

Dear Osteology Workshop Participants,

Here is a small and concise travel guide for everyone involved in the Adult Osteology Research Workshop and Juvenile Osteology Research Workshop. It deals with some of the practical aspects of the whole experience, respectively your arrival and some other aspect of life in Transylvania, and aims to answer some FAQs. So, please read it carefully. If you have any more questions, I'll be happy to answer them.

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## **I. Get connected**

### **1. While you're home:**

It's time to really think about your travel arrangements to Transylvania and make it happen. Since the deadline for dropping out of the program was March 14, 2016, all members of the respective Facebook groups are confirmed participants to the 2016 Osteology Workshops.

### **2. Contact**

I can be reached via E-mail all the time (however, after May 1st, it might take me several days to answer) or on my Romanian cell-phone after May 23. Here's my Romanian phone number (I will confirm it is active around May 23):

- if you are calling from outside of Romania (or roaming): ++40757744401
- if you are in Romania: 0757744401

Towards early June, I will provide you with the Romanian phone number of the Project Director as well.

Please keep in mind that these numbers are to be used for emergencies and project related business ONLY. Also, when calling from abroad, remember that Romania is in a different time zone. These phones will be turned off from 10PM to 8AM Romanian time (unless there is a reason for me to expect a call) - you can also send me a text message. So please figure out the correct time before calling.

If you have a cell-phone that works in Europe, you should consider bringing it: you can purchase a phone card-chip (SIM) for around \$35 and you'll have a phone number where you can be reached here. Beware, a SIM pay-as-you-go card bought in Budapest will not work in Romania. Of course, you could always buy a phone if you absolutely need to have one – it will cost you a minimum of \$60-70. Until you can get a SIM card in Romania, I would suggest you enable (European) roaming – if possible – on your cell and use it in case of emergencies (i.e. missed train, missed stop, etc.). Some US carriers offer

interesting deals for international roaming. If your phone works in Europe, you might want to check it out.

## II. Arrival:

### 1. - Schedule:

All our projects start on Sunday, respectively:

- Adult Osteology Research Workshop: June 5
- Pathology Osteology Research Workshop: July 3

So, always arrive on a **Sunday**. If you are arriving Friday afternoon or Saturday, you won't find anyone around the project housing compound and no one will be available to pick you up at the train station. **Make sure to contact me via cell-phone if there are any changes pertaining to your initial arrival.** We will pick you up the first Sunday, at the appointed time, respectively 15:00 (3PM), at the Sighisoara train station. Once you know how to get to our project housing facilities, you will be responsible for subsequent weekends to find your way back by yourself. Of course, the staff is always available in case of problems.

**ARRIVE ONLY AT SCHEDULED PICK UP TIMES (3PM). IF YOU CAN'T MAKE IT, DO NOT COME UNTIL YOU HAVE CONTACTED ME AND INFORMED ME OF YOUR NEW ARRIVAL PLANS!!! YOU WILL HAVE TO MAKE IT TO ODORHEIU SECUIESC ON YOUR OWN AND WE WILL PICK YOU UP AT THE TRAIN STATION!!!**

### 2 - Visas:

Check first with the Romanian Consulate. European, US, Canadian and Australian citizens do not need a visa. **If you need a visa, be aware that it might take up to 8 weeks to get the visa from the consulate – so plan accordingly!!!**

**Important:** When you are talking with Romanian (or any other) officials be polite and do not volunteer too much information. Make sure your answers are simple and direct. As far as they are concerned, you are tourists visiting Romania. Bottom line: don't complicate your life!

### 3 - Travel:

Bucharest is the cheapest option, but not the most practical for inexperienced travelers. It is not the friendliest place for a first contact and it is more expensive than it should. The next capital city in line is Budapest (Hungary). Once you arrive there, you can take the train to Sibiu, from where it is rather easy to get to Sighisoara (which cost last year around US\$175 return). There are no longer direct trains from Budapest. It is easy (and safe) to get by train from Budapest to Sibiu and from there to Sighisoara, but it does take a while. There are several airports in Transylvania, such as Timisoara, Sibiu, Targu Mures, Cluj-Napoca (the last three are more practical for this project). From there, it is relatively easy to get to Sighisoara, by train.

**VERY IMPORTANT** (and practical): in case your luggage is delayed, don't wait for it. Have it sent to:

Zsolt Nyaradi  
Str. Scolii. nr. 7  
Odorheiu Secuiesc, Jud. Harghita, cod postal 535600  
Romania

He is my Romanian counterpart, the expert archaeologist from the Haaz Rezso Muzeum in Odorheiu Secuiesc and P.I. of the funerary excavations. Although he can communicate in English, he speaks perfect Hungarian and Romanian and can deal with airport personnel. His Romanian phone number is 0740761708. **This number is to be used ONLY if your luggage is delayed and you need the airport personnel to talk to one of the staff. For ANY OTHER issues, call MY cell.**

Internet access is available for free at the hotel and everywhere downtown Odorheiu. It can be very slow and relatively unpredictable. It is primarily meant for the eventual e-mail check, not browsing, streaming, Facebook, Skype, etc. When 20 participants (or more) log on more or less constantly with their iPhones, tablets, laptops, the band it saturated and the internet becomes very (VERY) slow or it simply crashes. **It will not work to conduct research.** However, you can always purchase an internet USB modem stick and use it as a pay-as-you-go: Vodafone sells it for around \$50, and it will last you the whole program, e-mail and research wise. This way, you can communicate with your loved ones without any need for them to contact the staff to confirm you have arrived safely. Please keep your parents and significant others informed so they wouldn't worry needlessly.

