



CONSTANTA

GENERAL INFORMATION AND RECOMMENDATIONS FOR THE FOREIGN MILITARY PERSONNEL

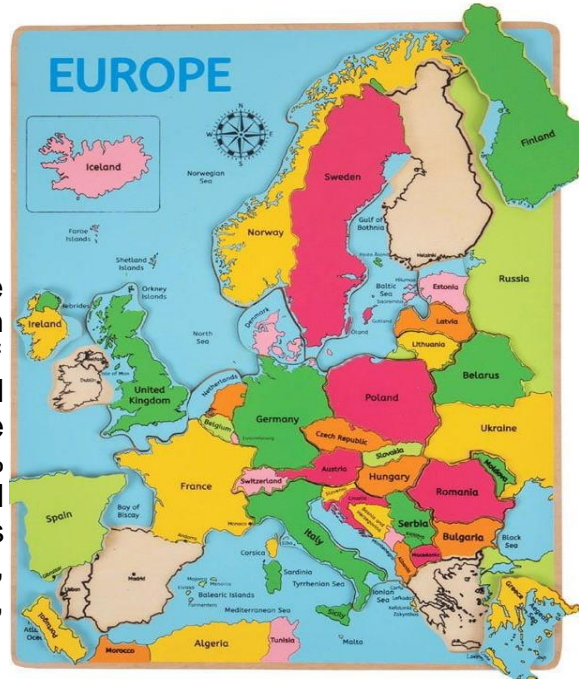


Welcome to Constanta. This booklet is designed to offer you basic information about Romania and Constanta, to help you to enjoy your visit in our city. You will find in it general information about the country, city, shopping, recreation, restaurants, currency exchange, etc.

A. ROMANIA

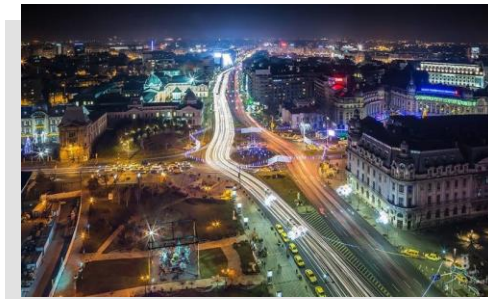
GEOGRAPHY

Romania is an average sized country located in the South east of Europe, with a surface of 237.500 square kilometers and about 23 millions inhabitants. The population consists of 89% Romanians and 11% national minorities, such as: Hungarians (7%), Germans, Ukrainians, Serbs, Slovaks, Turks, Russians, Bulgarians, Gypsies and Jews.



CAPITAL

The capital of Romania is BUCHAREST, located in the southern side of the country. The city became the capital of the country in 1862.



LANGUAGE

The official language is Romanian, which has Latin origin. English, French and German are widely known and spoken, especially in urban areas.



RELIGION

Most Romanians are Orthodox Christians (87%). There are also Catholic communities (5%), Reformed/Lutheran (3%), Unitarian (1%), Neo-Protestant, Moslem and Jewish communities. The Romanian Constitution guarantees religious freedom.

POLITICAL SYSTEM

In accordance with the constitution adopted in 1991, ROMANIA is a parliamentary republic, with two legislative chambers. The president of the country, the Deputies and the Senators are elected every four years by universal secret ballot.

Democratic rights and freedom are guaranteed by the Constitution. ROMANIA is integrated in the European structures, EU and NATO.

PUBLIC ADMINISTRATION

Romania's territory is divided in 41 counties administered by prefects; the mayors of towns and villages are subordinated to the county administrations. The national flag is composed of three colors: blue, yellow and red. Romania's National Day is the 1st of December, the day when the unitary state was established in 1918.

B. CONSTANTA

DOBROGEA

(DOBROUDJA pronunciation) its access to the Black Sea attracts tourists' interest and makes them stay here all the seasons due to its unique mixture of natural sights and historic attractions. A pleasant modern holiday resorts situated along the Romanian shore of the Black Sea.



Warmed up by the sun all summer long, that is from May until September, the sea which has been called for centuries *Pontus Euxinus* or the *Hospitable Sea* is still there, waiting for visitors to come and have a good time. The main urban settlement of the area is



CONSTANTA, a seaport to the Black Sea and the second largest city of Romania, is situated in the South east of the country.

