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Moldova Childcare Volunteers

Adventure



Relaxation



Culture



Trip Name: Moldova Childcare Volunteers **Trip Code:** MLOR **Duration:** From 14 days

Trip Highlights

- Seeing how volunteering your time and skills makes a difference each day to children who need it
- Experiencing the Moldovan lifestyle and becoming an important part of the local community
- Discover the history of Chisinau
- Getting to know the locals and their renowned hospitality and enthusiasm



Overview

Rewarding work in the eastern European country of Moldova. Care for Moldovan children in a rehabilitation centre or boarding school.

You'll play with the little ones and teach the older ones. Mainly, though, you'll give them much-needed love and affection. This is a demanding yet rewarding placement for those who want to care for abandoned or sick children.

Volunteers will spend their time interacting with the children, while also experiencing Moldovan life and culture in the capital of the country, Chisinau.

Please note: Due to visa difficulties, this programme is only available to UK, EU or US passport holders.

Destination Info

Moldova is situated between Romania and Ukraine. Chisinau formerly known as Kishineu, is situated on the Byk River in the central area of Moldova. Visitors to this town are always surprised at how funky the city is; the communist government hasn't put a downer on the nightlife, which continues until the early hours. The Moldovans attitude is focused on enjoying life – at all hours of the day. Visitor's previous conceptions of this poor country may be quite inaccurate. Chisinau is the place to be in modern Moldova.

Itinerary



Volunteer work takes place in a large rehabilitation centre for young children of 0-5 years.

The centre is home to about 200 children between 0 and 5 years old, some of whom are mildly or severely disabled.

The children are split into 11 groups of about 15 to 20 divided by age and disabilities. Due to the lack of staff at the centre, these children rarely have any playtime or attention other than being fed, dressed and washed. This is where the volunteer work comes in. As a volunteer you would choose a group to work with and spend time caring and playing with children on a daily basis. You may also help occasionally with the feeding and dressing of the children.

There is also the option during your stay to visit and help out at a smaller private organisation run by "Save the Children". During the summer months this will be held at a summer camp outside the capital. There are 15 to 20 children aged between 2 and 16 years old and activities will include games, painting workshops, and team building activities.

Accommodation

You will stay in a shared volunteer house a short bus ride outside Chisinau, in a village called Gratiesti. The volunteer house is fenced and gated and has a garden. The house has full facilities and you will be expected to keep it clean and tidy.

Programme Services and Facilities

Telephone

The international telephone access code for Moldova is +373.



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To place an outgoing call, direct dialled international call, dial +44 for the UK, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164.

The city code for Chisinau is 22. You can buy a phone card for your mobile phone, so remember to bring your mobile charger.

Internet

There are Internet cafes in Chisinau that are quite cheap and you have Internet and computer access at the volunteer house as well which is free of charge.

Laundry

You will be able to use the laundry facilities in the volunteer house; we do, however, advise you to bring your own washing powder.

Bus Transport

During your time in Moldova you will be taking public transportation to and from your volunteer project daily. This cost is not included in the price of the programme. Volunteers will need to budget approx. 8 Lei per day to cover bus fare.

Spending Money

Around 840 Lei (approx. £50) per week should be a reasonable spending budget. Please bring more if you plan on doing lots of extra activities.

The currency in Moldova is the Lei. This is a closed currency meaning that you cannot acquire Lei cash outside of Moldova. For this reason we recommend that you travel with Euros or US Dollars in cash and change them on arrival. There are many money exchange offices in Chisinau and one in the airport.

Moldova operates a cash based economy and you will be unable to use credit or debit cards in most places. You will only be able to withdraw cash from ATMs in downtown Chisinau. Additionally travellers' cheques can be cashed at Eximbank in Chisinau but are hard to use elsewhere in the country.

Languages

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The languages spoken in Moldova are Romanian and Russian. We recommend you learn a few basic words as the majority of the staff in the centre do not speak English. Please see the Language section in your country information for advice.

Meals

Breakfast is included

What's Included

- Airport transfers
- Orientation on arrival
- All accommodation during your stay
- Full support and assistance from your coordinator throughout your time in Moldova
- Daily Breakfast
- 24 hour emergency support number
- Internet access



What's Not Included

- All flights
- Travel insurance
- Visas
- Food (except breakfast)



Is This Trip For You?

