

Chapter 1 : Health Information for Travelers to Romania - Traveler view | Travelers' Health | CDC

Explore Romania holidays and discover the best time and places to visit. | Rugged stone churches and dazzling monasteries dot a pristine landscape of rocky mountains and rolling hills.

Many thanks also to Cristina for her patience in answering my many mails and setting up the logistics for our trip. To all of you adventure seekers out there Both are well experienced cavers so everything went smooth and easy. They suggested different caves and re schedules to give us the best experience and even helped us to track our lost luggage from the airport so it could arrive at the right hotel. Sadly we only meet them for two days, it would be nice to get to know them better. Raluca Izsak We went to Apuseni just the two of us after a few years break from going hiking. It was the first time we went in that area and we had an idea of what we want to do there. That was a great decision! We had a fantastic time on via ferrata, on Groapa Ruginoasa and at Bohodei waterfall two days. Our guides were very professional, they took good care of us and explained and showed us everything around. We felt safe and relaxed all the time and we enjoyed the beauty of the places there, without having to worry not a single moment about our safety, about which direction we should go or how to get back to our place. What made the experience even more special was the feeling we had we are welcomed there and we are spending time with some old friends, even if we only knew them for few days. I still remember homemade cheese pie from Cristina: We highly recommend them for their professionalism and for being such lovely companions! We explored areas in which birds were abundant, but people were few. We did most of the trip on a small boat since our goal was to photograph a large diversity of birds. We also spent one afternoon traveling through the Delta in kayaks, which provided us with a more enriching experience and a different perspective. Another highlight was camping in the Delta! Florin has a wealth of knowledge to share - and he shares it freely. He was, by far, the best guide we have had throughout all of our globetrotting. We highly recommend a trip to the Danube Delta with him. Once again, thank you for your kindness, patience, and willingness to share the Delta with us. One of the best memory of our trip! The Cave itself was amazing, beautiful and very interesting, with one rappel, narrow sections along with wide and beautiful rooms. Cristina and Bogdan were the perfect guides. Highly professionals, very friendly, great attention to details we will remember the hot chocolate and cake in the cave, thanks again! We highly recommend them for a great caving experience. Thanks again Cristina and Bogdan and wishing to see you again soon! Nous avons effectue une sortie speleo l ete dernier, dans la grotte Old man cave, dans les Apuseni, encadres par Cristina et Bogdan. Tres belle grotte, tres variee et interessante. Cristina et Bogdan se sont averes des guides parfaits. Tres professionnels et competents, tres bien organises, nous nous sommes sentis en totale securite. Et ils sont tres sympas!

Chapter 2 : Travel advice and advisories for Romania

The fact that Romania still has an underdeveloped transport infrastructure, with not enough tourist information centres or accessibility for independent travellers makes it a bit more challenging for independent travellers to discover the real beauty of our country.

This can be very expensive and cost you many thousands of dollars upfront. Travel insurance Physical and mental health Consider your physical and mental health before travelling, especially if you have an existing medical condition. At least eight weeks before you depart, see your doctor or travel clinic for a basic health check-up, and to discuss your travel plans and implications for your health. Get vaccinated before you travel. Some may even be considered illegal or a controlled substance, even if prescribed by an Australian doctor. Take prescription medicine with you so you remain in good health. Health risks Rabies Rabies is endemic in Romania. Feral dogs roam city streets, often in packs, and can be vicious. Dog attacks are common. Consult your travel doctor on vaccination against rabies before you travel. Infectious diseases Tick-borne encephalitis Travel in forested areas brings the risk of exposure to tick-borne encephalitis. Ticks are very common in country areas and are active from spring March to June to autumn September to December. West Nile virus West Nile virus is transmitted by mosquitos. There is no vaccine to prevent West Nile virus. Protect yourself against mosquito-borne illnesses: Measles The European Centre for Disease Prevention has reported over seven thousand cases of measles in Romania in Consult your doctor well in advance of travel on whether a vaccination is required. Measles fact sheet Department of Health Other infectious diseases Water-borne, food-borne and other infectious diseases including tuberculosis, typhoid and hepatitis are prevalent, with more serious outbreaks occurring from time to time. Avoid raw and undercooked food. Seek medical advice if you have a fever or are suffering from diarrhoea. Infectious diseases Medical facilities Medical facilities are generally well below Australian standards and the availability of medical supplies is limited, particularly outside major cities. Treatment can be expensive and up-front payment is often required. Romania has three decompression chambers, all located in the port city of Constanta on the Black Sea coast. If you become seriously ill or injured, you may need to be evacuated to a destination with appropriate facilities. Medical evacuations can be very expensive. Natural disasters Romania is subject to earthquakes. Serious earthquakes are rare, but earth tremors are common. Flooding is common in the autumn and winter months September to March. If there is a natural disaster or severe weather: Severe weather Where to get help Depending on what you need, your best option may be to contact your family, friends, airline, travel agent, tour operator, employer or travel insurance provider in the first instance. Your travel insurer should have a hour emergency number.