CONSTANTA has been built on and around a promontory of land extending into the Black Sea, which has allowed it to shield ships from the strong winds that blow along the coastline. Its position may also account for its long history, which is that of a seaport ever since the 6th century BC. The foundations of the city were laid in some 2,600 years ago, when Greek colonists from Milet built the city of Tomis on its present site.



Ancient Tomis has been associated with the legend of Jason and of the Argonauts who embarked on a long voyage from Greece to the Asian country of Colchis on the Black Sea Coast in search of the Golden Fleece. On their return voyage, they laid anchor on the site on which the town of Tomis was to be later on built. Under the Roman rule, Tomis became a prosperous city, graced with statues, temples and monumental architecture. With Constantinople as the capital of the Eastern Roman Empire, Tomis was rebuilt by Constantine the Great who changed its name to Constantiana (from which the present name of the city has been derived), in honor of his sister. The important events connected to Constanta as a seaport were the building of a lighthouse by the Genovese in the 13th century and the development of the harbor; the Turkish occupation that lasted till 1877 brought about no notable change or improvement. It is only after 1877 that Constanta came close to its past glamour, as it started to be a flourishing trade port with a railway that ensured also land transportation.



Constanta, with its charter flights during the summer, is accessible by road, by railway or by water. It is a lovely city where one will find it worthwhile to spend a few days and learn about a glorious ancient past, or simply about day-to-day life in a Romanian trade and tourism destination. Some 12 main resorts of the Romanian Black Sea shore are stringing southwards along the coast, while Mamaia lies a few thousand meters north to Constanta. Romanian Sea resorts rank among the very few beaches in Europe, which can offer all day long sunlight. Romanian beaches are sloping gently under the waters of the sea, thus allowing sea bathing and walking on the sea. The sand beaches are generally natural ones, 400-500 m wide at Mangalia and Techirghiol, and 50-200 m wide on the rest of the littoral. But beaches are not the only assets of the Black Sea coast. The high intensity of solar radiation is said to have stimulating and healing effects. By storing it, the Black Sea influences the thermal aspect of local seasons along the coast, resulting in comparatively longer summers and mild autumns. Last but not least, this entire complex of water, sand, air and sun is a beneficial one, which most often would work miracles for those come to restore their health.



But medical therapy is not the only reason one may find to visit Romanian seaside resorts: they also provide a wide range of possibilities for leisure tourism, including tennis and miniature golf,

bowling, riding horses or scooters. Leisure facilities of the Romanian resorts are mainly attractive for family tourism though *Neptun* and *Olimp* for instance are much appreciated for their lovely night- life in clubs, bars, taverns and discos.

Between these two "extremes," youngsters will always prefer *Costinesti*, a youth "planet" with its own games, show, contests and ways of entertainment.



According to the last census, this county's population is 748,044 inhabitants, Constanta being on the fourth place in Romania. Administratively, the Constanta County has three municipalities: CONSTANTA (capital city), MEDGIDIA and MANGALIA, as well as eight towns.



The Danube crosses the county from West to East - Black Sea Canal that is 64.2 km long.

MAMAIA is an extension of the northern limit of the city of Constanta.

The beginning of the 20th century marked the appearance of the first tourist edifices in the resort, while the construction of most the old buildings were made in the interwars period. 90% of the present structures were built during 1960-1965. Situated between the Black Sea and the Siutghiol Lake, Mamaia has a beach (of some 8 km long and 400-500 m wide) that spreads all along the resort.

WHAT TO SEE

The **Archaeology Museum** has a rich collection of Roman statues and houses interesting exhibits and ancient art objects, among which a Menhir statue belonging to the prehistoric culture of *Hamangia* which represents a female goddess, the statues of Fortuna and Pontos, the patron protectors of ancient Tomis, as well as the Glycon serpent, having a snake body, but human hair and ears. One should not miss the superb **multicolored mosaic** of the 13th century situated close to the Town Hall!



Constanta's spiritual patron is the Roman poet *Ovidius*, who was exiled there by Emperor Augustus in 8 AD. In Tomis he wrote some of his important works, i.e. the poems *Tristia* and *Epistulae ex Ponto*, which express the sadness of being far away from home. Despite his appeals for mercy, Ovidius remained in Tomis until his death.

