 332 155</td>
</tr>
<tr>
<td></td>
<td></td>
<td>+40 314 247 051</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.stejariicountryclub.ro">www.stejariicountryclub.ro</a></td>
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**Gyms & Clubs**

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<td>319B Splaiul Independetei, Bucharest</td>
<td>+40213 161052</td>
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<tr>
<td></td>
<td></td>
<td><a href="http://www.idmclub.ro">www.idmclub.ro</a></td>
</tr>
<tr>
<td>The Works</td>
<td>Hilton Hotel Str Episcopei</td>
<td>303 3777</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ext 6808</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.hilton.com">www.hilton.com</a></td>
</tr>
</tbody>
</table>
World Class Gym  
Address: 14 Bucuresti Nord Road, Voluntari  
+40732 560 118  
pipera.worldclass.ro

Atlantis World Class  
Şos. Erou Iancu Nicolae 12-26, Pipera  
+40021 267 4375 / 0727 010101  
www.worldclass.ro

Horse Riding

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Websites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hipocan Corbeanca</td>
<td>216 Uniri St, Corbeanca, Ilfov</td>
<td>+40742 150419</td>
<td><a href="http://www.hipocan.ro">www.hipocan.ro</a></td>
</tr>
<tr>
<td>Horseback Riding</td>
<td>124-126, Bucuresti-Stefanesti St.</td>
<td>+40 723 364 213 +40 722 432 990</td>
<td><a href="http://www.horsesland.ro">www.horsesland.ro</a></td>
</tr>
<tr>
<td>Equestria Riding Club</td>
<td>Hipodromului Street, FN, Sat Tancabesti, Comuna Snagov</td>
<td></td>
<td><a href="http://www.equestria.ro/en/">www.equestria.ro/en/</a></td>
</tr>
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Ice-skating

Most of the ice skating rinks in Bucharest are to be found in several big parks, including Cişmigiu. An indoor skating rink is open all year inside the Afi Palace Cotroceni shopping mall.

Tennis

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<tr>
<th>Club</th>
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<th>Phone Numbers</th>
<th>Websites</th>
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<tbody>
<tr>
<td>BNR Halls</td>
<td>42 Dr. Staicovici St.</td>
<td>+40213 169773</td>
<td></td>
</tr>
<tr>
<td>Complex Parc Herastrau</td>
<td>Nordului Street</td>
<td>+40212 329666</td>
<td></td>
</tr>
<tr>
<td>Diplomatic Club</td>
<td>2B Sos Bucuresti-Ploiesti</td>
<td>+40212 242941</td>
<td><a href="http://www.clubdiplomatic.ro">www.clubdiplomatic.ro</a></td>
</tr>
<tr>
<td>Enache International Tennis Academy</td>
<td>7-9 Nordului Street</td>
<td>+40757 031 035</td>
<td><a href="http://www.academiadetenis.ro">www.academiadetenis.ro</a></td>
</tr>
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Skiing

If you are looking for a ski destination which combines great affordable beginner and intermediate skiing set against a sparkling tree lined backdrop together with good facilities and bags of culture, then a ski getaway in Romania should really be at the top of your list.

The main ski resort in Romania is Prahova Valley. It is the place most Romanians – and foreigners – choose for their winter holidays. If you plan to go there, choose one of the resorts on the valley and book in advance. Make sure you check the holiday offers as prices usually go up during this period, depending on what you want to include in your stay.

Other ski slopes can be found in Azuga, Sinaia and Straja Resorts, but for a weekend getaway Poiana Brasov in the best choice.


Clubs and Groups

This is not an entire list of groups but this is a good starting point for meeting other partners & spouses in Bucharest.

International Women’s Association

You are not obliged to join the IWA for £50 or around 300 LEI per year, but they do run all sorts of interest groups and organise trips etc. It’s certainly one way to meet Romanian ladies of a certain social class, as well as a kaleidoscope of other nationalities. There is a Monthly Newcomers Coffee Morning at various places around the city. Among some of the regular calendar activities available to members are the following: cooking demonstrations, Origami, Mah-jong, book clubs. IWA organise an annual charity fundraising bazaar at the beginning of December. Stalls are organised on a national basis, with much of the dissemination and organisation being done via embassies. The website has a lot more information: http://www.iwabucharest.ro/

DINING OUT

There are plenty of great restaurants in Bucharest, lots of international options and a plethora of Romanian and Italian cuisine. The Romanians pride themselves of being a Latin base culture and embrace all that is Latin, particularly Italian culture and food. New restaurants are always popping up and you can find a comprehensive list of Trip Advisor.
**Tipping**

Tipping is very much appreciated in restaurants. You can tip anywhere to 5% to 20%, depending on the service and the type of restaurant. As a rule, foreigners typically tip between 10 -15% of the total bill.

