

What's your Super-Tower?



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Dear participant,

We have great plans for you, that's why we'll do our BEST to keep you "alive". During your stay you may get overdoses of fun, friendly people and unexpected interesting information. Read the following pages carefully, so that you know what to bring and to be prepared to healthily intake all that shall be given to you. Have no worries, you won't be alone, you will have a team of fearless organizers supporting you on this perilous adventure!

Pack your bag and off you go!

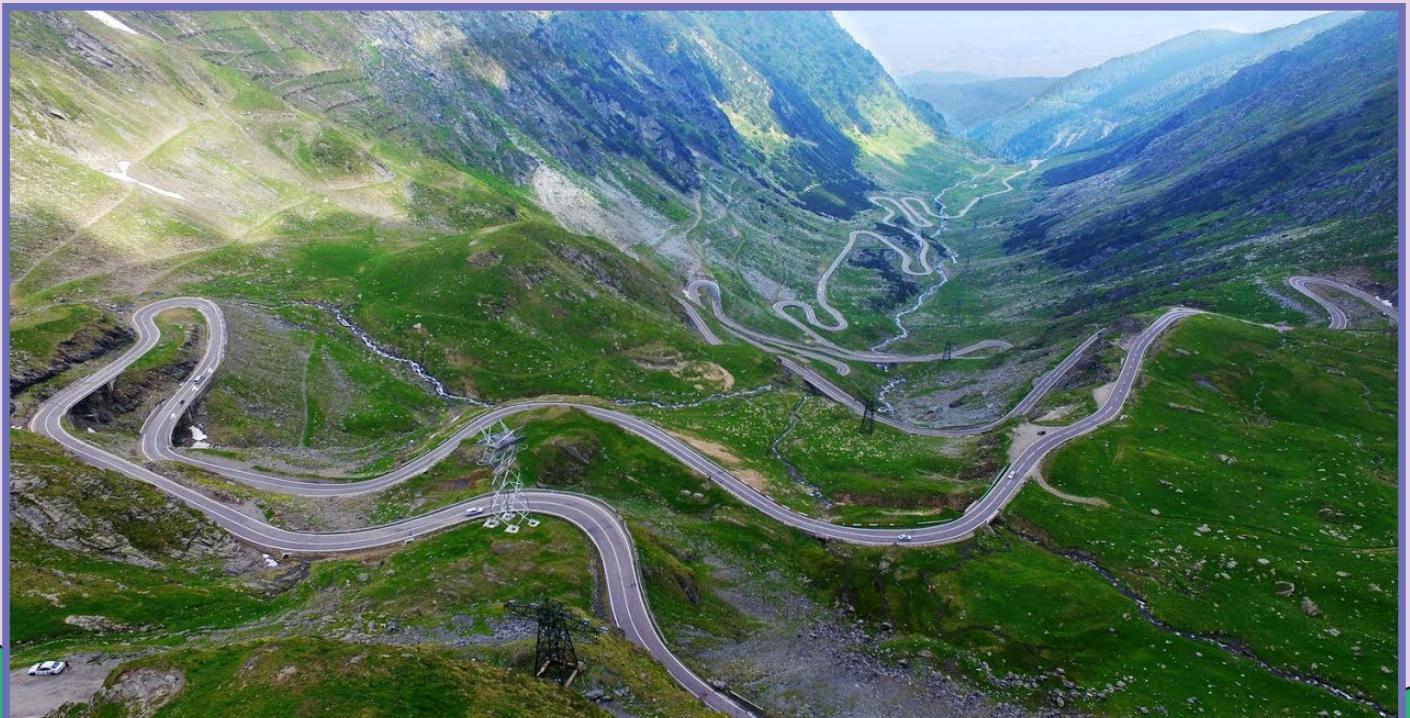


About Romania

Official language	Romanian
Capital	Bucharest
Population	20.2 million
Total Area	238.391 km square
Currency	Leu (plural lei)
Time Zone	GMT +2 hours

Romania, located in southeastern Europe, is dominated by the Carpathian mountains in the north and center of the country while the main feature in the south is the vast Danube valley which becomes a delta as it approaches the Black Sea. Authentic, Natural and Cultural are the words that best capture the essence of Romania, a dynamic country rich in history, arts and scenic beauty. A journey of a few hours by car or train can take you from the Danube River to a beautiful, intact, medieval town in Transylvania; from Bucharest - Romania's capital city - to the Black Sea; from Southern Transylvania to Bucovina or Maramures.

