

SVEIKI Bunā ziua Dzień dobry
 SERVUS Cześć SELAM HEJSAN HEJ SZIA
 TIENS LOHA HEI SALUT !DRAVO ERWELKOMING Hylő HALLO
 HALOO HI DIA DUIT SALVE
 SZERVUSZ BONGHJORNU Olá Alló
 ALIO NOROC Tjanare
 GUTEN TAG SANNU PRONTO
 HEJ HEJ TI PUBET
 MERHABA



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Erasmus+ KA1 course:
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Romania



SUCEAVA



Erasmus+



WHAT SHOULD BE ROMANIA BEST KNOWN FOR?

Romania is a hidden gem, located in southeastern Europe. Full of history and culture, the country's capital, Bucharest, is even called "Little Paris." As any Romanian will eagerly explain, there's much more to know about Romania than the legend of Dracula and Ceaușescu's legacy. Due to its varied landscape, Romania is the most biogeographically diverse country in the European Union. With snow-capped mountains, green hills covered in forests and vineyards, sandy Black Sea beaches and Europe's largest and best-preserved delta, Romania has something for everyone.

Constantly featured among Europe's best travel destinations, Romania has plenty to surprise those looking for an exciting, off-the-beaten-track destination. From natural wonders to achievements by some of its famous people. The country offers beautiful landscapes, natural architecture, and artistic treasures. Romania is a country filled with many surprises, from delicious Romanian cuisines to unique places to explore.

I've rounded up surprising facts you didn't know about Romania. Curious about this developing country? Here are some interesting facts about Romania.

General Information

- Capital: Bucharest
- Official language: Romanian
- Ethnic groups: Romanians, Hungarians, Roma, other minorities
- Government: Unitary semi-presidential republic
- President: Klaus Iohannis
- Area: Total 238,391 km²
- Population: 20, 121, 641
- Currency: Romanian leu (RON)
- Neighboring countries: Moldavia, Bulgaria, Hungary, Serbia, Ukraine

FACTS AND STATISTICS

LOCATION SOUTHEASTERN EUROPE, BORDERING BULGARIA 608 KM, HUNGARY 443 KM, MOLDOVA 450 KM, SERBIA AND MONTENEGRO 476 KM, UKRAINE (NORTH) 362 KM, UKRAINE (EAST) 169 KM

CAPITAL: BUCHAREST

POPULATION 19+ MILLION (2019 EST.)

ETHNIC MAKE-UP. ROMANIAN 89.5%, HUNGARIAN 6.6%, ROMA 2.5%, UKRAINIAN 0.3%, GERMAN 0.3%, RUSSIAN 0.2%, TURKISH 0.2%, OTHER 0.4%

RELIGIONS: EASTERN ORTHODOX (INCLUDING ALL SUB-DENOMINATIONS) 87%, PROTESTANT 6.8%, CATHOLIC 5.6%, OTHER (MOSTLY MUSLIM) 0.4%, UNAFFILIATED 0.2%.

THE ROMANIAN LANGUAGE

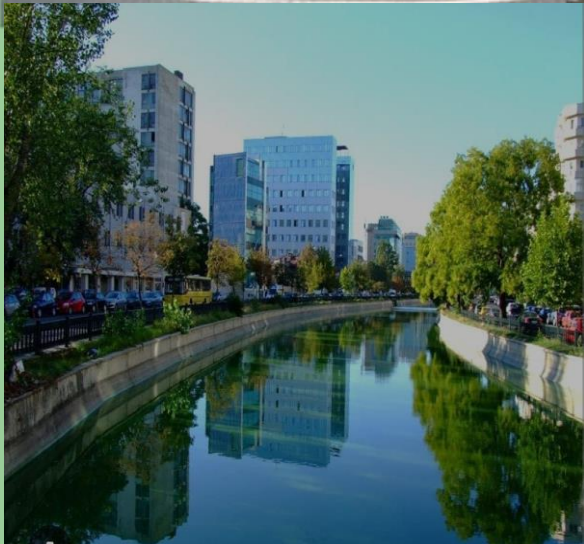
THE OFFICIAL LANGUAGE IS ROMANIAN, AND IT IS SPOKEN BY APPROXIMATELY 89% OF

THE 23M POPULATION.



The Romanian Palace of Parliament in Bucharest is the second largest administrative center in the world, next only to the Pentagon in the United States.

BUCHAREST IS ALSO CALLED "LITTLE PARIS" THE CITY'S ARCOUL DE TRIUMF WAS CONSTRUCTED IN 1935 TO BE MODELED AFTER THE ARC DE TRIOMPHE IN PARIS. ACCORDING TO LEGEND, BUCHAREST WAS NAMED AFTER A SHEPHERD CALLED BUCUR WHO WAS IN LOVE WITH A YOUNG LADY NAMED DÂMBOMȚA, LIKE THE RIVER THAT FLOWS THROUGH THE CITY.



Presentation

Romanian territory is divided into seven regions:

Moldova

Maramure
s

Ardeal

Banat

Oltenia

Muntenia

Dobrogea



Moldova



Moldova is, historically, a region of Eastern Europe, but from the cultural and linguistic point of view it is a Romanian region.

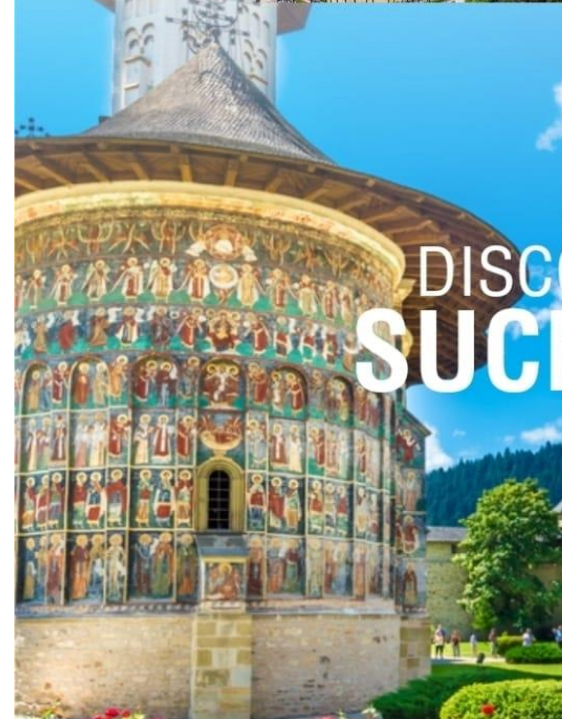
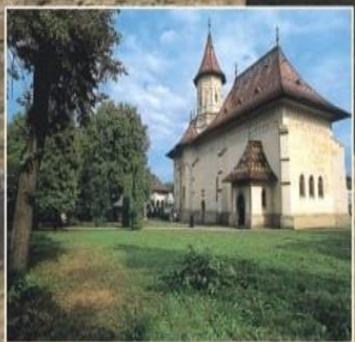
Moldavian cuisine is characterized by refined and tasty dishes. In Moldova there is a very important region called Bucovina.



SUCEAVA

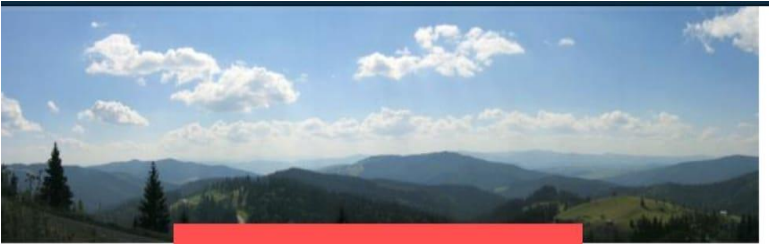
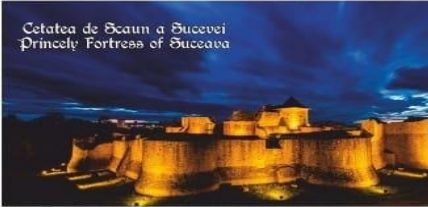
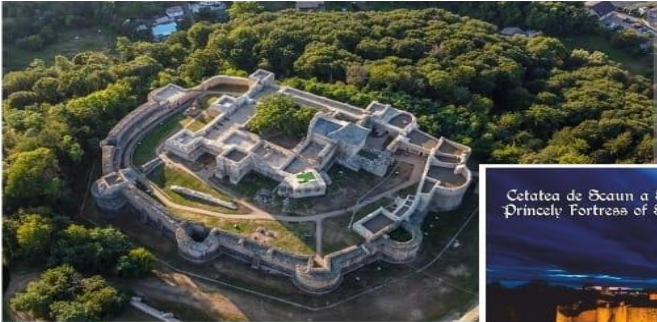
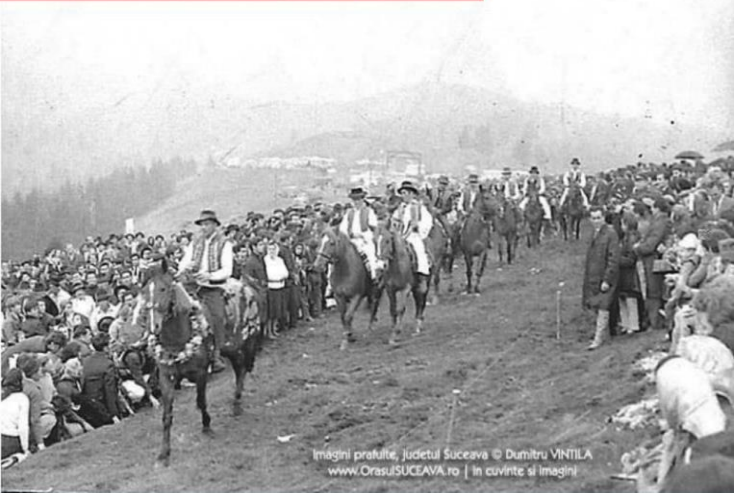
The capital city of Moldova between 1388-1566, centre of culture and important rialto, Suceava was and it still is a true a right-down fortress.

Today, Suceava presents as one of the most richest romanian city regarding the its tourism dowry, being the start for numerous runs on the paths of history, culture and civilization from Bucovina.

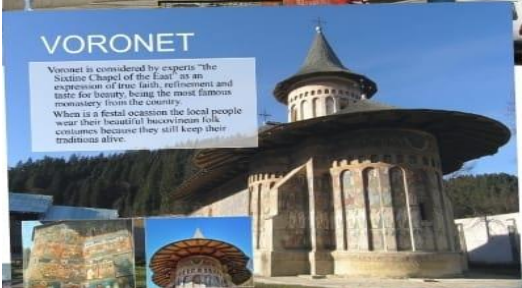
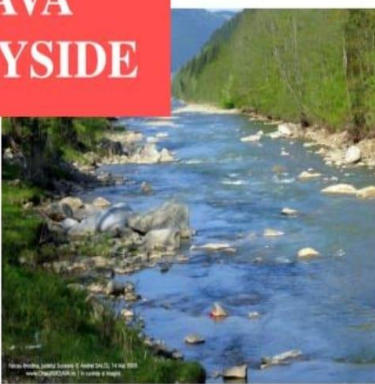
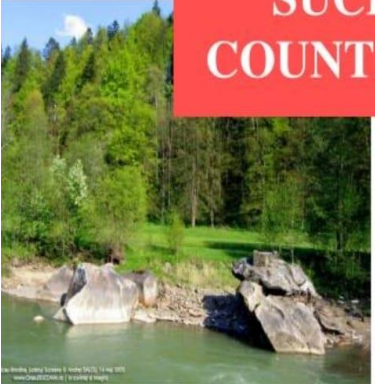


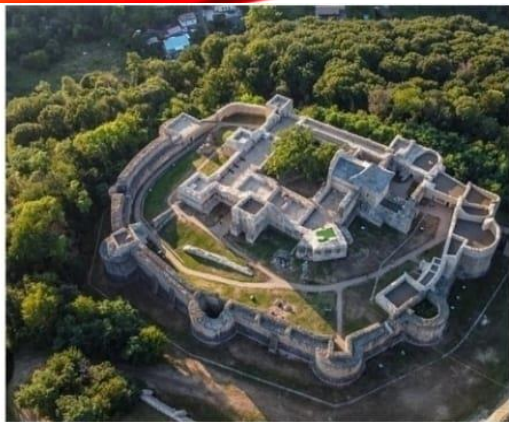
Suceava is a municipality and the name county seat town of Suceava County, situated in the historical region of Bukovina, northeastern Romania and at the crossroads of Central and Eastern Europe respectively. It is the largest urban settlement of Suceava County. During the Late Middle Ages, namely between 1388 and 1564 (or from the late 14th century to the late 16th century), this middle-sized town was the capital of the Principality of Moldavia.

SUCEAVA IN THE OLD TIMES

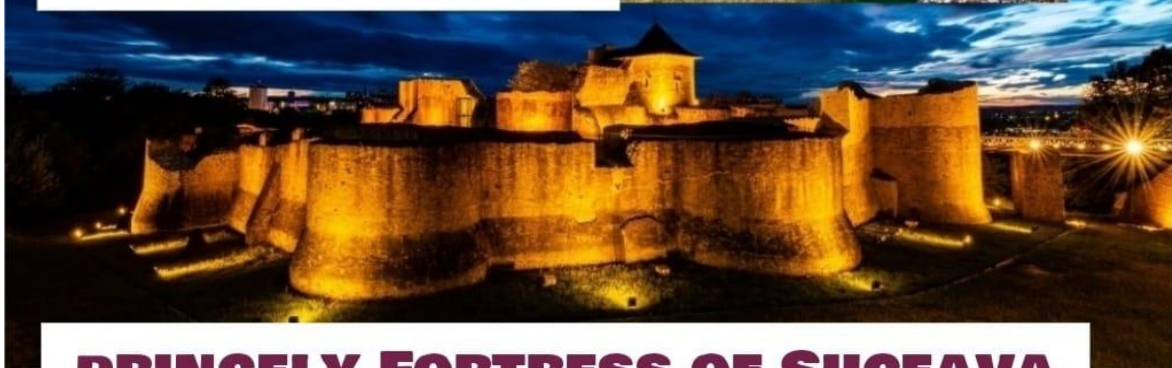


SUCEAVA COUNTRYSIDE



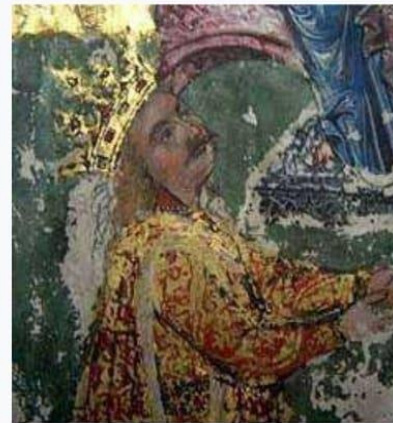


CETATEA DE SCAUN



PRINCELY FORTRESS OF SUCEAVA

Stephen III the Great



Miniature from the 1473 *Gospel* at Humor Monastery

Stephen III of Moldavia, most commonly known as **Stephen the Great** (Romanian: *Ștefan cel Mare*; died on 2 July 1504), was Voivode (or Prince) of Moldavia from 1457 1504. He was the son of and co-ruler with Bogdan II, who was murdered in 1451 in a conspiracy organized by his brother and Stephen's uncle Peter III Aaron, who took the throne.

