

ASOCIATIA AUM

SOLIDARITY · VOLUNTEERS · RESPECT · HOPE · TRUST · PURSUE

*AUM through
our ESC
volunteers eyes.*

#theAUMway

IS LOOKING FOR 2023 15 INTERNATIONAL VOLUNTEERS

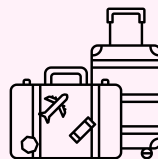
PROJECT FUNDED BY THE



1.02.2023
END OF AUGUST
2023



240 EURO
PER MONTH



TRAVEL TICKETS
FULL BUDGET



VENUE CITY -
SIGHISOARA, ROMANIA

AUM PURPOSE

AUM is an NGO youth association operating in Sighișoara since 2018 and delivers Complementary Educational Programs through non-formal methods for children, young people and adults promoting volunteering as one of viable solutions to the challenges facing the community and aiming at building a more inclusive society. Till present moment we coordinated more than 10 complex volunteering projects on EVS and ESC program and hosted more than 150 international volunteers for short and long term.

AUM VISION

AUM Association wants to form a responsible based community on solidarity, involvement and responsibility to generate positive and sustainable change in society.

AUM MISSION

AUM Association identifies resources, offers quality educational complementary programs based on non-formal methods and promotes volunteering as an active model of involvement for Sighișoara children, young people and adults mobilizing the community to adopt a responsible and supportive behavior.

AUM VALUES

Hope, Respect, Trust, Love, Purpose, Change, Forgiveness, Solidarity and Volunteering.

ROLE OF THE VOLUNTEERS IN AUM IN 2023

- You will **BE INVOLVED**, you will **PLAN**, **ORGANIZE** and **DELIVER** different activities as non-formal educational workshops for students, informational campaigns, summer camps for kids, public events, free time inspirational workshops for adults, digital activities for teenagers, writing and applying new projects for EU funds, assistance for organizing the Erasmus + mobilities as youth exchanges and training courses, helping AUM team in general to develop the association Strategic Development plan for 2023 as the free time **Complementary Educational Programs for Sighisoara community**.
- You will become our colleague and we will count on your personal experience and contribution.
- You will become friends with the other 14 international volunteers.
- You will discover our lovely city and the surroundings of Transylvania area.
- You will discover how beautiful life can be and how great and useful is this kind of work in an NGO.
- You will have free time to travel.
- You will be sad at the end that time was passing really fast and you still have a lots of TO DOs on your personal list.
- You will benefit of a complex personal and professional development learning plan.
- You will have Romanian language face to face courses every week.
- You will be supported in any type of personal initiatives that you want to develop during your stay as long as they are respecting the AUM values.
- You will receive respect and trust from the AUM management team
- You will have to follow AUM single rule: "Nothing is wrong - Nothing is right and AUM Association is the space free of judgement and constraints!"

