


OUTLOOK  
EXPEDITIONS

PROGRAMME GUIDE  
**ROMANIA**





Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life changing journeys to over 60 countries on five continents across the world.

## OUR PURPOSE

To deliver inspirational, immersive learning experiences, outside the classroom, that accelerate core skills development in young people

To empower teams to grow and learn through challenge, as they develop character, build resilience, and improve their wellbeing

To develop 'life-readiness', instilling the idea that everyone can be a leader

To encourage young people to travel responsibly and become active global citizens of the future, with an awareness of the world and their place in it

To provide long-lasting transformational benefits to our participants, the communities they're visiting, and the planet

Put simply, we exist to help young people get ready for life.

WE ARE  **OUTLOOK EXPEDITIONS**

## OUR VALUES

We believe that what we do and how we do it are of equal importance.

We practise what we preach; demonstrating the character and qualities that our products are designed to instil in young people, through the way we operate as an organisation.

Our core values are our guiding principles for working together internally, but also for managing customer relationships. The values are embedded into every aspect of our company culture — we call it the 'Outlook Way'

- » We have and promote a positive growth mindset
- » We work together
- » We find new ways
- » We believe in kindness

## OUR RESPONSIBILITY

We understand a balance must be reached between the importance and value of international travel, against the polluting effects of aviation on the environment.

We also understand the need for self-awareness in travel, ensuring our experiences are always ethical, justified, and only ever a cause for good.

It is therefore our responsibility not only to stand up for the planet in the fight against climate change, but also to stand up for unheard voices within our global community.

It's our responsibility to educate our teams effectively about ways they can reduce their own carbon footprints, to understand the importance of meaningful travel, and have open conversations about what it means to be a responsible traveller.

# UK LEADERSHIP DEVELOPMENT

When you book an Outlook Expedition, you aren't simply booking an overseas trip. You are benefiting from an in-depth, two phase programme that starts up to two years before departure.



Our UK Leadership Development Phase is unique to Outlook and is designed to develop character, build resilience, and improve well being — the tools required to be a leader and tackle life's challenges effectively. Delivered in a hybrid format of both face-to-face and interactive, online events, along with additional supporting activities, resources, and materials — this is where the journey really begins!

From engaging in meaningful discussions and activities about sustainable tourism, to immersive learning experiences in the UK's National Parks.



## LEADER IN ME

The UK Leadership development phase is underpinned by Leader in Me, our Life Readiness leadership qualification.

Based on Covey's '7 Habits of Highly Effective Teens' Leader in Me is a comprehensive evidence-based learning model designed to increase effectiveness in students.

Through the completion of this online course, students will learn about character concepts and skills that they will use not only on expedition, but for the rest of their lives. Including; taking responsibility for your life, managing your time, teamwork, communication, and tools to manage your own wellbeing.

The key learnings from this award-winning leadership training programme will be drawn upon throughout both phases of the Outlook Programme and will form a framework that can be applied to any life scenario.



## PAY YOUR WAY

The Outlook Programme is like a savings account for yourself and your future development. The more you put in, the more you get out! That's why self-funding is such an important part of your journey as it gives you the opportunity and experience to develop key life skills that you'll take forward into your expedition and beyond — from planning and organisation, to budgeting and communication — it's your chance to take ownership, set goals and really invest in your future!

Every year we're impressed by the innovative ways our students generate funds for their trip — from launching small businesses to providing services in the community, we love sharing self-funding success stories to inspire others on their journeys.



# RESPONSIBLE TRAVEL

We know that for a lot of people, sustainable travel is a contradiction in terms. How can something that generates so much carbon possibly be sustainable long term?

We understand that aviation releases more CO2 per passenger than any other mode of transport and that put simply, travel is an incredibly carbon intensive activity.

But we also know how important it is to be part of a global community, with whole countries and communities relying on international visits for their livelihoods and well-being. We also know how essential rich, engaging overseas experiences can be in guiding personal development, empathy, and perspective.

At Outlook, we take an active role in caring for our planet — and educating our teams to do the same. From being proud members of the Tourism Declares a Climate Emergency movement, and founding signatories of the Glasgow Declaration on Climate Action in Tourism, to partnering with climate consultancy, Positive Planet, to help us to take control of our carbon footprint.

We don't believe in greenwashing, confusing jargon and labels, or claiming perfection overnight. We know the fight against climate change is a journey — the most important of all the journeys we've made. But we also know that we're in this together, and we're committed to learning and growing through the process, as we empower our students to do the same.



But being a **responsible traveller** is about more than simply caring for the planet — it's being a **Global Citizen**, someone that takes an active role in making the planet more equal, fair, and **sustainable for all**.