Stephen fled to Hungary, and later to Wallachia; with the support of Vlad III Țepeș, Voivode of Wallachia, he returned to Moldavia, forcing Aaron to seek refuge in Poland in the summer of 1457. Teoctist I, Metropolitan of Moldavia, anointed Stephen prince. He attacked Poland and prevented Casimir IV Jagiellon, King of Poland, from supporting Peter Aaron, but eventually acknowledged Casimir's suzerainty in 1459. Stephen decided to recapture Chilia (now Kiliia in Ukraine), an important port on the Danube, which brought him into conflict with Hungary and Wallachia.



He besieged the town during the Ottoman invasion of Wallachia in 1462, but was seriously wounded during the siege. Two years later, he captured the town. He promised support to the leaders of the Three Nations of Transylvania against Matthias Corvinus, King of Hungary, in 1467. Corvinus invaded Moldavia, but Stephen defeated him in the Battle of Baia. Peter Aaron attacked Moldavia with Hungarian support in December 1470, but was also defeated by Stephen and executed, along with the Moldavian boyars who still endorsed him. Stephen restored old fortresses and built new ones, which improved Moldavia's defence system as well as strengthened central administration.



Ottoman expansion threatened Moldavian ports in the region of the Black Sea. In 1473, Stephen stopped paying tribute (*haraç*) to the Ottoman sultan and launched a series of campaigns against Wallachia in order to replace its rulers – who had accepted Ottoman suzerainty – with his protégés. However, each prince who seized the throne with Stephen's support was soon forced to pay homage to the sultan.

Ottoman army in the Battle of Vaslui in 1475. He was referred to as *Athleta Christi* ("Champion of Christ") by Pope Sixtus IV, even though Moldavia's hopes for military support went unfulfilled. The following year, Ottoman Sultan Mehmed II routed Stephen in the Battle of Valea Albă, but the lack of provisions and the outbreak of a plague forced him to withdraw from Moldavia. Taking advantage of a truce with Matthias Corvinus, the Ottomans captured Chilia and their Crimean Tatar allies Cetatea Albă (now Bilhorod-Dnistrovskyi in Ukraine) in 1484. Although Corvinus granted two Transylvanian estates to Stephen, the Moldavian prince paid homage to Casimir, who promised to

support him to regain Chilia and Cetatea Albă. Stephen's efforts to capture the two ports ended in failure. From 1486, he again paid a yearly tribute to the Ottomans. During the following years, dozens of stone churches and monasteries were built in Moldavia, which contributed to the development of a specific Moldavian architecture. Casimir IV's successor, John I Albert, wanted to grant Moldavia to his younger brother, Sigismund, but Stephen's diplomacy prevented him from invading Moldavia for years. John Albert attacked Moldavia in 1497, but Stephen and his Hungarian and Ottoman allies routed the Polish army in the Battle of the Cosmin Forest. Stephen again tried to

recapture Chilia and Cetatea Albă, but had to acknowledge the loss of the two ports to the Ottomans in 1503. During his last years, his son and co-ruler Bogdan III played an active role in government. Stephen's long rule represented a period of stability in the history of Moldavia. From the 16th century onwards both his subjects and foreigners remembered him as a great ruler. Modern Romanians regard him as one of their greatest national heroes, although he also endures as a cult figure in Moldovenism. After the Romanian Orthodox Church canonized him in 1992, he is venerated as "Stephen the Great and Holy" (*Ștefan cel Mare și Sfânt*).



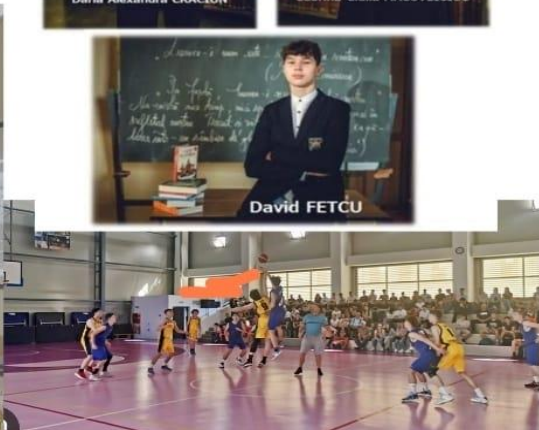
The Voronet Monastery in Moldavia is dubbed as the Romanian counterpart of the Sistine Chapel.



"STEFAN CEL MARE" NATIONAL COLLEGE



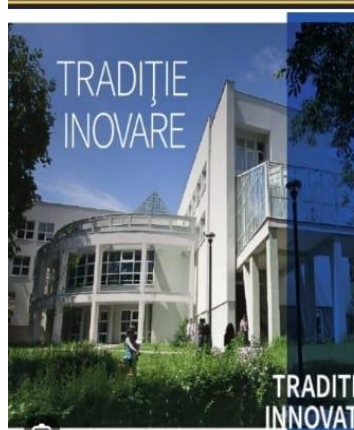
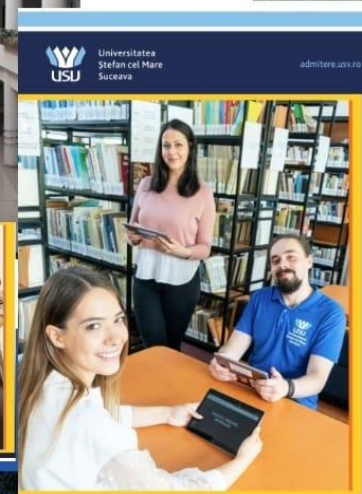
United in diversity



THE ȘTEFAN CEL MARE UNIVERSITY OF SUCEAVA

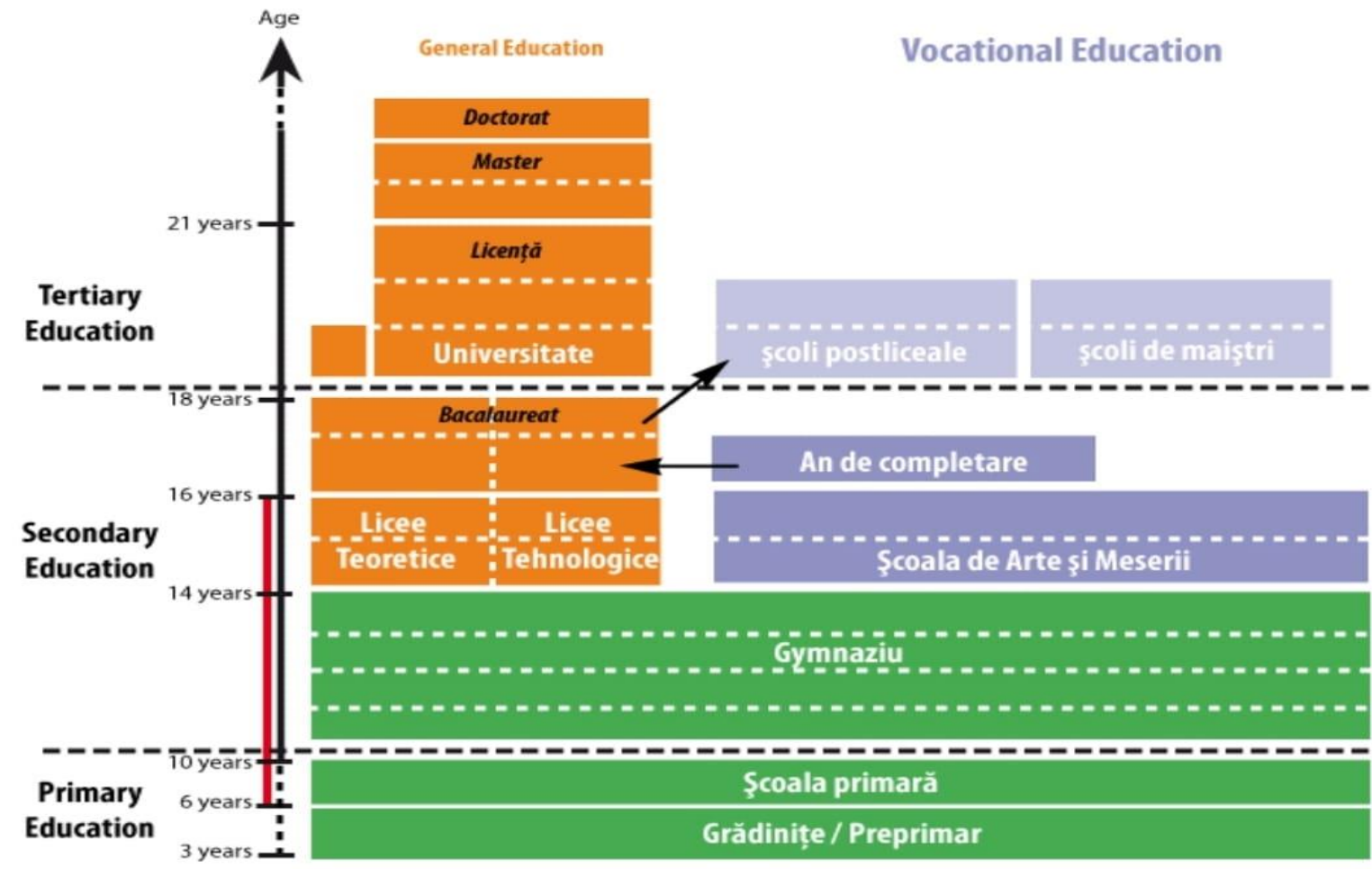


Universitatea Ștefan cel Mare Suceava





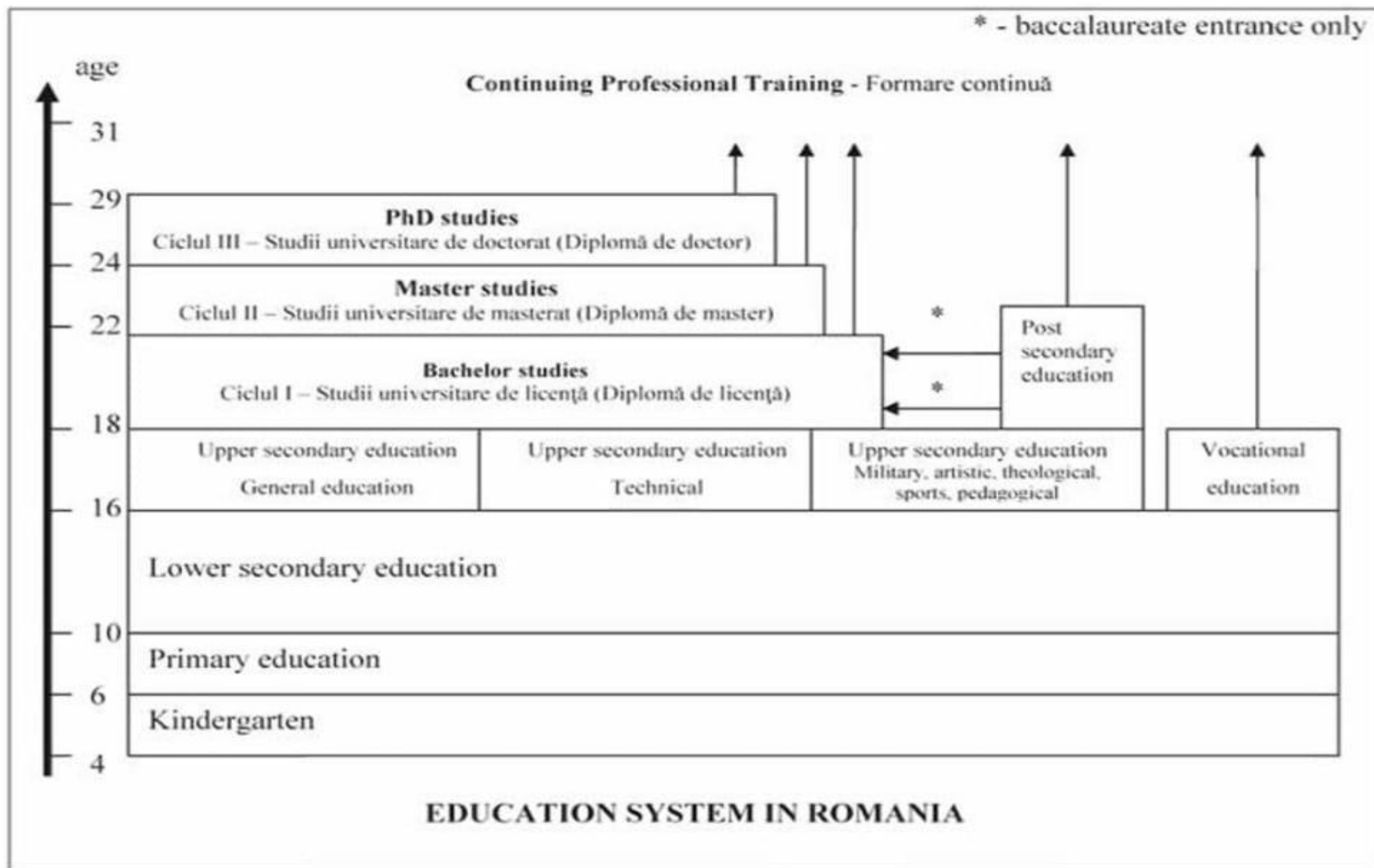
Romanian Education System



Key :

- Compulsory Education
- Basic Education
- Vocational Education
- General Education
- Vocational Education : Post-Secondary Non-Tertiary Education
- Apprenticeship-based qualifications