Chapter 3 : ROMANIA - Travel and Tourism Information

Authentic Romania. The countryside is the heart and soul of Romania, where peasant culture remains a strong force and medieval ways prevail like nowhere else in Europe.

Ice made with tap or well water
Drinks made with tap or well water such as reconstituted juice
Unpasteurized milk
Take Medicine
Talk with your doctor about taking prescription or over-the-counter drugs with you on your trip in case you get sick.
Hide Prevent bug bites
Bugs like mosquitoes, ticks, and fleas can spread a number of diseases in Romania. Many of these diseases cannot be prevented with a vaccine or medicine. You can reduce your risk by taking steps to prevent bug bites. What can I do to prevent bug bites? Cover exposed skin by wearing long-sleeved shirts, long pants, and hats. Use an appropriate insect repellent see below. Use permethrin-treated clothing and gear such as boots, pants, socks, and tents. Do not use permethrin directly on skin. Stay and sleep in air-conditioned or screened rooms. Use a bed net if the area where you are sleeping is exposed to the outdoors. What type of insect repellent should I use? Products with one of the following active ingredients can also help prevent mosquito bites. Higher percentages of active ingredient provide longer protection. What should I do if I am bitten by bugs? Avoid scratching bug bites, and apply hydrocortisone cream or calamine lotion to reduce the itching. Check your entire body for ticks after outdoor activity. Be sure to remove ticks properly. What can I do to avoid bed bugs? Although bed bugs do not carry disease, they are an annoyance. See our information page about avoiding bug bites for some easy tips to avoid them. For more information on bed bugs, see Bed Bugs. For more detailed information on avoiding bug bites, see Avoid Bug Bites.
Hide Stay safe outdoors
If your travel plans in Romania include outdoor activities, take these steps to stay safe and healthy during your trip. Stay alert to changing weather conditions and adjust your plans if conditions become unsafe. Prepare for activities by wearing the right clothes and packing protective items, such as bug spray, sunscreen, and a basic first aid kit. Consider learning basic first aid and CPR before travel. Bring a travel health kit with items appropriate for your activities. Heat-related illness, such as heat stroke, can be deadly. Eat and drink regularly, wear loose and lightweight clothing, and limit physical activity during high temperatures. If you are outside for many hours in heat, eat salty snacks and drink water to stay hydrated and replace salt lost through sweating. Protect yourself from UV radiation: Be especially careful during summer months and at high elevation. Because sunlight reflects off snow, sand, and water, sun exposure may be increased during activities like skiing, swimming, and sailing. Very cold temperatures can be dangerous. Dress in layers and cover heads, hands, and feet properly if you are visiting a cold location. Stay safe around water
Swim only in designated swimming areas. Obey lifeguards and warning flags on beaches. Practice safe boating—follow all boating safety laws, do not drink alcohol if driving a boat, and always wear a life jacket. Do not dive into shallow water. Do not swim in freshwater in developing areas or where sanitation is poor. Avoid swallowing water when swimming. Untreated water can carry germs that make you sick. To prevent infections, wear shoes on beaches where there may be animal waste.
Hide Keep away from animals
Most animals avoid people, but they may attack if they feel threatened, are protecting their young or territory, or if they are injured or ill. Animal bites and scratches can lead to serious diseases such as rabies. Follow these tips to protect yourself: Do not touch or feed any animals you do not know. Do not allow animals to lick open wounds, and do not get animal saliva in your eyes or mouth. Avoid rodents and their urine and feces. Traveling pets should be supervised closely and not allowed to come in contact with local animals. If you wake in a room with a bat, seek medical care immediately. Bat bites may be hard to see. All animals can pose a threat, but be extra careful around dogs, bats, monkeys, sea animals such as jellyfish, and snakes. If you are bitten or scratched by an animal, immediately: Wash the wound with soap and clean water. Go to a doctor right away. Tell your doctor about your injury when you get back to the United States. Consider buying medical evacuation insurance. Rabies is a deadly disease that must be treated quickly, and treatment may not be available in some countries. Reduce your exposure to germs
Follow these tips to avoid getting sick or spreading illness to others while traveling: Wash your hands often, especially before eating. If you need to touch your face, make sure your hands are clean. Cover your mouth and nose with a tissue or your sleeve not

your hands when coughing or sneezing. Try to avoid contact with people who are sick. If you are sick, stay home or in your hotel room, unless you need medical care.