At a coffee shop (or anywhere where a service is provided - including grocery stores), it is customary to "round up" to the nearest dollar (or lei) for a tip. This is at your discretion and your comfort level.

Do check your bills and ensure there are no additional costs, as it can happen that additional charges can appear on the bill of foreigners (you are expected to have money).

Of note - most restaurants will bring one bill for the table. If you would like separate bills, it is prudent to let your server know early. It is still possible that they will bring you one bill at the end of the meal. If you are insistent, most restaurants can give you separate bills upon request.
SHOPPING

GENERAL SHOPPING TIPS

Local Store Hours/Sunday/Holiday Shopping

Most stores open between 08h00 - 10h00 in the morning, and close between 19h00 - 22h00. Stores can be closed on Mondays and Tuesday and during holidays. It is not customary for the stores to post their hours for holidays (although this is slightly improving).

Public Washrooms

Public washrooms in general are not hygienic and are "washed" with no more than used water. Try to avoid touching the handles on doors or the sinks.

It is not uncommon for toilet seats to be broken, cracked, or missing all together.

You may also see "foot prints" on the seats (particularly in female washrooms) as some people stand on top of the toilet seat to relieve themselves.

It is prudent to hover over the seat and to touch as little as possible. Bring your own hand wipes and hand disinfectant when leaving your home.

Also, many Romanians do not wash their hands after going to the washroom.

Shopping Bags

It is not customary to bring your own bags, locals use plastic bags. This may be different if you are shopping at local markets. You may see more reusable bags in this situation.

To help the environment, it is still recommended to bring your own reusable bag.

The cashier will ask you "Punga?", which means "Do you want bags".

They will charge you for the use of plastic bags, some grocery stores will even charge you for produce bags.
GROCERIES

Shopping has increasingly become a popular Romanian past-time. Romanians enjoy material luxuries and have several impressive malls throughout the city. Here is a list of the most common shopping centers:

**Mega Mall**
Address: 3-5 Pierre de Coubertin St., Bucharest
[www.megamallbucuresti.ro](http://www.megamallbucuresti.ro)

**Promenada Mall**
Address: 246B Calea Floreasca
[www.promenada.ro](http://www.promenada.ro)

**Baneasa Shopping Mall**
Sos Bucaresti-Ploiesti 42D
[www.baneasashoppingcity.ro](http://www.baneasashoppingcity.ro)

**Mega Image (Belgian grocery store)**

You will see Mega Image throughout the city. Some are smaller stores and could be compared to a corner store. Others are quite large and have a good selection (for example a Promenada Mall and in front of Banaesa Shopping Center). Upper end of price range, some imported and organic goods, gluten-free and sugar-free ranges, and their own store brand is very good.

It seems like a new Mega opens every week – you will never be too far from one.


Mega Image is considered to be more expensive for locals.

If you are living in the Dorobanti area - The Mega Image Concept Store next to Promenada Mall is a reliable store for stock and quality.

**Metro (Their version of Costco)**
Cash and carry – you need a card to use this shop. Overall, not a great shopping experience but good for buying in bulk and has good frozen lamb.

Baneasa, Str. Bucuresti-Ploiesti Str.  44D (very near the Baneasa Mall, round the corner from BricoStore.) You need a 50 bani coin for the trolley here!

www.metro.ro

Selgros

As per Metro – a slightly nicer shopping experience; also has good outdoor gear at reasonable prices, and a great fish counter.

Baneasa – Str. Bucuresti-Ploiesti 55-65 (off a slip road to the right before the underpass when heading from Baneasa into town) you need a 50bani coin for the trolley here!

http://www.selgros.ro

Carrefour (French grocery store chain)

All the big brands; good toy selection; decent butcher’s counter – get them to mince your beef/pork fresh here (“1kg de carne tocata, varog!”) You need a 50 bani coin for the shopping cart. The biggest store is in Baneasa Mall – you can’t miss it! Other addresses available online (www.carrefour.ro). They also do online delivery.

