

Find and practice the sports which
fit you the best!



Multisport Experience Sport Club from
Arad

Stage period: 01.09.2015-29.02.2016
(Stage B)

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Introduction

Period: 01.09.2015 – 29.02.2016 (Stage B)

Dear volunteer,

Welcome to our running world! If you read this, most probably you are looking forward to start the project. We feel the same!

Therefore, we will send you some files with the main things to be considered before your coming and during your stage.

Please read them carefully and if you have questions, we are here to answer you.

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<https://www.facebook.com/pages/Clubul-Sportiv-Experienta-Multisport/611791855501854>



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Summary of the project

The project “Find and practice the sports which fit you the best!” is the result of the correlation between Arad’s strategic objectives in the areas Youth and Sport with the priorities and the objectives of the Erasmus+ program, as other EU initiatives in these areas. The idea of this project started as a result of the lack of local volunteers that our organization needed in order to conduct the various sport events that we organize or participate to. The present project is divided in two stages, with 8 months for the first stage (December 2014 - August 2015) and 6 months for second stage (September 2015 – February 2016). In each stage they are 5 EVS volunteers participating – 10 in total. This project’s major topics are: Sport for all; Healthy lifestyle; Improving ICT intake of the youngsters.



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Description of hosting organization



Our story

The pleasure of movement and the desire to promote sport as one of the basic elements of a healthy lifestyle have brought us together. We started to become a team by running in a group and, especially, by participating at organizing events dedicated to sport.

At the end of 2012 we set up in a sport club called Multisport Experience Club. On long term we aim to promote and practice a wide range of individual and team sports, depending also on members' preferences.

We begin with:

- Promoting and practicing especially short or long distance running, swimming and cycling;
- Promoting and practicing marathon, half marathon, ultra marathon;
- Promoting and practicing triathlon;



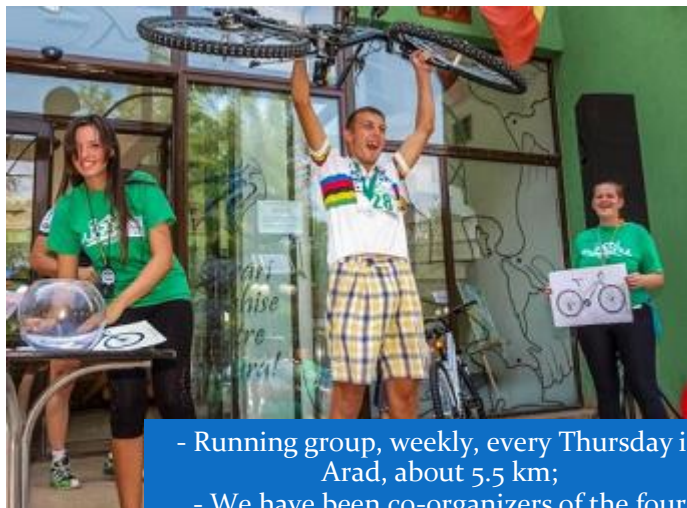
In the future we also want to reach other levels such as:

- Proposing and implementing activities, projects and programs in terms of sport,

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- organizing competitions, events, projects, locally, nationally and internationally;
- Organizing sport courses, seminars, conferences, camps, training camps and other activities based on methods from formal or non-formal education;
 - Participating at local, national and international competitions;
 - Increasing the access to information and programs dedicated to sports;
 - Increasing the practice of various sports by citizens;
 - Supporting specific voluntary activities regarding sport, civic participation and active citizenship;
 - Promoting the common interests of members organization on sport plan;
 - Encouraging practicing performance sport;
 - Developing collaborations with similar structures, association within some federations or other types of representative bodies, national and international affiliations;
 - Forming a healthy lifestyle among youth;
 - Developing management and leadership skills of young people on sport level;
 - Making sports activities on the following areas including, but not limited to: athletics, swimming, cycling (cycling city, cyclotourism, mountain biking, mountain biking, etc.), triathlon, duatlon, sports orientation, active tourism, mountaineering, chess , skating, skate board, skiing, dancing, hiking, badminton, basketball, bowling, billiards, kayaking, canoeing, darts, fitness, football, football tennis, gymnastics, paintball, fishing, polo, bowling, roller, karate, tae bo, table tennis, tennis, shooting, volleyball, etc..
 - Promoting ecological principles, environmental protection and education of youth in the spirit of respecting nature and sports;
 - Promoting European values and development of intercultural programs;

We organize:



- Running group, weekly, every Thursday in Arad, about 5.5 km;
- We have been co-organizers of the four events dedicated to amateur sport, this year:

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1 • THE ROAD RUNNING AND THE HALF MARATHON OF ARAD COUNTY, together with Arad County Council, Arad City Hall and Arad County Cultural Center

This was a very big event which involved:

- 1692 participants;
- 3 course: half-marathon, 6 km, 1 km;
- 106 partners;
- 210 volunteers;
- 5442 km run by all the runners;
- 13 countries represented there;

More details can be seen on www.cros-semimaraton.ro



2 • A rad Bike Race dedicated to mountain biking, together with Arad County Council and Arad County Cultural Center – 135 participants for 3 types of courses: 40 km, 12 km and 5 km.

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3 • Tomato Festival on Bikes – one road course for bikes, with 112 participants;



4 • Green Duathlon – with 103 participants;

The total number of participants on the events organised by the club, during 2013 have been 2042.