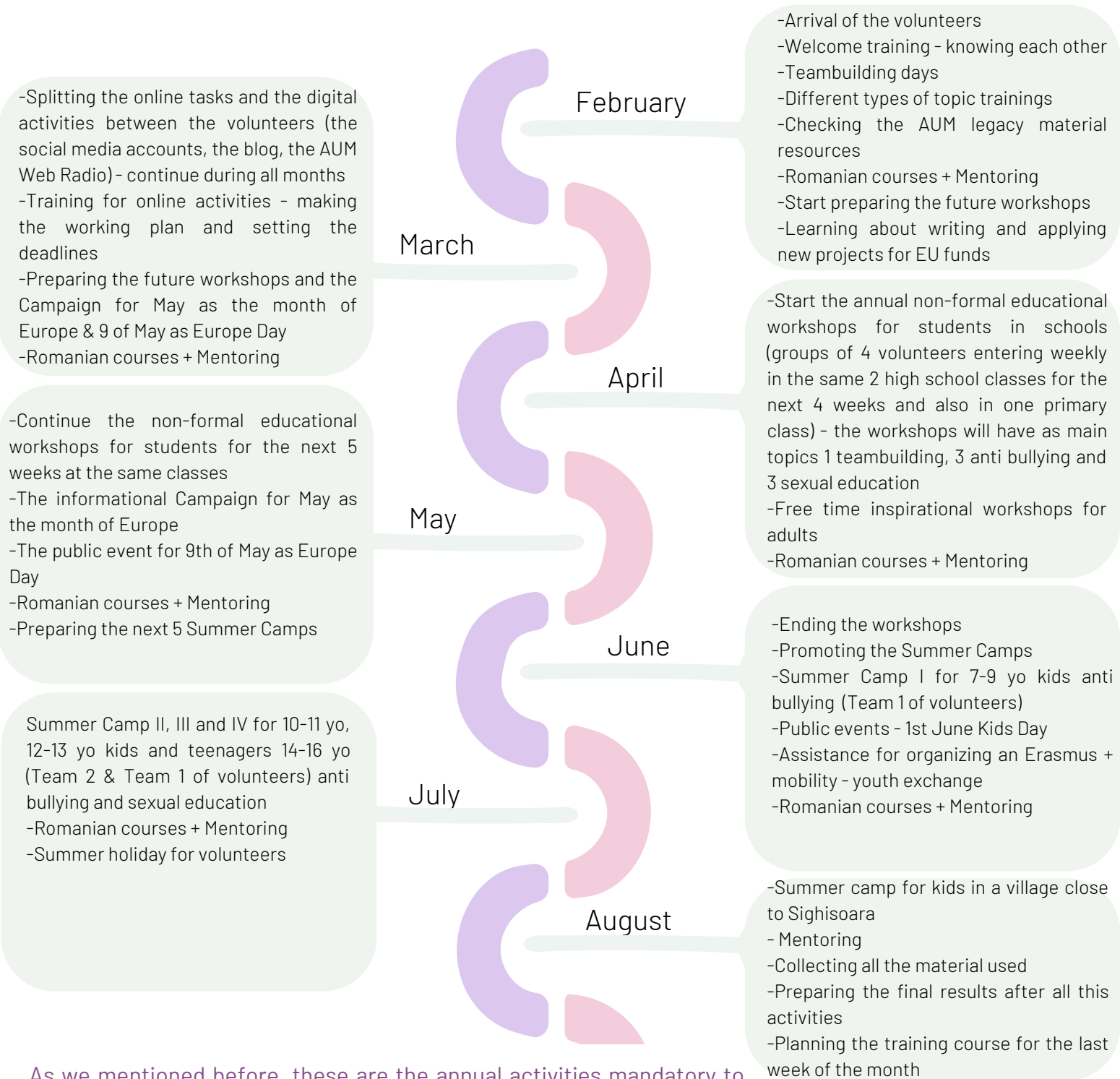
We are people with an open heart so we expect you to be the same!

Generally speaking, you will learn with AUM during 2023 to be a complete YOUTH WORKER and to master the non-formal education methods as No.1 !!! You can be ready after this time with us to build your own association, to cooperate with your support association in their own projects, to get actively involved in your community development, to know yourself better, to trust yourself, to count on an international network and to be able to take a decision about your future steps without fear. Of course that we can't promise you nothing because it depends only on you but for sure all this will be possible if you will also give 100%.



DETAILS ABOUT THE PLANNED ACTIVITIES

In the bellow graphic you will find a general sketch of our planned activities for the first half of 2023 and please take in consideration that those can be adapted according to different situations that may appear on the way. Usually we are following the general guidelines of the activities but we also adapt them according to the volunteers personalities, likes and preferences. As you can see the AUM's Complementary Educational Programs through non-formal methods is quite busy and for 2023 we need your support to make it happen !!! Responsibility and Seriousness is a MUST !!!



As we mentioned before, these are the annual activities mandatory to be developed and they are really important for us and for Sighisoara! We NEED YOU to make them happen !!!

FORMER VOLUNTEERING EXPERIENCES

Being an ESC volunteer is a complex and beautiful experience, that enriches everybody. Everything that happens during this period is based on creativity, friendship, open communication, trust, discovery, growth, learning, inspiration, contribution and fun. The beautiful things that you will achieve during this time and by the end of it will be part of your heart forever.