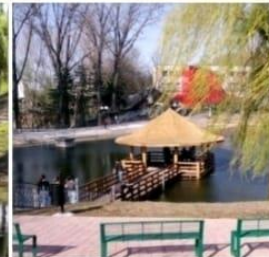


THE GREEN AND INTELLIGENT CITY SUCEAVA

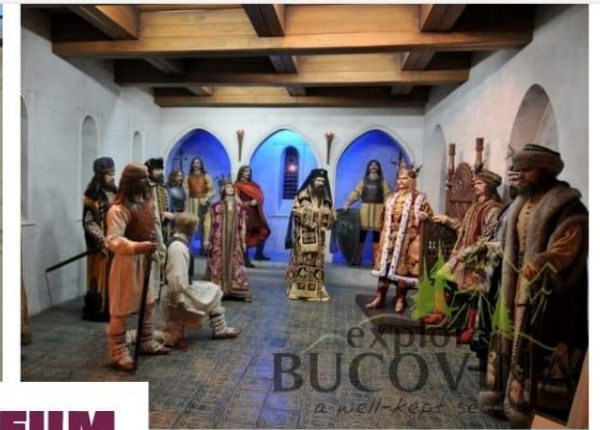


PARCUL DE AGREMENT „TĂTĂRAȘI”

Lebede negre și plimbări gratuite cu barca, în zona de agrement Tătărași



MUSEUM OF NATURAL SCIENCES



THE HISTORY MUSEUM



MUZEUL SATULUI BUCOVINEAN



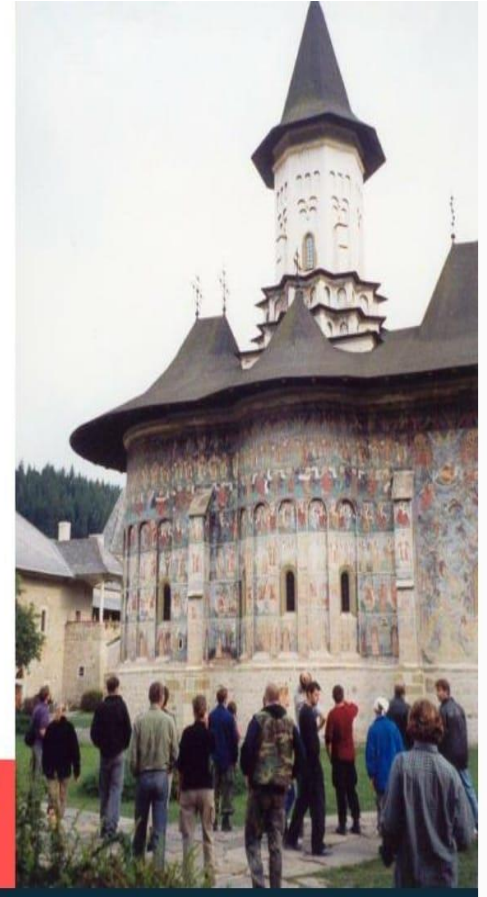
BUCOVINA VILLAGE MUSEUM



**THE PRINCELY INN IN
SUCEAVA (THE
ETHNOGRAPHIC
MUSEUM)
HANUL DOMNESC**



**COSTUM POPULAR
SUCEVEAN**



SAINT JOHN THE NEW MONASTERY



DRAGOMIRNA MONASTERY



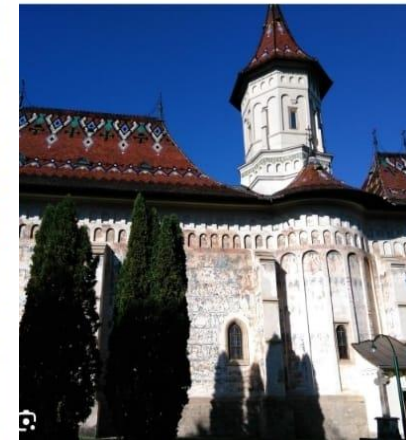
The **Cathedral of the Nativity** (Romanian: *Catedrala ortodoxă Nașterea Domnului*) is a Romanian Orthodox church in Suceava, Suceava County, Bukovina, Romania. It is located in Mărășești–Zamca district, near the city center.

The cathedral was designed by architect Doru Ghiocel.

The structure is 70 meters long, 20 meters wide and 82 meters high, being the one of the largest cathedral in Romania. It is also one of the twelve tallest Orthodox church buildings in the world.



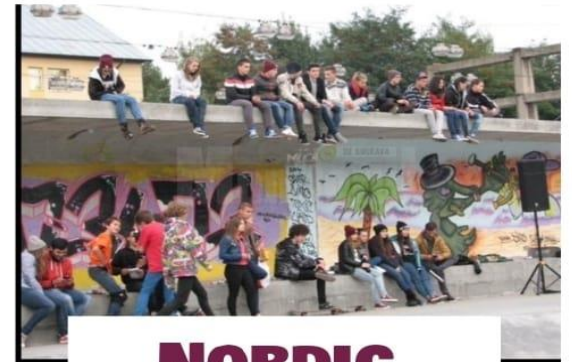
SAINT GEORGE'S CHURCH



PLANETARIUM AND OBSERVATORY

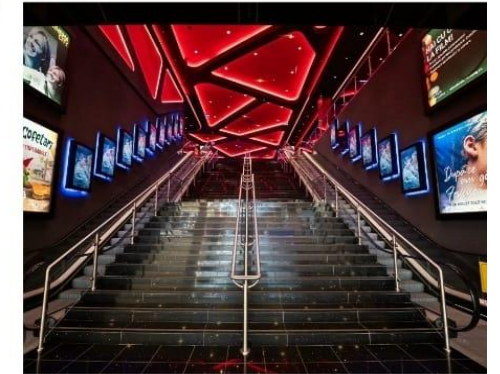


ICE SKATING RINKS IN SUCEAVA



**NORDIC
SKATE
PARK
SUCEAVA**

SHOPPING CENTER IULIUS MALL



GASTRONOMY IN BUCOVINA



NICE RESTAURANTS AND TASTY FOOD



BE AMAZING



**Traditional Romanian
Food**

Romanian Cabbage Rolls (Sarmale)

Sarmale or Romanian cabbage rolls are a Romanian food recipe made and served during celebratory times.

Sarmale is the national dish of Romania. It never misses from the table of a special celebrations such as a wedding, christening, or funeral, nor from the holiday meals of Christmas or Easter. No matter how modern a wedding is, there will always be sarmale as one of the main dishes. *It's a staple in Romanian cuisine and can be made vegetarian as well. Sarmale are cabbage rolls filled with rice and buckwheat. They are filling, healthy and super delicious.* Ask any Romanian what is their definition of their traditional dish and they will all tell you *sarmale* (Romanian cabbage rolls) served with *mamaliga* (Romanian polenta). *Romanian Sarmale Recipe*

stuffed cabbage rolls, a healthy dinner dish made with ground meat and rice, herbs, paprika and seasoning, rolled in cabbage leaves or sauerkraut, and cooked in a light tomato sauce until tender. It's a traditional dish in Romania, which is a classic recipe at Christmas, but also all year round.

Romanian Sarmale Recipe or stuffed cabbage rolls, a healthy dinner dish made with ground meat and rice, herbs, paprika and seasoning, rolled in cabbage leaves or sauerkraut, and cooked in a light tomato sauce until tender. It's a traditional dish in Romania, which is a classic recipe at Christmas, but also all year round.



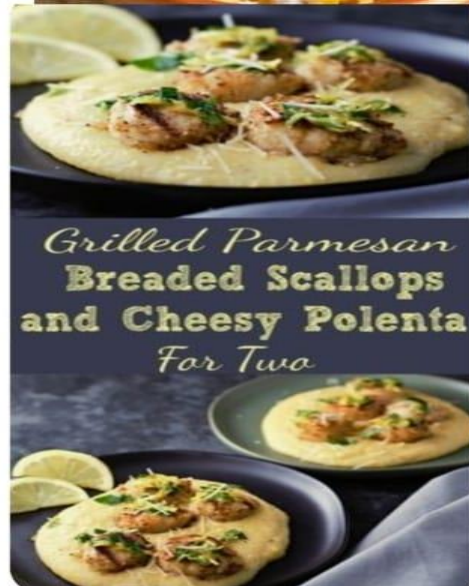
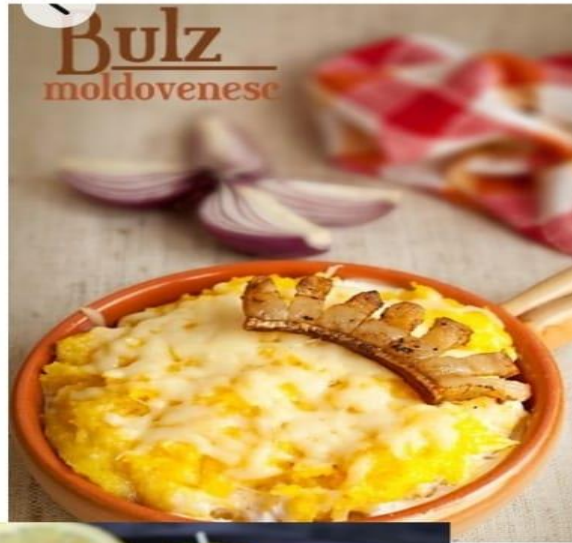
ROMANIAN CABBAGE ROLLS (SARMALE)

Tochitură is a traditional Romanian and Moldovan dish made from pork cut into small cubes, (tochitura comes from the verb "a topi" which means "to melt") cooked over low fire in their own fat and juices, usually in a cast-iron pot. It is traditionally served with over-easy eggs and mămăligă. The *tochitură moldovenească* is the Moldavian version and the *tochitură ardelenescă* is the Transylvanian version.



TOCHITURĂ

BULZ MOLDOVENESC



*Grilled Parmesan
Breaded Scallops
and Cheesy Polenta
For Two*



CHEESY POLENTA



CHEESY POLENTA

MEATBALL SOUP



CIORBA DE PERISOARE



What Is Ciorba?

In Romanian we call these types of soups "ciorba". "Ciorba" in Romanian usually refers to sour soups with vegetables and some form of meat. They are made sour by adding either lemon juice, "bors" which is fermented wheat bran, sauerkraut juice, or sometimes even vinegar. "Ciorba de perisoare" basically means meatball soup.

When it comes to this soup I just use lemon juice and this gives the soup a **very nice** sour taste. The meatballs are quite simple and although I used pork in these recipe, **any type** of ground meat will work. I've made them with ground beef, ground beef, or even ground chicken or turkey, you could even mix the meats.

CIORBA RADAUTEANA

Ciorba Radauteana is a traditional Romanian soup. It's made with a combination of chicken, onions, sweet red pepper, celery, carrots, lemon juice, garlic, parsley, and sour cream. The ingredients are simmered over medium heat until the meat and the vegetables become tender. The soup is quite sour due to the addition of lemon juice. In Romania, ciorba Radauteana is especially prized for being a hangover cure and having healing properties - it's often used as a remedy for common cold symptoms.



BEET SOUP

CIORBA DE BURTA

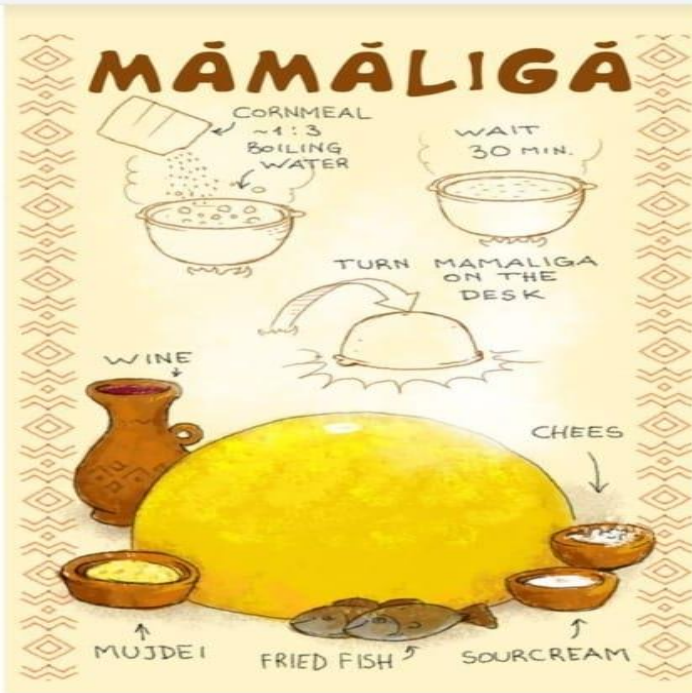
The **Tripe Soup** is a traditional Romanian soup made with beef tripe, garlic, sour cream, eggs and vinegar. With an amazing creamy texture, it's one dish that any true foodie must try.



Beet soup

Ciorbă de sfeclă is a traditional Romanian sour soup based on beetroots. It is typically made with grated or cubed beetroots, which are boiled with a variety of vegetables, usually onions, carrots, celery, parsley roots, or potatoes, along with noodles, tomato sauce, and seasonings.





Goat Cheese Polenta with Balsamic Mushrooms



POLENTA DISHES



CIOLAN AFUMAT

**PORK KNUCKLE
VERY SLOWLY ROASTED
PORK KNUCKLE WITH
BRAISED SOUR
CABBAGE, POLENTA,
HORSERADISH AND A
CHILI PEPPER**



TRADITIONAL PICKLED VEGETABLES

MURATURI TRADIZIONALE



SMOKED TROUT



The trout lives in mountain waters, which are pure and rich in oxygen. It can usually be found on the menu of good Romanian restaurants, but it is also offered by many of the better guesthouses. In the northern Romanian province of Bukovina there is a typical dish, usually known as "trout smoked in a kobza".- kobza is a pear-shaped stringed instrument of Persian origin.

The "Kobza" dish has the same shape as the instrument, but is made of willow twigs and fir branches. A kobza like this, large enough for 5-6 trout and weighing about 1 kilogram in all, was thought to be the perfect recipient to carry and store the smoked trout for a couple of days, with no need to put them in the fridge.

The trout are smoked in fir-tree wood smoke, which gives them a brownish color. It's this wood that is said to give the fish a slightly sweet taste. Those who have refined their trout-smoking skills can also use spruce tree cones, dried and cleaned, to give the trout a slightly bitter taste.

For 12 hours before they are smoked, the trout are kept in salted water, to which pepper grains and bay leaves have been added. Then we leave the trout in the smoke house for about 4 hours, until they take on their distinctive brown color.

Smoked trout can be served on its own, but also as salad.