Chapter 4 : calendrierdelascience.com | Tours from Bucharest, Romania

Exercise normal precautions in Romania. Read the Safety and Security section on the country information page.. If you decide to travel to Romania: Enroll in the Smart Traveler Enrollment Program to receive Alerts and make it easier to locate you in an emergency.

Open your heart to Romanian people Quick facts about Romania Located in Eastern Europe, Romania is the 9th largest country in Europe by area, with a very diverse geography and beautiful nature. It ranks 6th by population approx. The capital of Romania is Bucharest with approx. The second largest city is Cluj-Napoca followed by Timisoara with about , each. There are many reasons to visit Romania: Romanian countryside is like a living history museums: A tour in Transylvania will be a unique experience! Romanian history is like Game of Thrones but without the fantasy part: Romanians are friendly and very hospitable people, with a taste for good life and delicious food - which, by the way, is homegrown and organic so that you will discover the true taste of a tomato or cucumber. In short - many people have lots of prejudices and misconceptions about Romania. Citizens of European Union member countries do not require a visa when entering Romania. Citizens from most countries of the world can get a visa on arrival at the airport US, Canada, Australia, etc. For more info on conditions of travel and entry you should check the Ministry of Foreign Affairs visa website section here. You can find the Romanian embassy in your country here. Romanian currency, money, exchange houses and card payments The Romanian currency is Leu RON or Lei in plural and can be found in notes of 1, 5, 10, 50, , and , all plastic and almost indestructible! There are also plenty of ATMs in Romania bancomat to withdraw money from. In Romanian cities you can pay by bank card almost everywhere coffee shops, bars, restaurants, hotels, etc but when travelling to remote areas or in the countryside - cash is king so always have Lei with you and plan your budget ahead. Budget, travel expenses and shopping in Romania Two things you should know: Romania is a relatively cheap and affordable destination that offers excellent value for money for lots of things. Second, Bucharest , Cluj-Napoca and Sibiu are the top 3 most expensive Romanian cities for tourism, accommodations and going out, compared to others such as Brasov, Timisoara or Oradea. A reasonable budget per day for visitors in Romania should be about Euro Lei excluding accommodation. In restaurants in major cities a main course starts from Lei, soft drinks from 7 Lei while wine and beer from 10 Lei. Entrance fees to major attractions and sights range between Lei. A double room in a guesthouse in the countryside starts from 20 Euro but most ones are usually priced between Euro with breakfast included. Tipping in Romania is very common and usually expected. In other cities, look for Iulius Mall or just ask for the local shopping mall. Romanians textile and leather products are fashionable, of high quality and very affordable: Romanian geography, public transport and getting around Located in Eastern Europe depends if your map includes Russia or just the EU Romania has a very rich geography with numerous attractions: There are many natural parks Retezat, Bucegi, Apuseni , animal reserves bears and buffalos and the Danube Delta natural biosphere, all of them perfect for day trips, adventures and memorable experiences in the great outdoors! Check out the hiking in Romania guide we prepared! Travelling to Romania - our tip: You can also travel to Romania by train from Vienna, Budapest, Belgrade, Sofia or Thessaloniki or even from further away with changes. Read more about travelling to Romania. Getting around Romania might be a bit more challenging, but not necessarily difficult. Almost all Romanian cities and even small villages have train stations but railway infrastructure is not the best and trains are sometimes unreliable, although they will get you to your destination reasonably cheap. For shorter distances up to km consider a car or train, train or coach for medium km and internal flights for longer routes Bucharest ↔ Cluj or Timisoara. Visitors to Romania are well advised to have travel insurance before getting here. Have a look at our guide on getting around Romania. Weather, climate and when to visit Romania Romania has a temperate continental climate with the regular four seasons still largely present. Average rain, no spontaneous floods or draughts. Morning frost in spring, thunderstorms in the summer, foggy in autumn and snowy and freezing in the winter. The best time to visit Romania is anytime between early April - end of October. Our favourite time of the year to enjoy Romania is autumn: You should book accommodations well in advance as lots of Romanians like spending their summer

