

ROMANIA// JULY 2019

# Book of Memories

STUDENT EXCHANGE PROGRAMME



YOUR WON MEMORIES FROM ROMANIA



Welcome to Romania!



Bienvenu en Roumanie!

*Bienvenido a Rumania!*

Dobrodošli u Rumunjsku!

Bun venit în România!

Romanya'ya hoş geldiniz! مرحبا بكم في رومانيا!

Witaj w Rumunii! Bem vindo a Romania!

# SEPers MAP



Andrea Boškovi, CROATIA  
Beatriz Patricio, PORTUGAL  
Catarina Oliveira, PORTUGAL  
Charlotte Gregoire, FRANCE  
Eman Eldessouki, EGYPT  
Fady Zakria, EGYPT  
Henrique Mendes, PORTUGAL  
Ines Domingues, PORTUGAL  
Jenna Ciesielski, USA  
Julia Kim, USA  
Katarzyna Zajac, POLAND  
Mafalda Mendes, PORTUGAL

Magdalena Zycka, POLAND  
Maria Alonso Ortega, SPAIN  
Maria Santana Marques, PORTUGAL  
Melanie LeHenaff, FRANCE  
Mirna Fasseeh, EGYPT  
Morgane Lopez, EGYPT  
Natalia Rubin, POLAND  
Nohier Hassan, EGYPT  
Sumeyra Pancur, TURKEY  
Verena Khalil, EGYPT  
Vincent Brunet, FRANCE  
Waleed Meawd, EGYPT





Student Exchange Officer IPSF



Președinte



*Dear Students,*

*Welcome to Romania!*

*I am so excited and nervous in the same time to start this journey with you because I have been working for this SEP in the past few months with all my heart and desire that you will have a quality time here in our beautiful country.*

*All I can say is discover, ask, be curious, be kind and last but not least smile!  
Enjoy your time here, make friends, learn new words, create new memories and attache them in this brochure!*

*This is your Book of Memories, what this contains now is just the beginning of it! You will make it your own by adding your personal experiences here!*

*I hope that you will make the most out of this programme in Romania!*

*Dear participants,*

*On behalf of FASFR, I wish you a warm welcome to Romania! Prepare yourself for a journey full of knowledge, networking, but most of all, full of memories to be remembered all your life.*

*I really hope that you will enjoy the topics you will approach during your practice and I encourage you to ask questions, to be present and to be curious as a child. But SEP is not only about learning, it is also about discovering and visiting new places. You will have the chance to taste our delicious dishes and beverages, to learn our traditional dances and also to see some mesmerizing views. Be opened to new experiences and share these with your friends. These are just some of the great things that are waiting for you this summer. It will be an extraordinary experience in which besides great opportunities to learn, you will meet new people and exchange ideas, know more about Romanian culture and you will have a lot of fun.*

*Wish you the best weeks of your lives! Keep your eyes and your mind open to all the experiences that make you a better professional and human being! Remember that our experiences shape us so be sure you will change your perspectives during your SEP adventure!*

*Bine ați venit!*



# VORBA DULCE MULT ADUCE!

ROMANIAN PROVERB



# FASFR

Federation of Pharmacy Students` Associations from Romania

FASFR was established in November 2003 by three local associations (OSF Cluj-Napoca, OSF Craiova and LSF Timișoara) whose joint efforts were about to change the future of pharmacy students all over the country. Nowadays, FASFR proudly represents 8 Local Associations: OSF Cluj-Napoca, OSF Craiova, LSF Timișoara, SSF București, SSF Iași, ASF Târgu-Mureș, ASF Oradea and OSF Sibiu.

FASFR coordinates projects and campaigns throughout the whole academic year.







# ABOUT ROMANIA

# *The Danube Delta*



Located in Eastern Romania, a four hour drive away from the capital Bucharest, the Danube Delta is the second largest delta in Europe and the best preserved on the continent. With 300 species of birds and 160 species of fish, it is a true birdwatcher's paradise and a dream destination for wildlife lovers. Remarkably, this is also the best place to spot some of Europe's last wild horses. Also, the seafood and fish dishes served here are the best in the country!