Of the Roman town of Tomis there are only a part of the wall of the town and the Butcher's Tower (the VIth century). In an open-air exhibition in the Victory Park there are some columns and an amphora too. Other ruins are in Histria, along the seashore, and in Adamclisi.



The Mohammed II's Mosque from whose tower one may get an overall view of Constanta marks the past Ottoman domination in Constanta and the Genovese lighthouse from the XIII Th century is still working nearby the pleasure port.

It is pleasant to walk along the seashore or to spend the time at the Casino built in wonderful Rococo style. Just in front of the Casino there is the Aquarium, which exhibits flora and fauna of the Black Sea.



In Constanta there is also a Dolphinarium with daily shows wafery intelligent and playful dolphins and a Planetarium. The "grown-ups" can go shopping and find various kinds of entertainment along the Tomis Boulevard, the main street of the city, bordered with cinemas and theatres.



You can also visit the Holiday Village, located at the entrance in the Mamaia resort, where you can spend an enjoyable evening.



THE ACCESS:

By air: Constanta airport (the airport is 24 km far from Constanta. Flight information can be received from the TAROM Company Agency in Constanta or any Travel Agency).

By road: DN. 3, E 60, E 87;

By railways: Constanta station, on the Bucharest-Constanta-Mangalia line. To Bucharest, there are a number of eleven trains which cover the distance between the two cities in two and a half hours. The railway from Constanta goes on to the North, to Tulcea, the start point of the Danube Delta with six trains daily.

C. RECOMMENDATIONS

In this part of the booklet, you can find useful information for the military personnel participating in NATO/PfP activities and general recommendations referring to the international staff:

Travel Agencies

In Constanta there are several Travel Agencies, which offer the opportunity to visit the coastline, and the Danube Delta they make arrangements for journeys all over the country. They also offer other services like money exchange, car rental, amusement programs etc.

Weapons and Ammunitions

Import of weapons and ammunitions of any kind, explosives and toxic substances is not permitted without a special license. Military units being in mission in Romania need an approval from the Romanian Parliament to carry the weapons, only in designated areas and with specific restrictions. They are not allowed to leave the area designated for the military activities, having their weapon with them.

Beverages

In Romania there is no restriction regarding the sale of beverages. You can buy them in any shop. We recommend you to buy beverages from shops, avoiding the street vendors. Also, do not buy liquors, which don't have on their top the label that means they are legally produced or imported. Drinking of alcoholic drinks is not allowed in public places like: streets, parks, market places, public transport vehicles, stadiums, etc.

Shopping

There is no law to restrict shopping in Romania. Foreigners can buy any goods in the same conditions like the Romanian citizens. The most important shops are sited in the central area of the city, but there are some department stores and marketplaces situated in various locations within city area. These shops are usually opened from 09.00 to 18.00, but there are many opened 24 hours a day.

The Movement of Military Vehicles in the City

The movement of military vehicles will be in accordance with the schedule, and only within the designated areas. Any other unscheduled movement or movements outside designated areas is to be announced to the Romanian liaison officers.

Car Rental

You can rent a car, from the specialized agencies. The driver has to have a driving license. As well you can rent a car with driver, but the cost will be higher. The speed limits are 50 Km/h in populated areas and 90 Km/h outside cities.

Identity Cards

Military foreign personnel participating in the joint activities will have to carry with them their identity card. The exercise I.D. card (which will be issued by the Romanian authorities) is also necessary.

Crime

Foreigners, usually, are not subjects of criminal acts. However, foreign military personnel are recommended, for their own good, to avoid the suburbs. It is better to avoid any kind of contact with the strange persons and the beggars. If you still intend to visit the outskirts or other places with a high potential of risk, do not do it alone. Eventually, you might consider wearing your uniforms, and if you will have any kind of problems, ask for help from the Police, the Gendarmerie or from the public guardians.

Drugs

In Romania are strongly prohibited the possession, the traffic and the use of drugs.

Incidents

All the incidents involving foreign military personnel are to be reported to the Romanian liaison officers/Erasmus+Office. Romanian authorities will take appropriate action in order to solve the problems in the best conditions.

If, for any reason you are in the situation to get arrested tell the policemen that you are foreign military personnel and show your IDs. The Romanian military authorities will be immediately announced, and they will contact your commanding officer. Do not try resisting arrest or run away. Romanian policemen have decent behavior, but they might change their attitude and use force for cooperation.