by the seaside. UK, US or other types of plugs will need an adaptor. Good Wi-Fi is usually available in most public places and there are lots of cafes where you can retreat for a quiet work session and a good cup of coffee. Mobile network coverage are on par: Cellular receptions and coverage is very good all over the country and even in the countryside. Wi-fi might be harder to find outside major cities except when going to resorts, hotels or more modern guesthouses but you can easily use your phone or create a mobile hotspot if you need internet. Emergency number, medical services and insurance In Romania the single nation-wide emergency telephone number is 112. An operator will ask if you want to talk to the police, fire or medical services. There are no particular health concerns or issues you should be aware of before travelling to Romania. On the contrary - Romania has plenty of greenery and salt mines that are good for your health. As regards medical services, all hospitals are public and state-owned and take care of walk-ins or emergencies. Your best chance of finding someone who speaks English is to look for young doctors. There are plenty of pharmacies in all urban areas and you can get the usual pills for colds, aches, indigestions or bruises without prescription. Finally, as with travelling to any other foreign country, we highly recommend you take a travel insurance just to be on the safe side. Personal safety and social norms Is Romania safe as a travel destination? Yes - there have been no terror attacks, attempts, plots or otherwise in Romania. Also, there are no internal ethnic or religious conflicts and we have a very strict firearm regulation - so no lunatics with guns. From a personal safety perspective Romania is a relatively safe country for tourists. Just do what you normally do when visiting a foreign country: Being careful and keeping away from suspicious individuals should be enough to stay on the safe side. While their reputation might be bad, not all are like that and their numbers are small anyway. Romanian people and society is generally conservative and adhering to traditional family values and life. This is especially true of people who grew up during the communist regime. Be respectful around spiritual sights and during major holidays. Public displays of affections are ok, but same-sex relationships are currently a very divisive topic so better to keep that in private. Romanians like to complain about politics, the economy, car traffic and love talking about sports, family, weather and food - so pick any of these topics to start a conversation: Go on eco-friendly wildlife observation tours 9. Romanian cities have a vibe of their own which is worth experiencing but if you want to see the major tourist attractions in Romania you need to travel deeper in the country to the regions of Transylvania, Bukovina or Maramures. As you can imagine, medieval castles were built in geographical vantage points not easily reachable and local communities that have preserved their ancient way of life have done so by keeping a low profile, away from civilisation and mass tourism. The fact that Romania still has an underdeveloped transport infrastructure, with not enough tourist information centres or accessibility for independent travellers makes it a bit more challenging for independent travellers to discover the real beauty of our country. Romanian Friend wants to support tourism that is beneficial for both travellers and communities visited - read more about responsible travel mission. Open your heart to Romanian people Our final tip: Romanians are a very hospitable, friendly, thoughtful and warm people. They will take you into their homes, feed you till you drop literally! Check our guide to traditional Romanian food to find out how our culture, history and geography is reflected into our food and dishes. So much hospitality and willingness to accommodate guests might seem strange or make you feel uncomfortable at times, but this is part of our culture: Enjoy your visit and let the locals show you what a beautiful country we have. Romania will surprise you: If you need more help, just contact us.

Chapter 5 : calendrierdelascience.com - Romania

Travel in Romania is as rewarding as it is challenging. The country's mountain scenery, its great diversity of wildlife and cultures, and a way of life that at times seems little changed since the Middle Ages, leave few who visit unaffected.