We intend to annually participate in a group to at least six events dedicated to amateur sport. The present team consists of 49 people (4 founder members and 45 who joined us last year) which includes colleagues with various backgrounds and experience in volunteering and sport programs for young people as well as in training. As a target group, we work, in

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particular but not exclusively, with youth at events and activities dedicated to sports, but at the events we organize, people without age limit have access in general.

Our members, amateurs on sports have been involved in running, swimming or riding a bike in these events, during 2013:

1. Semimaraton Novi Sad
2. Fighters' Run
3. Semimaraton Brasov
4. Maratonul Parisului
5. Maratonul Viena
6. Maratonul International Cluj - Napoca
7. Brasov Marathon
8. EcoMarathon Moeciu de Sus
9. Felix Race Trail
10. Hercules Maraton
11. Semimaratonul Varsilor
12. CROSUL SI SEMIMARATONUL JUDETULUI ARAD
13. Triatlon Oradea
14. Maraton Apuseni
15. Brasov Triathlon
16. Retezat Maraton
17. Duatlonul verde
18. Runsilvania WILD RACE
19. Maraton Timisoara

The main point is that we make sports to keep us fit, to have a healthy way of life and to inspire others, also. The focus in these events is not on winning but on participation.

By using EU sport related framework Multisport Experience Sports Club would like to increase the activities on sport by implementing “Find and practice the sports which fit you the best!” project as European Voluntary Service one for the following reasons as hosting organisation:

1. we want to bring to other people our passion for sports and especially for running, swimming and cycling.
2. we would be glad to learn from you, the volunteers about the way things are working in your native countries in terms of sport, about how sport is seen in your

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region, about how your life is with or without sport, motivations to move, own culture, your life experience on the subject and so on.

3. we can teach you what we already do in terms of running, group running, running on different events, quick running or jogging, here or in other places, road running, half marathon, marathon or even ultra marathon. The same can be applied on cycling, swimming and other sports we plan to practice in groups.
4. you, as foreign volunteers, can be examples for local people helping us in promoting sports as a healthy way of spending free time.
5. together we can prepare activities to increase the number of people involved in sport activities in Arad county and in Romania.
6. we can compare traditions of our cities and our countries in terms of sport and learn from each lesson we can see together.
7. we can develop new approaches for practicing sport.
8. using sport as learning tool in overcoming prejudices, racism and xenophobia, uniting all competitors without exceptions
9. applying sport as a therapeutic tool used in working with disabilities (mental and physical)

Finally, you can help us promote our activities abroad and participate in different international events or networks as well as from our side the enhance the process of putting Romania and Arad on the sport map of Europe and creating the flow of Romania leading the way to create and promote healthy lifestyle through making sport.

As for the responsibilities, tasks and objectives of coordinating organisation we can play an important and active role in implementing our proposals plus we can apply further our initiatives in sport field after initial success. We plan to apply procedures which can help us and our partners (hosting or sending) to achieve the performance we would like to have all together in long terms of learning.

We are a new born structure therefore we are at the beginning of our journey. We have enthusiasm and our members have been involved, for many years in different organisations on EVS projects in Romania and abroad as coordinators, facilitators, mentors, trainers, participants, etc. We are strongly motivated and we will put our experiences all together in order to build sports activities on international level with foreign volunteers. We truly believe that sports can bring people together in having fun and learning about one another. Having a fair play approach we can make a better world and have a better understanding of one another.

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According to the common saying “Strong body, strong mind”, we believe also in therapeutic influence of running as solution to everyday life problems and concerns but most of all as a solution to health problems. We cannot forget that:

- **In Arad county**, the main cause of mortality is due to cardiovascular diseases, in 2009 from 6137 inhabitants, 3598 died of heart diseases. One from 3.7 persons is suffering from a heart disease. (*Statistics published by the Arad Public Health Direction, September 2010*). The areas of intervention for promoting heart’s health include: encouraging physical activity, a healthy diet and avoiding smoking. The above mentioned situation may be generalized with some variation at the national level;
- In Romania, about 50% of citizens are overweight (according to the C.I. Parhon Institute of Endocrinology);
- Among the negative current trends at the national level, which are found in a study called ”Emerging needs of children in Romania” conducted by FDSC in 2009, there is also stated that physical activities were replaced with those from the virtual environment (75% of respondents).
- The number of obesity cases in primary school has doubled in the last 8 years (study realized by the Bucharest Public Health Institute);

Arad has as a target to become a city oriented more on sport, to build here a sport center. This project can support that ambition target with people doing sport on regular basics.

More about this target can be found here: http://www.vestic.ro/articol_32441/primarul-aradului-militeaza-pentru-realizarea-unui-centru-national-de-sport-la-arad-.html, <http://arq.ro/centru-national-pentru-sport-la-arad/> , <http://www.actualitati-arad.ro/centru-sportiv-national-infiintat-arad/>

Because sport is also a part of the culture we hope to help the city to apply also for the “European Capital of Culture” through all our activities in this field.