Take a step back in time as you visit one of the world's famous painted monasteries in Bucovina, the ancient, hilltop citadel in Sighisoara or an authentic, centuries-old, folkloric village in Maramures.



About Cluj-Napoca

This western city in the region of Transylvania traces its origins back to the Dacian settlement of Napoca in the 2nd century A.D. The name Cluj comes from Castrum Clus, first used in the 12th century as the name of the citadel surrounding the city. Clus means "closed" in Latin and refers to the hills that surround the city. With one of the most vibrant economies in the country and a population of around 330,000, Cluj is today a vibrant cultural and educational city. The six state and several private universities located here also make Cluj-Napoca the city with the largest percentage of student population in Romania.



City Landmarks

Union Square featuring baroque, gothic, Renaissance and neoclassical buildings, the square allows for quick access to St. Michael's Church and the Banffy Palace. St. Michael's Church - is one of the most beautiful gothic monuments in Transylvania. The altar, built around 1390, is the oldest part of the church. Fortress Hill - for the best views of the city and the surrounding landscape, climb some 200 feet up Fortress Hill.

About Transportation

By plane

The airport is located at 4 km from the city centre. Taxis are the easiest way to get around.

Bus number # 8 runs from the airport to Mihai Viteazul square in the center of the city and bus number # 5 runs from the airport to the railway station.



Useful links of airlines with service to Cluj Napoca:



Tarom - www.tarom.ro

WizzAir - www.wizzair.com

RyanAir - www.ryanair.com

(but RyanAir implies a stop in Budapest RyanAir and then taking another plane or other means of transportation described further).

You could also check the planes to Oradea, which are pretty cheap.

<https://www.aeroportoradea.ro/en/>

By Car

The price of the diesel is 5.5 lei (1.15 euro) / liter. However, if you have an electric car you can charge it for free. But first, before fuel you will need a vignette. It is mandatory to have one if you want to drive on any national roads. You can buy it from any gas station or from the

<https://www.roviniete.ro/en>. The prices vary on the duration and on the category of the vehicle: for the category B vehicle the prices are: 7 days – 6 Euros; 30 days – 16 Euros; 90 days – 36 Euros; 12 months – 96 Euros.

Cluj-Napoca is an important node in the European road network, being on three European routes:

- E60
- E81
- E576

At a national level, Cluj-Napoca is located on three different main national roads:

- DN1
- DN1C
- DN1F



Observe the speed limit at all times. Make sure your vehicle is roadworthy and that you have with you all documentation, including evidence of insurance. It is illegal to drive under the influence of alcohol. Don't drink any alcohol if you are driving.

By Bus

If you like travelling with a backpack and tasting the life of the locals, maybe you'll like touring by bus all over the Romania. The tickets are cheap (you can get anywhere in Romania with less than 20 euros) and they run quite frequently. We also recommend you FlixBus.

Hitchhiking

In Romania payment for the ride is often expected, although foreigners often aren't asked for anything. People expect to be paid for giving a ride, but if you tell them in advance that you are unable to pay, one out of two will take you anyway. When hitchhiking, it's best to hold a sign with the name of the place you want to go to.



By Train

Romania has a well-developed railway network that covers virtually the whole country. Trains are one of the most popular means of getting around Romania. They are inexpensive and generally on time.

Three different services are offered:

- The cheapest and slowest are local the local trains - Regional.
- Faster and more expensive are the InterRegional trains that require a seat reservation along with the ticket.
- The fastest and the most expensive are Inter-City Trains. The last two types of trains have dining cars and sleepers (over-night or long-distance trains only).



More info on:

<http://www.infofer.ro>

About the weather

The month of July is characterized by gradually rising daily high temperatures, with daily highs around 25°C throughout the month, exceeding 30°C or dropping below 19°C only one day in ten.

Although average precipitation and humidity during summer is low, there are infrequent yet heavy and often violent storms. Stay warm and wear a raincoat!



When you get hungry

Entree



"tocaniță" (meat stew seasoned with onions and/ or spices)

"ghiveci" (over 20 vegetables cooked in oil)

"sarmale" (pickled cabbage leaves stuffed with a mix of minced meats, rice and spices).

"mititei" (The "Wee Ones" -small skinless grilled sausages) are among the favorites

Appetizer



All kinds of cheeses, cold cuts and vegetable spreads.

A traditional drink enjoyed with appetizers is the legendary "pălinca".

Dessert



"papanași" (cottage cheese donuts, topped with sour cream and fruit preserve),

"clătite cu brânză" (crepes filled with cottage cheese, raisins and spices)

"cozonac" (traditional holiday sweet bread filled with walnuts, poppy seeds or cream cheese).