Get in[edit] Getting to Romania is easy from nearly all parts of the world, due to its position, as well as the fact that it is served by an array of transport types and companies. Romania is a member of the Schengen Agreement but has not yet fully implemented it. In no case will they need a visa for a stay of any length. Others will generally need a passport for entry. However, if Romania normally requires a visa for your nationality, this may be waived if you already have a valid Schengen visa. Inquire at your travel agent or call the local consulate or embassy of Romania. The visa list is already consistent with those of the Schengen countries fully implementing the agreement. Only the nationals of the following non- EEA countries do not need a visa for entry into the Schengen Area: The counter begins once you enter any country in the Schengen Area and is not reset by leaving a specific Schengen country for another Schengen country, or vice-versa. Note that while British subjects with the right of abode in the United Kingdom and British Overseas Territories citizens connected to Gibraltar are considered "United Kingdom nationals for European Union purposes" and therefore eligible for unlimited access to the Schengen Area, British Overseas Territories citizens without the right of abode in the United Kingdom and British subjects without the right of abode in the United Kingdom as well as British Overseas citizens and British protected persons in general do require visas. However, all British Overseas Territories citizens except those solely connected to the Cyprus Sovereign Base Areas are eligible for British citizenship and thereafter unlimited access to the Schengen Area. Citizens of Canada , Japan and the United States are permitted to work in Romania without the need to obtain a visa or any further authorisation for the period of their 90 day visa-free stay. However, this ability to work visa-free does not necessarily extend to other Schengen countries. If you do need to obtain a visa from outside your own country, try obtaining it from somewhere else beside Budapest, where it can take 3 to 4 days. From Ljubljana the process can sometimes be done in a day because they are not so busy. By plane[edit] Romania has 17 civilian airports, out of which currently 12 are served by scheduled international flights. The main international airports are: It is not used as a passenger airport anymore, and all low cost airlines now operate from the Henri Coanda Airport. The airport is the base of Carpatair and a focus city for low-cost Wizz Air. Lufthansa and Austrian Airlines are also important operators on the airport. Cluj-Napoca International Airport [6] , as the largest airport in Transylvania and the second largest airport in Romania, it is served by a growing number of flights from various European destinations; It is one of the many hubs of low-cost Wizz Air, with services to over 10 destinations daily. Lufthansa also serves the airport. Other smaller international airports are located in: Focus city for Blue Air. Bacau flights mainly to Italy and London on Blue Air. Secondary hub for Blue Air. Constanta - In June Turkish Airlines [7] started direct flights between Constanta and Istanbul three times a week. A small number of inbound seasonal charters also serve this airport, as well as a small number of seasonal domestic flights from Transylvania and Bucharest. Suceava - Two flights to Italian destinations. Focus city for Wizz Air. Arad - Seasonal flights to one or two Italian destinations. Baia Mare - Seasonal and very infrequent international flights. There are three important Romanian airlines: Blue Air [10] , the only Romanian low-cost airline, based in Bucharest Baneasa with a secondary hub in Bacau and a focus city in Sibiu. In recent times Romania became increasingly attractive for low cost carriers. By train[edit] Romania is relatively well connected with the European rail network. But due to the poor quality of rail infrastructure in the region train travel on long distances takes considerable time. Nonetheless, trains are the ideal way of reaching cities in western and central Romania such as Brasov , Sighisoara , Oradea or Cluj-Napoca coming from Central Europe. International trains to Romania include EuroCity trains which are of a relatively high standard and night trains. Romania is part of the Eurail pass offer. A cheap way of traveling to or from Romania might be the Balkan Flexipass. A general rule of the thumb on whether you should use bus or train is this: Otherwise, consider the buses. For all information about buses in Romania and online reservations and tickets i. They accept also payment with credit card. By boat[edit] Cruises on Danube are available, very

expensive though, starting from Passau or Vienna and having a final destination in Danube Delta. These cruises will stop in every major port along the road, in Austria , Hungary , Serbia and Romania. It is the only way to travel around the Danube Delta, and the only way to get to the city of Sulina. By car[edit] You can easily drive into Romania coming from countries in the West, but when coming from the East you will have to drive through Moldova and you may experience difficulties there. Moldovan border control officers will ask several times for money ecological tax, road tax Coming from the north Ukraine , can also be time-consuming, times can vary from 1 to more than 5 hours. Also be aware if you plan to drive to Romania, the road infrastructure is fairly modest compared to Western and Central Europe. The upside to this is that most European roads which you will mostly be travelling on are well maintained and are denominated with an E followed by a number e. E63 , are scenic and cross some spectacular scenery of mountains, valleys and forests. The roads especially in Transylvania are built on top of the old medieval routes and there is always something to stop and visit on your way. Take particular care on the roads linking Romania to its western borders, as traffic is heavy and most roads have one or two lanes each way, and for the most part are unlit. The situation with motorways is becoming better and better. You can access Bucharest via 3 motorways coming from different corners of the country. If you travel from Bulgaria, prepare for bridge and ferry tolls when crossing Danube check prices at [21]. Get around[edit] Getting around Romania is relatively hard and inefficient for the great distances that have to be covered in this country this is after all, the second-largest country in Central Europe, after Poland. The transport infrastructure has been improving quite significantly recently, even though roads remain a weak point. There are several highways under construction, but as of yet none are fully operational. Train travel, however, has improved dramatically. Several upgrade projects are under way for several railway tracks and that makes rail traffic on those lines a bit slow for the time being. By train[edit] Romania has a very dense rail network that reaches practically every town and a sizable number of villages. Nonetheless trains remain the best option for long distance travel. A modern double decker train in Cluj station. Many secondary lines are operated exclusively by private companies: Regiotrans [23] , Regional [24] , Transferoviar [25] and Servtrans [26]. Trains generally run without major delays, except on lines where there are repair works or during anomalous weather heavy snow storms in winter, heat waves in summer. Train types[edit] Three major types of trains are available: Regio, InterRegio and Intercity. The last two types provide reasonable conditions but Regio trains are best avoided. Regio R These are very slow trains, stopping in absolutely every station including some in the middle of nowhere. Prices are dirt cheap, but they provide extremely basic service and are sometimes uncomfortable no seat reservation, no ventilation to speak of, sometimes crowded, no working toilets in some trains, poor lighting. They usually have s single-suburban or double-decker cars, with 4 seats per row. As these newer trains are designed for short-distance travel expect to be uncomfortable if traveling for a long period of time. Most of the trains operated by private companies are also ranked as Regio. They are usually cleaner than CFR Regio trains, but rarely run on the same routes. They are cheap though nearly twice as expensive as Regio and offer variable conditions. However, many consider these cars as uncomfortable, if not more so, than older cars, with just an improved visual element. A refurbished 2nd class train coach. Some InterRegio trains have connection cars to destinations located on secondary lines; after they separate from the InterRegio train they run as RegioExpress RE. They are nearly as comfortable as Western European trains, while remaining cheap by Western standards. All IC trains offer air conditioning, individual reading lights, dining cars, and some will offer power plugs both in first and second class. WiFi is provided in some dining cars and in business class where available. Some Intercity trains also have Business Class Standard and Exclusive cars, roomier than regular 1st class. Standard has plush armchairs while Exclusive has leather armchairs and built-in LCD screens for each seat; both have WiFi. Travelers with large backpacks should note that baggage storage racks on intercity trains are small, hence they are likely to find Intercity trains less convenient than InterRegio. However, experiences seem to vary depending on the particular train, as in some trains this is true only for non-compartmented cars, so it might be worth trying to get a seat in a compartment. Conditions are relatively good. All trains types except Regio and RegioExpress require seat reservation not to be confused with advanced ticket booking. Several discounts are available: On lines operated by private operators tickets are usually issued on the train. For timetables on lines operated by