As far as the train travel is concerned, for international train schedules, I recommend: <http://reiseauskunft.bahn.de/bin/query.exe/en?ld=212.201&rt=1&OK#focus> . Do not use if both your departure and arrival train station is in Romania. For national Romanian train schedules, you can check the Romanian railway site <http://www.mersultrenurilor.ro/imitif/rute.aspx?lng=en> , for the English version and [www.infofer.ro](http://www.infofer.ro) for the Romanian one. Note that the Romanian train schedules are displayed only for the following 5 weeks. If either your departure or arrival train station is not in Romania, these sites will not work: you will need to use the above international train travel site. These would allow to "virtually" plan the train ride (however, the ticket HAS to be purchased in the station and not on-line - if you take the train from Budapest, you might be able to go through a travel agent).

For more travel tips, go on the project's web page and press the READ MORE button at the bottom of the "Logistics" column.

To sum up, here are some suggestions for taking the train:

- use <http://www.mersultrenurilor.ro/imitif/rute.aspx?lng=en> (or [www.infofer.ro](http://www.infofer.ro) in Romanian) and/or [www.regiotrans.ro](http://www.regiotrans.ro) to plan your trip through Romania
- use <http://reiseauskunft.bahn.de/bin/query.exe/en?ld=212.201&rt=1&OK#focus> for international schedules
- count at least 5 hours between your plane landing and your train
- be at the train station at least 1h before your train leaves
- make sure if you have to wait in a train station in the middle of the night, you are not alone

### **Travelling through Budapest**

**Note that last year, because of the Syrian refugee crisis, there were some problems with large crowds at the Keleti train station. However, my colleagues have informed me that the refugee crisis has shifted away from Hungary. The Hungarian government has resolved the problem (i.e., took control over their borders and transferred the refugees to Germany and Austria) and Budapest seems to be safe again. There are both shuttles and cabs that you can use from the airport to get to Budapest Keleti train station.**

#### **By air:**

The closest airport to Odorheiu Secuiesc is located in Targu Mures, Romania is about a one hour taxi ride from Sighisoara. A low-cost airline Hungarian airline called Wizz Air ([wizzair.com](http://wizzair.com)) operates flights between Budapest and Targu Mures Wednesday and Sunday. Flight time is about 55 minutes on this route. Flights on Wizz Air are typically inexpensive, however, like many low-cost carriers charge extra for checked luggage, depending on the weight of the bag itself. A one-way flight between Budapest and Targu Mures priced with the Wizz Air Plus option (this option includes one small carry-on personal item, one carry-on size piece of luggage, and one checked bag with a maximum weight of 32kg) was priced at \$88.98 on March 12, 2016.

If you were to choose this option, Adult Osteology Workshop students would arrive in Targu Mures at 12:40PM on Sunday, June 5<sup>th</sup> and then take a cab to the Sighisoara train station to meet the group. Your departure flight would be on Sunday, July 3<sup>rd</sup> (for those in the Adult Osteology Workshop) at 1:10PM. In some past years, some students have elected to arrive in Odorheiu Secuiesc by train (see below) and depart for Romania via Wizz Air. The same Sunday arrival/departure schedule would apply to those students in the Juvenile Osteology Workshop.

You could also consider flying to Sibiu or Cluj Napoca from another European city and taking the train to Sighisoara (see below).

#### **By train:**

This year, it appears there are no direct trains from Budapest to Sighisoara:

- Your best choice: EuroNight EN 473, leaving Budapest Keleti Saturday evening at 19:10 (PM), arriving in Sibiu at 6:17 (AM); then you have a direct train from Sibiu at 12:04 (PM) arriving in Sighisoara at 14:50PM. When you buy your ticket in Budapest, buy only the Budapest-Sibiu. Get the Sibiu-Sighisoara ticket in the Sibiu train station. Last year, there was an Exchange office about 100m in front of the station. **Note that trains are notoriously late in Eastern and Southeastern Europe. This trip will provide you with a margin in case the Budapest train is late.**
- Otherwise, if you feel very lucky, you can take the D 347 (or EN 347), leaving Budapest at 22:50 (PM), arriving in Sibiu – theoretically – at 10:12 (AM). Then you take the same Sibiu-Sighisoara train as above, at 12:04 (PM)

**BE AWARE:**

- **There are two ticket areas in the Budapest Keleti station: one is for domestic travel (where there are a lot of windows) and one for international travel. According to last summer's participants there might be two places to get the tickets. The international ticket counter was on the same side as the lockers – it seems to be to the right of the tracks as you enter the train station, but it might be to the left... In any case, it would be past the tracks. It is a separate room that looks like a travel office with chairs and all kind of travel ads. Another set of directions place it to all the way to the left as you enter the station (that's the one I used a few years back). You have to take a number and wait to be called by a teller. I think both are the same office, give or take a little bit of confusion... The best approach would be to go to the information booth and ask for the international ticket window.**
- **All tickets in Eastern Europe have two components: one is the ticket itself which is based on the distance you travel and the other one is the seat/bunk reservation. Make sure you have both parts of the ticket before boarding the train.**
- **You should purchase your ticket as early as possible (1-2 days minimum) just in case the trains are fully booked.**

A few remarks... if things go wrong:

- **CALL ME IMMEDIATELY**
- If you fall asleep in the train and you miss your stop in Sibiu... **DON'T PANIC.** Stay on the train until it reaches Brasov and get off there. EN473 arrives – theoretically – in Brasov at 9:20 (AM) and D 347 (or EN 347) at 13:12 (PM). From Brasov, you have several trains to Sighisoara, the most useful ones are at 14:25 (PM), arriving at 17:57 (PM), and 15:03 (PM), arriving at 17:32 (PM). **Find a way to contact me from Brasov.**
- If your train to Sibiu is so late that you completely miss the 12:04 (PM) to Sighisoara. **Find a way to contact me immediately.** In this case, I suggest you stay in Sibiu overnight (there are several hotels and hostels available) and take the 12:04 (PM) to Sighisoara the next day.
- In either of these last two scenarios, you would have missed the pick-up and, as a result, you will have to make it to Odorheiu Secuiesc on your own. It is not that complicated: from Sighisoara, you have two direct train to Odorheiu, leaving Sighisoara at 11:45 (AM) and arriving in Odorheiu at 13:15, and the second leaving at 20:22 (PM) and arriving at 21:50 (PM). If we know you are arriving, we will send someone to the train station to meet with you.
- If there are 2-3 of you, you can take a cab from Sighisoara to Odorheiu. It costs around 250RON (USD60-70). Your final destination (our hotel) is:

