

# RED

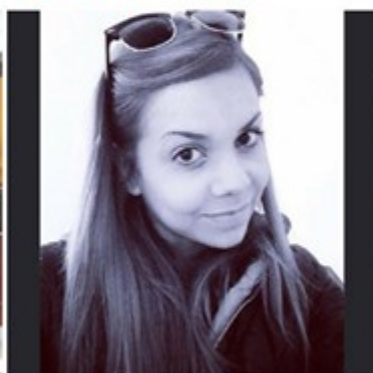
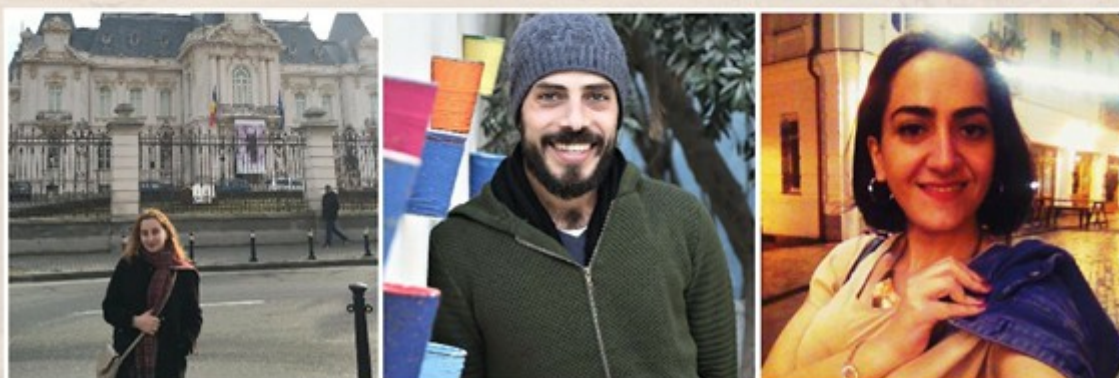
Red Bracelet 2 Magazine

#004

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# OLD TEAM'S EXPERIENCES.

**By Agatha, Ali and Mattia**

Hello I am Agatha, it's the last month for me. Actually, the last days of the last month. What can I tell you? Maybe that I loved my volunteer's experience a lot. I met a lot of people and I made new friendships. Now, I know so many people from a lot of countries and I am very happy. I improved my English and I studied Romanian. I haven't traveled a lot but I saw a beautiful town, Sighișoara, and I went in Bucharest. I like my job, my team, my housemates, my Romanian teacher, my mentor and my hosting organization. Only now I realized that these 4 months have passed too quickly. Because of that reason I decided to extend my project and now I can tell you that these are not the last days but I will stay here for 2 more months. I want to do more for my project; I really want to improve the number of blood donors. I have the possibility to learn Romanian, not only the basic level but I could start to speak Romanian. I hope that I can do everything.

Hello, I am Ali. This is the second phase of the project for me because I decided to extend it. Once again, I have started to work, take advantage of different and new ideas and to broaden my community support. I am also trying to educate people about the benefits of a healthy lifestyle. It means helping other people I haven't met but I know they desperately need help. I hope to find opportunities and local support. I am very excited for this stage and I wish to reach the largest number of donors. I want to help those who have forgotten what we have a healthy life for.

Hello, I am Mattia and for me this is the end of my experience. During these months I worked hard to make everything about our project better on a graphic level. In the meantime, on free days and during the holidays, I have taken many trips. I went in a lot of cities in Romania and in Bulgaria. I visited the Bigar Waterfall, Baile Herculane, Bucharest, Cluj Napoca and The Statue of Decebalus. It was a good experience for me and now it's time for to say goodbye to Craiova.

# MY FIRST IMPRESSION.

**By Natia Odiashvili**

Hi. I am Natia from Georgia. I have been looking for EVS projects for a long time and when I saw the advertisement about Red Bracelet, I immediately sent my CV. I think,It is the best decision I have ever made. I was a bit afraid of going abroad alone and also I did not know a lot about Craiova, but I started loving this city and people from the first time meeting at the train station. When I got home, I met my flatmates. They were so nice and kind, that I felt like I was at home with my family.

During the first week, we saw and understood a lot about Craiova. When we had a tour of city, Romanian people helped us to find the right ways. They were so helpful and kind. Craiova is a lovely city with a lot of stunning places .We have already explored most of them and when I compare this city to my hometown, I see a lot of similarities. This town makes me feel like I am at home.