Law – Juridical Issues Concerning the Foreign Citizens

The foreign citizens carrying out different activities in Romania should keep the Romanian legislation, their own legislation, as well as, the bilateral agreements between Romania and the origin country. The foreign citizen breaking the law will be liable to applying the Romanian law.

Military personnel visiting Romania or participating in joint military activities have to respect the Romanian laws, the Erasmus+/EMILYO program provisions, and if the case, the provisions of the Technical Agreements between the Host Nation and the Sending Nations and to avoid any activity that is not in accordance with the NATO/PfP SOFA, established in BRUSSELS on 19Th of June 1995,.

Damages and Compensations

Foreign citizens are responsible for the damage to property of Romanian citizens, in accordance with the decisions taken by the legal authorities in solving such matters. The Romanian military authorities will decline any kind of competence in the matter of giving compensation from foreign military personnel to Romanian citizens.

Pollution

All the measures should be taken to avoid the pollution in the exercise area. Specialized personnel will do the waste disposal.

Postal and Communication Services

Post offices are open every working day and Saturday in the morning. International phone calls can be taken using international phones rented from specialized agencies or using the phones mounted in every post office or on the street (only with phone cards, which you can buy in the post office).

Prostitution and AIDS

In Romania law does not permit prostitution. In the vicinity of the harbor, you can still meet prostitutes. We strongly recommend

avoiding the contact with them because there is no control of their healthiness and you may face a high risk of getting venereal diseases or AIDS.

Foreign Newspapers and Magazines

You can buy magazines and newspapers in English, French, German, Italian, etc. in any newsstand or post office.

Medical Assistance

For emergencies you can call for medical assistance the Military Hospital Constanta, 96th Mamaia Boulevard, phone **0241.660.390**, or Ambulance Service, phone **112 – emergency**. It can provide any kind of medical care and assistance.

Currency and money exchange

The Romanian national currency is the **LEU** (plural **LEI**).

Foreign currency can be exchanged only at banks and authorized exchange offices. It is wise to use the exchange offices situated in the central city areas. Keep the exchanges vouchers as they may be used for the eventual further reclamation. You might find also convenient to use the ATMs installed in various places. These can be used only to get Romanian currency.

Dollars and EURO are the currency most often exchanged in Romania. Any other currency may be exchanged in banks or exchange offices where the rate of that currency is posted up. Avoid exchanging currency on the street, as this is an illegal operation and, most probably, you will be cheated, and is your responsibility for your own loss.

Safety and Protection

Safety and protection rules are posted in the next chapter. Units participating to the exercise will organize their own protection in accordance with the rules established.

Status of Force

The Status of Force Agreement (SOFA) signed in Brussels in 1995 provides protection to foreign military personnel participating in the joint activities on the Romanian territory. Foreign military personnel should respect the SOFA and avoid any kind of activities in discordance with it.

Local Transportation

Buses in Constanta have a standard price. You can buy tickets in almost every station, not from the bus driver. Some bus lines, especially those linking the city with the Mamaia resort use different prices for the tickets. Also there are some private public

transport lines which cross the city and Mamaia resort. All these lines are run by minivans and the line numbers range from 300 to 307. The price for one journey is fair and affordable.

Taxis

All cabs are equipped with meters. Prices are affordable. If you intend to use a cab, make sure that the driver starts the meter. If you intend to enter the port in a taxi you must pay a fee, at the main gate of the harbor (gate no. 1). GENERAL, MIHAI, ROMARIS are the most used companies of taxi and you can easily notice their name, because is written up.

Ridesharing companies: Uber, Bolt and BlablaCar

Uber and Bolt are transportation companies with an app that allows passengers to travel for short distances. Their apps can be downloaded either from the App Store or the Google Play. The pick up and the destination points need to be set up from the begging in the app in order to calculate the price of the ride.

BlablaCar is a transportation company with an app that allows passengers to travel for long distances. The app can be downloaded either from the App Store or the Google Play. The app will ask you the pick up and destination points and you will choose your driver accordingly with their fares. This app can be used individually because only a seat can be booked from an account.

Uniforms

Wearing uniform outside the unit is not mandatory. Civilian clothes can be used in the city.

Vaccination

For military personnel participating in joint activities on the Romanian territory, vaccination is not required.