Hotel Tranzit  
Strada Tompa Laslo nr. 36  
Odorheiu Secuiesc 535600  
Romania

**A travel suggestion: land in Budapest 2-3 days early. Hook up with the rest of the team. There are plenty of hotels and hostels around. Visit the city - it's got plenty to offer (beautiful architecture, interesting museums, Turkish historical baths,...) – and buy your train ticket early! I suggest you take the overnight train on Friday – D 347 (or EN 347), leaving Budapest at 22:50 (PM), arriving in Sibiu at 10:12 (AM). If you are traveling in groups, you can get a sleeper – it comes in 2, 4, 6 bunk bed compartments (prices increase with the level of privacy) and you can lock the door -**



**make sure you keep it locked at all times. If you decide on that option, get together in groups of 6 and buy a whole compartment just for you: arrange it in such a way that the first among your group arriving in Budapest buys the tickets for all of you thus securing the compartment. Once in Sibiu, find a hotel/hostel and explore. It is a beautiful city, not easily accessible for a weekend trip from Odorheiu. The Astra open air museum (where we have our Museum Field Studies Workshop), the History Museum and the Brukenthal Art Museum are really worth it!!! Next day, Sunday, you can easily get to the 12:04 (PM) train to Sighisoara, no stress...**

NOTE: Buying a Europass or Eurorail (or other train packages) for traveling inside Romania might not worth it. Those kind of passes are good for long distance travel and travel in Western Europe. Train prices in Romania, although on the rise, are still relatively low.

### **Travelling through Bucharest**

Although cheaper to fly to, Bucharest itself is not a city worth wasting a day visiting (if you have other options). All other airport city options (Budapest, Targu Mures, Cluj Napoca, Sibiu) are far more interesting and welcoming. Also, Bucharest has somewhat serious problems with gypsies and stray dogs. If you choose to land in Bucharest, I strongly suggest you leave immediately for Brasov (or Sighisoara). You have two options:

#### **By train:**

You need to take a cab to Gara de Nord. It cost anywhere from \$30 to \$60 – they are very “creative”, even with the meter on. They made an effort to clean up the train station (and keep it that way). Once you are inside the train station, you’ll be relatively safe (all common sense safety measures apply). There are several trains to Brasov, Sighisoara or Sibiu:

**From Bucharest to Brasov**, there is at least on train per hour from 6:00AM until 18:45PM. The ride lasts between 3h-6h. See above for Brasov-Sighisoara.

#### **From Bucharest to Sighisoara:**

Bucharest 6:00AM; Brasov 8:42AM; Sighisoara 11:25AM (this one arrives on time for the pick-up)

Bucharest 12:15PM; Brasov 14:55; Sighisoara 17:32PM

#### **From Bucharest to Sibiu** (for Sibiu-Sighisoara and other suggestions, see above):

Bucharest 10:00AM; Sibiu 15:38PM

Bucharest 14:00PM; Sibiu 19:43PM

Bucharest 15:45PM; Sibiu 22:40PM

Bucharest 17:45PM; Sibiu 22:52PM

#### **By taxi:**

We use a private taxi service, for long drives, to get us from Bucharest to Brasov mainly, but sometimes also to Sighisoara or Odorheiu Secuiesc. They are very professional, they pick you up at the airport in Bucharest and they wait for you if your plane is late. To take you anywhere you want in Brasov, last year, it cost about \$80/person for a two passenger drive and \$60/person for a 4 passenger drive. However, if you are interested, I need to book them a month in advance (once I book them, I can provide you with the exact cost).

**A travel suggestion: land in Bucharest 2-3 days early. Either take immediately our cab to Brasov (recommended) or take the train to Sibiu. Both cities have a lot to offer. On Sunday, you can easily get to the 12:04 (PM) train from Sibiu or the 8:52 (AM) from Brasov to Sighisoara for the pick-up, no stress...**

### **Travelling through Sibiu, Cluj Napoca, Targu Mures**

All of these secondary airports can be used safely. Flying to these airports from US, Canada or Australia is significantly more expensive than Bucharest or Budapest. However, flying from within Europe can be relatively cheap (see for example Wizz Air: wizzair.com), but the options are rather limited. You have direct trains from Sibiu at 12:04 (PM) and from Cluj Napoca at 9:30 (AM) to Sighisoara, arriving before the pick-up time. There are no direct trains Targu Mures-Sighisoara.

**A travel suggestion: if you can choose among the three airports above, go for Sibiu (see above the travel suggestion) at least a day early and take the 12:04 (PM) train to Sighisoara on Sunday, no stress...**