Multisport Experience club has the following objectives, until 2015:

- **To involve in a running event at least 1% from Arad city population (at least 1479 runners)**
- **At least 30 members of the organisation to have a half marathon realised (21.097 km);**
- **At least 15 members of the club to have a marathon realised (42.195 km);**
- **At least one member of the organisation to have an Iron Man realised (3.8 km swimming, 180 km riding a bike, 42.197 km running)**

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From these perspectives, the project can support our dreams for the benefit of the local community especially in the objective number 1. Once the people will start to run, they would like to check their performance in a big running event.

We treat “Find and practice the sports which fit you the best” project as an excellent opportunity to emphasize even more the mission of our organisation to promote running and healthy lifestyle not only at local level, but also at European level by involving the EVS volunteers into the activities of the project.

You can follow us on www.experientamultisport.ro or Facebook:

<https://www.facebook.com/pages/Clubul-Sportiv-Experienta-Multisport/611791855501854>

A. Details of the applicant (Coordinating Organisation)

Name	Asociatia Clubul Sportiv Experienta Multisport		
Accreditation reference number (EI) ⁵	2013-RO-50		
Street address	Str. Iulian Grozescu, no. 4-6, sc. C, ap. 8		
Postcode	310001 Arad	City	Arad
Region	Arad	Country	Romania
Email	experientamultisport@gmail.com	Website	www.experientamultisport.ro
Telephone	0040 730 570393	Telefax	

⁴ The applicant must be established in a Programme Country, in South East Europe or in an Eastern Partnership Country and must be accredited as Coordinating Organisation and have a reference to an approved Expression of Interest (EI).

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Person authorised to sign the contract on behalf of the applicant (legal representative)

Family name (Ms/Mr)	ROMAN	First name	CODRUTA DELIA
Position/function	President		

Person in charge of the project (contact person)

Family name (Ms/Mr)	ROMAN	First name	CODRUTA DELIA
Position/function	President		
Email	experientam@gmail.com		
Telephone	0040 730 570393	Telefax	

Coordinating organization believes that having in the team experienced youth workers acting as coordinator of the project, mentor of the project, supported by professional Romanian and English language teacher and local volunteers already gathered around our organization we are able to perform 6 months stage long project and transmit the powerful message about the positive influence of running on human health as well as answer with “Find and practice the sports which fit you the best!” project to the common concern of EU regarding: the risk that young people are addicted to welfare or unemployed; improving gender equality in sport; adopting a healthy lifestyle both the actors and the youth in general; combat sedentary lifestyle and obesity problems; creating for the youngsters a web portal destined to alternative healthy ways to spend their free time; etc.

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Objectives, activities and schedule

The objectives of the project “Find and practice the sports which fit you the best!” are:

1. Gathering, during the project, materials regarding at least 30 opportunities to practice sport in Arad.
2. To make a WEB portal, during the project, for promoting the opportunities to practice sport in Arad.
3. The EVS volunteers have to test at least 30 ways to spend your free time through sport, during the project.
4. To make short movies in which at least 10 opportunities to practice sport in Arad have to be promoted, and to short movies to promote gender equality in sport.
5. Recruitment, during the project, of at least 100 local volunteers who want to engage in sport activities.
6. Creating, during the project, a information campaign regarding the importance of gender equality in sport.

The age of the selected EVS volunteers will be between 17-30 years old at commencement day of the voluntary stage within this project, and their profile will include the following aspects: desire for involvement, responsibility, willingness to learn a new language and culture, and high motivation to bring their input in the improvement of the sport community in the city of Arad.

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The activities of the EVS volunteers will be:

- the selection of 10 local volunteers/local multipliers who will help implement the project objectives.
- carrying out a research on similar initiatives from where useful data can be collected
- creating a map of the sport activities from Arad
- inserting data on the WEB portal dedicated to the sport activities from Arad
- discovering and presenting the main qualifications in sport and related courses if they are available in Arad
- discovering and listing locations related to sports infrastructure of Arad
- discovering and listing of the main sport events from Arad and creating a calendar in which they are included
- making a statistic regarding the number of persons from Arad who practice sport
- making a centralized database with the number of persons from Arad who are members of a professional or amateur sport club.
- creating a information campaign regarding the importance of gender equality in sport.
- making some short movies destined to promote sport in Arad and the importance of gender equality in sport

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Schedule

The schedule which can be consulted below might be adapted in the future when the events are during the weekend with the volunteers taking the necessary days off, 2 per week and other 2 per month, apart from the weekly ones.

Example of standard week of European Voluntary Service timetable:

Working hours		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
(MORNING)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities		
08:00	09:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Free days	
09:00	11:00	Testing sports	Collection of materials	Testing sports	Collection of materials	Testing sports		
11:00	13:00	Romanian learning lessons	WEB session	Romanian learning lessons	Romanian/English learning lessons	WEB session		
(NOON)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities		
							Free days	
(AFTERNOON)								
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities		
13:00	14:00	Lunch	Lunch	Lunch	Lunch	Lunch		
14:00	16:00	Recruitment of local volunteers	Recruitment of local volunteers	Team building/recruitment volunteers	Photo-video workshop	Mentorship-monitoring the plan of personal development		

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16:00	18:00	Gender equality campaign/ Promotion of the project	Promotion of the project	Mentorship-monitoring the plan of personal development	Promotion of the project	Meeting with the coordinator	Free days
(EVENING)							
Starting time	Ending time	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Description of foreseen activities	Free days
18:00	19:00	Collection of materials	Testing sports	WEB session	Testing sports	Weekly evaluation/ Weekly report	
19:00	19:30	Daily report	Daily report	Daily report	Daily report		
19:30	20:00	Dinner	Dinner	Dinner	Dinner	Dinner	

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Methods to be used during the project “Find and practice the sports which fit you the best!”