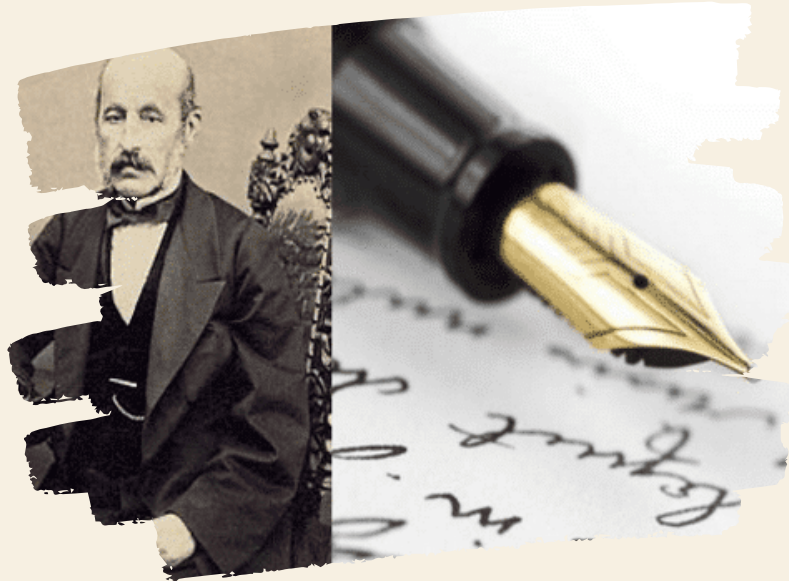
# Merry Cemetery



Romania's Merry Cemetery, located in Săpânța, Maramureș County, is the world's most colorful graveyard. It started one day when a very talented local craftsman, Stan Ioan Pătraș, started using his creativity to make colorful wooden crosses which he painted with poems about the lives of his customers.

A walk in the Săpânța Merry Cemetery will delight you visually as well as challenge you to meditate on the transient nature of life. In particular, pay attention to the symbols hidden in the colorful palette. Green is used to mean life, yellow represents fertility, red signifies passion and black represents death.

Romanian Petrache Poenaru  
invented the fountain pen



Petrache Poenaru, a mathematician, engineer and inventor who studied in Vienna and Paris, patented the fountain pen. As he was based in France at the time, the patent was issued by the French government on 25 May 1827. In recognition for his invention, Poenaru was honored with a station on Bucharest's yellow metro line (M1).



To be completed with your  
discoveries about Romania

# SEP Weekend





# Brasov



Fringed by the peaks of the Southern Carpathian Mountains and resplendent with gothic, baroque and renaissance architecture, as well as a wealth of historical attractions, Brasov is one of the most visited places in Romania.

Founded by the Teutonic Knights in 1211 on an ancient Dacian site and settled by the Saxons as one of the seven walled citadels\*, Brasov exudes a distinct medieval ambiance and has been used as backdrop in many recent period films.



# THE ROPE STREET

Brasov is home to one of the the narrowest streets in Europe. The Rope Street (Strada Sforii) is approximately four feet wide and it links Cerbului Street with Poarta Schei Street. This street was initially used as an access route by firefighters.

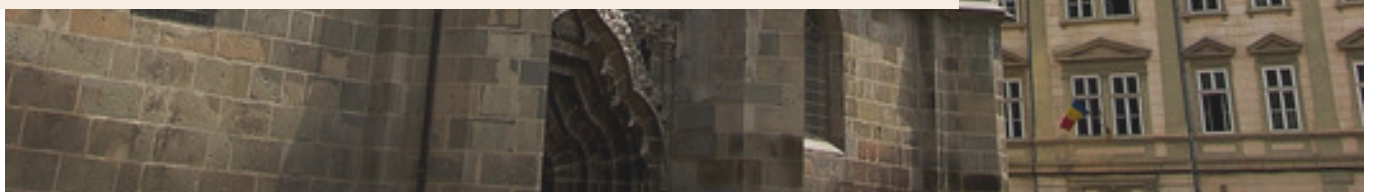






# THE BLACK CHURCH

Brasov's famous landmark and Romania's leading gothic church, the Black Church towers over the Council Square and the old town.







# THE COUNCIL SQUARE

Located at the heart of old medieval Brasov and lined with beautiful red-roofed merchant houses, the Council Square, known to the Saxon population as the Marktplatz, is a nice place to rest and soak in the beautiful scenery.





# THE TÂMPA MOUNTAIN

Brasov is often referred to as the city at the foot of Mount Tampa.





# Bran Castle



Surrounded by an aura of mystery and legend and perched high atop a 200-foot-high rock, Bran Castle owes its fame to its imposing towers and turrets as well as to the myth created around Bram Stoker's Dracula.

Built on the site of a Teutonic Knights stronghold dating from 1212, Bran castle was first documented in an act issued on November 19, 1377, giving the Saxons of Kronstadt (Brasov) the privilege to build the Citadel.

Although Stoker never visited Transylvania, the Irish author relied on research and his vivid imagination to create the dark and intimidating stomping ground of Count Dracula, leading to persistent myths that it was once the home of Vlad Tepes, ruler of Walachia. While the association with Dracula is sketchy at best, the castle continues to hold a strong attraction for all fans of the Count.

From 1920 to 1948 Bran served as royal residence, a gift of the people of Brasov to Queen Marie of Romania. The castle is now a museum open to tourists, displaying art and furniture collected by Queen Marie.

# Bucegi Mountains



The Bucegi Plateau is mostly known for one of the most impressive natural monuments in Romania, the Sphinx. The name was chosen because of its shape that resembles the human face, the shape resulting from erosion produced by wind over a long period of time.

The landmark of Bucegi Mountains is a stunning monument that seems to watch over the entire Prahova Valley - The Heroes Cross, built between 1926 - 1928 on top of Caraiman Peak, in the memory of the heroes that died defending the country in the First World War.