## **III. Project specs:**

### **1 – ArchaeoTek Transylvania Projects:**

This is the sixteenth year of the Southern Transylvania Projects. 2000 was an exploration year, followed by an intensive excavation 2001 season: we excavated for 12 weeks total in Hunedoara and Miercurea Sibiului, with approximately 70 volunteers total for 3 sites. There were mixed feelings about it, some students had difficulties adapting to the dorm lifestyle, the hard work and we were unlucky enough to have a very rainy season which was not good for moral. In 2003, we excavated five test trenches near Mosna-Medias that yielded very promising results. The 2004-2006 seasons were devoted to excavate the Neolithic (Petresti Culture) house complexes exposed the first year. Upon completion of the Mosna-Medias excavation, we expanded our search area to the south, exploring the geographical evolution of the Petresti Culture, and excavated a site near Halmeag-Fagaras. At the same time, we started investigating the end of the Dacian (Iron Age) La Tene period, just prior to the Roman conquest. As such, we excavated for two seasons the Dacian Fortress of Tilisca-Sibiu, in 2006-2007. In 2013, we completed our exploration of the Late Iron Age in Southern Transylvania at Racos-Brasov (that we started excavating in 2007) and we are getting things together for publication. In 2010, we started several other projects aimed at exploring Transylvanian pre- and protohistory with the Neolithic-Bronze Age excavations at the Soimeni Tell followed, in 2011, by the Tureni Canyon Bronze Age excavation and survey. Also, in 2010, we started to explore the phenomenon of the Roman colonization-creolization following the Dacian Wars of 102-106AD with the excavation and survey of the Cumidava-Rasnov castrum, a project we have intensified last year and expand this year to include a large scale STP survey (our last year on the site); in 2012, we explored the region around Sarmizegetusa Ulpia Traiana – Roman Capital of the Dacia Provinces, starting to excavate this exceptional city in 2014. This year, we will conduct a series of geophysical surveys around Sarmizegetusa to map its social and economic surrounding landscape. Finally, after a year of exploration, we have begun in 2013 a long term project, “Imperial Provincial Roman Landscape Strategies – Life by the Imperial Road” in Rapolt, which

expanded this year with the addition of the “Identity and Wealth on the Roman Frontier”.

In 2009, ArchaeoTek has expanded its research beyond archaeology, into the field of physical anthropology. In 2012, we completed a 3 year long project, “Late Bronze Age Population Dynamics” and started a new on-going integrated project in 2013, “Medieval Crisis Populations – Living and Dying on the Edge of Europe/Lost Churches Project”, directed by Dr. Jonathan Bethard from Boston University School of Medicine and Dr. Katie Zejdlik Passalcqua from Western Carolina University. This project currently comprises an Intensive Osteology Laboratory Workshop, two in-depth osteology laboratory research workshops on, respectively, adult and juvenile bioarchaeology, as well as our Lost Church funerary excavations. Also, this year, after the exploration in 2015 of the commingled remains from a very unique Early Iron Age funerary monument in Transylvania, Dr. Anna Osterholtz is joining the bioarchaeology team of the “Medieval Crisis Populations” with a new excavation (Deviant Mass Grave Mortuary Excavation) and lab (Pathology Osteology Research Workshop).

Concurrently, the acquisition of a brand new ground penetrating radar (GPR) las year, allowed us to add a whole new dimension to our research and, at the same time, to offer a very important technical workshop, our Applied Field Geophysics Workshop.

Finally, last year we set up a pilot program in ethnoarchaeology/applied museum field studies in the extraordinary ASTRA Open Air Ethnographic Museum in Sibiu, which we are not only continuing, but expanding this year

## **2 – Projects:**

Our field and laboratory staff is composed of archaeologists, bioarchaeologists, and forensic/biological anthropologists from both Romania and abroad (ArchaeoTek’s staff is composed of US and Canadian scholars). The team is usually composed of volunteers and students, mostly North American with a few Western Europeans and Australians. There will be a few Romanians present: several members of the research staff and some local museum employees will help out with the logistics from time to time. It would always be a good thing if you learn a little Romanian (although in Odorheiu – and only in Odorheiu – the predominant language is Hungarian). However, knowing English is enough to be able to manage anywhere in Transylvania.

Our lab is in walking distance from the hotel. The work schedule is tentatively as follows, Monday to Friday:

8-9:45AM – lecture

9:45 – 10AM – break

10 – noon – laboratory applications

12 – 1PM – lunch break

1 – 5PM – laboratory work/research (there will be an afternoon break at the discretion of the Project Director)

Please keep in mind that this program is an intensive research workshop. The scope of the Workshop is to provide you with as much information and method possible to be able to eventually conduct osteological research independently. The above schedule is flexible; however, you will have lectures/seminars/group discussions and laboratory applications every morning, the rest of the time will be devoted to actual work on the human remains. There will be homework to complete every evening. All Workshop activities are mandatory for all participants (see Rules and Regulations), regardless if you



are pursuing this program for credit or not. At the end of the program, all students have to present their results in a conference-like environment, at the **Fourth International Student Colloquium on Osteology and Bioarchaeology**, held in Odorheiu Secuiesc.

The Project Director is **JONATHAN D. BETHARD**. He is a well published **forensic and biological anthropologist**, currently as Assistant Professor in the Department of Anatomy and Neurobiology at Boston University and will be an Assistant Professor at the University of South Florida beginning in August 2016. He has received his graduate training at the University of Tennessee, including working as a field instructor at the Human Remains Recovery School. His scholarly pursuits so far have included refining methods used for constructing biological profile in forensic contexts, Andean bioarchaeology, stable isotope analysis and geometric morphometrics. On the international scene, Jonathan has worked as an instructor for numerous courses in forensic anthropology with the International Criminal Investigative Training Assistance Program (ICITAP) in Colombia and Algeria and will be taking over ArchaeoTek's Osteology and Bioarchaeology laboratory programs. For pictures of the staff, have a look at our [staff page](#) on our website.

**EQUIPMENT and GEAR:** We will provide all major laboratory equipment needed. However, you are required to bring your own **laptop** (homework articles/book chapters and laboratory reference books will be available via PDF). It is always a good Idea to have your own hard copy of your reference book(s), especially if you are serious about continuing in the field of osteology/bioarchaeology/forensics. If you have them (if you don't have them, they are a very good investment), bring with you ***The Human Bone Manual or Human Osteology, 3<sup>rd</sup> edition*** – you will need it!!! You can pick up a used copy for around \$25 dollars from Amazon.