Soup



"ciorbă de perișoare" (meatball soup)

"ciorbă țărăneasca" (vegetable soup, with or without meat)

"ciorbă de burtă" (tripe soup)

When you get thirsty

Almost two percent of Romania's total agricultural land is given over to vineyards, making Romania one of the world's top 10 wine producers. As a general rule the best whites are made in the north and in Transylvania, while the country's best reds are made in the south. Its quality is very good and the price is reasonably cheap: expect to pay 30-60 RON for a bottle of Romanian wine (about €5 - €10).

Romania has a long, proud history of brewing good beer, and while today there are just 20 breweries in the country, there were more than 120 breweries in 1989. With large amounts of investment from big foreign brewers the country's best known beers have been saved from extinction and improved, and in a number of cases new brews launched: the current trend for unfiltered and lemon beers is one such example.

Do not leave Romania without trying the local firewater, rachiu (rakia) (drink too much on the other hand and you might not be in any fit state to leave). Made (usually, but not all the time) from plums and fermented in wooden casks, this strong smelling spirit is lethal yet ubiquitous. Every male in the country has a supply (even if he doesn't drink it) and will insist that his father's/ father-in-law's/ uncle's etc. is the best. When made from other fruits, rachiu is usually called palinca (palinka).

About communication

General

Hello. - "Salut."
Goodbye. – "Pa"
How are you? - "Ce mai faci?"
Thank you. - "Multumesc"
Please - "Te rog!"
I'm sorry - "Îmi pare rau"
I'm hungry – (will not be the case)
What's your name? – "Cum te cheamă?"
Yes/No – "Da/Nu"

For the streets

Excuse me – "Scuze"
What time is it? – "Cât e ceasul?"
I don't understand – "Nu inteleag"
I don't speak Romanian – "Nu vorbesc romana"
I don't know – "Nu stiu"
Bus/Train/Aeroport – "Autobuz/Tren/Aeroport"
Where is ...? - "Unde este...?"

In case of "emergency"

I'm sick – "Mi-e rau"
I woke up in the woods – "M-am trezit la mama dracu'"
I needed a toilet, but now it's too late – "M-am pișat pe mine"
Are we in Romania? – "Suntem în România?"
Help! - "Ajutor!"

About expenses

Romania's currency is Leu (plural "Lei"— pronunciation: (lay).

Banknotes:
1, 5, 10, 50, 100, 200 and 500 lei

Coins:
1, 5, 10 and 50 bani pieces
(pronunciation: [bahnee]) 1 leu = 100 bani

Foreign currencies may be exchanged at banks or authorized exchange offices (called: "casa de schimb" or "birou de schimb valutar"). International airports and larger hotels also offer currency exchange services.

Romanian currency cannot be purchased or sold outside of Romania's national borders.

Make sure that, before leaving Romania, you convert your leftover Lei into the currency of your choice.

ATM machines are available at main banks, airports and shopping centers.

Bus ticket (2 rides): 6 lei

Taxi: 4 lei/km

Pizza: 30-40lei

Mineral water (0.5l): 4-5 lei

Pack of cigarettes: 26 lei

Cinema ticket: 25 lei

Tampons: 16-24 lei

Condoms: 13 lei(3 pieces)

A loaf of bread: 5 lei

Chocolate: 3-6 lei

Icecream on a stick: 5 lei

Fruit and vegetables: cheap and tasty

Shaorma(street food): 26 lei

Covrig (Pretzel): 3 lei

Coffee: 10-13 lei

The List

What you should bring with you:

- student ID
- medical and general travel insurance
- this survival guide printed
- pocket money
- credit card passport and/or visa
- cellphone charger
- photo camera
- goodies for the international evening
- flag of your country
- music instrument
- gifts
- good mood
- clothes
- towel
- hygiene stuff
- sleeping bag
- swimming suit
- comfortable shoes & slippers
- clothes that can get dirty

Safe spots & numbers

International call prefix: 0040 (+40)

Mobile phone numbers have a two-digit code, regardless of the geographical area in which the user resides. The first digit of the code is a seven, and the second one gives the network. For example, 72 and 73 is for Vodafone; 74 and 75 for Orange.

A SIM card with a number and 5 euros costs around 30 RON and there are good options with national and international minutes and SMS.



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Links

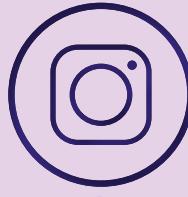
Further instructions online:



sc.bestcj.ro



facebook.com/BESTcluj/



instagram.com/best_clujnapoca