Customs Notes

Romania applies the international regulations on the Convention for the Customs Services. Highly valuable goods (jewels, laptops, etc.) must be declared when entering the country. Endorsed customs declarations must be kept, as they are required when leaving the country. The Romanian Customs officers are entitled to search any vehicle entering or leaving the port. Items included in the customs declarations will be registered when leaving the port and receipts will be kept entering the port.

Street Vendors

We recommend being careful when buying things from street vendors. They can sell cheap things or low-quality goods on high prices.

Visas

Visas are not required for the personnel participating to the exercises. Visas for Non-Eu citizens should follow the mutual bilateral agreements, in relation with the Immigration Office in Constanta.

Local Time

GMT + 2 hours

During the summer (last Saturday of March to the last Saturday of September): daylight saving time, GMT + 3 hours.

RULES FOR FOREIGN MILITARY PERSONNEL DRIVING VEHICLES DURING THE INTERNATIONAL MISSION

- A. Foreign military vehicles are not allowed to travel on public roads without being escorted by Romanian M.P. vehicles.
- B. Military vehicles are to use only designated roads within exercise area.
- C. While driving in file the following rules have to be obeyed:
 - Adequate distance between vehicles;
 - Warning headlights switched on;
 - Speed adequate to the travel itinerary;
 - No overtaking by the motor vehicles belonging to the file;
 - Discipline inside the file.
- D. Respect the traffic signs and signals given by the Romanian traffic guides;
- E. Drivers under alcohol influence are not allowed to drive;
- F. Parking of vehicles has to be done only in specially designated areas;

CODE OF CONDUCTING DURING THE INCOMING STUDENTS' MOBILITY

During the Erasmus+ program for study /placement the following restricted /banned activities are considered being as **non-tolerated kind of behavior** :

- Expression of any radical political /religious/diversity views or opinions;
- Joining radical riots/meetings/groups or associations;
- Bullying attitudes in relation with locals, academic community or tertiary

parts;

- "Self-solving" attitude of inter- personal conflicts;
- Alcohol consumption in the accommodation area or nearby the academic facilities –alcohol excess is banned in any circumstances;
- Drug consumption/possession/ trafficking or any circumstances;
- Disrespect of local traditions/rules;
- Breakeage of local/national laws, including fiscal issues;
- City/country leaving without a prior notice to the international office;
- Neglecting / unconsidering the safety rules in or out the didactic activities.

During the mobility the exchange students are committed for the following principles:

- To notice the hosting / sending institution about any occurred event affecting the mobility framework;
- To notice the hosting /sending institution in case of pursuing trips abroad during the mobility;
- To preserve the public property in any circumstances;
- To respect the behavior and living rules officially stated for the accommodated students in the hostel;
- To avoid any behavior that could affect the institutional image of the sending / hosting university.

SHOPPING

Vivo Park Mall (open 10:00 – 22:00) Bulevardul Aurel Vlaicu 220

City Park Mall (open 08:00-22:00) B-dul Alexandru Lăpuşneanu nr 116C

Tomis Mall (open 09:00- 20:00, Sat 09:00- 17:00, closed Sun);

Carrefour (open 08:00-22:00) (+40241) 507500;

Selgros, Sos. Mangaliei nr. 1, tel. (+40241) 706199. Open 06:00 - 22:00, Sun 08:00 - 22:00. Large cash & carry supermarket. Free transport.

METRO, Real Hypermarket, Bd. Aurel Vlaicu nr. 144 tel. (+40241) 540700 and Soseaua Mangaliei (Exit Constanta to Mangalia) Open 06:00 - 22:00, Sun 08:00 - 22:00. Large cash & carry supermarket.

Pharmacies

Europharm

Str. Stefan cel Mare 67, tel. (+40241) 51 01 55.

Open 24 hrs.

Pharmacy TOMIS

B-dul Tomis 80, tel. (+40241) 61 19 83.

Tourist Information

Info Littoral

Str. Traian 36, bl. C1, sc. C, ap. 31, tel. (+40241) 55 50 00/555.111, <http://www.infolitoral.ro/>, info@infolitoral.ro. Open 09:00-17:00. Closed Sat, Sun.