You may be the only volunteer at your chosen project at any one time. However, you will still have the full support of your in-country team and those at the project. If you are looking for a group volunteering experience we have plenty of options for you to consider.

Additional Information

Project requirement

You must have a letter from your doctor stating that you are fit and healthy, and have no communicable diseases before starting the project. Please email Real Gap a copy of this letter and also take the original copy with you.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and, therefore, you

may not need all of the listed items on your travels nor is it exhaustive.

Personal Admin

- Photocopies of important papers such as passport, airline tickets and insurance documents

General

- Day bag / rucksack (for excursions)
- A torch
- Mobile phone
- Camera and batteries
- Phone charger with a two pin adaptor plug
- Playing cards for free time
- Diary – you will have so many amazing experiences to remember
- Ipad and speakers (if you wish)
- Tissues
- Plastic bags
- Snacks (cup of soups, biscuits etc) for the journey
- Pocket-knife
- Towel

Clothing

- Walking shoes / trainers
- Flip Flops
- Slipper
- A hat to protect you from the sun
- Swimsuit during the summer
- Rain coat
- Clothes (please check the climate for the time of year you are going as Moldova can be very hot in July/August)

Medical Kit

- Small medical kit containing plasters, medicine for diarrhoea, head ache tablets, anti-histamine cream and any medication you will need
- Insect repellent
- Biological soap
- Antibacterial soap gel (does not need water to rinse off)
- Travel wash for clothes

Medical

You will need to get a letter from your Doctor saying that you have a clean bill of health and no communicable diseases to be able to work on the projects in Moldova. With the letter you will be able to get a Moldovan medical certificate (the project coordinator will help you with this), which will allow you to start your volunteering.

Minimum Age

The participants on this programme may be of a broad age range. Minimum age is 18 (17 with parental consent).

Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us

Flights

Your flight to Moldova should arrive at Chisinau International Airport for your programme start date (Sunday), and your return flight should be arranged for your programme end date (Saturday).

To book your flights, please contact your travel advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your Online account, or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. What language do they speak in Moldova?

They speak mostly Romanian and also Russian. You do not need to be able to speak the languages but it might be useful to take a phrasebook or at least some key words with you (especially Romanian).

2. Is Moldova safe?

Yes it is safe, but you should also use common sense when exploring the city and with looking after your belongings. An in country coordinator will always be available for you.

3. What is the average age of volunteers on this programme?

Ages are mixed and vary from 17 to 70. All ages are welcome!

4. How many other volunteers will I be with?

Numbers of volunteers vary throughout the year with the summer months being busiest. Volunteers are needed all year round and so numbers will vary from 1 to 15.

5. What is the weather like in Moldova?

The climate is not dissimilar to the UK with the summers generally being hotter.

6. If I want to take things with me for the children, what would you suggest?

The centre gets through nappies (diapers) like nobody's business. But don't take them with you - if you want to contribute why not buy some nappies whilst you're in Moldova?

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted



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to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

Also denoted as 'MDL' (the leu Plural Lei) is the official currency of Moldova. The leu is divided into 100 subunits called bani. Coins are available in denominations of Lei 50, 25, 10, 5 and 1 bani and notes come in denominations of Lei 5, 10, 20, 50, 100, 200 and 500.

ATMs can be found in most major cities and towns. Traveller's cheques are not widely accepted but can be changed in larger banks.

Please note that passports will always be needed when changing currency or travellers cheques.

You'll find your money goes a pretty long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant 8.50 €

Domestic Beer (0.5 litre draught) 1.13 €

Coke/Pepsi (0.33 litre bottle) 0.70 €

Water (0.33 litre bottle) 0.50 €

(Prices quoted in Euros)

Passports and Visas

You should ensure that you have a full passport that is valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information provided below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

You do not require a visa for:

Tourist visits of up to 90 days in a 6 month period to holders of British passports & nationals of Armenia, Austria, Azerbaijan, Belarus, Belgium, Bulgaria, Canada, Cyprus, Czech Republic, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Hungary, Ireland Rep of, Italy, Japan, Kazakhstan, Kyrgyzstan, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Russia, San Marino, Slovakia, Slovenia, Spain, Sweden, Switzerland, Tajikistan, Ukraine, United States & Uzbekistan

Cultural Considerations

The majority of the country are Moldovians (Romanians), however there are other minorities, such as: Ukrainians, Bulgarians, Gagauzians, Russians, Germans, Greeks, and others. Despite all these nationalities and their differences, the important quality that they all have is hospitality.