I think that these three months will be the most memorable time of my life. I will use my knowledge to become this project more popular and I am sure that Red Bracelet will help me to get experience,a lot of friends and precious moments.

# MY FIRST IMPRESSION.

**By Tetiana Lvovska**

Hi! I'm Tetiana from Ukraine and I decided to change my life and start a real volunteering adventure! So, I'm in miraculous Romania, the place where the sun touches mountain peaks...

I participate in Red Bracelet 2 project which focuses on the donors number increasing as well as increasing the population awareness regarding the importance of adopting a healthy lifestyle. I'm an Associate professor at Poltava National Technical Yuri Kondratyuk University, (Ukraine), PhD. So, can you imagine what a surprise it was when I saw the main University of Craiova from my window in the flat? I feel like I never left my city...I feel the same atmosphere as in my city... I like shopping – and here are a lot of second hands with widest breadth... I like going in for sports – and I also have view of Gym, but from the kitchen window, I think I can join it after a while, because I can't imagine my life without sport.

Also Craiova has lot of sightseeing attractions, historical monuments, theatres, museums, cinemas, etc. I quite forgot to tell that there are great number of restaurants and cafes in Craiova (I like GiGi so much). You don't have to be a rich man just to roam the city and to find out that Craiova is a fantastic.

# MY FIRST IMPRESSION.

**By Tinatin Dadunashvili**

Hello. I am Tinatin from Georgia. When I saw advertisement about volunteering I decided to send application because I was volunteer in my country for 3 years. After positive answer I left my job to have something new in my life. And finally here I am in Craiova.

My first meeting was with my homemates who are very communicated and friendly persons. We decided to go to the city center and I was really excited because of style of architecture. I like churches especially. What about people they are always ready to help and explain that I need .

This is only few days that I am in Craiova but I met many interesting people and learnt their's traditions and culture. I am sure I will back to my homeland full of unforgettable feelings.

# MY FIRST IMPRESSION.

**By Alessia Tolu**

My name is Alessia and I come from Italy. I'm graduated in International Relations at the University of Cagliari and after my studies I decided to go to Romania as a volunteer to participate at the Red Bracelet project.

My first impression in Craiova was very positive, the city is very beautiful and the people are very kind and sociable.

When I chose to leave after University I wanted to try something different and despite my initial fears now I can say I'm really satisfied.

I am very happy to have chosen this project, I have met people from different cultures and I am learning a lot from this experience.

I think that this experience will be a great opportunity for me to grow both from a human and a professional point of view.

# BLOOD DISEASES.

**By Agatha Vangelista**

Blood diseases and disorders affect one or more parts of the blood and prevent your blood from doing its job. Many blood diseases and disorders are caused by genes. Other causes include other diseases, side effects of medicines, and a lack of certain nutrients in your diet. Common blood disorders include anemia and bleeding disorders such as hemophilia. The more common forms of anemia in people with bleeding disorders are iron-deficiency anemia and hemolytic anemia. Hemoglobin, the pigmented protein that gives red blood cells their color, carries iron. When the body loses blood from an injury, surgery, menstruation or a bleeding disorder, it also loses iron. Since iron carries oxygen to the cells, when iron loss exceeds the iron stored in the body, a person feels tired and weak. Long-term inflammatory diseases, such as some autoimmune diseases, cancer and infections from hepatitis C virus (HCV) and HIV/AIDS, can cause anemia of chronic disease. This type of anemia results when a long-term medical condition which affects the production and lifespan of red blood cells. Hemophilia is a rare, inherited bleeding disorder in which the blood doesn't clot normally. Hemophilia patients bleed for a longer time than others after an injury and may also bleed internally, particularly in the knees, ankles and elbows.



## **You have a power: find the hero in you!**

**If you want a good health and if you want to help people and save lives, the easier way to do this it's donating your blood. At first, you should eat healthy foods, drink water, go to run or walk and after that you can donate blood. Do you know why is important for you and your body to donate blood? Because you will control your health. When you go to a blood donation center, you do some analysis and because of this you will know if your health is good or not. So you can help people and your health in the same time. Share this information with your family and your friends, you could save their lives.**

**If you are interested to donate your blood you can read more details on [transfuziicraiova.ro](http://transfuziicraiova.ro).**

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