Here's a list of suggestions compiled by one of our past field assistants (very to the point):

- If you are traveling from Budapest it is best to take the overnight train. I strongly suggest traveling with a buddy!
- **PLEASE** do not buy the round trip ticket online. It is much better to buy the ticket there. In the past one student had an issue where the Romanian officials upon return would not recognize her ticket though on her trip from Hungary it was perfectly valid.
- Pack compact!!! Most streets in Europe are made of cobblestone and, in Eastern Europe, of broken cement slabs with lots of missing bits. The wheels of suitcases are not meant for that and you will be stuck lifting and carrying you luggage as opposed to "wheeling" it. As a rule, it is a good idea to travel with a single bag you can lift and carry over a few hundred meters without help.
- Spend the few extra bucks for a bunk bed/sleeper on your trip from Budapest... It's worth it.
- During the summer, trains get really hot. And their windows don't open. And there isn't any A/C!!!
- If it rains, everything in Romania gets muddy, so be prepared.
- The lab also can get really hot... no A/C.

### **3 – Logistics:**

- a. **Communication:** I will have a Romania mobile phone (0757744401) where I could be reached after May 23<sup>rd</sup>. IT IS EXCLUSIVELY FOR OFFICAL BUSINESS OR EMERGENCY USE. If you don't have a cell phone, personal calls can only be made from public phones. End of May-early June, I will provide a Romanian field phone number for the field director as well.

As mentioned before, internet access is available for free at the hotel and everywhere downtown Odorheiu. It can be very slow and relatively unpredictable. It is primarily meant for the eventual e-mail check, not browsing, streaming, Facebook, Skype, etc. When 20 participants log on more or less constantly with their IPHones, tablets, laptops, the band it saturated and the internet becomes very (VERY) slow or it simply crashes. **It will not work to conduct research.** However, you can always purchase an internet USB modem stick and use it as a pay-as-you-go: Vodafone sells it for around \$50, and it will last you the whole program, e-mail and research wise.

- b. **Clothes:** Weather in Romania is highly variable from one year to the next. Most years you need a sweater, at least for chilly mornings and evenings, and rain-gear. Remember, if it rains, you will still have to walk to the lab. And everything gets muddy. On the other hand, around noon, the sun could be quite hot. In order to avoid sun related problems, sunscreen and sunglasses are quite useful.

There will be a small washing machine in the hotel that you can use. All clothes are dried outside – no drier.

Shorts, short dresses, or the need for conservative dress are really not an issue in Romania. In addition to clothes you might wear for tourism on your days off, it is very useful to have one “something nice” for dinners, occasions and traveling (when visiting churches and monasteries, a dress code is in effect – long sleeve shirts/pants). You are not allowed to show up for dinner in your work clothes (and a shower is mandatory).

- c. **Miscellaneous Supplies: Toiletries** are locally available, but if only one brand will do, please bring your own favorite type of toothpaste, deodorant and shampoo.
- d. **Books:** There is no project library as such, so bring your own books.
- e. **Accommodations:** You will be housed in a pension/hotel near downtown of the city of Odorheiu Secuiesc, in double or triple occupancy rooms, with private toilets and showers. You will be in walking distance from both our lab and the museum. Internet is accessible at the hotel but it is slow and somewhat unpredictable: it is meant for the occasional e-mail check, not browsing, downloading, Skype, streaming, etc. (it will crash when everyone logs on at the same time). **Upon arrival, you will be asked to pay a \$200 deposit** that will be returned to you upon departure, once all equipment is returned in good condition and the housing facilities have been vacated without any damages..
- f. **Food:** meals are not provided. There are many food markets, fast-food, pizzeria and “normal” restaurants around the hotel and the museum. You will have access to a fridge and a small

kitchen. The kitchen is meant for very occasional use: it is not meant for everyone to cook their meals.

- e. **Coffee, Liquor and Chocolate:** Coffee is readily available in Romania. But if you are picky about it, tuck a couple of plastic bags of your favorite in your luggage. Small packets of ground coffee are available at many stores and kiosks, so if one wishes to bring a French press (Bodum) this is another option. Locally available drinks (beer, gin, vodka, wine) can be purchased almost everywhere. If you crave anything else, it can be bought in all major towns, or brought in duty free on your way in. It is recommended that you bring a bottle of your favorite liquor for the excavation party: it will provide a greater variety and make people happy. Local chocolate is readily available for those who crave and want to buy it. Legal drinking age in Romania is 18, so be responsible!
- f. **Health:** The project is **not insured**. Make sure that you **maintain your health insurance** over the summer in case of a health emergency. Although Romania (and Transylvania even more so) is very safe health wise, prevention is always good thing to consider when travelling anywhere. You should be up to date on your tetanus, typhoid, and polio shots (the classical anthropologist vaccine). You may (but is not necessary) also want to take the rabies vaccination series as well as that for Hepatitis B. A gamma globulin shot is always useful (which should be received just before you leave for Romania): it has proved effective against hepatitis C (formerly nonA/nonB), always a risk when traveling. If you take special medication (including anything for allergies that can be activated during threshing season), please bring a supply with a prescription with the generic name of the drug. Also highly recommended are Pepto-Bismol or Imodium and Ercefuryl (or any other stomach antiseptic) for stomach problems – these can be purchased locally.