other companies check [29]. A complete price list by distance and train type is available online [30]. Tourist railways[edit] Several scenic narrow gauge railways exist in mountainous areas, but trips on them are mainly available for small groups and not for individual tourists. By car[edit] Traveling by car or coach is the easiest way and a vast majority, over 60 percent of foreign tourists use this way of transportation. If you drive your own car, a highway vignette called "Rovinieta" is mandatory not even at motorways but at all national roads too.

Chapter 6 : Romania International Travel Information

Romania (România) is situated in the north of the Balkan Peninsula on the western shores of the Black Sea. It enjoys great natural beauty and diversity and a rich.

In some areas in Eastern Europe, food and water can also carry diseases like hepatitis A. Practise safe food and water precautions while travelling in Eastern Europe. When in doubt, rememberâ€"boil it, cook it, peel it, or leave it! It is spread from eating or drinking contaminated food or water. Practise safe food and water precautions. Carry oral rehydration salts when travelling. Insects Insects and Illness Travellers are advised to take precautions against bites. Malaria There is no risk of malaria in this country. Animals Animals and Illness Travellers are cautioned to avoid contact with animals, including dogs, snakes, rodents, and bats. Certain infections found in Eastern Europe, like rabies , can be shared between humans and animals. Person-to-Person Person-to-Person Infections Crowded conditions can increase your risk of certain illnesses. Remember to wash your hands often and practice proper cough and sneeze etiquette to avoid colds, the flu and other illnesses. Tuberculosis Tuberculosis is an infection caused by bacteria and usually affects the lungs. For most travellers the risk of tuberculosis is low. Travellers who may be at high risk while travelling in regions with risk of tuberculosis should discuss pre- and post-travel options with a health care professional. High-risk travellers include those visiting or working in prisons, refugee camps, homeless shelters, or hospitals, or travellers visiting friends and relatives. Medical services and facilities Medical services and facilities vary throughout the country. They may not be up to the standards you might expect in Canada. Private hospitals and clinics located in cities are often better staffed and equipped than public or rural facilities. Most medical facilities expect cash payment at the time of service. Make sure you get travel insurance that includes coverage for medical evacuation and hospital stays. Travel health and safety Keep in Mind The decision to travel is the sole responsibility of the traveller. The traveller is also responsible for his or her own personal safety. Do not expect medical services to be the same as in Canada. Pack a travel health kit , especially if you will be travelling away from major city centres. Learn about what you should do and how we can help if you are arrested or detained abroad. This enables a Canadian imprisoned in Romania to request a transfer to a Canadian prison to complete a sentence. The transfer requires the agreement of both Canadian and Romanian authorities. Identification You must carry adequate identification at all times. A photocopy of your passport is acceptable, and will help in case of loss or seizure of the original document. LGBTQ2 travellers Although Romanian law does not prohibit sexual acts between individuals of the same sex, homosexuality is not widely accepted. Dual citizenship Dual citizenship is legally recognized in Romania. General information for travellers with dual citizenship Illegal or restricted activities There are harsh penalties for engaging in sexual acts with a minor. The age of consent in Romania is It is illegal to photograph government buildings and military installations, unless prior permission has been obtained from local authorities. Penalties for possession, use or trafficking of illegal drugs are severe. Convicted offenders can expect jail sentences of up to 15 years and heavy fines. More about the International Driving Permit Traffic laws are strict and local authorities carry out frequent road checks. There is zero tolerance for driving under the influence of alcohol. It is illegal to refuse a breathalyser test. You must carry vehicle registration and proof of insurance. A motorway vignette locally known as a rovinietă is required to travel outside major cities. You may purchase these at border points, post offices and large gas stations. Headlights must be on at all times when driving, regardless of the time of day or weather. Winter tires are mandatory during winter months. You must carry a fire extinguisher, a first aid kit and a warning triangle in your car. The use of a cellular telephone while driving is prohibited, unless it is fitted with a hands-free device. Children under 12 cannot sit in the front seat of a vehicle. Exchanging money on the street is illegal. You may exchange Euros in recognized establishments, such as exchange shops, banks and hotels. Carry crisp bills, as merchants may not accept well-worn or used banknotes. The economy is primarily cash-based, but credit cards are widely accepted in major urban centres. Most retailers use PIN technology for credit cards. ATMs are widely available in major cities, but less so in smaller towns. This does not apply if you are travelling within the EU or are in transit to a non-EU country.