PASTRAV AFUMAT IN CETINA DE BRAD (LA COBZA)



**TROUT WITH SOUR
CREAM GARLIC SAUCE
AND POLENTA**



**PASTRAV CU
SMANTANA ,
USTUROI ȘI
MAMALIGA**



Romanian Cheese
Doughnuts (Papanasi)



TRADITIONAL DESSERTS FROM BUCOVINA

PASCA

**TRADITIONAL CHEESCAKE
WITH RASINS**



Cozonac is a sweet yeast dough that can be used to make different traditional holiday breads and cakes. Often mixed with raisins, it can be baked as a loaf or rolled out with fillings like poppy seed or walnuts. It is common throughout Southeastern Europe, Romania, Bulgaria and Serbia, North Macedonia, Greece, etc. Rich in eggs, milk and butter, it is usually prepared for Easter in Romania, Serbia, Bulgaria, and in Romania and Moldova it is also traditional for Good Friday.



COZONAC



COZONAC CU NUCA

Sponge cake with nuts



The sponge cake with nuts is a cake that Romanian people use to prepare near Christmas and Easter. This is made with flour, eggs, milk, sugar, nuts and cacao.



Pierogi



Pierogi with butter



Coltunasi



CHEESE DUMPLINGS (COLTUNASI)

In Moldova, it is said about COLTUNASI that they represent the food of peace, because there is a custom for people to gather at the table to consume the delicious dishes on weekends. Colțunasi united the family, and if the relatives quarreled, the anger disappeared after tasting the chosen dishes.

TOCINEI

MOLDAVIAN POTATO BALLS



SWEET POTATO PANCAKE



ROMANIAN CHOCOLATE

Afinata, Zmeurata, Visinata or Blueberry liquor



Tuica or plum brandy



**THE AFINATA,
ZMEURATA,
VISINATA, VIN
(BLUEBERRY LIQUOR,
RASPBERRY LIQUOR,
SOUR CHERRIES
LIQUOR, WINE)**



SOCATA



SOCATĂ OR SUC DE SOC IS A TRADITIONAL ROMANIAN SOFT DRINK MADE FROM THE FLOWERS OF THE EUROPEAN ELDER (OR ELDERBERRY) SHRUB, SAMBUCUS NIGRA (SOC IN ROMANIAN). IT MAY BE NON-ALCOHOLIC OR, USUALLY, LOW-ALCOHOLIC, AND CAN BE CARBONATED OR NON-CARBONATED, DEPENDING ON THE FERMENTATION TYPE AND DURATION.



ZMEURATA

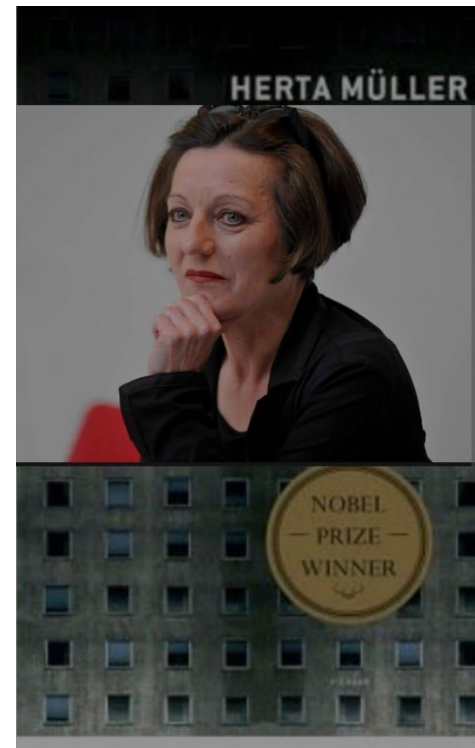
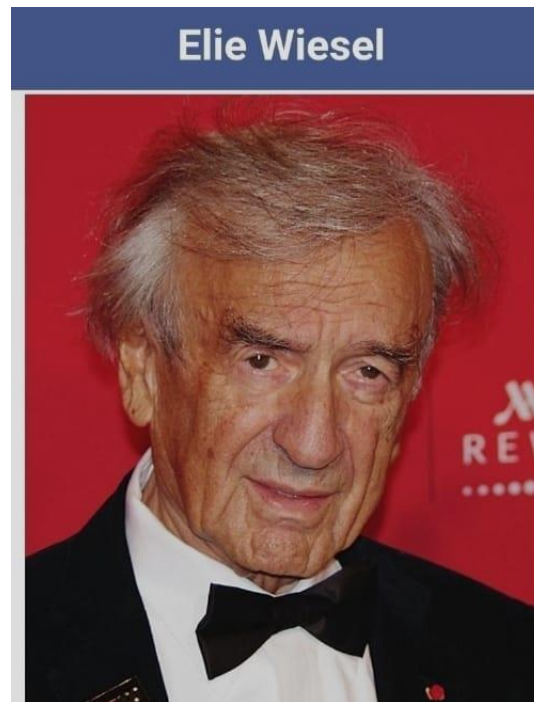
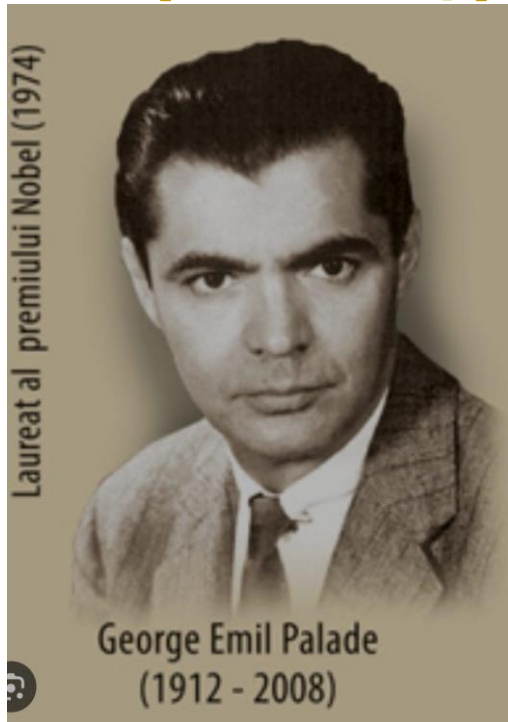


Zmeurată is a Romanian alcoholic beverage produced from Raspberry (*zmeură* in Romanian), sugar and alcohol.



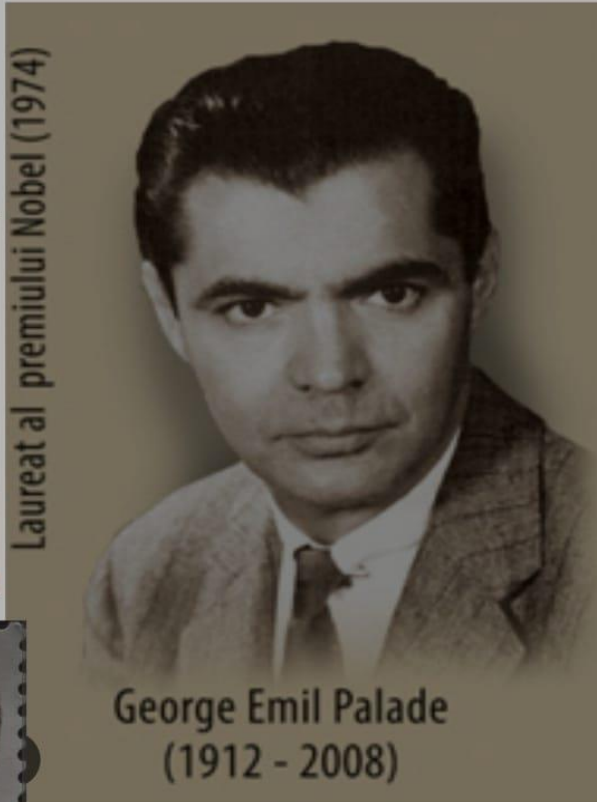
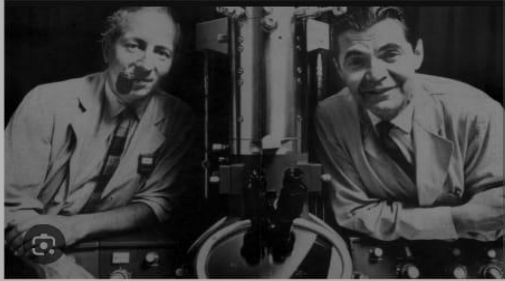
FAMOUS ROMANIAN PEOPLE

- Romania is home to four Nobel Prize laureates: George Emil Palade (medicine), Elie Wiesel (peace), Herta Müller (literature) and Stefan Hell (chemistry).

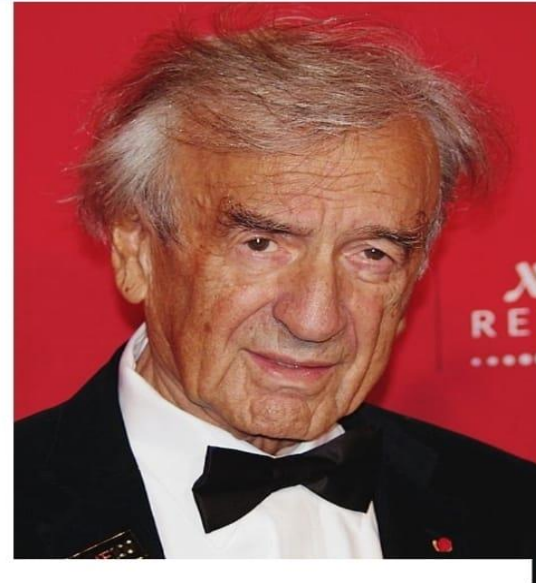


The Nobel Prize in Physiology or Medicine 1974. Haven, CT, USA

Prize motivation: "for their discoveries concerning the structural and functional organization of the cell". In 1955 George Palade discovered previously unknown organelles in the cell, ribosomes, where the cell's formation of proteins takes place. He also identified the paths proteins take through the cell.



Elie Wiesel



Elie Wiesel
The Nobel Peace Prize 1986

Born: 30 September 1928, Sighet, Romania

Died: 2 July 2016, New York, NY, USA

Residence at the time of the award: USA

Role: Chairman of The President's Commission on the Holocaust

Prize motivation: "for being a messenger to mankind: his message is one of peace, atonement and dignity"

Eye-Witness and Messenger

The Jewish author, philosopher and humanist Elie Wiesel made it his life's work to bear witness to the genocide committed by the Nazis during World War II. He was the world's leading spokesman on the Holocaust.

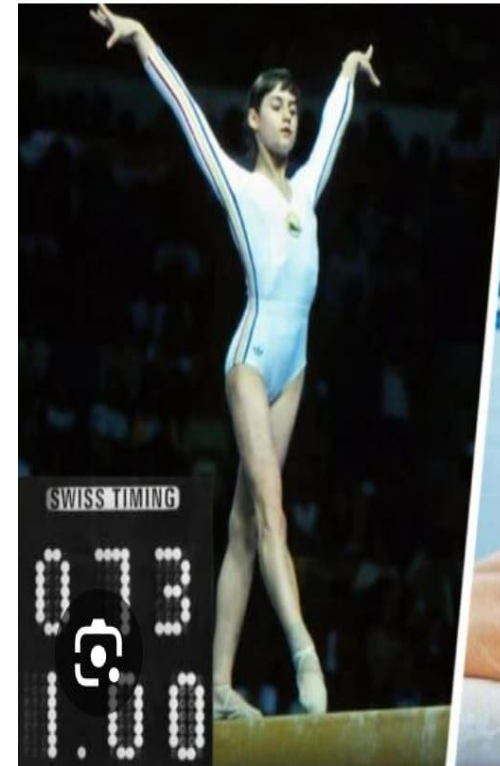
For the world to remember and learn from the Holocaust was not Elie Wiesel's only goal. He thought it equally important to fight indifference and the attitude that "it's no concern of mine". Elie Wiesel saw the struggle against indifference as a struggle for peace. In his words, "The opposite of love is not hate, but indifference".



The first ever perfect score of 10 in gymnastics was given to Romanian gymnast Nadia Comaneci. She bagged the score after her performance in a competition held in Montreal, Canada in 1976.



NADIA COMĂNECI



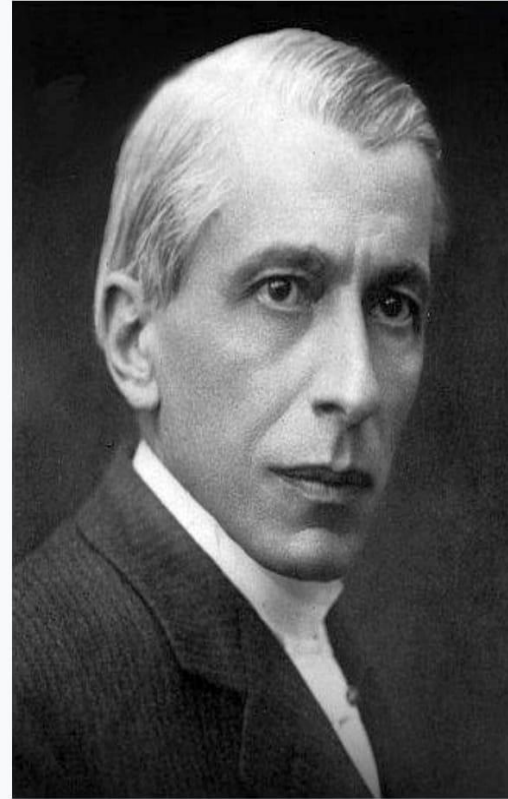
**Famous Romanians: Ana Aslan,
founder of the world's first
geriatrics institute**



Ana Aslan was a famous Romanian scientist, who has founded the world's first Institute of Geriatrics. She discovered the first anti-aging remedy, called Gerovital, that has been used in more than 70 countries around the world.



Nicolae Paulescu



The scientist who discovered insulin was Nicolae Paulescu, a Romanian, who originally called it pancreine. Although two Canadian scientists were awarded the Nobel Prize in 1923 for their study of insulin, Paulescu's pioneering work in the field of diabetic medicine was duly accredited.



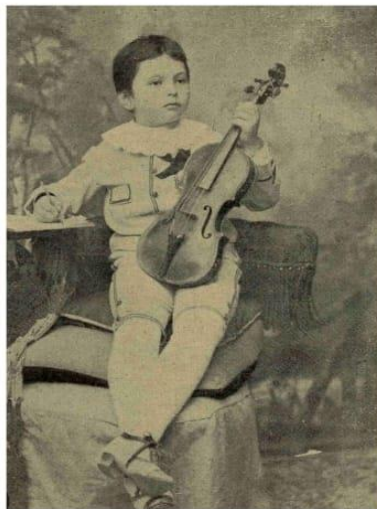
George Enescu



George Enescu (19 August 1881 – 4 May 1955), known in France as **Georges Enesco**, was a Romanian composer, violinist, pianist, conductor and teacher and is regarded as one of the greatest musicians in Romanian history. As far as cellist Pablo Casals was concerned, Enescu was unequivocally 'the greatest musical phenomenon since Mozart'.