Our former ESC volunteers shared and received a lot of the most beautiful things in life: respect, validation, new friends, joy, adventure, everything that it's part of the life experience. When they got back home all of these helped them to follow their dreams. Some of them started to study, others found good jobs, others started to work in youth organizations. We are proud to be part of this amazing experience because we grow and learn together!

"WE ARE WHAT WE REPEATEDLY DO. EXCELLENCE, THEN, IS NOT AN ACT, BUT A HABIT" ARISTOTLE

Would you recommend volunteering in AUM?

"Would highly recommend volunteering in AUM: - for the values, the association promotes: love goes with setting boundaries for us as a big family and for ourselves; the fact of being open to challenges and to leave our comfort zone; and the promotion of a global vision of health that includes mental health, happiness, and fulfilment. - for having the opportunity of working and living with many wonderful people and volunteers - for having the chance of receiving a lot of support from the coordinators of the association: both in professional and personal topics related; and being given at the same time some trust, freedom and responsibilities that allow us to gain experience and learn." Sarah, from France

"For many reasons! First of all, because Alexandra and Florentina (the association coordinators) are positive, energetic, pensioned and really charismatic people. Moreover, not only they are available for any kind of issue you might have but also they make you feel like a part of a big family welcoming and care for you. Then, the big number of volunteers of this association help the experience to be funnier and diversify the group in order to make the project unique and have different perspectives and inspirations." Daniela, from Italy

"Because it is a good environment where you can discover yourself through the work we do, you can let your creativity flow and your abilities shine! The schedule of an AUM volunteer is full of activities to keep you entertained and the coordinators will support you the best they can so that you are happy here." Denisa, from Romania

"For me AUM it's a safe place. The perfect environment to grow and learn new things. The vibe in the office is amazing, the coordinators are nice and always ready to help you with everything you need." Andrei, from Romania

"AUM is a wonderful association, that is attracting wonderful people. The projects are all about the community and the personal development of the volunteers." Claudia, from Spain



LOGISTICS & PRACTICAL ARRANGEMENTS



Food - each volunteer will receive monthly 150€, in Romanian currency by transfer in his/her personal bank account open after his/her arrival in Sighisoara. The transfer will be done in advance in the 1st of each month.



Pocket money - each volunteer will receive monthly 90€, in Romanian currency by transfer in his/her personal bank account open after his/her arrival in Sighisoara. The transfer will be done in advance in the 1st of each month.



Transport budget - without counting the amount you actually used for your arrival, you will receive as reimbursement the full amount as 180€, 275€ or 360€ according to the distance band from your home city to Sighisoara established by the [EU Distance Calculator](#) platform. In addition you can receive extra budget if you decide to use green transport options include walking, cycling, transit, carpooling, car sharing, and green vehicles.



Accommodation - all the volunteers will be hosted in The Volunteer's Castle 10-20 minutes walking to the citadel, the city center of Sighisoara, AUM's office and working places. The castle has 9 double rooms so 2 people will share a room with private bathroom and the kitchen and eating area will be common. For foto click [HERE](#).



Health insurance - each volunteer will have to bring his/her own EHIC card = European Health Insurance Card in case you have it plus in addition each volunteer will be registered and receive the free medical insurance for ESC program called Cigna. For more details about Cigna please click [HERE](#).



Romanian language courses - each week in the first 2 months and once per week in the last 4 months the volunteers will have face to face interactive Romanian language courses provided by AUM based on the booklet that you can check [HERE](#).



Working plan - each volunteer will work between 5 - 7 hours per day, 5 days per week, weekends will be free or in case the volunteer will work on weekend he/she will receive the free days later, plus will receive a total number of 14 free days during the mobility (2 days every worked month). Each volunteer will sign with AUM a Learning Agreement = Volunteering Contract and you can check a draft [HERE](#).



Youth Pass Certificate - at the end of the mobility each volunteer will receive his/her personal official certificate based on the gained key competences described [HERE](#). For the learning process and filling the certificate each volunteer will have the full support of his/her mentor.