The Householder will always serve the guest with Moldovian wine, and serve the best dishes of food. The guests are then invited to the Casa Mare, typically the largest room in the house, like a dining room, where they feast.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

We advise you to exercise common sense, as you would in any other country. Please take the following advice to help keep you safe:

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- Always keep all personal items such as your passport, money and camera with you, or in a safe place. You can buy mini padlocks to prevent people from getting into your daypack.
- Avoid going out alone after dark
- If you do go anywhere, please let someone know where you are going
- There have been reports of drinks being spiked, so please do not leave your drinks unattended and do not accept drinks from strangers

This information is not intended to scare you. We simply want you to stay safe and have a good time! The majority of the locals are friendly, warm and hospitable people who love meeting our travellers. So please be friendly, respectable and stay aware and you will have a great time.

We advise that you check your government's advice before travelling abroad. For UK, American and Australian customers please see the relevant links below;

UK: www.fco.gov.uk

USA: www.travel.state.gov

Australia: www.smartraveller.gov.au

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Most people in Moldova speak Romanian, however Ukrainians and Russians speak their own language. Here are a few useful words. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - *Russian (phonetic)* - Romanian/Moldovan

Hello - *PrivEt* - Salut ("sah-loot")

Goodbye - *Da sVidanya / Paka* - La revedere ("lah reh-veh-deh-reh")

Good Morning - *DObray Ootra* - Buna dimineata ("boo-nuh dee-mee-nyah-tzuh")

Good Day (afternoon) - *DObray Dzen* - Buna ziua ("boo-nuh zee-wah")

Good Evening - *Dobre Vechre* - Buna seara ("boo-nuh syah-ruh")

Please - *Pashalusta* - Va rog ("vuh rogh")

Thank you - *Spyseeba* - Multumesc ("mool-tzoo-mesk")
 Yes - *Da* - Da ("da")
 No - *Niet* - Nu ("noo")
 How are you? - *Kak dela?* - Ce mai faci? ("ch eh my fahtch")
 Good - *HarashO* - Bine ("beenay")
 Bad - Plocha
 I'm sorry - *Iz-venite* - Îmi pare rau ("oohm pah-reh ruh-oh")
 I don't understand - *Ya ni paneemyoo* - Nu înteleg ("noo oohn-tzeh-leg")
 Slowly - *Medliner* - Incet
 Quiet please (useful in class!) - *Ticha pashalusta* - Incet va rog
 Big - *Balshoy* - Mare
 Small - *Malinkii* - Mic
 Give me please - *Deitche mineerpashalsta* - As vrea
 Would you like? - *Ho-chesh?* - Tu vrei
 Tea - *Tchai* - Ceai ("Chai")
 Water - *Vadah* - Apa ("ah-puh")
 Juice - *Soc* - Suc ("sook")
 Milk - *Malako* - Lapte
 Wine - *Vino* - Vin
 Beer - *Piva* - Bere ("beh-reh")
 Bread - *Hcleb* - Pâine
 Sugar - Zacherr
 Cheers! - *Bootsderoff!* - Hi Naroc
 Delicious - *Fkussnah Delicious* - ("deh-lee-chohss")

Food & Drink

Moldova is renowned for its wines, and the food is typically continental. Within Chisinau there is a range of restaurants to visit, such as the Lebanese café and Japanese Restaurant, which specialises in Sushi.

Please let us know of your dietary requirements before travelling.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country.

To view a list of the public holidays for Moldova, please see the link below:

www.worldtravelguide.net/moldova/public-holidays

Weather

Moldova's climate is moderately continental: the summers are warm and long, with temperatures averaging about 20°C, and the winters are relatively mild and dry, with January temperatures averaging 4°C. Annual rainfall, which ranges from around 600 millimetres in the north to 400 millimetres in the south, can vary greatly; long dry spells are not unusual. The heaviest rainfall occurs in early summer and again in October; heavy showers and thunderstorms are common.

Time

Moldova is two hours ahead of GMT.

Electricity

Electricity in Moldova uses 230 volts, 50Hz. Outlets across Moldova generally accept the following plug type;



Two round pins

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers' comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

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