



Salutare Moldova

THE OFFICIAL NEWSLETTERS OF PROJECTS ABROAD MOLDOVA



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Țigănești Monastery

Țigănești Monastery is located in the Moldovan forests (Codri), 35 km from Chișinău city, near Țigănești village, Strășeni district on the bunch of the Ichel River. The monastery basis dates from 1725; it was funded by the noble man Lupu Dencu and by churls from the Cobalca village. They initially built a wooden temple in order to abscond



Christians from the Tatar incursion. The first abbot of the Țigănești Monastery was Hieromonk Samuil. During 1960 – 1961 it was functioning as a hospital for people with physical handicaps. After 1961, other hospital for people with mental handicaps was functioning in the monastic complex. The hospital administration ordered the cemetery skimming. The hospital was functioning until July 1992. The first superior of Țigănești Monastery was archimandrite Arternie Bocsa, who came from Căpriană Monastery in 1992; he guided the monastery until 1994. In 1998 the reparation actions of the summer temple were finished successfully. Russian architectural style has a great influence on the summer temple establishment. The temple takes a rectangular shape and the gothic style is clearly



observed in the two steeple composition: one steeple is situated above the porch, the second one – above the nave. Lateral apses are of irrelevant prominence.

The inside of the temple is traditional. The monastic complex constitutes two temples, a series of cells, prior ship, canteen and the refectory.

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Project Update

„Ludobus” Project

“**Prietenii copiilor**” - **Children’s Friends Association** is a non-governmental organisation established on February 20, 2002, at the initiative of the International Humanitarian Organisation "Amici dei Bambini", Italy. It operates in the field of children's rights protection on the territory of the Republic of Moldova. Projects Abroad Moldova has collaborated for many years with this organisation; at the moment they have a new project – **The “Ludobus” Project**.

“**Ludobus” Project** is an innovation in the Republic of Moldova. The main idea of Ludobus consists of a mobile collection of games to create fun and possibilities for institutionalized children from the regions with adverse conditions, throughout the Republic of Moldova. Thus, Ludobus is a vehicle that weekly transports an entire collection of games to different (rural or semi-rural) areas of the Republic of Moldova, where groups of volunteers carry out different kinds of animation programs created to entertain children from 3 to 16 years old. The aim is to guarantee maximization of energy, satisfaction and positive emotions during the entire visit. **Goal:** education and acknowledgement through game and entertainment.

Ludobus envisages:

- The presence of the grown-ups (people responsible for the collection of games, volunteers, educators, parents) as their game partners;
- The presence of the games and toys particular to different categories of age and interests;
- Creation of opportunities of concept consolidation of personal autonomy, self-esteem and value of interpersonal relations;
- Creation of the conditions of spontaneous games during which children can express their wishes and problems;
- Development of the sense of responsibility and free choice”;

Ludobus will be equipped with:

- A game library (individual/ group, table/mobile, constructive, educational/ strict rules, national /international, etc.)
- Material for laboratory activities – creative workshops (drawing, sculpture, origami, construction, modelling, etc.)
- A small library of books and magazines
- Technical equipment (audio, video, photo, etc)
- First aid kit
- Working instruments of the games collection (registers, maps, photo album)

Ludobus offers children a large series of activities: free and organized game, laboratorial activities (intellectual, manual, artistic and sportive), and holidays with different occasions. This service will allow the promotion of game culture throughout the entire territory of the Republic of Moldova.

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By Alina Brinza and Elena Tomac,

Daily Center for Activities "START"

"Start"

The study of "Public perceptions from the Republic of Moldova regarding discrimination phenomenon" accomplished at the beginning of the 2011 by the Foundation Soros-Moldova, demonstrates that the most discriminated social groups are people that suffer from mental and physical impairment, after which follows people that suffer from HIV, people of non-traditional sexual trend, those of Gypsy ethnicity and women.