Consolidate Mentorship - each volunteer will have a specialized and well prepared Mentor / Coach for personal and professional support. The Mentorship sessions will be held monthly individually and also in groups for the best possible learning and growing results.



Professional guidance - all the volunteers will receive personal and group support in implementing the planned activities and will benefit of particularly planning sessions, topic trainings, skills development sessions, constructive feed back, evaluation and anything will be needed from AUM based on the ESC program described in the Info Kit find [HERE](#).

PROFILE OF THE FUTURE VOLUNTEERS

The official studies are saying that professional and accomplished success is not obtained only with "hard work" but includes a collection of skills and personal characteristics which one person can have or can gain through different experiences. For the group of 2023 AUM's volunteers we are looking for people with the basic of the following characteristics:

1. **Self-motivation** - a volunteer who knows exactly what he/she wants and has very clearly defined goals. He/she do not need to be pushed from behind, they are determined and do not give up easily when they hit obstacles.
2. **Don't compare yourself to others** - Most often, comparing yourself to others brings frustration, inversion and resentment. A successful volunteer knows this and will not fall into the dangerous trap of excessive competitiveness.
3. **Has a positive attitude** - Most of the time in this type of projects there is pressure, there are deadlines and there is an emotional load. Volunteers who are successful have learned to deal with the unpleasant situations inherent avoiding adopting a cut mayonnaise attitude, maintaining a positive tone and a balanced attitude even in the most difficult moments.
4. **A self-taught volunteer** - No person has succeeded and will ever succeed in progressing remaining in a state of self-sufficiency and having the impression that he/she knows everything. High-performing volunteers are always curious, eager to develop, surpass themselves, adapt and understand how things work.
5. **It is authentic** - Both at the interview and during the project there are volunteers who try to pretend to be what they are not and this can be seen from the plane. Authenticity is one of the characteristics of successful volunteers because they don't need to prove anything to anyone.
6. **Don't panic in crisis situations** - High-performing volunteers are not the ones who start yelling, accusing or leave when crisis situations arise. But, on the contrary, there are those who "calm the waters", relax the atmosphere, come up with solutions and manage to get the team out of the apocalyptic mood.
7. **Admits own mistakes** - It is not easy for anyone to accept that he/she made a mistake and/or to receive negative/constructive feedback. High-performing volunteers have the modesty to admit that they were wrong, to apologize, to make things right and to make sure that it won't happen again. We don't punish the mistake, we only encourage the truth.
8. **Not afraid to ask for help** - Contrary to appearances, asking for help is not a sign of weakness but an act of courage. Those who do the performance know that no one can reach the performance without asking others for help.
9. **Take responsibility** - High performing volunteers are honest and take responsibility for their actions. If things don't go well, they simply admit it and don't blame the situation, colleagues, participants, AUM's team, European Commission or the ESC program.

PROFILE OF THE FUTURE VOLUNTEERS

10. **Knows when to say "No"** - There are situations when you need to know how to say "No" because not all opportunities and activities deserve your "Yes". Successful volunteers know exactly when to decline a request when what is being asked of them is too much for them.

11. **Not interested in being perfect** - The need for perfection has a dangerous boomerang effect. Not only does it not help the respective person to become perfect but it further distances him/her from this desired goal. Successful volunteers are not interested in perfection but are interested in learning and experiencing new things.

12. **Knows how to ask for what he/she wants** - It is not enough to know what you want but you need to know how to ask for what you want, in order to get the desired result. Sometimes we don't know what you wish for if you don't tell us exactly.

13. **Has a professional outfit/behavior** - In addition to the clothes the volunteers have a general conduct appropriate to their position. Namely, he/she treats everyone with respect and at the same time, they are punctual, keep their promises, present their points of view clearly and concisely but without having the attitude that everyone must come to them "to get the light". Nobody has the only and the best answer.

14. **Passionate about volunteering in general** - Passion is one of the most important ingredients for success because it sets the person, his/her energy and his/her brain in motion, animates the curiosity to learn more in the field and helps him/her overcome all the challenges inherent in the project.

In general and just in a few lines these are some of the common sense characteristics that AUM's future volunteers must have or must be open to gain in order to assure for themselves the best experience with us in Sighisoara and to be able to help us reach our development goals in the next few months.