Lidl (German grocery store)

We have received mixed reviews: they stock some good European brands at competitive prices, but it’s getting better. They have regular ‘International’ weeks too.

www.lidl.ro

Kaufland (Also German)

Smaller and better organised than the somewhat overwhelming and Carrefour. More of its fresh produce is Romanian. Not overly impressed with their meat counter and the stores are a bit disorganized. Comparable to a "No Frills" from Canada.

https://www.kaufland.ro/Home/index.jsp

Markets:

Bucharest has excellent local markets. If you are looking for the best quality fruits, vegetables, flowers, and hand-made / home-made items, find a market near you. Fruit and vegetables are very seasonal. In the summer there is fantastic fruit, lovely salads and tasty
vegetables, but winter months can be sparse. Expensive imported fruit is becoming more common in winter but you do need to check for quality.

The markets (piaţa) are the best place to shop for fruit and vegetables and a great opportunity to practise some basic Romanian! Main markets can be found at the following addresses:

**Floreasca**: Str. Banul Antonache (just off Cal. Floreasca); quite pricey  
**Dorobanti**: near Piaţa Dorobanţi, off Cal. Dorobanţilor; good for exotic imports  
**Amzei**: 5 mins walk from the office, over Magheru; recently revamped  
**1 Mai**: at the end of Str. Clucerului, near where it joins Blvd. Ion Mihalache  
**Targul Taranului / the Ark**: small organic farmers’ market downtown, at Str. Uranus x Cal. Rahovei (the latter is where flower market is situated too)  
**Obor**: Enormous with an indoor and outdoor part and some good deals to be had.  
**Otopeni**: head out of town on the DN1 past the Baneasa turn-off; turn right into Otopeni town high street and take the second road on the left.

**VAT FREE SHOPPING**

To qualify for the VAT, you have to present your CNP number (provided by the NATO Headquarters) to the cashier and ask for a "Factura". The total purchase has to be over 300 lei to qualify for a VAT return.

You do not receive the VAT off your purchase immediately. You must pay the VAT and submit a claim through the headquarters.

Both the member and the spouse will have their own CNP number, although they all get claimed under the member. The claims happen quarterly and is overall a painful process. It is disorganized, slow and the rules and regulations as to what you can claim changes often. Refer to the NATO Headquarters for the VAT regulations in Romania.
LOCAL SERVICES

DRY CLEANING

Dry cleaning is very cheap and accessible compared to Canada. Most major malls with have dry cleaning services and you can also find them on major arteries (streets) throughout the city.

BARBER AND BEAUTY

Romanian women have high beauty standards and you can find an abundance of beauty shops and salons throughout the city. It may be more difficult to find a hair dresser who speaks English.

It is also difficult to find a good hair dresser who has experience with blonde hair or curly hair. In general, the services are cheaper than in Canada and other European countries.

For example, a hair cut, color with high lights, a blow dry and a style can be anywhere between 500 - 700 lei.

From experience, the best places to find English speaking hair dressers are:

1. Yagi Hair Studios
   Strada Erou Iancu Nicolae 130
   Voluntari
   Județul Ilfov
   077190
   Romania
   Tel: 0735264904

2. Jovsky Hair Studies (several locations throughout Bucharest)
   https://jovsky.ro

3. The Bar - located in Promenada Mall
   https://thebarsalon.ro/programari-online/
For men, there are plenty of options for haircuts. Again, the obstacle is Language. Be sure to be clear with that you want and a picture helps. They tend to cut hair very short.

Recommendation:

**Big Boys**

Hair cuts and barber shop. Good quality and they speak English.

Hair wash, cut and a beard trim is roughly 90 lei (cheaper than Canada).

[Https://bigboys.ro](https://bigboys.ro)

**Barber Shop in Joliville Mall**

**Old Barber Shop**

Str. Erou Iancu Nicolae
nr.103 bis, Voluntari 077190
Pipera-Bâneasa
Tel: 0757 321 475

[Http://jolieville.ro/oldbarber/](http://jolieville.ro/oldbarber/)

**CHILDCARE**

To find reliable childcare in English can be difficult in Romania. Those who speak English charge more and are usually shopping around for better wages. It is not uncommon to lose several nannies in a year.

For babysitting, try to get to know families with teenagers in the Expat community for English services. The same can be said for French speakers.