There are hospitals in close proximity to our projects. You need a prescription, for a lot of drugs; however, they might not have what you need. If you have specific medical needs, bring your own drugs, a prescription and make sure you know its generic/scientific name.
- g. **Money:** Travelers checks can usually be cashed in all major towns but only in banks and generally in the mornings of working days; some small denominations are useful, but most people carry \$50 or \$100 checks. There is, however, a commission on traveler's checks, and this can be substantial: sometimes around 10%, but it is evolving. US dollars and Euros (cash) can be exchanged without commission and at a better rate than traveler checks at commercial exchange services that are ubiquitous. You can also use a Bankcard at a great deal of banks (using both PLUS and CIRRUS) and there are plenty of ATMs around. MasterCard and Visa cards are getting a wider acceptance but it still isn't systematic. There is a service charge. The RON tends to fluctuate significantly. It is advised to convert money to American dollars or Euros, before arriving. Canadian dollars are usually accepted. You might encounter some (occasional) difficulties in exchanging other currencies. There are exchange offices in some of the train stations of major cities. Another important note about exchanging currency: as odd as this sounds, exchange house are very particular about the bills they will accept. Be sure that there are **absolutely no** marks (pen marks, stamps, ...) whatsoever. Old or creased bills are as well going to result in a very long and curious inspection. It is best to ask for new bills when obtaining your American or European currency and keep it in good shape. **VERY**

**IMPORTANT: Never exchange money anywhere but in an exchange office or bank and tuck away your cash before exiting.**

As far as the currency is concerned, there have been a monetary reform in 2005, so for a while there were two sets of bills used. The old bills (of 10000, 50000, 100000, 500000, 1000000lei) **are no longer valid!** There are new bills of same relative value of 1, 5, 10, 50, 100, 200, 500. There are coins of 5 bani, 10 bani and 50 bani. **DO NOT EXCHANGE ANY MONEY EXCEPT IN BANKS OR EXCHANGE OFFICES! They will have a poster illustrating all currency forms and equivalent. Since January 2007 old currency is no longer valid.**

#### **IV. Life in Romania:**

##### **1. Language:**

Romanian is a “Romance” language, derived from Latin and related to Italian, Spanish and French. It is actually closer to Latin than Italian is. It is spoken with a Slavic tonal system and incorporates several Turkish and Slavic words as well. Speakers of Spanish, Italian or French or those who have studied Latin for that matter will often be teased with a partial understanding. Most people in their twenties or younger speak some English, over twenty tend to know German and/or French. Quite a few people speak Spanish and Italian as well. It is greatly suggested that you purchase a small phrase book. But generally, you will always find someone speaking your language. Romanians tend to be very “communicative”. That being said, the people in Odorheiu Secuiesc are Szeklers, which means that they rather speak Hungarian than Romanian. While in Odorheiu Secuiesc (Szekelyudvarhely in Hungarian), Hungarian will be a much more common language; however, Romanian will be the common language in all other cities in Romania.

##### **2 – Tourism and moving around:**

Transylvania is a magical place!!! There are many sites that are easily accessible and many choose to visit there on their day off. There are a several small fortified churches and medieval villages (such as Viscri and Malencrav, bought and restored by Prince Charles). You also have the medieval fortress, such as Rupea, Biertan, and the medieval Unesco Heritage Site of Sighisoara. Brasov has a fairly lively nightlife on weekends with several dance bars that play modern western and local pop music and are open quite late. From Brasov you can also visit the Peles Castle in Sinaia or the Bran Castle. Or you can opt for the Hunedoara region, with its magnificent Corvin Castle, the Dacian fortresses of Blidariu, Costesti and Piatra Rosie, the Dacian capital of Sarmizegetusa Regia and the Roman capital of the Dacian Provinces, Sarmizegetusa Ulpia Traiana. There are also a number of other fascinating cities to visit in Transylvania for both basic tourism and/or more outdoorsy activities. If you are planning to travel before or after the season, bear in mind that you are in Eastern Europe and conditions in Romania may not be as easy as in the rest of Europe. Hotel conditions vary a lot: the number of stars and the price are not a guarantee of quality. It is recommended that you travel after the dig (not before) so you are more familiar with the way things work.

As far as weekend travel is concerned, we help organize several trips. Keep in mind, these are not part of the project and as such are not mandatory. Also, the staff is not required to join you on the

trips in question. So here are the two, non-mandatory, trips (prices may vary depending on exchange rate and number of participants):

- A day trip (usually a Saturday) to the salt mines of Praid – dubbed “The Mines of Moria” by our participants (cost for transportation and entrance fee: around \$60).
- A weekend trip to Brasov: you would leave Odorheiu Friday evening, stay overnight in Brasov, leave early Saturday morning for the “Dracula Tour” (full day: Bram Stoker’s Bran Castle and the real Dracula castle of Poenari), back to Brasov for the night, explore Brasov Sunday, come back to Odorheiu Sunday night. The cost for transportation only is around \$75-\$100 per person. **Participants will be responsible to arrange their own housing in Brasov.** The reason we organize this trip is because our participants would need at least 2 weekend to do it using public transportation. There are companies that offer the “Dracula Tour” in Brasov and charge, just for the tour, \$75-125.

There is a mandatory (hence free - food and drinks are not included) field trip organized by the museum. It is a Saturday trip, exploring the Szekler historical and human landscape around Odorheiu. It takes you to other sites and churches from the same time period as the one we are excavating, and to the ethnographic museum in Cristuru Secuiesc.

### 3 - Helpful Hints:

Romania has many mineral springs that produce bubbly spring water (the best ones are **Borsec, Tusnad and Biborteni**). This is the most popular water to drink. When one asks for water, this is usually what one gets. One must ask specifically for *flat water* (Rom.: apa plata).

Soft drinks are readily accessible (Coke, Pepsi, Fanta, Sprite...). The best juices available come under the **Cappy, Santal** or **Prigat** which you can get almost everywhere. Orange and grapefruit are very good.

Beers are quite plentiful, very good and easily available everywhere both Romanian and imports. The Romanian beers are generally pilsners/lagers, but come in a great number of varieties. **Silva, Ciuc, Ursus, Timisoreana**, are the best of Romanian beers and, good news, they are very cheap. Stay away from beers that sound German – they are cheap knock offs. In terms of container, I recommend to stick to glass bottles or cans.