Chapter 7 : 10 Travel Tips for First Time Visitors in Romania [Guide] - Romanian Friend

A comprehensive budget travel guide to the country of Romania with tips and advice on things to do, see, ways to save money, and cost information.

Top 5 Things to See and Do in Romania

1. Brasov also has a wide variety of food from local Romanian fare to good international food. Explore Bucharest This pretty city is a good mix of old world buildings and communist style concrete blocks. There are plenty of museums, cemeteries, historical sites, shopping centers, and architectural sights to check out here. In recent years, the city has become a hub for digital nomads and taken on an international feel. Trek in the Fagaras Mountains For those of you that are major hiking enthusiasts, this is one of those awesome multi-day hiking experiences. Taking you along the main ridge of the Fagaras, the route is one of the longest and continuous high-mountain traverses in Europe. Visit Sibiu Sibiu was like walking back into the middle ages with its wonderful medieval charm, excellent views of the surrounding landscapes, great food, and stunning parkland. Make this place a stop on your Romanian travel itinerary. This travel guide can help you decide what to do. See the painted monasteries in Bucovina These monasteries in north-eastern Romania are one of a kind. They have their painted exterior walls with elaborate 15th- and 16th-century frescoes featuring saints, prophets, scenes from the life of Jesus, angels, demons, and other religious scenes. They are a masterpiece of Byzantine art and should not be missed.
- Other Things to See and Do Click the title to expand the text
1. Alexandru Borza Botanic Gardens Located in Cluj Napoca, this is a massive botanical garden with rolling green hills, an observation tower, a rose garden, and even a Japanese garden. Get a cultural immersion in Maramures This medieval region of Romania is one of my favorites. Peasant culture is still thriving, and there is an interesting blend of traditional music, hand-made wooden structures, and colorful textiles to experience. Hike at Mount Tampa Towering above Brasov, this is one mountain that is riddled with interesting history. Many people like to go hiking here and visit the Brasov sign. Visit the Romanian Patriarchal Cathedral As one of the most religious countries in Europe, it should be no surprise that there are churches, cathedrals, and monasteries everywhere, many of which date back several centuries. This particular cathedral in Bucharest still has all of its original interior paintings and icons, in addition to some beautiful frescoes. See the wildlife at Northern Dobrogea Here there are tons of wildlife and exotic birds to see, but you still have a bit of the city to keep from being entirely secluded. There is a decent selection of restaurants and entertainment spots, including theater and opera houses. There is so much wildlife to see here, and the hiking is surreal. You can go bird watching and fishing as well. Celebrate Hora de la Prislop Held every August, this festival is a celebration that brings together Transylvania, Moldova, and Maramures. Known more commonly as the Dance at Prislop, you can probably guess that there is lots of traditional dancing and singing, beautiful costumes, parading, and awesome feasting. Set up base at Baia Mare If you are wanting to check out a bunch of the traditional villages, this is a good place to start. It is easy to access many of the famous valleys from here, including Iza, Viseu, Cosau, and Mara – all of which are riddled with interesting villages. Hunt for Dracula in Sighisoara Founded during the 12th century, this town is one of the most beautiful and best-preserved medieval towns in Europe. A world heritage site, there is a mass of towers, ornate churches, and burgher houses to see throughout the cobbled streets. This is also the birthplace of Vlad Tepes, otherwise more commonly known as Dracula. The castle itself was constructed between and as a getaway spot for the monarch. The building is lavishly decorated and serves as a great indication of the luxurious lives these rulers enjoyed. A visit to the ground floor of the castle costs 20 RON and goes up in price for tours of additional floors. Tour a salt mine Salina Turda is the salt mine in Turda which has been converted into a subterranean museum. The mine dates back centuries and was used heavily during the Middle Ages. The layout of the museum is really neat and looks almost futuristic. The city dates back centuries, and there are a lot of historical churches, museums, and ruins especially on Cetatua hill to visit. Because of the university here, there are a lot of affordable restaurants and a very happening nightlife in the city. A room in a budget hotel that sleeps two will cost around RON per night. My suggested places are: Transylvania Hostel Cluj-Napoca Food – Romanian meals can be very hearty, containing potatoes, meats,