According to this study, people with mental disabilities are accepted by the 40 % of respondents as neighbours, 35% of respondents as coworker, 31% as a friend and only 8% of responders as a future family member.

Low degrees of acceptance of those with mental disabilities is determined mainly by the prejudices that already exist in the society; a fact that effects mostly this social group. Thus, 2/3 of respondents continue to state that children with impairments do not resemble all other kids and they have to be educated in special schools, while the other 39% of respondents assert that people with mental disabilities are dangerous and they have to be isolated.



Created with the aim to give a chance to those who suffer of mental impairment, "START", day centre for activities, offers its beneficiaries the possibility of developing their independence, social acquirments and the integration into society. Every day the centre receives about 32 young people from 21 to 24 years old. The majority of them suffer of Downs Syndrome (12 of them), five beneficiaries have severe mental retardation, and the other 15 suffer from medium mental retardation. All of them can receive services as social and psycho pedagogical assistance, participate in different activities to develop individual skills, receive meals 3 times a day, and transportation to and from the centre is also provided. The schedule consists of different activities organised in groups or individually; these include occupational therapy, activities for developing intellectual skills – reading, counting, discoursing about the surrounding world, intellectual games, knowledge about nature, geography, biology, music, puzzles, meditation, arts - making (greetings) cards, drawing, diverse artworks made of dried leaves and flowers, origami, decorating photos.

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There are also projects of labour - sewing, woodworking, collecting flowerpots, decorating vases, making candles, collecting frames, developing cooking acquiresments, creativity and theatrical attitudes – role-playing, playback, mime, theatre, singing, dancing, organising diverse parties, competitions – bowling, rolling ball, football, mini-handball, swimming, aerobics, biking, - integration into society – excursions, walking, visiting museums, theatres, cinema, parks, exhibitions, barbecues (these also include discussions about the experiences they had). These activities help them to develop their individual skills so that they could feel comfortable in the society they live in, but we are always happy to receive some new ideas.



Founded in June 2001 and created for a capacity of 40 people, “START” daily centre for activities has as its fundamental objectives:

1. Offering psychological and sociological services for young people with intellectual disabilities;
2. Offering an alternative option so that those with disabilities are not institutionalised;
3. Promoting independent living and aid in socialisation skills and integration into society;
4. Allowing parents to remain employed to provide for their daily needs.

In Chisinau municipality, besides this centre, under the auspices of Municipal Department for Child Protection, there is another daily centre for people who suffer from mental disabilities called “Atenție”.



Projects Abroad volunteers at “START” daily centre for activities.

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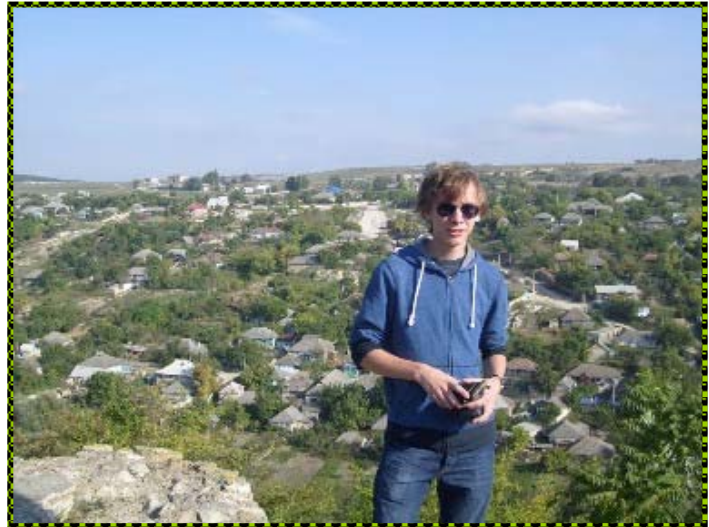
Volunteer Corner

By Sören Sdun, Care Project, Germany

Moldawische Gastfreundschaft

Auch wenn ich mich vor Beginn meines Aufenthalts hier in Chişinău über die Bedingungen in Moldawien informiert habe, wurde ich doch von der Realität überrascht.