Travel Agencies

Danubius Tour

B-dul Ferdinand 36, tel. (+40241) 61 58 36/61 94 81/61 31 03, fax (+40241) 61 80 10, danubius@gmd.ro. Open 09:00 - 20:00, Sun 09:00 - 14:00.

Simpa Turism

Str. Rascoala de la 1907 N°9, tel. (+40241) 66 04 68/61 53 11, <http://www.simpaturism.ro/>. Open 09:00-17:00. Closed Sat, Sun.

Tarom Str. Stefan cel Mare 15, tel. (+40241) 25 56 88/66 26 32. Open 09:00 - 17:00, Sat 09:00 - 13:00. Closed Sun.

Taxi

Romaris: +40241-690 000

Mihai: +40722-806 076

General: +40953

EMERGENCY CALLS

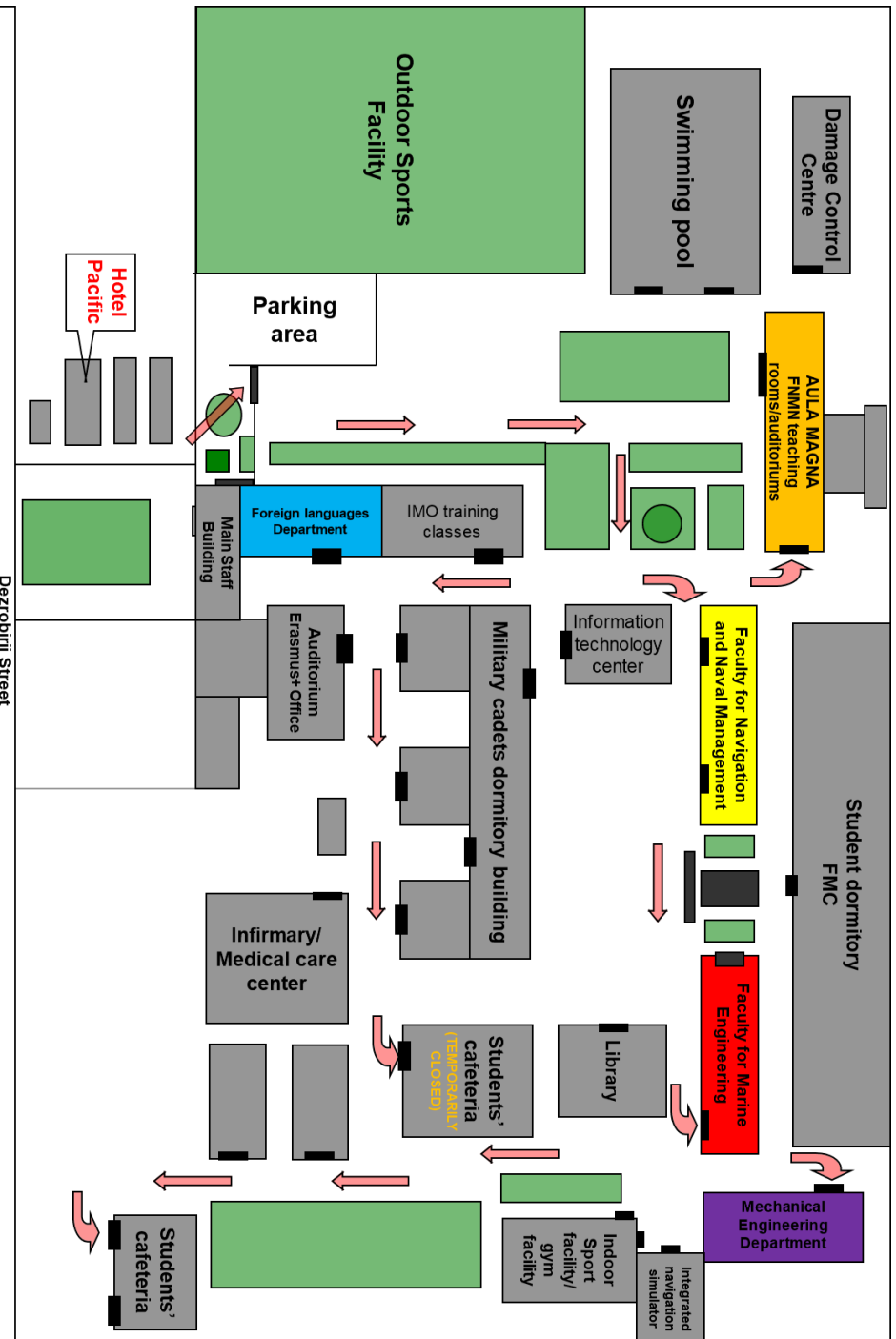
Police: 112 or +40241-616150

Harbour Police: +40241-601776

Fire Brigade/ Ambulance: 112

Emergency County Hospital: +40241-662222

Resuscitation Room: +40241-503206



LEGEND	
CI	Foreign languages Department
L	Faculty for Navigation and Naval Management
LI	Faculty for Marine Engineering
C	AULA MAGNA FNNM teaching rooms/auditoriums
E	Mechanical Engineering Department

Room coding example:
CI-122 | **LI-243**
 Building-Floor+RoomNumber

Building Chart for MBNA academic facilities



ROMANIAN NAVAL ACADEMY "MIRCEA CEL BĂTRÂN"

1st Fulgerului street, 900218, Constanta, Romania

Tel/fax: +40241/643096

Email: international@anmb.ro

DAILY SCHEDULE FOR INTERNATIONAL CADETS

06:00	Reveille/ Waking time / Lights on
06:00 - 06:10	Morning refreshment
06:10 - 06:40	Physical Training (Outdoor facility)
06:40 - 07:00	Clean-up/Morning colors (Dormitory area)
07:00 - 07:45	Breakfast (Cadets mess hall)
07:45 - 08:00	Battalion Assembly/Morning muster/ Morning colors (Main Yard)
<u>only for Mondays:</u> 07:30 - 08:00 - Weekly ceremonial/National flag raising ceremony	
08:00 - 13:30	Classes time (learning spaces)
08:00-09:40	Module 1
09:50-11:30	Module 2
11:40-13:20	Module 3
13:20 - 14:15	Lunch (Cadets mess hall)
14:15 - 14:30	Cadets' Battalion Daily Report /Tutorial (Main Yard)
14:30 - 19:00	Classes time / Individual Study/ Physical Training/ Leisure time
14:30-15:40	Module 4
15:50-17:30	Module 5
17:40-19:00	Module 6
19:00 - 19:45	Dinner (Cadets mess hall)
19.45 - 20:00	Evening muster/ Evening colors
20:00 - 22:00	Retreat/ Leisure time (Dormitory/Outdoor spaces)
22:00	Lights out

Uniform to be applied:

- for classes activities: service dress uniform;