Examples of non-formal methods which are intended to be used in this project by EVS volunteers and the coordination team: aquarium , role play , display street , SWOT analysis, brainstorming, facilitated discussion , evaluation forms , focus groups , interviews , etc. .

Below you can find the general description of some of these methods:

- **Brainstorming**

In order to plan, or to create the best scenarios for the activities, we encourage to use this method, together with the sister method, brainwriting. We count on it to be useful in the development of innovative internet tools of communication and interaction for the purpose of virtual community of runners gathered around Multisport Experience Sport Club;

- **Role playing**

Method especially useful to test the abilities for interviews with members of virtual community of runners gathered around Multisport Experience Sport Club or public. The idea is very simple: one volunteer plays a role of interviewed and another one is interviewed. EVS volunteers evaluate each other to check basic purposes of the interview: whether the questions were relevant and answers comprehensive. It allows also to check the duration of the interview as well as its tools: video camera or voice recorder;

- **Interviews**

The EVS volunteers will be involved in realising short movies in order to keep the promotion alive. EVS volunteers will be encouraged to use as many different tools for interviews: photo / video cameras, voice recorders, even use drawings as interview – keeping promotion alive means developing new and innovative tools;

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Things to be prepared before coming

1) Medical letter / certificate from sending country regarding every single future EVS volunteer confirming and assuring that there are absolutely no obstacles for future EVS volunteers to make sports – running especially.

2) National evening; Increasing positive awareness will be one of the key point of traditional introduction activities for EVS volunteers during introductory training by Multisport Experience Sport Club right after arrival of the EVS volunteers to Romania. During the training, EVS volunteers will be asked to prepare and perform national evenings during which they will present own culture, language and sport particularities.

3) Proper equipment for running;

4) Laptop, telephone etc; (if you want)

During the project or after finishing the EVS stage by the volunteers and their comeback to sending country, sending organizations are advised by coordinating organization to conduct in cooperation with volunteers at least one from the following activities, in order to emphasized the results of the project:

- Organising photo exhibition
- Meeting with press
- Meeting with young local people in sending organization
- Articles in local press
- Promotion of EVS, YiA and European Commission in local neighbourhood
- Organising and updating sending organisation's website of key results of "Find and practice the sports which fit you the best!" project;

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Trainings of the project

Host country official training circle:

It is performed in hosting country by NA of YiA Programme. EVS volunteers of “Find and practice the sports which fit you the best!” will be obligated to participate into 2 trainings in Romania from that cycle:

- on arrival training
- mid-term training

Coordinating / hosting organisation assist EVS volunteers with these trainings providing the information about date, venue and content. We help in travel arrangement as well.

Host country coordinating / hosting organisation training cycle

This cycle is in the gesture of coordinating / hosting organisation in order for the EVS volunteers to have as full picture of EVS experience as possible. Coordinating organisation assists with trainings for the volunteers at the beginning, in the middle and at the end of the project. All three trainings designed for “Find and practice the sports which fit you the best!” project are done by the team of professional trainers and youth workers from coordinating / hosting organisation who have necessary knowledge and licence to do so. Trainings provided by coordinating / hosting organisation are as follows.

Regarding non-formal and informal learning dimension:

- introductory training
- middle-stage evaluation and planning sessions
- evaluation of the project sessions

Regarding running and related activities:

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- running training
- promotion training
- first aid training

Introductory training will be the first internal training provided by Multisport Experience Sport Club for EVS volunteers of “Find and practice the sports which fit you the best!”. The training will consist of full introduction to EVS, “Find and practice the sports which fit you the best!” tasks and objectives, local neighbourhood and Romania. We will take this training in the light form, spreading the information so EVS volunteers would have a time to acknowledge it during the difficult (in most cases) first days of adaptation to new environment of EVS project. This internal training will be also an introduction to existing websites, which EVS volunteers will have a task to manage during the project into virtual community of runners gathered around Multisport Experience Sport Club.

Middle-stage evaluation and planning sessions is the second training-like activity provided by coordinating / hosting organisation during EVS stage of “Find and practice the sports which fit you the best!” – the basic aim is to evaluate in the approximate middle of the project the achievements and progress of learning process as well as plan rest of them until the end of the stage. These sessions are also the time for the EVS volunteers to get involved better into the project by suggesting own initiatives as well as making plans for own learning process to be improved. There is always a time and space to improve after middle-stage evaluation and planning sessions – this is why we organise it.

Evaluation of the project sessions will be one of the most important moments during the whole stage because there comes a time to evaluate whole stage duration of the project, and that is quite a lot in the lifetime of the young person. These sessions will be constructed in such a way that they will bring the sentiment of all good things which happened over the months as well as will bring evaluation of challenges or possible failures, so they would not happen again. The whole project’s design, collecting materials and gaining experiences, documented in proper way is indicated not only for reporting process of the application but also for the purpose of this final training to create full, panoramic picture of the EVS stage, which often is a lifetime memory for EVS volunteer and a start of new habits in life.

During the evaluation of the project sessions EVS volunteers will be also presented with the methods of how to multiply the results of the project in their home countries as well as cultivate the activity of running in the future.