Small packets of Kleenex are available in most news-stands. Buy one or two to keep in your pockets for public restroom which often only give one small piece after you pay.

Romania is generally a safe country and Transylvania even more. Of course, there are several things to be avoided but they are all in the area of “good sense”, such as not traveling alone at night, which applies universally. We will make every effort possible to keep all our participants very safe. In the past 16 years (and every year we get better at it - in terms of logistics and organization), we didn't have any major problem. The most we had was luggage lost by people who flew in through Bucharest or delayed through Budapest, and a few cases of upset stomach and colds. In that regard, there are a few hospitals in the immediate area and Romanian doctors are good. In Romania, there are relatively very few violent crimes, and those generally occur south of the Carpathians. Petty theft is the only major problem, so keep your eyes on your belongings.

Gypsies are often present near/in train and bus stations as well as on the trains themselves. They are almost always begging or selling stuff: try not to give them money (you will not get rid of them and they will bring friends and family). You will be harassed so often that you will quickly get very tired of them and, as cold as this sounds, learn to shoo them away.



Money belts are recommended. Be very careful of bags, purses and wallets, especially in places like train stations. If someone bumps into you, **immediately** check your money. Pants with zip-up pockets are a better deterrent. Do not leave your bags alone on the trains. Never expose your “riches” (money, camera) in public: it will only attract unwanted attention. Also **do not (as in never)** exchange money on the street: always go to a bank or an exchange office and tuck your money away before you get out.

#### 4 - FAQ

Under "Books" you mention there is no project library. Does this mean we need to bring our own reference books?

The "Books" section refers to the free/leisure time portion of your stay. For the workshop itself, we have a pdf reference library that will be accessible, together with all the required reading material. However, it is highly recommended to bring with you ***The Human Bone Manual or Human Osteology, 3<sup>rd</sup> edition*** – you will need it!!!

Also, Dr. Bethard will upload on the Facebook project group page a very dense and useful osteology guide, with a lot of color pictures. You will constantly use it as a reference. You will be required to print it (preferably in color and relatively high quality) and bring it with you.

Do we have access to computers or do we have to bring our own laptop?

The project computers will be hooked up to the lab gear (digital microscopes, 3D scanner, digital calipers, etc). You will need to bring your own laptop to access references in the lab, homework, internet... There will be daily readings, weekly discussion reports, a final presentation and a research paper to write: you will need the autonomy of your own laptop.

Since they are not provided, do we need lab coats or are they optional? In the Facebook photos, everyone in the labs is wearing one.

No. Our experience has shown that lab coats and latex gloves are not necessary in this context.

Will it have access to a refrigeration or kitchen to cook food? What have students done in the past?

In the past, we have commandeered the pension's kitchen area. The hotel/pension kitchen is not meant for 15-20 people to cook at the same time, nor can a normal kitchen fridge hold food for so many people. As a result, we will have limited access to it.

We tried to find what eateries where in the city and could not find more than two restaurants, could you expand on what fast food and restaurants there are.

There are quite a few very good restaurants, pub like places, panini joints, pizza places and very nice restaurants all around Odorheiu. In that regard, you will always have options and they are relatively cheap and very tasty.

Can I register for credit for this program?

We are a museum based research center and as such neither ArchaeoTek nor our partner institutions have the logistical set up to offer credits. In the past, students who sought academic recognition for their work in the field with us registered to an independent studies in their own university. The instructor in charge of that independent studies would set up his/her own evaluating scheme and we would provide all the information thus required. Some schools were content with just a grade while others required a detailed evaluation and an essay from the student. In this context, credits are arranged internally in the student's university, simplifying things. In terms of calculating how many credit hours would be involved, for the lab component (4 weeks in each osteology/bioarchaeology program), there are 1.5-2h of lecture and 1.5-2h of lab practice, followed by 4h of research daily, Monday-Friday.

Also what type of work is involved as far as reading, quizzes, assignments, papers, and homework and does this mean I should look into getting credit from my school for this field school?

In terms of credit, it is strictly up to you. You will be required to do all the work either way. This is an intensive research workshop. You will be given a lot of information, taught how to do research and expected to actually do it! This program is meant to give the participants, in a short time, the knowledge and methodology to be able to conduct osteological research on their own. For the 4 weeks of laboratory work, the day schedule consists of about 1.5-2h of lectures, followed by 1.5-2h of lab, and then about 4h of research under the supervision and direction of the Project Director, for a total of 8h/day of actual work. This format we have used in the past (and we will continue in a relatively similar fashion). There are 1-2 articles/book chapters required reading daily. Within the first week of the lab portion, participants will be organized in research groups and will choose a topic (to be approved by the project director). While doing research, you will gather data and, as a group, will present the results of your research (and conclusions) on the last day of the workshop, in a conference like environment. Each participant is required then to write an individual paper on an aspect of their research (or any other pertinent topic, with the approval of the project director, of course). The work week is Monday-Friday. The weekends are yours to do as you please. Participants are strongly encourage to take their research to the next level and try presenting at some of the bigger conferences (i.e. SAA, AAPA, CAPA, etc.)

Do we get weekends off?

The work week is Monday-Friday. There is a mandatory Saturday trip and we organize a couple of trips (independent from the project) to help out our participants. However, the weekends are generally yours to do as you please. Transylvania is a great place to explore! There is a side note however: if we get too much rain, we might sacrifice a Saturday to work in the field.

Do we have internet access?

As mentioned before, internet access is available for free at the hotel and everywhere downtown Odorheiu. It can be very slow and relatively unpredictable. It is primarily meant for the eventual e-mail check, not browsing, streaming, Facebook, Skype, etc. When 20 participants log on more or less constantly with their iPhones, tablets, laptops, the band it saturated and the internet becomes very (VERY) slow or it simply crashes. **It will not work to conduct research.** However, you can always purchase an internet USB modem stick and use it as a pay-as-you-go:

Vodafone sells it for around \$50, and it will last you the whole program, e-mail and research wise.