cabbage, and spices. Romania also has pretty good coffee and pastries. Food is very cheap in Romania, and most small meals cost around 20 RON. In major tourist cities like Brasov or Sighisoara, meals with drinks at restaurants can be a bit pricey and cost around RON. Soup is a good option for saving money, as it costs around RON and is pretty hearty in Romania. It also typically comes with a side of free bread. If you cook your meals, expect to pay about RIO per week for groceries that will include pasta, vegetables, chicken, and other basic foods. Save money by shopping at discount supermarkets like Profi, Lidl, and Penny Market.

Transportation â€” City buses and trains cost about 4 RON for a single journey ticket. Trains are a slow but reliable way of getting around Romania. The extensive network covers much of the country. There are 3 different kinds of trains: Trains are priced by distance. There are a lot of fortresses, mountains, and churches. Besides that, most museums and attractions cost between RON. Using the budget tips below, you can always lower this number. However, if you stay in fancier accommodation or eat out more often, expect this to be higher! This is going to be great! My budget is saved! Couchsurfing connects you with locals who will give you not only a free place to stay, but also a local tour guide who can introduce you to all the great places to see. Eat lunch out â€” Although food in Romania is inexpensive in general, you can save more money by cooking your own dinners and eating your lunches out. A lunch menu in Romania typically consists of three courses soup, main, dessert , and can cost as little as RON. You save money and get to spend time with locals. It will show you how to easily collect and redeem travel points for free airfare and accommodation so you can get you out of your house faster, cheaper, and in comfort.

Chapter 8 : Romania Best of Romania Tourism - TripAdvisor

If your travel plans in Romania include outdoor activities, take these steps to stay safe and healthy during your trip. Stay alert to changing weather conditions and adjust your plans if conditions become unsafe.

Travel and Transportation Road Conditions and Safety: Though Romanian traffic laws are very strict, road accidents are a real and dangerous threat for U. If you chose to drive in Romania, practice defensive driving techniques. While major streets in larger cities and major inter-city roads are generally in fair to good condition, many secondary roads are in poor repair, unpaved, poorly lit, narrow, and lacking marked lanes. Mountain roads are particularly dangerous when wet or covered with snow or ice. Winter snow removal is intermittent. It is common for pedestrians, animals, cyclists, and horse-drawn carts to share a road with motor vehicles, especially in rural areas. Parked vehicles often block sidewalks, forcing pedestrians to walk in the streets. Cross only at crosswalks and exercise vigilance as crosswalks are generally poorly marked. Local drivers often ignore traffic lights and crosswalk signs. Maintain vigilance when driving to avoid hitting pedestrians in the streets. Romanian traffic laws are very strict. Police are required to give all drivers involved in an accident a breathalyzer test on the scene. Refusal to take a breathalyzer test may result in criminal penalties regardless of whether or not alcohol was involved. Wearing a seat belt is mandatory. Children under 12 years of age may not be transported in the front seat. Use of mobile phones while driving is banned, with exception of hands free systems. Department of State has authorized two organizations to issue international permits to those who hold valid U. Proof of insurance and a car registration document are required when purchasing the "rovinieta. Roadside help, vehicle assistance, towing services: Dial Ambulance, fire brigade, police: Public transportation in Romania is inexpensive and reliable. You can purchase bus or tram tickets at newsstands or street kiosks before boarding and validate the ticket once aboard. Bucharest is the only Romanian city with an underground metro. Mariners planning travel to Romania should check for U. Coast Guard homeport website <https://www.uscg.mil/Portals/0/About/USCG/USCG%20Homeport/USCGHomeport.aspx>: August 3, Travel Advisory Levels.

Chapter 9 : Travel Guide Romania - Your Trusted Premium Guide for Romania

There have been an increased number of political protests, centred on the main government building in Bucharest, but also affecting other major cities in Romania.