Nobody is perfect and we are aware that this type of projects are actually created in order to help the volunteers and the hosting association grow, learn, improve and get better and better so we will not do a really strict analysis of the level in which you are at the application moment but we need your promise that you are open to get to them in the close future and we assure each of you that you will receive from AUM team all the support needed.

NOTHING IS WRONG -
NOTHING IS RIGHT AND
AUM IS THE SPACE FREE
OF JUDGEMENTS AND
CONSTRAINTS

#THEAUMWAY

WHATEVER YOU DECIDE
TO DO MAKE SURE IT
MAKES YOU HAPPY.

AUM LEGACY

If you want to find out more about AUM's projects and volunteers since the beginning till present moment we encourage you to check us on all channels mentioned below by just clicking on them:



[AUM website](#)



[AUM Facebook](#)



[AUM Instagram](#)



[AUM You Tube](#)



[AUM Tik Tok](#)

RESOURCES CREATED BY AUM'S FORMER VOLUNTEERS

- What is it like to volunteer through #EuropeanSolidarityCorps ? What can you learn, what do you take home with you and how can this experience help you in the future? Find out the answers of the volunteers who were part of our long-term projects in 2021 - [Volunteers Q&A - Summer 2021 Interviews](#)
- Hollywood here we come - artistic short movies created 100% by the volunteers, script, recording, actors, make ups, props, editing - [Haunted House - Sighisoara Halloween 2020](#) and Alice in Wonderland aka [Alice in Sighisoara](#)
- Anti bullying series - 6 episodes explaining the types of bullying and offering solutions to raise awareness of this behavior and its effects and promoting respect, kindness, self-acceptance and openness. ["What goes around comes around" Anti-bullying Series](#)
- Sexual education series - a non-formal education program of 8 episodes through which we were informing and educating the young people (high school students) about subjects related to sex education with the aim of acquiring the knowledge and level of awareness necessary for a healthy lifestyle. The main goal was to promote understanding, tolerance, acceptance and respect both for oneself and for others. ["Healthy LOVE" Sexual Education series](#)
- A podcast in which our former volunteers and ex-facilitators Kasia and Lukas are talking about AUM and it's values and what means to be an AUM volunteer and ESC program. [The AUMthentic Talk](#)
- [Alice in Sighisoara Calendar](#) and [The Medieval Calendar](#) - resources created to promote the volunteer's activities, the ESC program and volunteering in general being given as gift to the local community beneficiaries.
- The Interviews Brochures [2020](#) and [2021](#) - resources created as souvenirs for the team of volunteers before their departure from Sighisoara and also as a hint for the future volunteers.



AUM AS HOST ORGANIZATION OVERVIEW

AUM Association and the volunteering program is coordinated by the 4 full time employees, young and motivated persons who are waiting for you in Sighisoara with open arms and open heart.



Florentina (Flori)

Project coordinator
Romanian
Language
Facilitator

Denisa

Communication
&
PR Specialist

Andrei

Mentor/Coach
Operational
Manager

Alexandra (Ada)

Mentor/Coach
Financial &
Development
Manager

Till present moment we managed to create so many beautiful things for Sighisoara community but this was possible only with the help and support of our international and local volunteers who are joining annually our team trough EVS / ESC program of the European Commission.

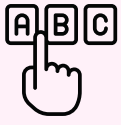
Till 2027 the activity of AUM Association will focus on three strategic directions as education, community services and culture from five different categories as social, environment, sports, art and local economy counting as usually on the support of the volunteers who will decide to join our team and bring their knowledge and experience.

AUM's office is in the city center on the main street of Sighisoara and is very closed to all the activities places.



HOW TO APPLY?

STEP 1. - THE REGISTRATION (DOCUMENTS)



Option 1 to APPLY: Send us directly an email on asociatiaaum@gmail.com with your CV, the Application Form filled and signed that you can download from [HERE](#) and a Short Video Clip (max. 3 minutes) as your motivation to join AUM as volunteer for 2023 telling us who you are and why you want to become a volunteer in AUM? You will receive an answer from us in max 3 days.