Evaluation of the project sessions will be also an opportunity for the EVS volunteers to take a part of virtual community of runners gathered around Multisport Experience Sport Club with him/ her back home. It will be symbolically represented by all electronic materials created by the EVS volunteer during the stage (on DVD or memory stick with logo of Multisport

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Experience Sport Club) as well as items such as medals for participation in running events, t-shirts and else.

Running training. Training will contain basic information of how to run – techniques, how to do warm ups – techniques, what to eat, time for run – for beginners, how to keep oneself in shape for running, sleeping habits and else

Promotion training. Containing some PR indicators as well as practical information about promotion of sport in local neighbourhood: channels of communication, key persons for sport activities in Arad area, other organisations devoted to running in Arad county and in Romania, other activities organised in in Arad county and in Romania, and else.

First aid training. Training devoted in the first place to possible dangers of injuries during running activities, joined with elements of basic first aid train, also within other than running activities health hazards. First aid training will be also completed of elements of safety during running – warning about dangers which comes from: stray dogs, cars, dark alleys in neighbourhood, and so on.

EVS volunteers from “Find and practice the sports which fit you the best!” project at any given moment will be supported by 4 different persons from coordinating organisation as well as some extra support persons from local neighbourhood:

- Facilitator of the project – coordinator may act as facilitator – regarding activities with EVS volunteers so task related support

- Mentor of the project regarding integration to local neighborhood of EVS volunteers and their personal problems, therefore intercultural dimension of the project

- Romanian language teacher regarding EVS volunteers’ language skills

- Trainer regarding ongoing support of the project regarding the methods used and competences achieved as well as preparing and performing at least 3 internal CSEM trainings: introduction, middle sessions and final evaluation ones.

- Local Romanian speaking volunteers – to support EVS volunteers in their activities or being a target group for EVS volunteers to be trained.

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About running



Running

Basic information about positive influence of running for human health

Promotion of **young people's active citizenship in general and their European citizenship** in particular is expressed by conscience awareness of all members of our organisation of the importance keeping oneself fit, active in order to live longer and make more people aware of the importance of healthy lifestyle. This is also a point of view and big concern of EU as statistic says that:

- In Arad county, the main cause of mortality is due to cardiovascular diseases, in 2009 from 6137 inhabitants, 3598 died of heart diseases. One from 3.7 persons is suffering from a heart disease. (*Statistics published by the Arad Public Health Direction, September 2010*). The areas of intervention for promoting heart's health include: encouraging physical activity, a healthy diet and avoiding smoking. The above mentioned situation may be generalized with some variation at the national level;
- In Romania, about 50% of citizens are overweight (according to the C.I. Parhon Institute of Endocrinology);
- Among the negative current trends at the national level, which are found in a study called "Emerging needs of children in Romania" conducted by FDSC in 2009, there is also stated that physical activities were replaced with those from the virtual environment (75% of respondents).
- The number of obesity cases in primary school has doubled in the last 8 years (study realized by the Bucharest Public Health Institute);
- Infantile obesity tends to take alarming proportions in the European Union, where 14 million children are overweight and their number increases by 400,000 annually.

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For drawing attention to this situation, the EU countries mark the European Day Against Obesity (EDAIO) for the first time on 22nd of May 2011. ZEIO goal is to help overweight and obese European citizens, in changing their lifestyle, controlling their weight and improving their life quality (<http://www.obesityday.eu>).

The members of Multisport Experience Sport Club from Arad propose a solution to stand up to health risks – and it is simply running. And promotion of running. With promotion of clear and easy to identify advantages of running.

What are the basic advantages?

- reducing the risk of bone damage as the bones are put in motion;
- strengthening the muscles;
- helping to reduce weight;
- contributing to lower cholesterol;
- strengthening the cardiovascular system;
- improving the respiratory system;
- improving the immune system by strengthening the respiratory and cardiovascular system;
- improving memory by producing new brain cells;
- oxygenating all body parts;
- rebuilding tissues' and muscles' tone;
- restoring skeletal position;
- removing stress hormones;
- accelerating the recovery mechanisms of the body.

Taking all stated above concerns and facts which clearly prove the point of running having positive influence on human's health and long life perspective, we propose “Find and practice the sports which fit you the best!” project as the answer to common EU concerns to take care of health of average European Citizen. Coordinating organisation of this EVS project consider proposed solution as an active European Citizenship attitude.

Safety measures

For greater safety and for avoiding some possible risks, we advise you that before starting a training program to consult your doctor for getting his permission that you are medically fit for this activity. Also, you should consider using an appropriate equipment (especially running shoes).

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NUTRITION

General rules for the training ration

A balanced diet is one of the factors that influence the preparation of athletes, being truly effective when it becomes permanent and it generates eating habits.

The training ratio can vary quantitatively (as number of calories) in quite wide limits, from one person to another, the average values being around 3500 calories for men and 2800 calories for women.

Studies conducted on 400 performance athletes showed that the best results were obtained respecting the following proportions of the main nutrients in the diet:

- o 15% proteins, respecting animal protein / vegetable protein ratio ≥ 1

because animal proteins have a high biological value and vegetable proteins are accompanied by valuable antioxidants.

