



T: 1-800-985-4852
 E: info@realgap.com
 P: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Moldova Teaching Volunteers

Adventure



Relaxation



Culture



Trip Name: Moldova Teaching Volunteers **Trip Code:** MLTE **Duration:** From 2 weeks

Trip Highlights

- Seeing the children’s confidence grow each day
- Experiencing the Moldovan lifestyle and becoming an important part of the local community
- Working alongside fun and energetic children
- Discover the history of Causeni
- Feeling inspired by the making a difference to those who need it



Overview

Help those who need it in Moldova and volunteer with children. Help provide a chance of a better life by teaching English or French. Be creative, be enthusiastic, take along games or toys, and you’ll make it fun for you and them. This programme gives you the opportunity to get to know Moldova in a completely different way.

You will meet fellow volunteers, work and live together with local people, experience the eastern European culture, the country, the religion and the friendly atmosphere.

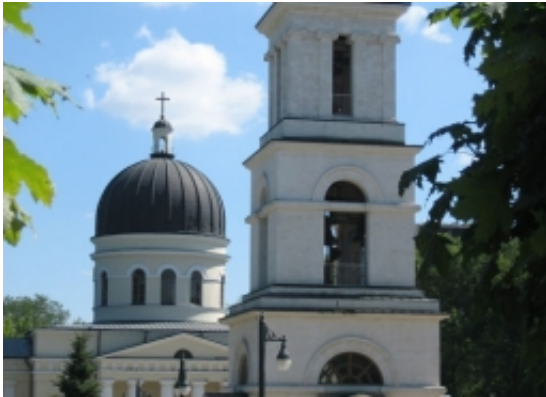
Please note: Due to visa difficulties, this programme is only available to UK, EU or US passport holders.

Destination Info

Moldova is situated between Romania and Ukraine. Causeni 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



Volunteers can teach English in elementary, secondary schools and in an English Language Centre. In addition to classroom teaching, volunteers share resources, develop teaching materials with local teachers, and become involved in community and school-based projects. You are also able to teach French in the schools if you prefer.

Most volunteers work in a secondary school where students start to learn English at about ten years old. Your main focus as a volunteer is to teach conversational English. The local teachers will assist you with classroom preparation and lesson content. Moldovan students are enthusiastic to find out about life outside of Moldova as most haven't had the opportunity to travel. You will find yourself a popular addition to the local teaching staff.

There are typically thirty students in a class. Volunteers work mainly in language lessons although there maybe opportunities to help in other classes such as sports and music.

Accommodation

You will be staying with a friendly host family in Causeni or Chisinau. You will get your own room and will have shared Western style bathrooms amenities.

Programme Services and Facilities

Telephone

The international telephone access code for Moldova is +373. To place an outgoing direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap Experience dial +44 1892 516164 / +49 69 222226 475.

The city code for Chisinau is 22. You can buy a phone card for your mobile phone, so remember to bring your mobile charger. You also get a mobile SIM card from your programme coordinator, however, you will have to check that your mobile is unblocked to use this.

Internet

Moldova Teaching Volunteers

You will find access to the Internet in Causeni for about 50p/0.68€ per hour.

Laundry

You will need to bring biological washing powder to wash your clothes. The hosts will have facilities that you will be able to use.

Meals

Your host family will provide you with 2 meals a day, breakfast and lunch or dinner (your choice).

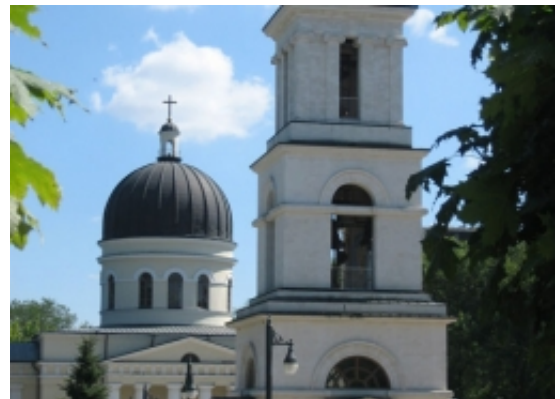
What's Included

- Airport pick up
- Accommodation whilst on project
- Orientation
- Transport to and from project
- 24 hour support number and contact in the UK for emergencies



What's Not Included

- International Flights
- Travel Insurance
- Visa cost



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.

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 it is 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)
- Pocket-knife
- Towel

Clothing

- Walking shoes / trainers
- Flip Flops
- A hat to protect you from the sun
- Rain coat
- Clothes. Long sleeve shirts and trousers are great. Remember to bring beachwear for beach time- 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

Minimum Age

Minimum age is 18, maximum age dependent on volunteer's health.

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 arrival date, and your return flight should be arranged for your departure date. Alternatively you can arrange flights into Bucharest, Romania and catch a train into Chisinau (cheaper option).

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 you should take a phrasebook or at least some key words with.

2. Is Moldova safe?

Yes it is safe, but you should also use common sense when exploring the area 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. Will I be living with other volunteers?

Host families tend to only host one volunteer per home.

5. What is the weather like in Moldova?

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

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 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:

- 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



Moldova Teaching Volunteers

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

If you have any questions about this trip please do not hesitate to contact us and we'll be happy to answer them.

Phone: 1-800-985-4852

Email: info@realgap.com

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com