# SCHEDULE



## Thursday, 11th of July

09:00- 16:00

Arrivals

16:00- 20:00

Visiting Braşov

20:00

International  
night

## Friday, 12th of July

08:00- 09:00

Breakfast

09:00- 12:00

Tâmpa Mt.

12:00- 14:00

Bus to Bran

14:00- 18:00

Lunch + Bran Castle

18:00- 22:00

Bus to Braşov +  
Dinner



## Saturday, 13th of July

08:00- 09:00

Breakfast

09:00- 11:00

Train to Buşteni

11:00- 15:00

Caraiman Cross

17:00- 19:00

Train to Braşov

19:00- 21:00

Dinner

## Sunday, 14th of July

08:00- 09:00

Breakfast

09:00- 11:00

Check out

11:00

Departures

# Accommodation



## Carrousel Hostel Braşov



The background of the image is the Romanian flag, featuring three vertical stripes of red, yellow, and blue. A central, light-colored, scalloped-edged label is overlaid on the flag, containing the text.

*My memories from  
Romania*

# What were the lyrics again?

## ✦ O-zone- Dragostea din tei ✦

Mai-ia-hii  
Mai-ia-huu  
Mai-ia-ha  
Mai-ia-haha x4

Alo? Salut! Sunt eu, un haiduc  
și te rog iubirea mea primește,  
fericirea

Alo? Alo! Sunt eu, Picasso.  
Ți-am dat beep și sunt voinic  
dar să știi nu-ți cer nimic.

Vrei să pleci dar  
nu mă, nu mă iei,  
nu mă, nu mă iei,  
nu mă, nu mă, nu mă iei.  
Chipul tău și  
dragostea din tei  
mi-amintesc de ochii tăi. x2

Te sun sa-ți spun ce simt acum.  
Alo, iubirea mea. Sunt eu, fericirea.  
Alo? Alo! Sunt iarași eu, Picasso.  
Ți-am dat beep și sunt voinic  
dar să știi nu-ți cer nimic.

Vrei să pleci dar  
nu mă, nu mă iei,  
nu mă, nu mă iei,  
nu mă, nu mă, nu mă iei.  
Chipul tău și  
dragostea din tei  
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Mai-ia-hii  
Mai-ia-huu  
Mai-ia-ha  
Mai-ia-haha x4

Vrei să pleci dar  
nu mă, nu mă iei,  
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nu mă, nu mă, nu mă iei.  
Chipul tău și  
dragostea din tei  
mi-amintesc de ochii tăi. x2





# ROMANIAN SAYINGS

Romanians use plenty of phrases and sayings that might sound funny or could be meaningless when translated.

**A-ți lua inima în dinți**

Translation: *To take your heart in your teeth*

No, this has nothing to do with actually eating a heart. This saying means to be brave or to dare to do something.

**A băga mâna în foc pentru cineva**

Translation: *To put your hand in fire for somebody*

This saying is used when you've vouched for someone. Romanians start from the premise that everyone is trustworthy until the contrary is proven.

# ROMANIAN SAYINGS

## **Să faci din rahat bici**

**Translation:** *To make a whip out of shit*

As senseless as it might seem, this expresses that Romanians do so much with so little. Give them any task, and even if they have never dealt with it before, they will always find a way.

## **I-a sărit muștarul**

Translation: *His mustard has jumped off*

This means that someone has suddenly lost their temper. Although Romanians are very friendly, it's best to avoid annoying them.

# ROMANIAN SAYINGS

## ***A dat cu mucii în fasole***

Translation: *He threw his boogers in the beans*

This expression means that someone has messed up something, usually irreparably. However, when Romanians know they have done something wrong, they will try to fix it.

## ***A vinde gogoși***

Translation: *To sell doughnuts*

Although selling doughnuts might not seem like a negative thing, for Romanians, this phrase means that you are lying to them. And that's something they really don't appreciate.

# ROMANIAN SAYINGS

## ***A-ți pica fisa***

Translation: *To drop your coin*

It has nothing to do with money—to ‘drop your coin’ means that you suddenly understood something. The saying is commonly used when someone has figured out something important.

## **La Paștele Cailor**

Translation: *At horses’ Easter*

If a Romanian says that something will happen ‘at horses’ Easter’, it actually means it will never happen, so your wish might be considered unrealistic.



# ROMANIAN SAYINGS

## ***A freca menta***

Translation: *To rub the mint*

Romanian's way of saying that you are wasting time or doing nothing. In other words, Romanians don't like lazy people.

## **Te îmbeți cu apă rece**

Translation: *To get drunk with cold water*

This is the Romanian way of saying that you are fooling yourself. Romanians are pretty realistic and usually prefer practical people to dreamers.

# Challenges

*Why I have chosen Romania?*

*Things I am grateful for...*

*3 friends I have made during SEP in Romania...*

*5 words I have learnt in Romanian...*

*I have eaten ... sarmale during my stay in Romania*

*My favorite Romanian food is...*

*The strangest tradition...*

*Something I am taking from here and want to share with the ones at home is...*

*Places I want to revisit:*

#doSEP    #SEPinRomania    #ROmazing    #SEPtacular