During our UK Leadership Development Phase we provide an **educational framework** for students to better understand the impact of their travels on the communities they visit. From discussing ways to contribute towards the **United Nation's Sustainable Development Goals**, to understanding responsible travel do's and don'ts regarding photography, shopping, and respecting different cultures.

Through **service-learning opportunities** overseas, students work in partnership with local community and environmental initiatives, to gain a **unique insight** into some of the world's biggest issues.

It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child welfare**, ensuring we take best practice actions linked to child protection in the workplace, in our supply chain and in the communities, we operate in.



# WELCOME TO ROMANIA



**Transylvania:** a land that brings to mind dark forests and mountains, medieval towns and mysterious castles – and it doesn't disappoint! Though stories of Dracula may be myth, the legendary warmth and hospitality of the region certainly are not.

Get to know the largest population of brown bears in the world, and learn about how their habitat is being encroached upon from humans. Support an organisation committed to protecting the nature rich, farmed landscapes of Transylvania and to support the traditional farming communities who have created them over centuries and who maintain them today.



## ROMANIA HIGHLIGHTS

- » Trek through wild forests and make your way to the top of Piatra Mare (1630m)
- » Spot incredible wildlife
- » Explore Dracula's Bran Castle
- » Discover the sights of Brasov and Bucharest

The purpose of this brief is to introduce you to your destination and the types of activities that you might do in-country. We hope this brief snapshot will leave you feeling inspired and wanting more!



## DESTINATION FACTS

- » **RELIGION:** Christian.
- » **CULTURAL OR HISTORICAL INTEREST:** Romania is thought to be where humans first crossed into Europe, with remains dated at over 42,000 years old.
- » **LANGUAGES:** Romanian.
- » **GEOGRAPHY:** Carpathian Mountains across the north and west and low plains in central region.
- » **CLIMATE:** Continental/temperate climate, hot summers and cold winters.
- » **ALTITUDE:** The expedition will not exceed 2600m
- » **VISA:** Not required for British nationals\*

\* Please note requirements may change



OUTLOOK

Ready. For Life.



# WHAT YOU CAN EXPECT

## CULTURE SHOCK LOW

- » English widely spoken
- » Road signs in English
- » Familiar modes of transport
- » Good quality amenities (hot water widely available, Wi Fi widely available)
- » Romanian cuisine is influenced by neighbouring countries Turkey, Hungary and Germany. Staples include pork, chicken and lamb with lots of fruits and vegetables.

## CHALLENGE RATING MODERATELY CHALLENGING

- » Altitude is less than 2500m
- » In country support is high i.e. large rucksacks are transported
- » Distances covered are less than 10km per day
- » Height gain and loss is kept to a minimal per day
- » Easier terrain (clear, firm paths/trails etc..)
- » Where kayaking activities are undertaken, distances covered can be up to 5km per day and water conditions are easy to negotiate i.e sheltered bays, lakes etc.



**Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.**

**Take the leap and step outside your comfort zone to achieve more than you ever imagined:**

- » Experience tropical island living
- » Accelerate your learning and life skills development
- » Gain a deep understanding of other cultures and global issues
- » Uncover your strengths and discover new passions
- » Strengthen friendship bonds and make new connections
- » Build character, resilience and the confidence to face life's challenges
- » Boost your CV for university and job applications

## SERVICE-LEARNING



This phase is not only one of the most valuable but often the most memorable parts of the expedition experience for our teams, as it's where you gain unique insights and perspectives on the world through providing a meaningful service to one of our overseas partners.

With all the organisations we partner with, we're committed to ensuring that our presence never disrupts, strains or negatively impacts the communities we're visiting. Instead, these are opportunities for students to be empowered and educated by our partners in a way that is mutually beneficial for all.

## PHYSICAL CHALLENGE



For many students, the physical challenge of a trek is a really important part of their expedition, as this it's where you can push yourself — physically and mentally — as you take a step outside of your comfort zone. It's also a great opportunity to connect with nature and one another in some incredible landscapes.

From summiting a mountain peak to exploring rural life and remote villages, the duration and challenge level of your trek will be dependent on the team's aims and objectives.

## LEADERSHIP



Equipped with your Leader in Me toolkit, your expedition is an opportunity to put your leadership skills to the test. Not only will the 7 Habits form part of your team culture while away, you'll also have an active role in the team's management each day.

One day you could be the team coordinator, the next taking charge of the budget. An expedition is all about putting you in the driving seat and giving you ownership of your adventure!