When we arrive, how will we get from Sighisoara to Odorheiu?

Most likely, I will rent a bus, that way there is no problem waiting for you if the train is late. If you miss the pick-up in Sighisoara, you will be required to get to Odorheiu on your own. It is relatively easy both by train and cab. However, call us before you take off from Sighisoara.

How is personal laundry handled? Does the hotel have a self-service laundry room or affordable laundry service?

Romanian hotels usually don't have self-service laundry. An arrangement will be made to have your laundry done weekly (in bulk). It will cost you a \$2-3/person/room. Otherwise, you will be responsible for your own laundry.

You mentioned that we get Saturday and Sunday off. If a few of us get together and organize a weekend trip to all the churches, fortresses and castles in Transylvania, will there be someone there to help us with the planning?

There are quite a few amazing sites that you can easily explore (no need for formal organization). From Odorheiu, Sighisoara - Dracula's birth place and a phenomenal medieval city - is a day trip. The late medieval city of Sibiu and its must-see open air ethnographic museum would be a weekend trip. We organize a weekend trip to Brasov, Bram Stoker's Bran Castle and Poenari, the real Dracula castle. There are also smaller day trips available around Odorheiu to very interesting sites. However if you want to explore the very beautiful Saxon fortified medieval churches, you will need a more formally organized trip (rent a bus, housing, etc) otherwise you will barely be able to see one or two during the whole week-end (and not the coolest ones!). Same applies if you are interested in the Dacian fortresses and cities in the mountains (amazing landscapes), and their Roman counterparts in the valleys. Same goes if you would like to spend the weekend swimming in natural bubbly water pools, salt and/or volcanic lakes. I strongly encourage all participants to talk to us before taking off exploring and we will definitely help you better organize your trips (and get the most out of them)!

This will be my first time traveling and I am a bit nervous. What do I do when I get to Budapest?

First of all, we never had any major problems with our participants in Budapest for the past 16 years. Last year, because of the Syrian refugee crisis, there were some tense moments, but that seemed to have been resolved. As I said many times, in Budapest and in Transylvania, safety is just a matter of common sense. Whatever you do to be safe at home will keep you safe in Budapest. So don't worry too much... When you land in Budapest, you can either take a cab straight to the hostel (it is much more interesting if there are 2-3 people taking the cab) or the shuttle to the train station and a cab from there (the hostels are not very far from the station). I recommend contacting each other and figure out when you land in Budapest: since there are more than 30 people (combined projects) travelling at the same time, you are bound to be able to have small groups landing in Budapest around the same time. If you do this, make sure you have alternative plans in case your plane is delayed (i.e. how long will the group wait for you, e-mail

contact if you know your plane is delayed). The one problem that we run into every second year is that one or two pieces of luggage are delayed or sent to the wrong place. And the luggage is always lost in the US (JFK airport and Delta are infamous in that respect), but as I said, it is not that often. In case it happens, I'll give you the address in Odorhei (i.e. my colleague's, Zsolt Nyaradi) where to instruct the airline to send your luggage and it usually gets there in a few days - be very clear with the airport people that you will be in Budapest only until your check out time, otherwise they might send your luggage to the hostel after you are gone. We always eventually retrieved all delayed luggage. However, your camera, laptop, papers and money should always be in your carry on.

Once in Budapest, I strongly suggest that you all check in the same hostel (or couple of hostels). This way you will be set to travel. Reservations will need to be done at least a month in advance, especially if you arrive there around the same time. So get together, figure out the 2 hostel options you like, and make reservations once you know when you get there. The hostel people might even be able to arrange for an airport pick up, especially if there are several of you traveling around the same time (it doesn't hurt to ask!!!). For the exploring part, Budapest has beautiful castles, museums, their Parliament building is amazing, etc... You will need to figure out what you want to see. I personally recommend that you go to one of the Turkish baths a soak for a few hours - so relaxing... The historical 16th century baths are extraordinary (both in terms of architecture and service): my favorites, smaller and cosy Király Bath (Király Fürdő) and larger and gorgeous Gellert Baths, and the architectural wonders of the Rudas Bath (Rudas Fürdő) and the more upscale Rácz Hotel & Thermal Spa. Google them and find your favorite!!!

Here's a good web site to start with regarding traveling to and within Budapest: <http://www.budapest-tourist-guide.com/index.html> . It is quite helpful.

**What about the situation in Ukraine? Or the war in the Near East? Will that affect us?**

The short answer is “no”. Romania is in the European Union, part of N.A.T.O. and has US military bases on its territory. There is virtually no chance whatsoever for any aspect of either conflict to spill over in Romania. Also, the travel advisory for Romania from the US Department of State hasn't issued any warning in that respect. The sensible thing to do is NOT to fly over potentially conflict areas (in the broadest sense).

## **V. Excavation Rules and Regulations**

Please read carefully all the Rules and Regulations. These rules are designed to provide an adequate, safe and secure work environment for students and volunteers. It also helps to maintain good moral and make the Workshop a pleasant experience for all. They are attached to the Project Agreements you all have to sign. It is basically a matter of common sense and good judgment. And we are always open for suggestions... It goes without saying that every student/volunteer should show courtesy and respect for co-workers, staff and local people.

**It should go without saying. . .**



We are guests in the country of Romania at the behest of the Haaz Rezso Museums, the city of Odorheiu Secuiesc, and the Romanian government. We will be working with local Romanians who should be treated with the utmost respect. **Romanian laws will be respected, the use of drugs or other banned substances, and/ or the abuse of alcohol will not be tolerated** and will result in the expulsion of the guilty member from the project without any refund or compensation.

See you all in Transylvania,

Andre Gonciar  
Director - ArchaeoTek