Violinist **Yehudi Menuhin**, who spent several years studying with him, echoed this estimation: 'Enescu was an extraordinary human being, the greatest musician and the most formative influence I have truly experienced.' Meet George Enescu was a multi-faceted composer and a Romanian national hero.

ENESCU'S BEST KNOWN WORKS INCLUDE THE TWO ROMANIAN RHAPSODIES FOR ORCHESTRA, FROM 1901; THE SYMPHONY NO.1 IN E FLAT MAJOR OP 13 FROM 1906; AND THE OPERA OEDIPE, OP. 23, 1931.

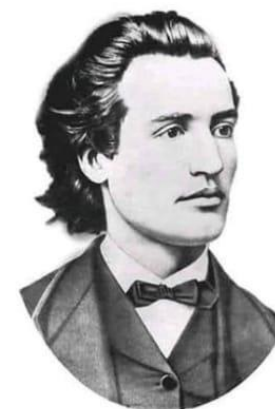


Mihai
Eminescu

Mihai Eminescu



(15 June 1889) was a Romanian Romantic poet from Moldavia, novelist, and journalist, generally regarded as the most famous and influential Romanian poet. Notable works include *Luceafărul* (*The Vesper/The Evening Star/The Lucifer/The Daystar*), *Odă în metru antic* (*Ode in Ancient Meter*), and the five *Letters* (*Epistles/Satires*). In his poems, he frequently used metaphysical, mythological and historical subjects.



Mihai Eminescu



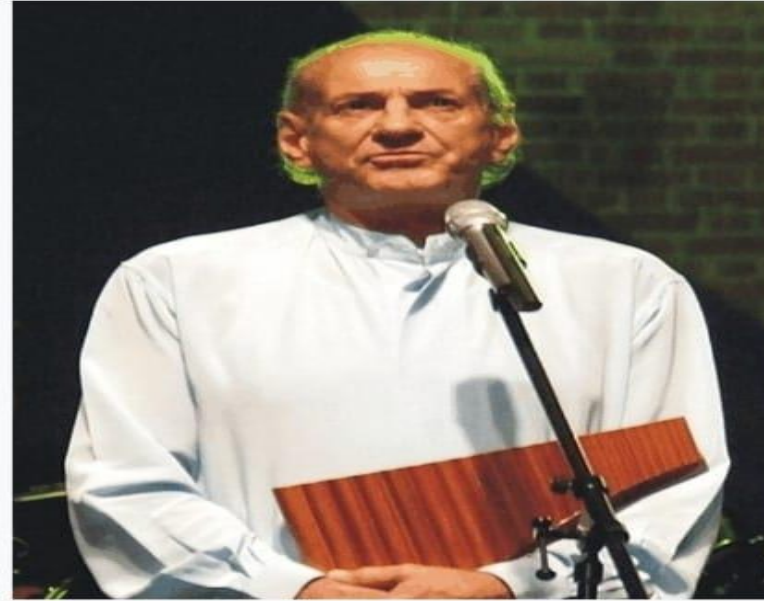
*Dumnezeu
nu e în
cer, nu-i
pe
pământ;
Dumnezeu
e în inima
noastră.*



The Lonely Shepherd, also known as *Einsamer Hirte* or *Der einsame Hirte* in German or as *El pastor solitario* in Spanish, is an instrumental piece by James Last, first released in a recording with the Romanian panflutist Gheorghe Zamfir. He is also known as "The Master of the Pan Flute." Zamfir is known for playing an expanded version of normally 20-pipe nai, with 22, 25, 28 or even 30 pipes, to increase its range, and obtaining as many as eight overtones (additional to the fundamental tone) from each pipe by changing his embouchure.



Gheorghe Zamfir



**PANFLUTE
MUZICIAN**



HERTA MÜLLER, MÜLLER ALSO SPELLED MUELLER, (BORN AUGUST 17, 1953, NIŢCHIDORF, ROMANIA), ROMANIAN-BORN GERMAN WRITER WHO WON THE NOBEL PRIZE FOR LITERATURE IN 2009 FOR HER WORKS REVEALING THE HARSHNESS OF LIFE IN ROMANIA UNDER THE DICTATORSHIP OF NICOLAE CEAUŞESCU



Stefan Walter Hell



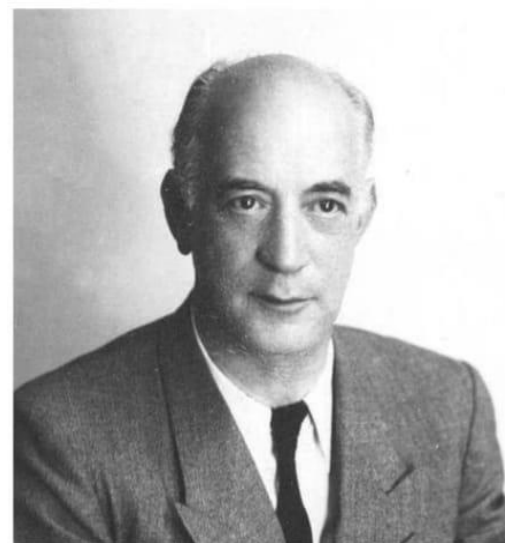
STEFAN HELL IS A DIRECTOR OF THE MAX PLANCK INSTITUTE FOR BIOPHYSICAL CHEMISTRY IN GÖTTINGEN, AND AT THE MAX PLANCK INSTITUTE FOR MEDICAL RESEARCH IN HEIDELBERG, GERMANY. HE RECEIVED THE NOBEL PRIZE IN CHEMISTRY IN 2014 FOR THE DEVELOPMENT OF SUPER-RESOLVED FLUORESCENCE MICROSCOPY.



STEFAN WALTER HELL: BORN 23 DECEMBER 1962 IS A ROMANIAN-GERMAN PHYSICIST AND ONE OF THE DIRECTORS OF THE MAX PLANCK INSTITUTE FOR BIOPHYSICAL CHEMISTRY IN GÖTTINGEN, GERMANY. HE RECEIVED THE NOBEL PRIZE IN CHEMISTRY IN 2014 "FOR THE DEVELOPMENT OF SUPER-RESOLVED FLUORESCENCE MICROSCOPY", TOGETHER WITH ERIC BETZIG AND WILLIAM MOERNER

Petrache Poenaru (1799-1875)

The inventor of the world's first fountain
pen



Romanian inventor and aerodynamics pioneer, Henri Coanda designed and built in 1910 the world's first jet powered aircraft, known as the Coandă-1910, which he demonstrated publicly at the second International Aeronautic Salon in Paris. Coanda died in Bucharest November 25, 1972 at the age of 86. Romania's main international airport, Henri Coanda, is named after the great inventor.

Henri Coanda was a Romanian inventor, a pioneer in aerodynamics and the builder of world's first jet plane. He discovered and gave his name to the Coanda effect.



Aurel Vlaicu was a Romanian engineer, inventor, airplane constructor and early pilot .



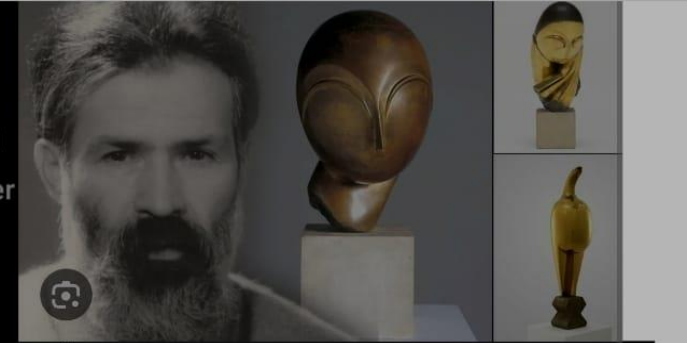
Aurel Vlaicu built airplanes that have remained in the history of Romanian aviation and of the world aviation



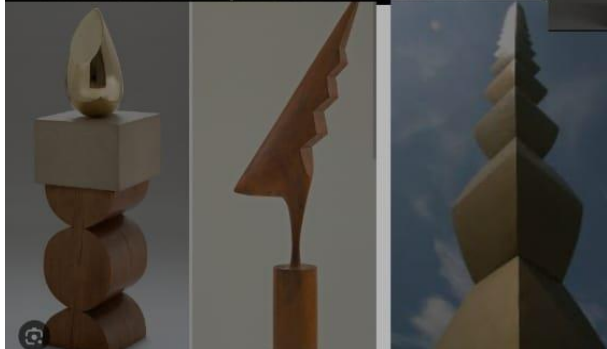
Constantin Brâncuși

(Romanian: February 19, 1876 – March 16, 1957) was a Romanian sculptor, painter and photographer who made his career in France.

Considered one of the most influential sculptors of the 20th century and a pioneer of modernism, Brâncuși is called the patriarch of modern sculpture. As a child, he displayed an aptitude for carving wooden farm tools. Formal studies took him first to Bucharest, then to Munich, then to the École des Beaux-Arts in Paris from 1905 to 1907. His art emphasizes clean geometrical lines that balance forms inherent in his materials with the symbolic allusions of representational art.



Brâncuși sought inspiration in non-European cultures as a source of primitive exoticism, as did Paul Gauguin, Pablo Picasso, André Derain, and others. However, other influences emerge from Romanian folk art traceable through Byzantine and Dionysian traditions.



BEAUTIFUL PLACES IN ROMANIA

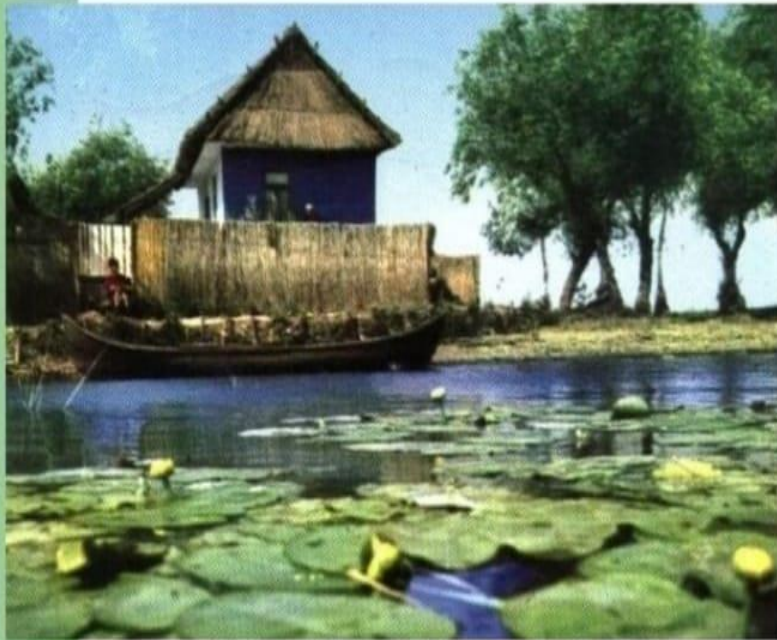


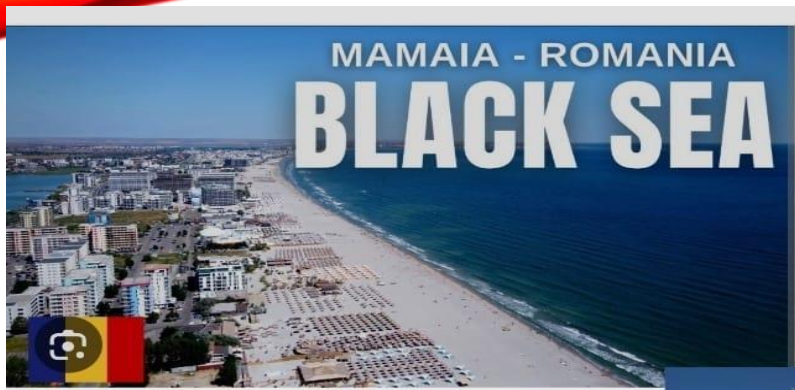
Danube Delta
Romania



DANUBE DELTA

The mighty Danube River flows 1,788 miles from its springs in Germany's Black Forest to the Black Sea. Just before reaching the sea it forms the second largest and best preserved of Europe's deltas: 2,200 square miles of rivers, canals, marshes, tree-fringed lakes and reed islands. The Danube Delta is a wildlife enthusiast's (especially a bird watcher's) paradise. Formed over a period of more than 10,000 years, the Danube Delta continues to grow due to the 67 million tons of alluvia deposited every year by the Danube River.







CARPATHIAN MOUNTAINS





Transfagarasan Road Tours

Transfagarasan Road or Highway is one of Romania's most famous attractions thanks to Top Gear's Jeremy Clarkson who named it 'the best driving road in the world' - after having filmed an episode here!

Truly a remarkable sight, Transfagarasan can be visited and toured from Sibiu, Brasov and Bucharest, usually during June - October when the road is open for driving without snow. Outside these dates, you can visit it using a cablecar from its base, coming from the North (Sibiu or Brasov) or from Bucharest on a 2-day trip - all depending on weather conditions.



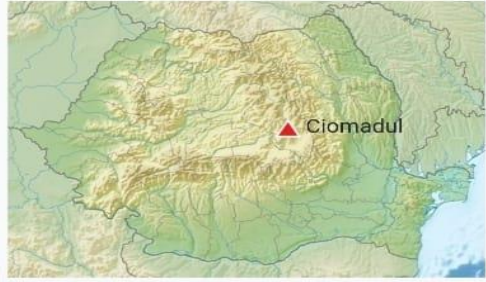
SCARISOARA CAVE GLACIER



Europe's second largest underground glacier, the Scarisoara glacier, is found underneath the Bihor Mountains in Romania. It has a volume of 75,000 cubic meters and has existed for more than 3,500 years.



VULCANII NOROIOSI



Rigole formate Vulcanii noroiosi



MUD VOLCANOES



The Muddy Volcanoes: For those of you looking for a weekend getaway, the Muddy Volcanoes are a handy option, especially since Buzău County could rival any tourist destination for a weekend getaway.