Option 2 to APPLY: use directly the registration link of the PASS platform from [HERE](#). After you contact us we will answer you through the email and we will request you kindly to come back to us with the Application Form filled and signed that you can download from [HERE](#) and a Short Clip as your motivation to join AUM as volunteer for 2023 telling us who you are and why you want to become a volunteer in AUM? You will receive an answer from us in max 3 days.

STEP 2. - THE SELECTION PROCESS (INTERVIEW)

- We have a limited number of volunteers that we can host starting with February 2023 as only **13 international volunteers** from EU countries and **2 volunteers from Romania**.
- If all the eligibility criteria mentioned bellow will be met we will accept the volunteers in the order of their application.
- We have a deadline for registrations 15 January 2023 but we really encourage you to do it asap to be sure that you have your place reserved. AUM volunteering places are really wanted!
- Alexandra (Ada) from AUM will be directly in charged with the selection process.
- We will stay in contact first by email and after by WhatsApp being faster and more personal so please be sure that you have the app on your mobile number given. My mobile is +40720196958.
- After we will check your Registration documents we will invite you for a **Live Interview**.

The eligibility criteria:

- you are between 18 - 30 yo
- you are coming from an EU country
- you didn't do a long term EVS / ESC project before (more that 2months)
- you are at least medium level in EN
- you have an idea about the ESC program and non-formal education or you are open to learn
- you don't have any restrictions for traveling
- you are motivated, open-minded and pro-active
- you are aware that you will step out of your comfort zone and you are whiling to do it
- you accept to leave and work in a large international group
- you can give at least one person as a reference for you

STEP 3. - THE FINAL ANSWER (CONFIRMATION)

The final confirmation of you being selected as an AUM volunteer for 2023 you will receive it by email in maximum 2 days after the interview.

GENERAL INFO

ROMANIA

Romania is located in Eastern Europe and our neighbors are: Hungary, Ukraine, Republic of Moldavia, Black Sea, Bulgaria & Serbia.

Our currency is LEU (LEI for plural) & the minor unit is BAN (BANI for plural).



The main religion is Christian Orthodox but there are also others. Romania is not yet a SCHENGEN country but is part of EU since 2007. There are General Hospitals and private Health Cliniques with top services to provide.

SIGHISOARA

Sighisoara is an old town (attested in the year 1280) in Mures Department, in the heart of Transilvania region. It's population is almost 30,000 people (Romanians, former Germans and Hungarians). Is still the only inhabited Middle Age fortress of Eastern Europe and it's part of the UNESCO heritage.



EVERYDAY REALITY AND LIFE

Being a town you can reach almost all the important places by foot (from 10 up to 20 minutes walking). There are also buses and taxis that serve Sighisoara. The nearest city is the capital of our Department, Targu Mures, and it can be reached in 1 hour by regular buses. Tourism is the most important economical field developed in Sighisoara and its surroundings. Every year Romanian and foreign tourists are coming here to enjoy the beautiful nature and the architectural old heritage. So, there are a lot of things to be visited! To have fun you can find several pubs, bars, coquette restaurants and terraces where from you can enjoy the beautiful surroundings and especially Sighisoara's Middle Age Fortress. If you like to work out there are three gym places to do it and also enough spaces and areas to jog.

Romania it's a safe country and Sighisoara as touristic town it's chosen also from the safety point of view. As everywhere in the world it's our responsibility to take care of our goods (the pick pocket cases can happen). The regular common sense of self protection is applying here too. Danger can be encountered if you don't behave with respect or you are hiking the nature on not marked paths (in the woods there are wild animals as bears, wolves, foxes, wild pigs which can become very dangerous).

The Romanian society in general it's a conservative one. Traditional family is still the majority. Local people are very welcoming and friendly. At the beginning maybe there are a little bit cautious but once you have gained their trust then you'll be friends forever.

The polite attitude it's always a winner. Both women and men are working and the kids spend their time in kindergartens, schools, etc.

The political context it's a democratic-socialist one, now. The main Party and the Government are part of this doctrine. There are no street fights or disorders. We don't appreciate riots.