- o 30% lipids (fats), so vegetable fats including fish / total fats $\geq 2 / 5$

because vegetable fats are less incriminated in atherosclerosis than those of animal origin, and omega3 polyunsaturated fatty acids decrease the risk of coronary diseases.

- o 55% carbohydrates, respecting Kcal of simple sugars / Total Kcal ratio $\leq 1 / 10$

to avoid the excess of simple sugars with rapid absorption.

As general rules, avoid fatty and indigestible foods (sausage, mayonnaise, sauces, fried fats, cream cakes, puff pastry) and alcoholic beverages, eat slowly chewing each bite, consume at least 2 litres of liquid (mineral water, fruit juice) / day, but do not drink during the meal, half an hour before and 2 hours after meals.

An example of a menu for the period of training is as follows:

- o Breakfast: cereals with milk, eggs, bacon or dairy products, toast or crackers, compote or honey, fruit or freshly squeezed fruit juice, butter.

- o Lunch: a salad of raw or cooked vegetables (eggplant, peppers), meat or fish (baked or grilled or steam), braised or grilled green vegetables, a fruit.

- o Snack: tea or weak coffee or yogurt.

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o Dinner: mashed vegetable soup, meat or fish or eggs, a flour or green vegetable serving, fruit or fruit salad.

And do not forget that in the competition day, the last meal before the running should be taken at least 3 hours before, and should be a balanced meal and easy to digest!

Eng. Dana Radu, Ph.D

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2. R. Ballentine, Diet and Nutrition - a holistic approach, translated by C. Macovei, Old Court Publishing house, Bucharest, 2007.

Training Programs for the Half-marathon

synthesis by Sorin Victor Roman

In the following I propose you two training programs by two American authors who agreed that these variants to be published for the benefit of those interested in training for the half-marathon. Tom Holland and Jeff Galloway are people with extensive practical and theoretical experience, with dozens of marathons realized and thousands of people who have followed their advice. More about these authors can be found at the following web addresses:

<http://www.teamholland.com> , <http://www.jeffgalloway.com>

If there are any coaches who want to share with us their experience and their used methods, please contact us.

Training for beginners - proposed by Tom Holland in "The Marathon Method"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1	Break	4,8 km	Exercises with weights	4,8 Km	Exercises with weights	4,8 Km	4,8 Km	19,2 Km
2	Break	4,8 km	Exercises with weights	4,8 Km	Exercises with weights	4,8 Km	4,8 Km	19,2 Km
3	Break	4,8 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	6,4 Km	22,4 Km

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4	Break	4,8 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	6,4 Km	22,4 Km
5	Break	4,8 Km	Exercises with weights	4,8 Km	Exercises with weights	4,8 Km	4,8 Km	19,2 Km
6	Break	4,8 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	8 Km	24 Km
7	Break	6,4 Km	Exercises with weights	8 Km	Exercises with weights	4,8 Km	9,6 km	28,8 Km
8	Break	6,4 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	6,4 Km	24 Km
9	Break	6,4 Km	Exercises with weights	8 Km	Exercises with weights	4,8 Km	11,2 km	30,4 Km
10	Break	6,4 Km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	14,4 Km	32 Km
11	Break	4,8 km	Exercises with weights	6,4 Km	Exercises with weights	4,8 Km	8 Km	24 Km
12	Break	6,4 Km	Exercises with weights	8 Km	Exercises with weights	4,8 Km	16 Km	35,2 Km
13	Break	8 Km	Exercises with weights	9,6 km	Exercises with weights	4,8 Km	17,6 km	40 Km
14	Break	4,8 Km	Exercises with weights	8 Km	Exercises with weights	6,4 Km	9,6 km	28,8 Km
15	Break	4,8 Km	Exercises with weights	8 Km	Exercises with weights	4,8 Km	6,4 Km	24 Km
16	Break	6,4 km	Exercises with weights	4,8 Km	Exercises with weights	10 minute		

The original data were in miles and they were approximated in kilometres using a conversion rate of 1 mile = 1.6 km.

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Training for people who run regularly - proposed by Jeff Galloway in "Half-Marathon"

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	12,8 km
2	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	6,4 km
3	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	14,4 km
4	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	6,4 km
5	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	16 km
6	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
7	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	17,6 km
8	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
9	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	19,2 km
10	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
11	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	20,8 km
12	Break	30 minutes	Break	30 minutes	Easy walk	Break	8 km

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		running		running			
13	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	22,4 km
14	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	8 km
15	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	Running competition
16	Break	30 minutes running	Break	30 minutes running	Easy walk	Break	4,8 – 8 km

This second program is addressed to those who want to finish the race, and not necessarily to those who intend to finish the race in a certain period of time. For those who want a certain time, there are detailed programs according to their proposed objective. To start Jeff Galloway's program you must have already run a long race of 11.2 kilometers in the last two weeks. If you are not in this situation, you must get prepared to run such a distance and then start the program

More information can be found at the following link: www.jeffgalloway.com

Proposed running routes in Arad:

- Gloria stadium
- Moise Nicoara stadium
- Arad – Vladimirescu on Mures embankment
- **The 6 km race:** Arad City Hall - Revolution Avenue - Nicolae Grigorescu Street – Mures Promenade - Micalaca Road Bridge - Eugen Popa Street - Roundabout - Fortress Street - Decebal Bridge - Dragalina Avenue - Union Street - Revolution Avenue - Arad City Hall
- **Half-marathon:** Arad City Hall - Revolution Avenue - Nicolae Grigorescu Street - Mures Promenade- Europa Park - Micalaca Road Bridge - Eugen Popa Street - Roundabout - Fortress Street - Decebal Bridge - Dragalina Avenue - Union Street - Revolution Avenue - Arad City Hall - three times this route in order to totalise 21.097 km;