- military training/exercises: combat uniform;
- ceremonies: service dress uniform;
- PT: sports garments

Notes:

- PT is options but recommended;
- During the week the leave time is daily, latest by 22.00 (special approval for special cases);
- During the weekend the leave time starts from Friday 15:00 latest by Monday 06.:00 (special approval for special cases);
- Week flag rising ceremony - each Monday, 07:40 - compulsory presence in the formation of all cadets;
- Flag rising - every day, Tuesday-Friday, 07:45;
- Breakfast 07:00-07:45; lunch 13:20-14:15; evening 19:00-19.45.

ATTENTION!!!

HOSTING RULES AND REGULATIONS

During the hosting period the guests should strictly follow the next rules and regulations:

- The access in the lobby is allowed only based on received **card access**;
- **Visitors** from **outside** the Naval Academy in the hosting area, will be not allowed;
- **Alcohol/drugs consumption is prohibited**;
- The rooms should be permanently maintained **clean and neat**;
- Any **mall function/depreciation** of the room amenities/installations **should be reported**;
- **Cooking in the room is forbidden**;
- **Smoking in the room/lobby/indoor area is forbidden**;
- **Other amenities apart from the received inventory** brought into the accommodation units should be prior **reported to the administration**;
- The silence hours should be respected;
- No noising activities are allowed if cause **disturbing of the hostel community**;
- The accommodation seats distribution will be settled by the hostel administrator;
- The internet connection is set up with **network details specified on the bottom of the router**.

The guest will be **fully charged for any damage/loss/prejudice caused** to the room amenities/furniture/equipment/facilities/installations.

The university management reserve its rights to periodically **check the accommodation units in compliance with the living rules and regulations** (i.e. without affecting or disturbing the good living of the guests).

Breaking the rules could cause the hosting services interruption with no other notices and conciliation dues.

The guest will pay the rental fee upon their arrival, but always one month in advance.