Ich erwartete ein Land, das der westlichen Welt ähnelt, aber doch seine eigene Mentalität hat. Schon bei meiner Ankunft in meiner Gastfamilie, welche meine Familie für die nächsten 9



Monate werden sollte, merkte ich, dass die Mentalität doch eine wesentlich andere ist. Obwohl ich Nina und Mihai vorher noch nie getroffen hatte, empfingen sie mich, als ob sie mich seit Jahren kennen würden.

Mir wurde direkt Frühstück und Mittag zusammen angeboten, da ich nach der zweitägigen Busfahrt scheinbar sichtlich ausgehungert war.

Ich wurde sofort gefragt, wie es mir ginge und ob ich besondere Wünsche für das Abendessen hätte, ob ich Wünsche für mein Frühstück am nächsten Morgen hätte und wann ich gerne warmes Wasser für meine Dusche hätte.

Die Freundlichkeit hat sich auch bis jetzt, nach immerhin 7 Monaten, nicht geändert. Und obwohl es weiterhin kleinere Sprachbarrieren gibt, verstehen wir uns doch sehr gut. Sei es auf Englisch oder, wenn meine Sprachkenntnisse es zulassen, Rumänisch.

Meine Gastfamilie ist aber nicht der einzige Ort, an dem ich die Gastfreundschaft erleben durfte. Ich kann mich noch gut an ein Erlebnis im letzten Sommer erinnern, wo ich mit einigen Freunden entschied, in ein Dorf zu fahren, um das Leben dort zu sehen.

30 Minuten dauerte die Busfahrt und schon im Bus wurde ich von vielen Mitreisenden gefragt, was wir hier machten und wie es uns gefiele.

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Die Tatsache, dass unser Rumänisch nicht vorhanden und das Englisch der anderen auch schlecht war, machte das ganze wesentlich amüsanter, da wir uns jedes Mal freuen konnten, wenn wir etwas verstanden hatten.

Nachdem wir dann im Dorf angekommen und es nach kurzer Zeit auch komplett besichtigt hatten, liefen wir etwas ziellos umher. Nach kurzer Zeit wurden wir jedoch von einem unserer Mitreisenden von der Busfahrt wieder erkannt und spontan ins Haus eingeladen. Obwohl wir den Gastgeber und seine Familie kaum kannten, hatten wir doch direkt das Gefühl willkommen zu sein. Da Leute aus Westeuropa offensichtlich etwas

besonderes waren, wurden noch die Nachbarn geholt und ein großes Essen mit typisch, moldawischem Essen bereitet. Der selbstgemachte Wein trug dann noch etwas mehr zur guten Stimmung bei und half uns bei der Verständigung.

Die einzig schlechte Erinnerung an den Abend ist wohl, dass wir schnell nach dem Abendessen gehen mussten, weil wir den letzten Bus zurück nach Chişinău bekommen wollten, obwohl uns mehrfach angeboten wurde, dass wir die Nacht bei unseren neuen Freunden verbringen könnten.

Ich kann mir nur schwer vorstellen, dass mir so etwas in Deutschland passieren könnte.

Nur eines von vielen Erlebnissen, die mir gezeigt haben, dass die moldawische Mentalität sich doch von der mir vertrauten unterscheidet.



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Donations

By Alina Brinza, Daily center for activities "START"

We want you all to know that we are really grateful to you!

We started to collaborate with Projects Abroad in the summer of 2010. Thanks to them we have had the chance to meet wonderful people with huge hearts, full of kindness and willing to change the world for the better. Through these people we met a special young lady who is responsible, creative, a team player, empathic and is full of new ideas and life.

Simone Cook – we want you to know that we are really grateful to you! These sincere words do not refer only to the fact that Simone remains a special person for us but also because she didn't forget us either. On Christmas Eve Simone gave our beneficiaries some small gifts that animated their smiles again and made them remember their amazing friend from Australia.