On the globe, there are about a thousand such phenomena, but in Europe they are very rare. Romania, through the nature reserve in Buzau county, can boast of the only miniature mud volcanoes in Europe. The Vulcanii Noroioși reserve, the place where "the earth boils", extends over approximately 30 hectares between the towns of Scorțoasa and Berca in Buzoia and consists of 4 areas: La Fierbători, Pâclele Mari, Pâclele Mici and Beciu

Sovata – The pearl of the Salt Country in Transylvania

If you have never heard of **Sovata**, now it's high time you became acquainted with this truly unique resort town of international importance, which is a popular holiday destination not only for Romanians, but also for visitors from all over Europe.



Sovata is located at a distance of 55 km from Sighisoara, at the Western foot of the Eastern Carpathians, and it is the center of the Salt Country of Transylvania. The town is considered relatively young: the first inhabitants were settled there at the end of the 5th century, but it only really started to prosper when Jozsef Veress, realizing the great value of saltine springs and sodium-chloride mineral water, built the first bathing establishments in 1872. Since then, the town became even more popular, and in the period after the First World War it was often visited even by the Romanian royal family. Today, Sovata is renowned for the healing and rehabilitating therapies it offers for numerous different health problems, such as infertility, kinetic and rheumatic diseases and also metabolic diseases.



ROMANIA | EUROPE

5 Brilliant Things to do in Sovata & Beyond | The Best of the Salt Region in Romania

The very best of this unique region is scattered between the two villages of **Sovata and Praid** and is still **“off the beaten path”** in the wildly popular **Transylvania region**. These two salty cities each come with their own special highlights and activities.

Romania’s **“salt country”** includes awesome activities from soaking in mud pools, thermal pools, nature hikes, to a quirky underground Salt Amusement Park. The most important thing to do in Sovata is simply relax and unwind.

Bear Lake Natural Reserve | Parcul Natural Lacul Ursu



Take a Full Day Trip to Praid

Although highly commercialized from the popular Salina Praid, the village of Praid offers different salty experiences than Sovata. Praid has the stunning and beautiful **Salt Hill Nature Reserve**. Of course, there’s the famous **underground Salt Mine Praid** that feels more like an amusement park. Taking a full day trip to the village of Praid is one of the best things to do in Sovata.



Salt Hill Nature Preserve offers scenic views and cliffs that look like glaciers

Lake Mierlei | Lacul Mierlei



Top Photos: Free and healing mud pools in Bear Lake Natural Park | Bottom: Soak with locals in Lake Mierlei (for free!)

Explore a Hiking Trail



A lovely hiking trail in Salt Hill Nature Preserve in nearby Praid

Visit the Sovata Saturday Farmers’ Market



If in Sovata on a Saturday, swing by the colorful Farmers’ Market



How To Play in the Therapeutic Mud Pools

1. Find a mud pond that looks **extra gooey**. The consistency should feel more like clay than mud.
2. Rub the nutrient rich clay all over your body. Some people only focus on their regions of discomfort, while others slather up their entire body. **Don't forget your face!**
3. **Lay in the sun** and the mud will bake on you.
4. After you're done baking, **soak** in the luke-warm salty mud baths. **Scrub-off** the dried, fussy clay.
5. **Repeat** as many times as desired!
6. Finally, clean off in the salty lake and float with the locals in Lacul Mierlei

One of the most authentic experiences and things to do in Sovata is to roll and play in the mud! I swear it's good for you!



One of the best things to do in Sovata.... Play in the mud!

Lake Mierlei | Lacul Mierlei



Top Photos: Free and healing mud pools in Bear Lake Natural Park | Bottom: Soak with locals in Lake Mierlei (for free!)





SALINA DE LA PRAID



PRAID SALTY MINE



Red Lake is a natural dam lake in Harghita County, Romania, caused by a landslide in the 19th century. It is located in the Hășmaș Mountains, on the upper course of the Bicz River, and lies at the foot of the Hășmașul Mare Peak, near the Bicz Gorge, at a distance of 26 km from Bicz. with its traditional cabins, hotels, and its famous lake (situated at 980 m (3,220 ft) (altitude) .



LACUL ROSU





LACUL SF ANA

St Ana Lake (Lacul Sfanta Ana) is one of the most magnificent natural treasure of the only volcano lake in Central and Eastern Europe, formed in the bottom of Ciomatu Massif southern crater. Near the lake, in the northern crater, the Mohos peat bog is, where rare Ice Age relic plants are located. Both sights are part of the Mohos Nature Reserve. The area of the craters is protected, being included in the Natura 2000 network.



BEAR LAKE

LACUL URSU was formed in 1875, with the collapse of a salt mine and filled after that with water from the rain falls and from the streams that descend from the nearby versants **LACUL URSU** is the largest heliothermal (receives heat from the sun) salt lake in Europe and it is shaped as a bear's skin, hence the name. Its surface salinity is 100 g/l, which exponentially increases with depth. The water can get up to 35 ° C due to the heliothermic phenomenon: the fresh water of two small brooks that flow into the Bear Lake form a 10-15 cm thick layer on top of the salt water. This freshwater layer behaves just like a magnifying glass: the sunrays penetrate it, warming up the underlying salt waters to a depth of 1,5-2 m up to 35 degrees. The freshwater layer also acts as a heat insulator, preventing salt water with a much higher density to rise to the surface and lose its accumulated heat in contact with cooler



Transylvania is very rich in spas and mineral water springs. If you are looking to recharge, heal and relax, Transylvanian spas, mofettes and mineral water baths are a great choice. These places are popular not only among the locals, but tourists also come back often, as the healing effect of the medicinal baths, the hospitality of the locals, the delicious homemade Transylvanian dishes and the wonderful scenery all call them back.



**A
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BAILE FELIX RESORT





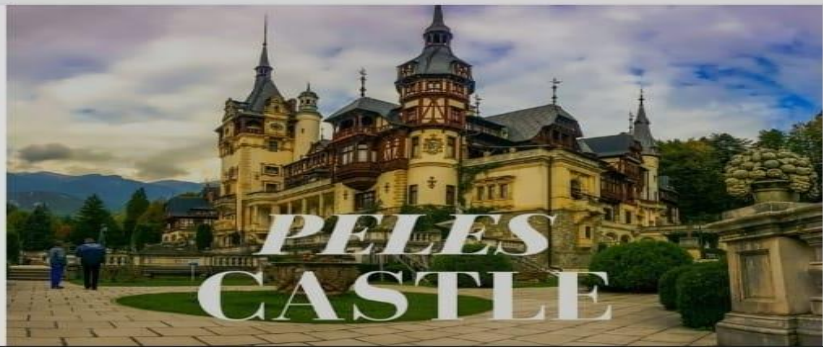
BAILE HERCULANE RESORT



The city of Timisoara in Romania is the birth place of the horse tram and the electric street light. These inventions were first introduced in 1869 and 1889 respectively.



TIMIȘOARA



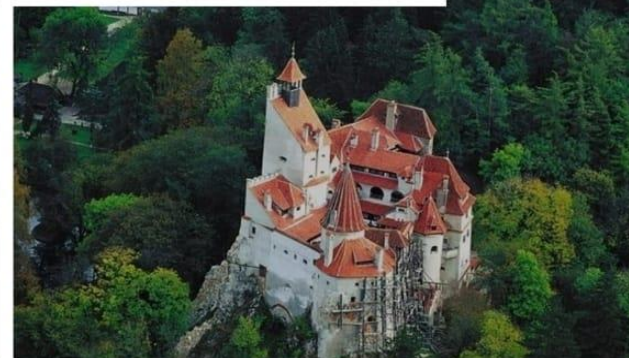
Romanians know Bran Castle more as a royal residence in the early 20th century, which it became in the early 20th century. Queen Marie spent much of her time here in the 1940's.



The vampire Dracula may be a legend emerging from **a 19th-century novel**. But the character was based on Vlad the Impaler, a military leader in 15th-century Romania.

Today, Bran Castle is known as "Dracula's Castle" largely because of Vlad the Impaler's use of it, plus the fact that it's the only castle in Transylvania that closely matches Stoker's description of Dracula's castle.

Bran Castle (Dracula's Castle)



The archetypical vampire Count Dracula, created by Bram Stoker, was inspired by the pitiless Romanian general Vlad Tepes, also known as Vlad the Impaler because one of his favorite ways of punishing people was by impaling them.

DRACULA'S CASTLE (BRAN CASTLE)



"The Sapanta-Peri Monastery was included in UNESCO's patrimony and is a symbol of God's dedication and faith to the inhabitants of this ancient land. This place of worship is a monastery of nuns and is a destination that should not be missed by tourists arriving in Maramures."



The **Merry Cemetery** (Romanian: *Cimitirul Vesel*) is a cemetery in the village of Săpânța, Maramureș County, Romania. It is famous for its brightly coloured tombstones with naïve paintings describing, in an original and poetic manner, the people who are buried there in addition to scenes from their lives. The Merry Cemetery became an open-air museum and a national tourist attraction. It has been listed as one of the Seven Wonders of Romania by *Imperator Travel*.



THE MERRY CEMETERY FROM SĂPÎNȚA (CIMITIRUL VESEL)



Moldova



Moldova is, historically, a region of Eastern Europe, but from the cultural and linguistic point of view it is a Romanian region.

Moldavian cuisine is characterized by refined and tasty dishes. In Moldova there is a very important region called Bucovina.



Bucovina, a piece of heaven

The story where romanian people obey traditions as same as they obey the law

Customs and traditions of Bucovina

Bucovina is known for its folklore, costumes, furniture, pottery, tapestries and carpets. Craftsman continues traditions inherited from generation to generation. Masks, costumes, painted eggs, carved wooden objects, embroideries and rugs that are still elements of daily life.

The art of painting the eggs is called “Împistrit” and it is usually practiced here. In Holy Week of the Easter, from Tuesday through Friday, besides simple egg painting, are used other two practices: one is painting using a brush and the other one is “împistritul”, using wax .



THE CHATTY FROM MARGINEA

Atelier of black chatty

Marginea is famous for its chatties. All food and drinks are better in chatties. The Centre of black pottery is unique in Europe. It obtains only naturally by burning.





MARGINEA POTTERY



MARGINEA BLACK CERAMICS





- One of the most beautiful Romanian traditions is the celebration of spring. Mărțișorul is an ancient symbol, which marks the arrival of the warm weather on the Romanian lands. In folk beliefs, this talisman has magical powers. Men give marriage to women, and they wear them in their chests or hands throughout March.
- The *martisor* was conceived as an amulet tied to a pair of two white yarns (symbolizing divinity, health, purity and fulfillment) and a red one (as a symbol of love for the eternal beauties of life: friendship, fidelity and honor).



by cinderellabijoux

ROMANIAN TRADITIONS



- Easter celebration is one of the most beautiful Romanian traditions. For this celebration the eggs are painted in red, traditional dishes are made with lamb.



- The winter holidays are also marked by the most beautiful Romanian traditions. Folk customs, which come from the past, are celebrated in winter, and are followed in holiness even today. In the villages, on Christmas Eve, a number of children gather together to chase the villagers. They are masked in different characters, such as the bear or the goat.



Dragobete, the feast of love to the Romanians, has its roots in the Dacian traditions and faith in a sort of god of love, whose honor, on 24 February, the symbolic mark and the beginning of the spring. In this day, the Romanian villages echoed

the joy of young people and the saying "Dragobete kisses the girls". There are many popular beliefs about Dragobete. It was said that whoever attended the celebration would be safe from the disease of the year, especially fever, and that Dragobete helps households have a year of abundance.



A beautiful custom from the traditional folk tradition, the choice of "*baba*," as we know it today, with a funny role, has a special meaning in the formation of traditional family values and, moreover, was a "giver of hope" for eternal life.

The popular belief says that "*Babele*" are witches that have the power to influence the weather in one day, for even these days Baba Dochia, the one who brings the cold weather, begins to undress the 9 coyotes they wear in the winter.

The *Babes* symbolizes a fascinating Romanian tradition, a legend invoked in Romanian myths and stories, based on both the "babe" interpretation of the time and the rituals that took place within the traditional family.



In the popular calendar, June 24th is known as *Sânziene* or *Drăgaica*.

They are considered to be fawns of the field, giving special powers to the flowers and weeds, so that, on the occasion of the celebration on June 24, they become cure plants. Not by chance, after the feast of the *Sânziene*, all the plants turn back, or they do not grow at all.

Early in the morning, the lads walk through the village and throw busts of *sânziene* on the houses where the girls are married.





The pre-wedding ceremony is also one of the most beautiful Romanian traditions. The bride is helped by her mother and friends close to her family to prepare for the wedding. The bridegroom goes to take his future wife home and take her to the church. He is traditionally accompanied by his close friends. Before that, the knight of honor symbolically shaves the groom. Usually a knife or even an ax for this tradition is used.

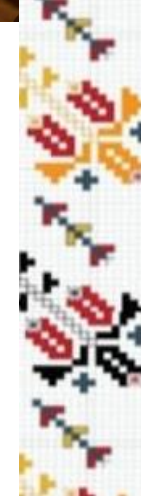
It is one of the most interesting local customs, the bride is stealing at midnight and redemption is required to return her to the bridegroom. There are some differences of this habit, depending on the locality, but the root is the same.

This tradition is an ancient reminiscence, from the time the bride was seen as the most valuable possession.

The traditional sport of Romania is Oin which is unique and is similar to baseball.



ROMANIAN CUISINE





TRADITIONAL ROMANIAN FOOD

- **CABBAGE ROLLS (SARMALE)**



There is no Romanian traditional meal without Sarmale. Usually prepared during winter time and Christmas holidays, Sarmale is a dish made of rolled minced meat (pork usually) mixed with rice and herbs and covered in cabbage leaves.

- **PORK FEAST (POMANA PORCULUI)**



Pork feast is an ancient tradition, involving a thank-you dinner to honor those friends and relatives who helped in processing food obtained from butchering a farm-raised pig. For the feast, the meat, liver, bacon, ribs and hocks of the pig are fried in its own fat.

- **LAMB HAGGIS (DROB DE MIEL)**



Lamb haggis is a Romanian food traditionally served at Easter referring to the sacrifice of Jesus, the Lamb of God.



- Romanian cuisine is a diverse blend of different dishes from several traditions with which it has come into contact, but it also maintains its own character.
- It has been greatly influenced by Ottoman cuisine, while it also includes influences from the cuisines of other neighbours, such as Germans, Serbs, Bulgarians and Hungarians.

Sarmale



Sarmale , are a very popular dish from Romania . Romanian people use to eat it espeacially on Easter and Christmas . This dish is a mix of meat , rice , vegetables . This mix is usually wrapped in cabbage leaves .