Like anywhere, reliable and trustworthy childcare can be a challenge.
SAFETY

A few tips to keep in mind for your safety:

- Be aware of the audience around you.
- Have a purse / bag that can be secured and does not have an easily accessible opening.
- Ensure that all doors and accessible windows are securely fastened when you leave your home.
- Do not open the door for strangers.
- Do not leave valuables in view inside your car, and park your car in the garage (if you have one) whenever possible.
- Keep your car doors locked when traveling.
- Do not pick up a cruising taxi; take one from a rank or telephone for one.
- Keep as little cash at home as possible. Always secure valuable items.
- Draw up a detailed inventory of all your personal possessions (not only those you consider most valuable) and keep a copy in the office. This is an important aid in identifying exactly what might have been stolen and for insurance purposes.
- Take photographs of particularly precious items, as there is still a requirement to provide the Romanian authorities with photographs of certain items of personal effects on arrival at post.
- Leave a key with a friend or a colleague and ask them to make periodic checks on the property when away for long periods. This is useful even if you have a maid or other domestic staff. Sporadic visits are best; it is more difficult for potential burglars to operate outside of a set pattern.
- If wooden shutters are fitted to windows and doors, these should be lowered when the property is empty for any length of time. There is a risk that this might draw attention to the fact that the occupant is away, but coupled with the other recommended measures; closed shutters generally make it more difficult for forced entry to be achieved quietly.
- Whether to lock internal doors is a matter for individual judgement. On the one hand a locked door can invite the curiosity of a burglar; on the other hand the burglar might be discouraged from making more noise than is absolutely necessary.
- Report any unpleasant or suspicious incidents in or out of your home.
- It may be prudent to have a surveillance system for your apartment or home. They are affordable and a good deterrent for unwanted guests.
- Be warned – the theft of mobile telephones is on the rise.

Stray dogs:
The stray dog situation has all but been eradicated in Bucharest, but you may still see the occasional one wandering around in the city. You will notice however, that there are more in the rural areas. It is still advisable to have a rabies vaccination prior to your arrival in Romania.

If you are bitten by a stray dog then flush with water if possible and consult a doctor immediately.
**Rabies:**
If you have had a rabies injection in the last 5 years (a pre-exposure jab) you still need 3 booster shots ideally starting ASAP after the bite and spread over a week.
If you haven’t had rabies injection you need a shot of rabies specific immunoglobin before you start the rabies vaccine course, which will probably be five, not three jabs over 14 days.

**Earth Tremors/Earthquakes**

Earthquakes happen frequently, as Romania is situated in a very active seismic zone. You will likely experience small to larger tremors, and possibly earthquakes, during your posting to Bucharest. A 7.2 magnitude earthquake occurred in 1977 that caused significant loss of life and damage in the city. According to a March 2017 report from the Romanian Insider "The Romanian authorities have taken few measures in the last 27 years to prepare Bucharest for a strong earthquake. Thus, 40 years after the great earthquake of March 4, 1977, which killed almost 1,400 people in Bucharest, the capital continues to be exposed to the forces of nature." (Romania Insider, 04 March 2017). Another earthquake, in August 1986, killed some 50 people in Bucharest. A report in the Guardian newspaper in 2014 referred to Bucharest as "Europe's earthquake capital" (Kit Gillet, "Risky Cities: Red Equals Danger in Bucharest, Europe's Earthquake Capital", The Guardian, 25 March, 2014).

Although most modern buildings are constructed to higher standards, there is a risk that local infrastructure and emergency services would become significantly overwhelmed in the event of a disaster.

You can track earthquakes here:


You should be prepared for any eventuality. An excellent resource to purchase your own emergency gear is Evaq8 in the U.K (http://evaq8.co.uk), as they ship to Romania. You should plan to have your own stocks of food, water, spare clothing and any essential medication etc. for at least 7 days. Although the likelihood of a major catastrophe during your stay in Bucharest is low, you should remember the following basic rules:

**If you are indoors:**

- Don’t panic.
- Always move towards the centre of your building i.e. the strongest part. This is usually towards the lift shaft or supporting walls. If this is not possible, shelter from falling debris under a table or bed in a small room. Keep away from windows.
- Do NOT attempt to use the elevators.
- Do NOT try to leave the building immediately because falling masonry may still pose a great danger.
- If possible, turn off the gas. Do not alter the electricity supply; turning it on or off will generate a spark, which could ignite any gas in the air.
• When you do leave the building, move as quickly as possible to open ground well away from falling debris.
• Try to make contact with other families resident in your building/compound and try to account for everyone. If possible make contact with the Embassy.
• Do not re-enter any damaged building, as aftershocks are a common feature of major earthquakes.

If outdoors:

• Move to an open area free from tall buildings. If the earthquake has been severe you should try to make your way as quickly as possible, on foot if necessary, to a place of safety.

General Safety Measures:
Exercise normal safety precautions. Ensure that your personal belongings, passport and other travel documents are secure at all times. Keep a copy of your passport identification page, driver’s license, train or airline tickets, and credit cards. Safeguard the originals.
IN CLOSING

Your posting to Europe may be one of the most memorable postings you will experience with the Canadian Armed Forces. This experience comes from a combination of your outlook on life, your specific location and your family dynamics. While some revel in relaxed weekends roaming their local area, others are perpetually traveling to various locations otherwise too far or too expensive to discover from Canada.