## R&R/ACTIVITIES



Your itinerary will also include time to explore your destination, engage with fun activities, and take some time for a well-earned rest!

From sight-seeing in the city and visiting must-see attractions, to taking part in adventure sports and reading a book in a perfectly placed hammock.

This is the time to rest and recuperate while experiencing local culture and seeing more of the destination!

## EXAMPLE ITINERARY

The duration and number of phases included in your final itinerary will be dependent on the length of your expedition.

DAY	PHASE	SUMMARY
1	Travel	Fly to Bucharest, capital of Romania. On arrival, you'll have some key orientation tasks to complete in preparation for your upcoming adventure
2	Orientation	With orientation tasks complete, take some time today to enjoy the sights and sounds of the grand capital of Romania, nicknamed 'Little Paris'.
3	Travel/ Orientation	Travel to the medieval city of Brasov a city in the Transylvanian region of Romania, ringed by perfect mountains and verdant hills. Once here, you'll take a self-guided hike up Mount Tampa which overlooks the city.
4	Travel	Today you will arrange transport to take you to Avrig-Poiana Neamtului, the starting point for your trek.
5-8	Trek	<p>You will meet with your knowledgeable naturalist guide and being your trek into the Făgăraş Mountains. The Fagaras Mountains are the highest – and for many – the most spectacular part of the Carpathians. Historically, these mountains were the natural border between Transylvania and Southern Romania, and later between the Austrian-Hungarian Empire and the Romanian Kingdom.</p> <p>Over four days you will explore these varied and rugged landscapes, and wild camp each night, cooking for your team on stoves. On your final night, you will end at Negoiu Chalet for a well-earned warm shower and bed for the night.</p>
9	Travel	Today you will travel to Zarnesti where you will stay for the night ahead of your service-learning partnership tomorrow.
10-11	Service-Learning	<p>Liberty Bear Sanctuary was founded in 1977 and has grown from strength to strength over the years. It is now the largest bear sanctuary in the world.</p> <p>The sanctuary now houses 116 brown bears, many from Romania but also from Ukraine and other eastern European countries. Liberty receives no government funding and is run by only 6 full time staff and so rely upon volunteers and visitor admission fees to pay for the day to day running. The bears alone eat about 2 tonnes of food a day, all of which needs to be sourced and prepared. There is lots of other maintenance jobs that can be helped with too.</p> <p>As well as learning all about the brown bear and getting up close and personal (safely), this is what you are going to be tasked with – making bear ice cream and key maintenance tasks that the full-time staff do not have the time to do.</p>
12	Activity	Today you will head out on a guided nature walk to Barsa Valley, hoping to spot some of the birdlife that thrives here, including Ural Owls and the White-Backed Woodpecker. Later, you'll visit a hide where you'll hope to catch sight of much bigger animals that call this valley home – including bears and wolves!
13	Travel	Return to Bucharest, taking a detour to the mysterious Bran Castle, mythical home of Dracula! After exploring the haunted corridors of the castle celebrate the completion of a successful expedition with a group meal out in the capital!
14	Return home	Depart Bucharest and return to the UK for your homecoming



# ADVENTURES & EXPERIENCES

At the Itinerary Development Session, with guidance from one of our destination experts, you and your team will shape your own expedition itinerary. You'll be given a selection of treks and activities to choose from that suit your expedition duration and desired challenge level.

Here are some examples of the adventures and experiences on offer in Romania:

## EXPLORE THE GRAND CAPITAL OF BUCHAREST:

Nicknamed 'Little Paris' there is an array of sights and sounds of this amazing city. You may choose to visit museums, the House of the Free Press or Revolution Square. Travel on to wander the cobbled streets and fairytale turrets in the town of Brasov before heading off on your adventure.

## BRAN CIRCULAR TREK

This four-day trek will take you on a circular route through the foothills of the Tara Branului region, passing through a number of villages and towns including Simon, Moieciu De Sus, Sirena and Magura.

The route follows trails that takes you over undulating terrain on forest tracks, through farmlands, grasslands and meadows. You can explore shady forests and you may even be lucky enough to hear or even see large red deer.

## PIATRA MARE

Challenge yourself on a mutli-day trek in the wild, imposing mountains of Transylvania - home to spectacular scenery and endless myths and legends!

Trek through wild forests, past waterfalls, streams, springs and glacial lakes as you make your way to the top of Piatra Mare (1630m).

Take in the spectacular views of this beautiful country and try to spot some of the resident wildlife along the way, including the brown bear, lynx, boar, butterflies and a wide variety of birds .

## BRAN CASTLE

Take a trip to the mysterious Bran Castle, mythical home of Transylvania's most famous resident – Dracula! Explore the castle's spooky corridors and atmospheric turrets.