The sausages

A *sausage* is a food usually made from ground meat with a skin around it. We use to prepare this near Christmas and it can be eaten with various foods .



Toba

Toba is a preparation made from pork bowel cutted into medium pieces and is a food specific to Christmas holidays .



Roast lamb

Another specific Romanian Easter food is the *roast lamb*. We use to prepare it with aromatic spices .

Drob (Lamb tripe)



The *drob* is a food made of lamb livers , kidneys, lungs , cauls , vegetables and eggs . All these ingredients are mixed and baked . This food is specific to Easter holidays .

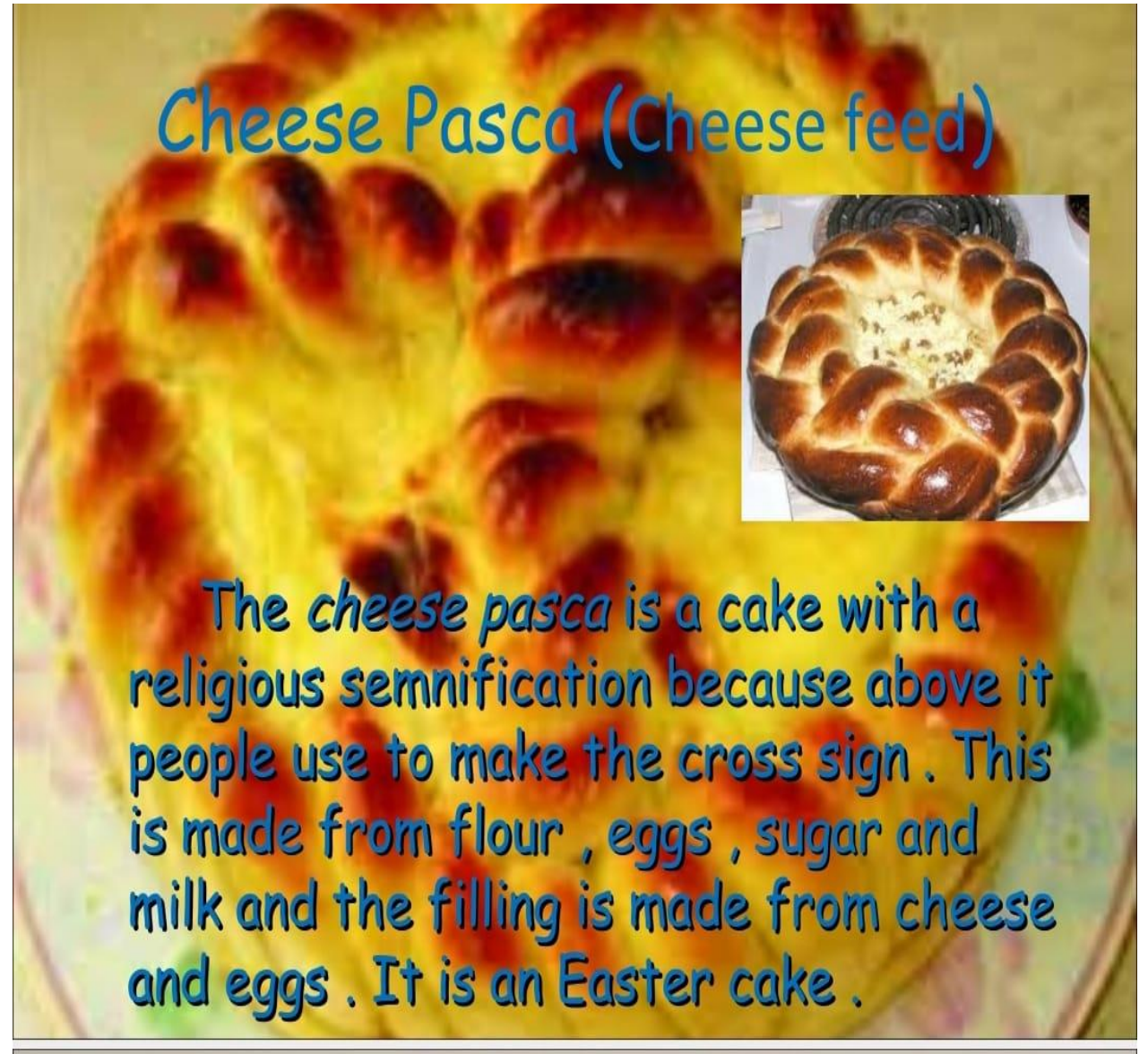
Caltaboşı

The *caltaboşı* are a kind of sausages prepared of boiled and crushed pig bowels. They are usually consumed boiled or smoked . The composition varies from one area to another, may contain or rice and pieces of bacon.



Easter

Romanian traditional food



Cheese Pasca (Cheese feed)

The *cheese pasca* is a cake with a religious semnification because above it people use to make the cross sign . This is made from flour , eggs , sugar and milk and the filling is made from cheese and eggs . It is an Easter cake .

Sponge cake with nuts

The *sponge cake with nuts* is a cake that Romanian people use to prepare near Christmas and Easter . This is made with flour , eggs ,milk ,sugar ,nuts and cacao .





Romanian Cheese
Doughnuts (Papanasi)



COLTUNASI

Pierogi



Pierogi with butter



Coltunasi



All these dishes are accompanied by traditional drinks like : *Palinca* , *Țuica* , *Cotnari* wine and more .



Afinata, Zmeurata, Visinata or Blueberry liquor

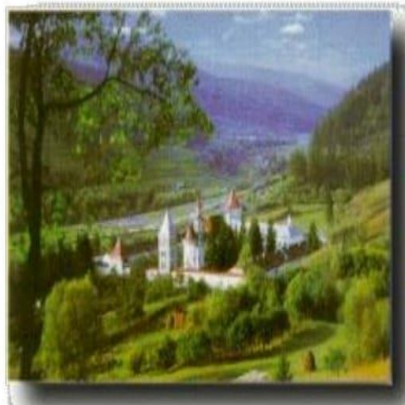


Tuica or plum brandy



**THE AFINATA,
ZMEURATA,
VISINATA,VIN
(BLUEBERRY LIQUOR,
RASPBERRY LIQUOR,
SOUR CHERRIES
LIQUOR,WINE)**



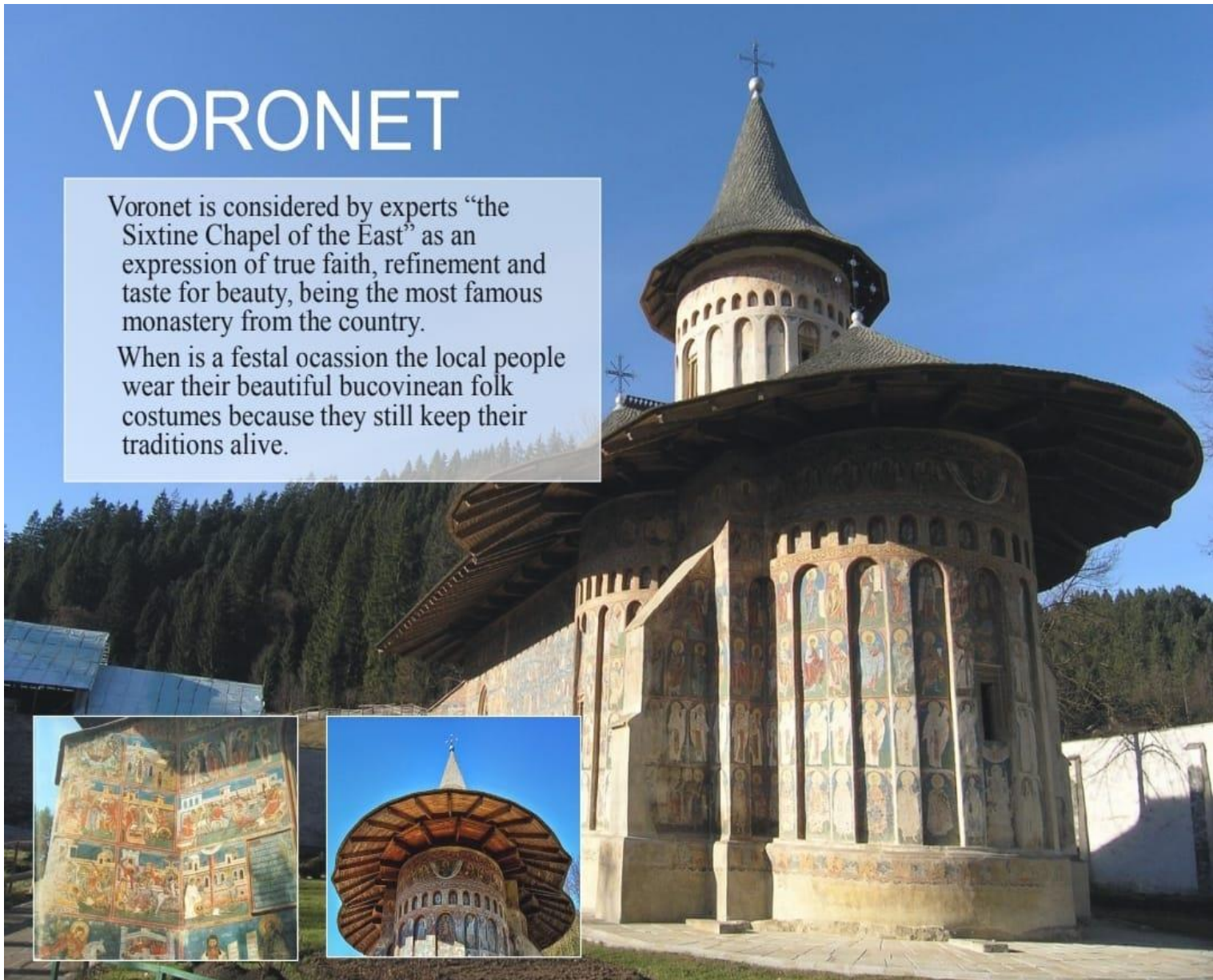


**FAMOUS
MONASTERIES**

VORONET

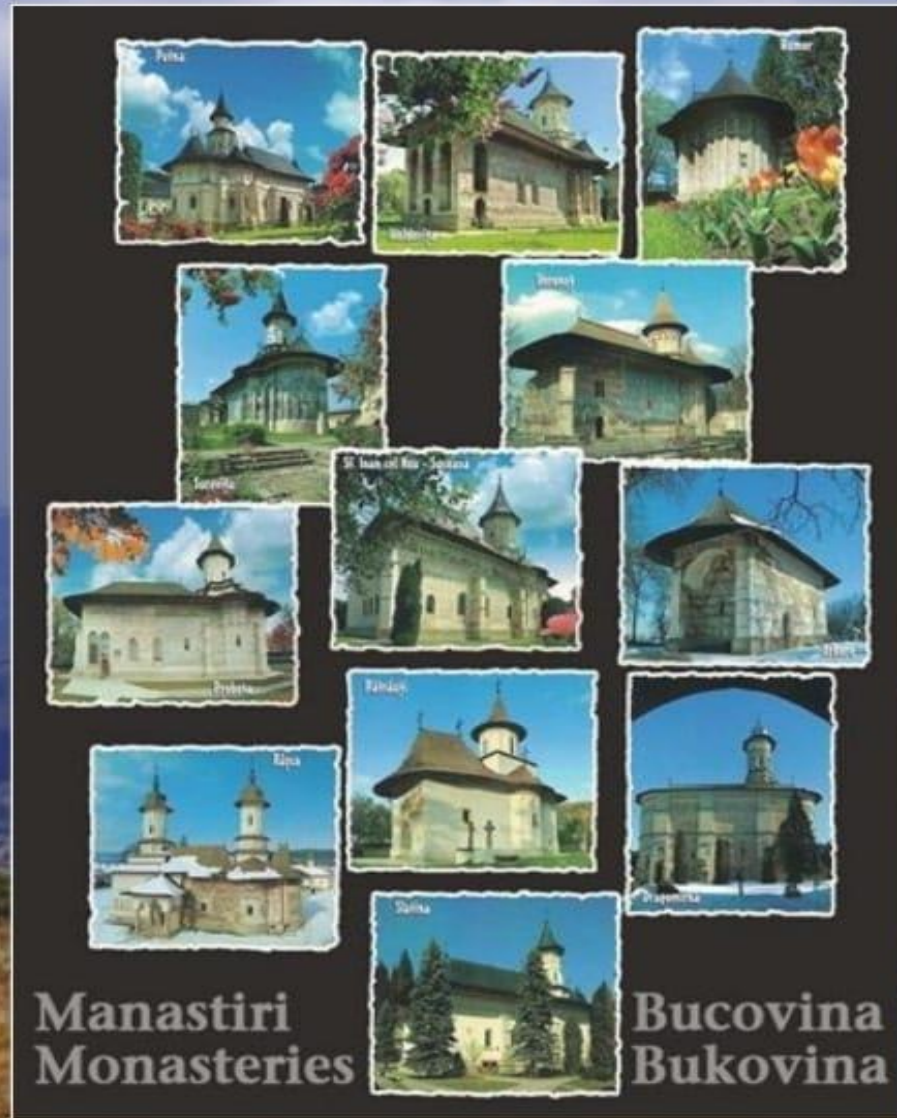
Voronet is considered by experts “the Sixtine Chapel of the East” as an expression of true faith, refinement and taste for beauty, being the most famous monastery from the country.

When is a festal occasion the local people wear their beautiful bucovinean folk costumes because they still keep their traditions alive.



VAMA

Often, we associate Bucovina with its painted monasteries and its churches, but in fact, this region is also full of other wonders like the landscapes quality, the taste of traditional cuisine, the intact nature which are a magnet for tourists.



The Arinis Park from Lunca Moldovei is waiting for you with an olympic-size swimming pool, sports courts and an ice rink.

The 1.350 m ski lift is equipped with chair lift and an installation of snow.

Here are held the famous festivals from Gura Humorului: “Zilele Humorului”, “Umor...la Gura Humorului”, “Toamna in Veronet”.