Thank you for coming here and helping so much!



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Photos page

Volunteers' Happy Moments

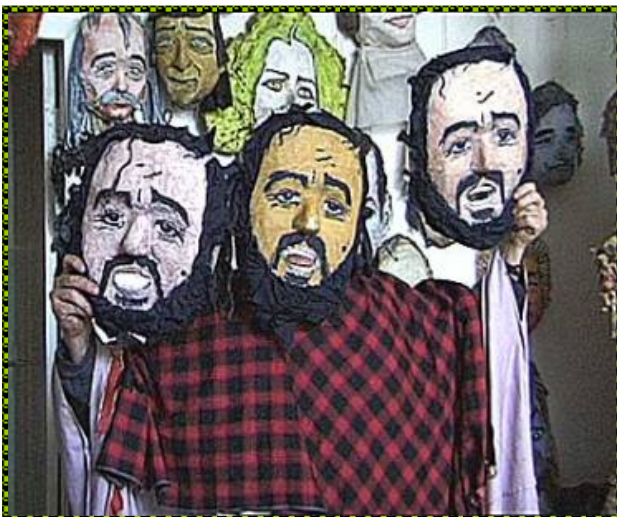


The art of masks in Moldova

Glebus Sainciuc is one of Moldova's famous artists known because of his portraits, graphics and especially for the popular masks of different famous people he made during his life. He was born on July 19, 1919 in Chisinau. This is an important place in the creation of Gleb Sainciuc's work which is very contemporaneous. His paintings are characterized by originality, individuality and the appropriate manner rendered by drawing with pencil and leaving distinctive traits. Portraits play with great insight and artistic skill of the human inner world, to which the painter always



manifested a great love and respect. Masks and workload are both painting and sculpture, and the acting skill of Gleb Sainciuc, who parodies his heroes. His creations include paintings, graphics and masks of a large group of national and international personalities. His solo exhibitions were presented in Chisinau (1962, 1969), Moscow (1964, 1970), Baku (1965), Odessa (1966), Lvov (1973), Uzbekistan (1987), Cluj, Romania (1992); Stone – Neamt, Romania (1994), France and Belgium (1996); Iasi, Romania (1998), Chisinau (1998), Jubilee "80 years", Chisinau (1999). Masks are traditional and represent traditional culture, a representative of our county. The masks are made up of different materials including leather, fur, textile, wood carving, and tree bark. It carries an emotional high, providing children with grotesque, realistic animals such as goats, horses, bears, wolves, deer or popular characters from mythology or folklore.



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Good and Tasty

Moldovan Tomato, Cucumber & Pepper Salad

The ingredients are:

- 4 medium tomato, diced
- 5 small cucumber, peeled & diced
- 2 pepper, cored, seeded & diced (pale green frying)
- 1/2 cup finely chopped red onion
- 1/4 cup chopped fresh parsley
- 3 tablespoons red wine vinegar
- Salt and pepper, to taste
- 4 ounces feta cheese, grated coarsely
- 1/4 cup olive oil



Cooking Instructions:

In a bowl, combine the tomatoes, peppers, onion & parsley. Whisk oil, 3 T. vinegar, salt & pepper. Add to salad & toss. Cover & refrigerate at least 1 hour. Just before serving, taste & correct seasonings as desired. Sprinkle with feta cheese (don't mix it in).

Bone Appetite!

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Social Media

We invite all of you to join our Facebook Group: **Projects Abroad Moldova-The Official Group**

You will find here useful information, photos, and news about the projects, and information about Chişinău's events. <http://www.facebook.com/group.php?gid=71172725834> .

A monthly update with Projects Abroad Moldova Newsletters:

<http://www.projects-abroad.co.uk/volunteer-destinations/moldova/newsletters-from-moldova/>

and information about Projects Abroad Country Blog:

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2943