The good food is part of our lives. Our dishes are quite similar to the Balkans. You can find almost everything here: meat (pork, beef, chicken, turkey, lamb, fish), local and imported fruits and vegetables, vegetarian and vegan products, dairies, delicious sweets and cakes. We are in love with our soups that you must come here to taste.



The most important religious feasts in Romania are: Christmas, Easter, Saint Mary, Saint Andrew and Rusaliile (50 days after Easter when de Holly Spirit arrives).

The standard working time in Romania is 40 hours/week, from Monday to Friday (with a lunch break). There are no exceptions beside emergencies and specific economical fields. You as ESC volunteers will have around 30 hours/week according to the activities developed and free weekends.

Regarding Romanian people there are not specific behaviors to follow in order to react. Respect and politeness are all you need to use. If you smile, people will smile with you! On the street and public places we appreciate clean and well dressed people (casual clothes), always with shoes on. In some private houses the Romanians appreciate to take off your shoes. In Orthodox churches and monasteries we appreciate a proper dress code (no provocative clothes, always shoes on), no loud voice, a calm and respectful behavior.

In the most of the cases Romanians are speaking English too so you can say "Hello" and the conversation starts.

All the project activities will be developed in English and hopefully till the end in some Romanian, with the help of the Romanian language lessons which will be provided for you. As Latin language, Romanian has a lot of words in common with Italian, French, Spanish and Portuguese but also some Slavic words from our neighbors. You will discover a beautiful and rich language!

Q & A

1. What is the best way to travel to Sighisoara?

Choosing green transport or the normal one will be your choice. You can take a flight to Bucharest airport, Cluj Napoca or Sibiu and after a train or a bus to Sighisoara. The average time travel is about 5 hours from Bucharest or Cluj Napoca and about 2 hours from Sibiu (everything depends on your flight arrival time in Romania).

2. How is the weather in Romania?

The climate in Sighisoara it's accentuated in winter with an average temperature of 0-5 C° (sometimes up to -15 C°) and in summer with an average temperature of 25-30 C° (sometimes up to 40 C°). Bring with you both winter and summer clothes.

3. Do I have to pay for the utilities at the accommodation?

No, everything will be covered by AUM through the ESC program if you will use them responsibly (gas, electricity, water, internet). You will sign a Self Responsibility contract at the check in and in case you will not respect it you will have to cover the damages but everything is set in normal boundaries and will be explained to you, so no worries. We just have to protect as much as possible the environment and be responsible.

4. Do I have to bring with me sheets?

No, we will offer you 1 set of bed sheets, 1 pillow and 1 blanket but we recommend you to bring your own towel.

5. What about washing my clothes?

You will have access to a washing machine and you will receive a support for drying the clothes but No hair dryer or ironing machine.

6. Will I have to clean the accommodation place and the office?

Yes, you will have a cleaning schedule for the house with the rest of the volunteers, your room and also the common spaces and also for the office with AUM team. We all have to be responsible. For the house you will have to buy the cleaning products and for the office we will do it.

7. Can I share my room with somebody I already know?

Yes, if you will come with a friend/partner you will be allowed to share your room with this person, just let us know in advance.

8. Will I know the other volunteers before my arrival in Sighisoara?

Yes, you will all know each other because after the selection we will have our WhatsApp group with everybody so maybe you can also plan your trip together.

9. Do I have to collect all my travel tickets for reimbursement?

No, if you will take a flight we need from you only the boarding pass. If you will take a green transport option we will have to talk in particular about it.

10. Will I have to sign a GDPR contract? GDPR = General Data Protection Regulation

Yes, you will be informed about it during the selection process and the document will be sent to you. All the details in it are according with the EU legislation.

DON'T HESITATE TOO MUCH ...
TAKE ACTION RIGHT NOW !!!



- If you liked what you read till now
- If you are interested to find out more about AUM, Sighisoara, Romania
- If you want to learn from us
- If you want to share with us your experience gained till now in the working field
- If you want to be one of the 15 AUM's volunteers for 2023



For The Check List before departure click [HERE](#).