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# GLOBAL CITIZENSHIP



A Global Citizen is aware of and understands the wider world — and their place in it. They take an active role in their community and work with others to make our planet more equal, fair and sustainable.

Our partnerships are constantly evolving and changing based on the needs of the organisations we work with overseas. However, here are some examples of initiatives we've supported in previous years in Romania:

## LIBEARTY BEAR SANCTUARY:

Libearty Bear Sanctuary was founded in 1977 and has grown from strength to strength over the years. It is now the largest bear sanctuary in the world.

The sanctuary now houses 116 brown bears, many from Romania but also from Ukraine and other eastern European countries. Libearty receives no government funding and is run by only 6 full time staff and so rely upon volunteers and visitor admission fees to pay for the day to day running. The bears alone eat about 2 tonnes of food a day, all of which needs to be sourced and prepared. There is lots of other maintenance jobs that can be helped with too.

As well as learning all about the brown bear and getting up close and personal (safely), this is what you are going to be tasked with – making bear ice cream and key maintenance tasks that the full-time staff do not have the time to do.



## FUNDAȚIA ADEPT:

Fundația ADEPT is a biodiversity conservation and rural development NGO based in Saschiz, Romania. For the last 18 years, their aim has been to give Transylvanian landscapes and communities an economic future and relevance in the 21st century without sacrificing their sustainability and productivity.

Some of Europe's most important high nature farmed landscapes are found in Romania, especially Transylvania. They provide high productivity and high local employment, and other important benefits for the wider European public.

During your time here you'll head out on biodiversity tours, and support with maintenance jobs in the farmland and bicycle trails. You may even venture out on a wild bear spotting tour!



# PAY

## YOUR WAY

Every family's financial situation is different so self-funding is a great way to enable every young person to experience the adventure of a lifetime!

Not only is self-funding one of the most rewarding and valuable elements of participating in an Expedition or Explore trip, but universities and employers respect the commitment and entrepreneurship that a young person demonstrates in this phase. For these reasons we encourage our participants to self-fund the majority, or if not, the entirety of the amount.

It's about putting students in the driving seat so that they develop skills for life; managing money, record keeping, self-motivation, goal setting and target achievement.

### PAYMENT OPTIONS

Your bespoke payment plan will be created based on the launch dates of your expedition. However, there are two options available for you to choose from, so that you can pay your way. Please find the example formats below — your actual payment plan will be provided to you separately based on the dates of your launch and expedition:



#### STANDING ORDER

Spread your payments evenly by setting up a monthly standing order, up to the final balance date

DEPOSIT	PAYMENTS
DATE	X PAYMENTS
£TBC	£TBC



#### INSTALMENTS

Instalments: Settle your balance across a number of instalments. Payments can be made through debit card, bank transfer or cheque

DEPOSIT	PAYMENTS 2	PAYMENTS 3	PAYMENTS 4
DATE	DATE	DATE	DATE
£TBC	£TBC	£TBC	£TBC

Payments can be made via Basecamp or by contacting our Customer Support Team. Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants



### UK LEADERSHIP DEVELOPMENT

Fully guided programme including;

- » Pay Your Way support
- » Map Your Journey Session
- » Leader Meeting
- » Final Preparation Day
- » 7 Habits of Highly Effective Teens (accredited online learning course)
- » Regular communications and online resources to inform and inspire
- » Team t-shirt

### LEADER TEAM

» Up to 2 travelling teachers and a highly qualified and experienced Outlook Expeditions Leader

### INSURANCE & 24-HOUR SUPPORT

- » Comprehensive overseas medical insurance and 24-hour Operations Room to support teams in country

### IN DESTINATION

- » All food and accommodation
- » All group equipment including tents, stoves, communication devices, and safety gear
- » All group activities and entrance fees
- » Contribution to support sustainable service-learning partners



## FLIGHTS

- » Return international flights

## PRACTICAL LEADERSHIP WEEKEND

**Training event to prepare you for life on expedition, and beyond, including;**

- » Putting the 7 Leadership Habits into action
- » Food budget management and cooking safety
- » First aid and equipment testing
- » Orienteering, trekking and campcraft

## EXCLUDED:

- » Vaccinations and visas
- » Personal belongings insurance & costs incurred by loss of passport
- » Pre-departure cancellation insurance (should you need to cancel your place on the team)
- » Personal equipment
- » Spending money for souvenirs
- » UK transport (to/from UK training venue, Final Preparation Day and airport collection)
- » Food & accommodation while travelling to and from UK airports

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