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Some links, where to start to study about the running world:

<http://www.runnersworld.com/the-starting-line>

<http://www.runnersworld.com/the-starting-line/how-to-start-walking>

<http://www.runnersworld.com/the-starting-line/how-start-running-if-youre-already-exercising>

<http://www.runnersworld.com/the-starting-line/how-run-nonstop-30-minutes-or-finish-5k>

<http://www.runnersworld.com/the-starting-line/how-run-longer-if-youve-already-done-5k>

<http://www.runnersworld.com/the-starting-line/how-to-get-faster>

<http://running.about.com/>

<http://running.about.com/od/runningforbeginners/u/Beginners.htm#s2>

<http://running.about.com/od/howtorun/ht/warmup.htm>

<http://running.about.com/od/howtorun/f/breathing.htm>

<http://running.about.com/od/howtorun/tp/runningform.htm>

<http://running.about.com/od/howtorun/a/Beginners-Guide-To-Run-Walk.htm>

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Practical arrangement

a) The accommodation:

The EVS volunteers will stay in an apartment or dormitory in the city area of Arad, 2/3 persons in a room.

Following behaviors **are forbidden** in the room:

- excessive drinking of alcohol
- drugs
- smoking (with the exception of balcony)
- parties (in order to have good integration with neighbours)
- making noise in the afternoon – depending of the place and between 22 hours and 6 in the morning
- having guests to sleep over

Apart from that EVS volunteers need to respect property of the owner of the apartment/dormitory (furniture, and electronic equipment) plus take care of water, heating and electric systems and do not overload them.

b) The food

The volunteers will receive food allowances – fix money amount per month (100 Euro). From this sum of money volunteers will cook and prepare food for themselves in accommodation place.

c) Volunteer's allowance

Each volunteer will receive a monthly allowance of 60 Euro (pocket money)

d) Means of providing the finance for food and volunteer's allowance

Each volunteer will have to open an bank account where he will receive, every month, the money for food and volunteer's allowance.

IMPORTANT! In order to open this account, the volunteer must have his/her identity card and the

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passport (if he/her has a passport).

e) Local transport

The EVS volunteer will receive a tram season ticket or a local transport allowance if necessary, they can receive bicycles or any other solution that go according to the existing budget and can be taken into consideration by the hosting/coordinating organization once arisen.

f) Working hours and days off

Volunteers will be encouraged to work between 7 and 8 hours from Monday to Friday. Every month the volunteer can take 2 days off.

g) Meteorological conditions

Because of its position on the southeastern portion of the European continent, Romania has a climate that is transitional between temperate and continental. Climatic conditions are somewhat modified by the country's varied relief. The Carpathians serve as a barrier to Atlantic air masses, restricting their oceanic influences to the west and center of the country, where they make for milder winters and heavier rainfall. The average annual temperature is 11 °C (51.8 °F) in the south and 8 °C (46.4 °F) in the north.

Climate data for Arad, Romania

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C (°F)	17.4 (63.3)	20.5 (68.9)	28.2 (82.8)	32.0 (89.6)	34.5 (94.1)	38.4 (101.1)	39.6 (103.3)	41.0 (105.8)	39.7 (103.5)	33.8 (92.8)	27.1 (80.8)	20.2 (68.4)	41 (105.8)
Average high °C (°F)	2 (36)	5 (41)	11 (52)	18 (64)	23 (73)	26 (79)	28 (82)	28 (82)	25 (77)	18 (64)	11 (52)	4 (39)	16.6 (61.8)
Daily mean °C (°F)	-1 (30)	1 (34)	5 (41)	11 (52)	16 (61)	19 (66)	21 (70)	21 (70)	18 (64)	12 (54)	6 (43)	1 (34)	10.8 (51.5)
Average low °C (°F)	-5 (23)	-3 (27)	0 (32)	5 (41)	10 (50)	13 (55)	15 (59)	14 (57)	11 (52)	6 (43)	2 (36)	-1 (30)	5.6 (42.0)
Record low °C (°F)	-35.3 (-31.5)	-29.2 (-20.6)	-20 (-4.0)	-5.2 (22.6)	-5 (23.0)	2.2 (36.0)	5.9 (42.6)	5.0 (41.0)	-1.9 (28.6)	-6.8 (19.8)	-15.4 (4.3)	-24.8 (-12.6)	-35.3 (-31.5)

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Precipitation mm (inches)	47 (1.85)	44 (1.73)	46 (1.81)	56 (2.2)	71 (2.8)	91 (3.58)	67 (2.64)	53 (2.09)	51 (2.01)	46 (1.81)	57 (2.24)	59 (2.32)	688 (27.09)
% humidity	91	87	81	80	77	79	74	75	76	85	92	89	82.2
Avg. precipitation days	12	10	8	7	12	15	11	10	10	9	11	11	126
Avg. rainy days	2	3	5	7	10	14	11	10	10	8	6	4	90
Avg. snowy days	10	7	3	0	0	0	0	0	0	1	5	7	33
Mean monthly sunshine hours	62	85	155	180	210	240	280	279	210	155	85	60	2,001

h) Free time

In their free time the EVS volunteer can go to the State Theatre, Opera Hall, at the cinema, Riviera Complex where they can play tennis camp, football etc. Also, there are 2 commercial centres with many stores and coffee shops.