Through it all, MFS(E) is here to assist you to maximize the good times and overcome any bumps along the way. Our focus is on virtual programming, email and telephone contact and on informational mailings. This may be different than what you are used to, but support is very much available to you, and we await your arrival with anticipation.

This Handbook is a special tool designed with you in mind. You may be surprised at the cultural differences upon first arrival. This guide is set in place to assist you in understanding some of the differences.

We have a Military Family Services Europe Facebook page so please take a moment to follow and ‘like’ the page. It helps get everyone in touch and keep up to date on upcoming events and programs. As this is always a working document and every family’s experience is different, we welcome any recommendations to improve this guide. It is your input that helps us to better serve you. We wish you a pleasant posting and we look forward to meeting with you at any of our organized events or programs, or online during one of our virtual programs. Remember we, are only a phone call or email away.

Welcome!

MFS(E) Staff, Advisory Committee & Volunteers

DISCLAIMER: Due to rules and regulations ever changing, please ensure you do your own research and consult with the resources provided for the most up-to-date policies and procedures before making any assumptions or relying on information provided here as accurate as policies and procedures change and could be different from the time this document was created and updated.

Thank you for your cooperation and attention in this matter.
USEFUL LINKS

EU Country Report:
https://europa.eu/european-union/about-eu/countries/member-countries/romania_en

BBC Country Profile:

COMMUNITY FACEBOOK GROUPS

MFS (Europe)  https://www.facebook.com/MFSEurope/
OUTCAN Page  https://www.facebook.com/groups/Outcanspoolsesofcanadianmilitaryeurope/
IWA  https://www.facebook.com/IWABucharest/
MFS (Europe)  https://www.facebook.com/groups/MFSEvirtualbookclub/
USEFUL TRANSLATIONS & PHRASES

Greetings
Common phrases

Hello or Hi  Buna ziua or buna
Good bye or bye La revedere, or pa pa (or simply pa - more informal)
How are you? Ce mai faceti?
Fine, thank you Bine, multumesc
Yes Da
No Nu
Please Va rog
Thank you Multumesc

Numbers

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**Common Food Terms:**

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<td>busuioc</td>
<td>French Fries</td>
<td>cartofî prăjiți</td>
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<tr>
<td>Bay Leaf</td>
<td>frunza de dafin</td>
<td>Fruit</td>
<td>fruct</td>
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<tr>
<td>Bouillon</td>
<td>Bouillon</td>
<td>Grapes</td>
<td>struguri</td>
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<tr>
<td>Cardamom</td>
<td>cardamom</td>
<td>Pork</td>
<td>porc</td>
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<tr>
<td>Cayenne Pepper</td>
<td>piper roșu</td>
<td>Ground Chicken</td>
<td>Carne de pui</td>
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<td>Țelină de sare</td>
<td>Ground Beef</td>
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<td>Ingredient</td>
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<td>semințe de țelină</td>
<td>Hamburger</td>
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<td>arpagic</td>
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<td>Orange</td>
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<td>Inside</td>
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<td>Sub</td>
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<td>Inainte de</td>
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<td>După</td>
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<td>For</td>
<td>Pentru</td>
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<tr>
<td>Time</td>
<td>Timp</td>
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<tr>
<td>I would like</td>
<td>Aș dori</td>
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<tr>
<td>I have a</td>
<td>Am un</td>
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<td>I am a</td>
<td>Sunt un</td>
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<td>Acea</td>
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<td>Who</td>
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<tr>
<td>Now</td>
<td>Acum</td>
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<td>Later</td>
<td>Mai tarziu</td>
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<td>Excuse me please</td>
<td>Scuză-mă te rog (va rog)</td>
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<td>Happy</td>
<td>Fericit</td>
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<td>Tired</td>
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<td>Love</td>
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**ADDITIONAL RESOURCES:**

**Bucharest in Your Pocket**
https://www.inyourpocket.com/bucharest/Basics

**City Compass - Romania (A guide to events in Bucharest)**
http://www.citycompass.ro

**Events in Bucharest**
http://eventful.com/bucharest/events

**The Bucharest Opera House (Ballets, Operas, Theatre)**
http://operanb.ro/calendar/

**AgerPress (Romanian News in English)**
http://www.agerpres.ro

**Romanian Insider (Romanian News in English)**
http://www.romania-insider.com