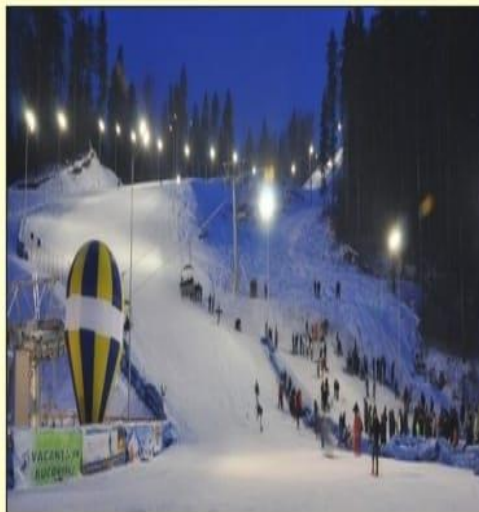
ARINIS CENTRE



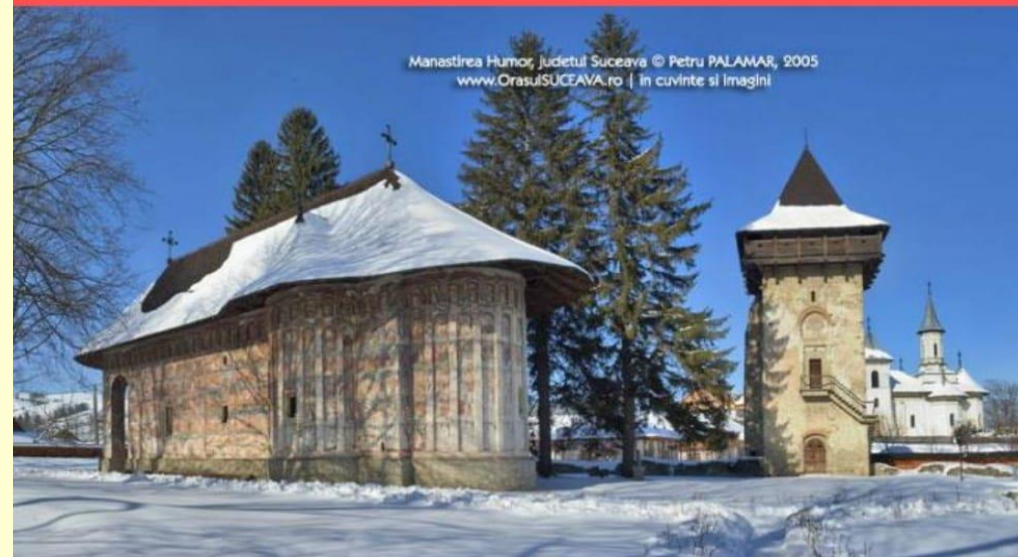
VORONET MONASTERY



SOIMUL SKI LIFT



HUMOR MONASTERY



ORTHODOX CHURCH

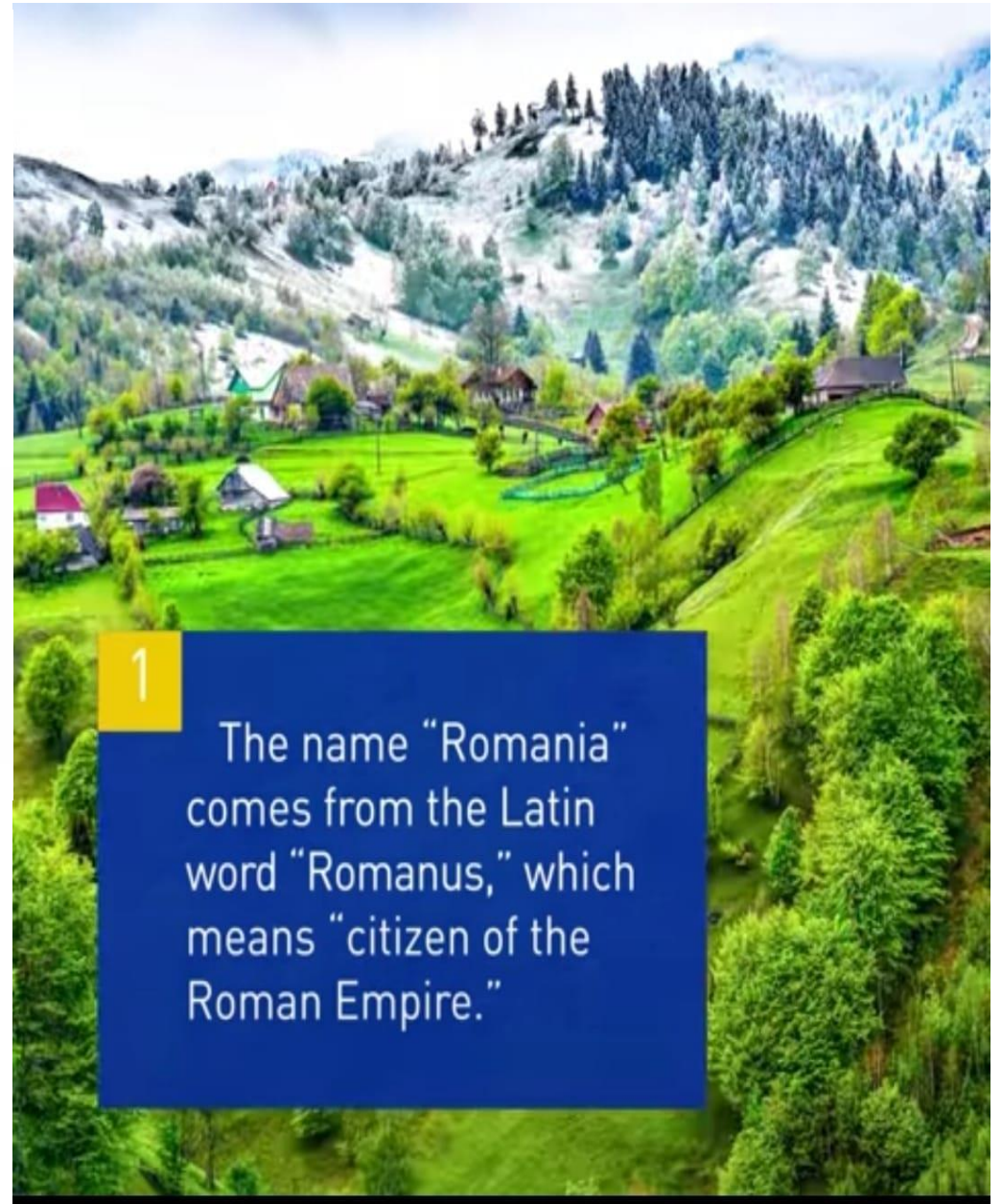


The colors of the Romanian flag are red, yellow and blue which represent the blood of the people, grains which feed the people and the sky.



Romanian Culture

Interesting facts



1

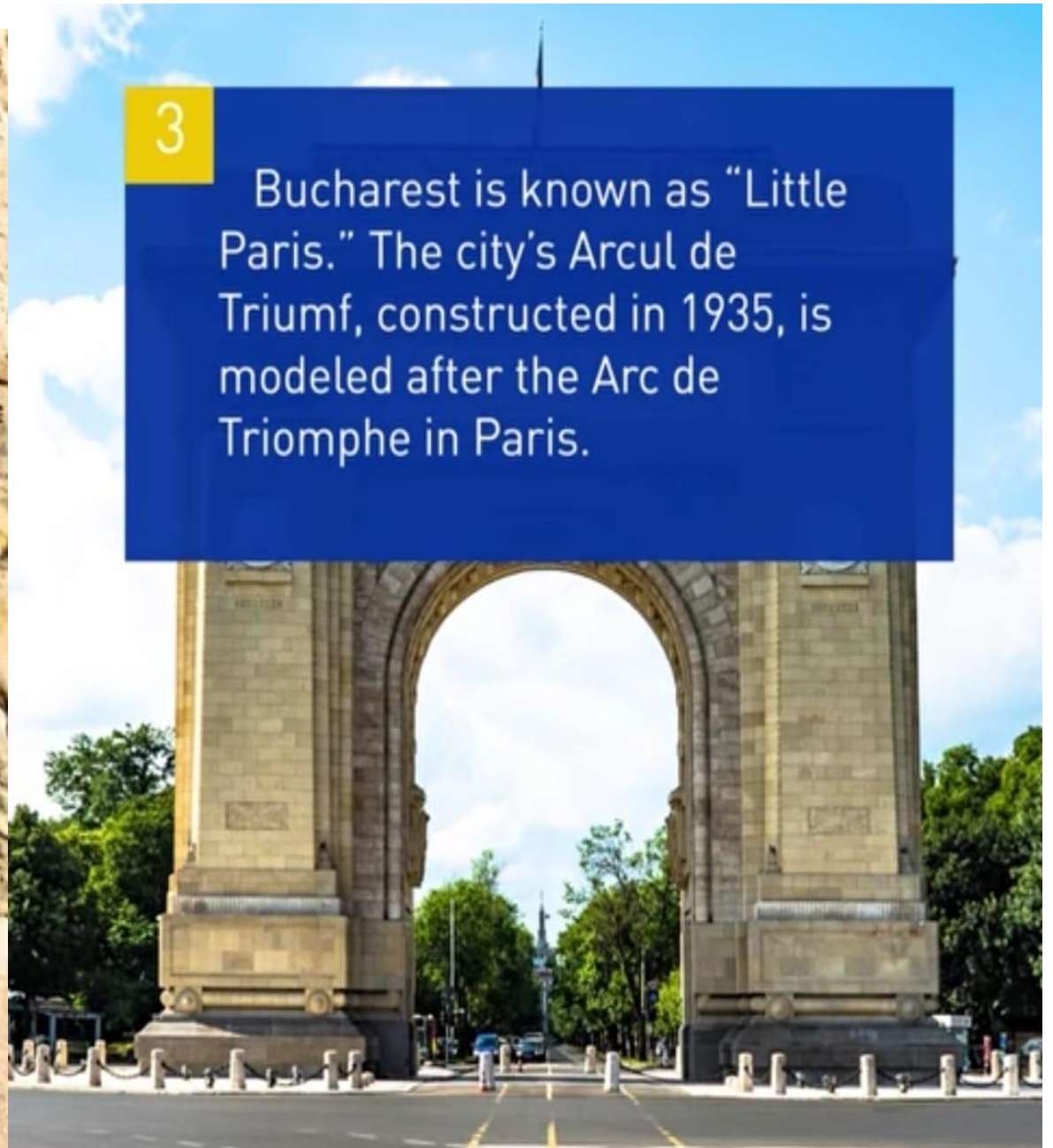
The name "Romania" comes from the Latin word "Romanus," which means "citizen of the Roman Empire."

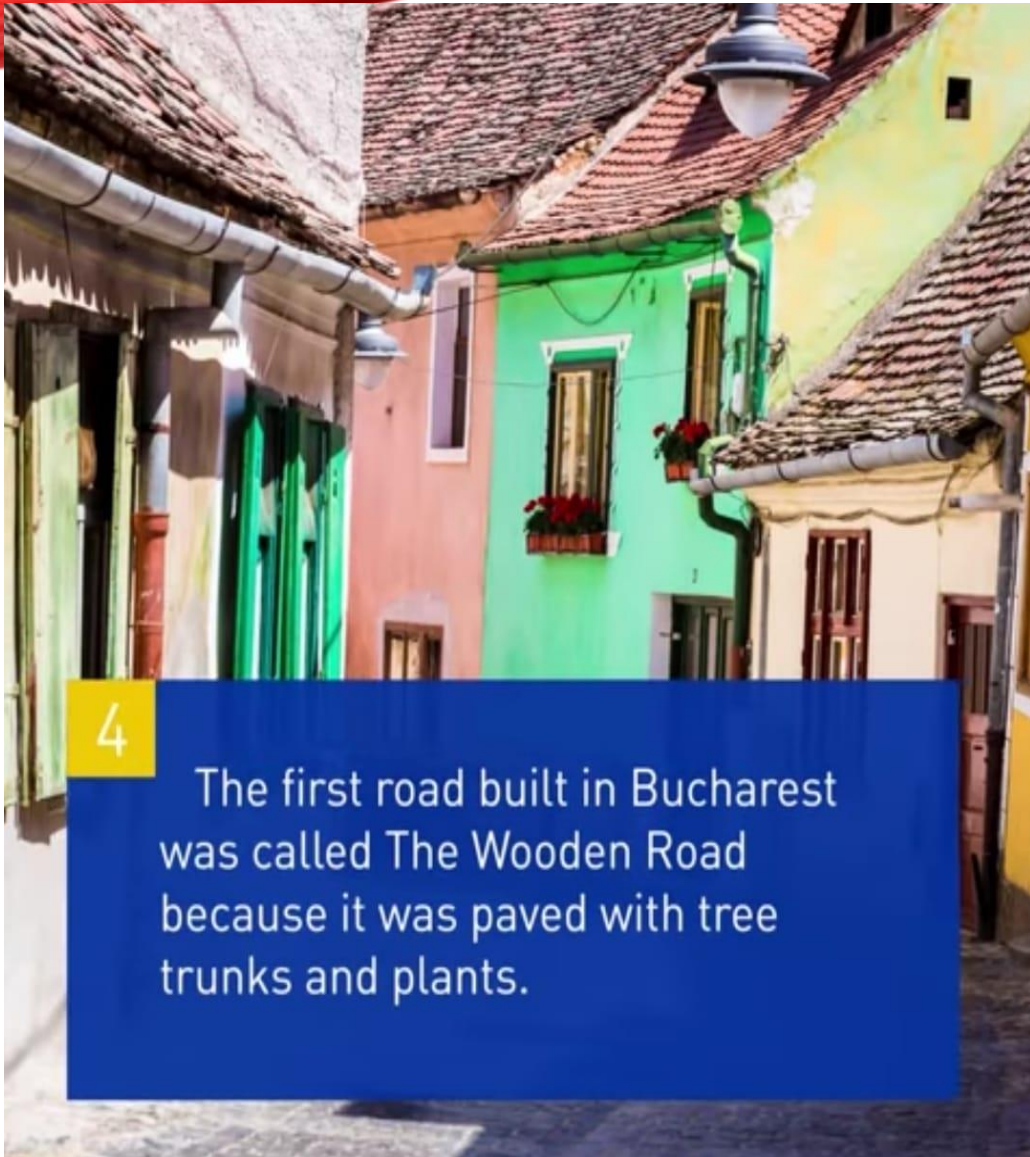
2

The earliest Homo sapiens fossils were found in southwestern Romania. They may be 42,000 years old.

3

Bucharest is known as "Little Paris." The city's Arcul de Triumf, constructed in 1935, is modeled after the Arc de Triomphe in Paris.





4

The first road built in Bucharest was called The Wooden Road because it was paved with tree trunks and plants.



5

The Memorial of Rebirth monument celebrates the victims of the Romanian Revolution of 1989 which overthrew Communism.



6

Francesco Illy, the founder of Illycaffè, was born in Romania in 1892. He invented the first automatic steam espresso machine.



7

The Romanian language is 1,700 years old.