A program with many activities for spending free time will be prepared by the mentors and will be made available to volunteers at the time when they arrive in the host community.

i) Some words to remember:

English	Română
Good Morning	Buna dimineața
Hello	Salut
Good Evening	Bună seara
Railway station	Gară
Sorry	Pardon
Street	Stradă
Market	Piață
How are you?	Ce mai faci_?

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Thank you	Mulțumesc
Where can I find ... ?	Unde pot găsi ... ?
Mineral water	Apă minerală
A glass of white/red wine	Un pahar de vin alb/rosu
Lake	Lac
City-center	Centrul orașului
Left	Stânga
Right	Dreapta
Straight on	Drept înainte
Enjoy	Poftă bună
I love you	Te iubesc
What is your name?	Cum te numești?
Please	Te rog
Volunteer	Voluntar

j) Emergency numbers

112 - number of Police, Ambulance Service and Fire brigade

If you call at 112 the emergency number you have to say what is the emergency, the place of the event and the place where you are, the number of the phone from which you are calling and what is your name. After that you have to stay on the phone to get in contact with the emergency agency that you need and to receive possible recommendations.

Other contacts:

Miss Delia Roman, contact person, tel: 0040 730 570393, e-mail: experientam@gmail.com

Dental emergency number: 0257/ 253 794, Crișan Street, no.1.

Family Doctor: 0257/ 252 568

Pizza number:

- Pizza 5 Colturi: 0257.273.273 ; 0726.386.406
- Pizza OK: 0257.212 .141; 0745.825.227

Taxi: Taxi Alfa 0745 506070, Taxi Europa 0723 677 555

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Further on you will find some of the most frequently asked questions and their answers.

Q: Does my sending organization has to take care about the insurance, or is it your exercise? Our insurance is made by AXA, isn't it? Do we get the insurance card, when we arrive in Romania?

A: Yes, the insurance is made by AXA and sending organizations have to do it for the volunteer(s). You can get the insurance card(s) also in Romania, but its better to have them before you come here. You should get them from the company.

Q: Do we have holidays? For example, Christmas?

A: Yes, of course, all celebration days will be days off + 2 days/month.

Q: So we really don't need to bring bedclothes? There are blankets and also bedclothes?

A: We will provide bedclothes and blankets. If you want to take also yours, it is up to you.

Q: How often are we going to visit the language course?

A: We plan to do it once/twice a week.

Q: About electricity, do you have 220 V?

A: As I was asked about sockets and electricity, I can answer you that 220 V is here usually.

Q: Should you bring your mobile phone with you? Or can you use a telephone there, or should you buy telephone cards? What's the best thing to do?

A: You can bring your phone with you; we will provide you also with a telephone card (Vodafone) when you will come here. There is also the possibility of buying international telephone cards.

Q: When will the language courses begin?

A: At the beginning of the project.

Q: What day will the effective voluntary job begin? Just after the formation?

A: Yes.

Q: Is there a possibility to snowboard or sky close to Arad?

A: Yes, there is. It is not really close to Arad, but some kilometers away. Still, you can get there by train to Straja.

Q: How about holiday? Do I have holiday, for how long, can I decide on my own when I want to take that holiday?

A: You will have 2 free days/month, you will discuss when to take the days off with the local

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facilitator. Also, the Romanian holidays are days free.

Q: Do the shops in Romania accept Euros, or only lei? 1 euro is about 4.5 lei, but i can not imagine anything with numbers. Can you tell me how much a loaf of bread, or one liter of milk, or anything else costs, jut that i can compare euro and lei?

A: In Romania we do not use Euros already, only lei. So if you will have Euros you will have to change them in lei when you arrive here. As for your questions about products, a loaf of bread is between 1 and 3,5 lei, but it depends of the product. That will be somewhere around 80 cents in Euros. As for the milk, is somewhere around 4 lei, meaning almost 1 euro, but it also depends on the product. Some of them are cheaper; some of them are more expensive.

Q: Do volunteers need to bring towels and bed sheets from home?

A: We will provide bed sheets, but we would kindly ask volunteers to bring personal towels.

Q: How many working hours will they have per day?

A: The working schedule consists in an average of 7-8 working hours per day.

Q: Some volunteers would like to bring their laptop with them, is that recommended?

A: Yes, it is recommended, volunteers will need it and it will prove to be very useful. Naturally, they are the ones who will have to take care of it.

Q: How much can the luggage weigh?

A: Normally, the big luggage must weigh around 20kg, but that also appears on the electronic version of the tickets, so you will all know about this beforehand..

Q: What type of clothes should volunteers bring with them in Romania?

A: Taking into consideration the fact that this stage will take place during autumn and winter, I will recommend volunteers to take warmer clothes.

Q: Will the volunteers have a mentor?

A: Yes, all volunteers will have mentors.

Q: If volunteers are going to need medical assistance, will there be a doctor to attend their needs?

A: In case something might happen, or if one of the volunteers gets sick, there will definitely be a doctor to attend to their needs and take care of their medical condition.

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The end