Bucharest Homes

EXPATRIATE REAL ESTATE

Welcoming Guide

for Expatriates

Content curated for Bucharest Homes clients

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CHAPTER I

Welcome to Romania (Administrative formalities)

Moving to Romania involves several essential administrative steps. This section covers the key formalities to complete upon your arrival.

1.1 Registering with Your National Authorities

It's just a recommendation that upon arrival in Bucharest, it is recommended to register with your country's embassy or consulate.

The embassy provides consular services for residents in Romania: identity documents, civil registry, consular registration, information and assistance.

Consular Registration

Registering with your embassy's consular services is free and strongly recommended. It allows you to: facilitate administrative procedures (passport, ID card), receive useful consular information, be contacted in case of emergency, and simplify certain procedures for your family.

Short-Term Stays

For stays of less than 6 months, it is advisable to register on your country's travel advisory platform. For French citizens, this is the Ariane platform:
https://pastel.diplomatie.gouv.fr/fildariane

1.2 Registration Certificate (CNP)

EU nationals must apply for a Registration Certificate (Certificat de Înregistrare). This document is not a residence card but contains your personal CNP number, which is essential for many administrative procedures in Romania.

Official Portal, Romanian Immigration: https://igi.mai.gov.ro

- Application is done online; you will then receive an appointment at the immigration office
- One file per family member

- Romanian Immigration Office
  Address Grand Arena Mall, Boulevard Metalurgiei 12-18, District 4 – Bucharest
  Phone 021 212 8007
  Website https://igi.mai.gov.ro
  Private Consultant

- Olimpia Trifan (Speaks English, Italian, Greek and Romanian)
  Phone 07 44 63 00 73

1.3 Vehicle-Related Procedures

Mandatory Equipment for the cars

Every vehicle driving in Romania must contain: a warning triangle, fire extinguisher two reflective vests, and a first aid kit. (must have a valid date)

Road Tax (Rovinieta)

The Rovinieta is mandatory for driving on highways and national roads. It can be purchased at gas stations or online at: https://www.erovinieta.ro

Vehicle Registration

The registration process can be lengthy (1 to 1.5 months) and sometimes complex. Some companies offer registration assistance services (file preparation, administrative support). This option is useful if you don't speak Romanian or are short on time.

- Delta Speed Solutions
  Address Bd. Barbu Văcărescu 164A, Sector 2, Bucharest
  Phone 0318 053 025
  Website https://delta-inmatriculari.ro
  English-speaking service, full registration support

Car Insurance

In Romania, two types of insurance exist:

- RCA: mandatory insurance (third-party liability)
- CASCO: optional comprehensive insurance, taken out with a private insurer
- If you take out CASCO, the insurer generally also handles RCA
- Our private broker which takes cares of all our insurances (cars, home, health) and gets the best offers from all companies is Sorin Aldica: Phone: 07 35 152 812

Paying Fines

Online payment by bank card via the official portal: https://www.ghiseul.ro

Payment also possible at CEC Bank branches: https://www.cec.ro

Or at Postal Offices in the distrcit you live in. (Posta Romana)

CHAPTER II

When You Arrive

This section covers everyday services and utilities you'll need in Bucharest.

2.1 Finding a home in Bucharest

- Bucharest Homes
  Phone 0744 608 211
  Website bucharest-homes.ro
  Owner Andreia Lewis (Romanian, English and French-speaking)
  Expertise with Expatriate Rentals and Heritage Homes Sales since 2010.
  Can connect you with all market in case your request is off their area of activity.
  2.2 Banking
- ING (we personally use ING since 2009 and we are very happy with their services and packages)
  Website ing.ro
  Phone 021 402 83 91
- Libra Bank (good flexible options for loans if you are a foreigner working in Romania or a Romanian working abroad)
  Website librabank.ro
  Phone 021 208 80 88
- Raiffeisen Bank
  Website raiffeisen.ro
  Phone 021 370 0520

2.3 Learning Romanian

- Romanian Cultural Institute (ICR)
  Phone 031 710 0627
  Website icr.ro
- ROLANG School
  Phone 07 34 936 290
  Website rolang.ro
- Aura – Romanian Courses
  Phone 0724 949 720
- Floricica Văleanu (private tutor)
  Phone 0790 448 126
  Romanian and English courses – at home

2.4 Spirituality

- Orthodox Church: Biserica Icoanei
  Address Str. Icoanei
  Website bisericaicoanei.ro
- Lutheran Church: Evangelical Church
  Address Str. Badea Cârțan 10
- Mosque
  Address Str. Constantin Mănăescu 4
- Synagogue
  Address Str. Sf. Vineri 9-11

2.5 Notaries

- Cristina Canepa – Independent Notary
  Address Blv. Aviatorilor 23
  Phone 07 24 927 530 (personal number)
  Excellent contact, very reliable, fast and competent.
- Roxana Usurelul – Legal Expert and Notary
  Address Str. Constantin Coanda 17
  Phone 07 37 174 944 (personal number)
  Can assist you efficiently with any kind of legal document and procurations.

2.6 Lawyers

- Av. Diana Datcu - Real Estate Lawyer
  Phone 07 24 222 127
- Andreea Lakatos – Commercial Lawyer
  Phone 07 46 07 02 01
- Bianca Goran – Litigation Lawyer
  Phone 07 62 00 80 60
- Irina Albusel – Intellectual Property
  Phone 07 58 22 22 02

2.7 Printing services

- Imprinto Dorobanti (stamps, color digital prints, business cards, T-shirts, personalized gifts)
  Address Iancu de Hunedoara 37
  Phone 07 22 599 405
- Copy Print
  Address Bd. Dacia 30, Sector 1
  Website copyprint.ro
  Near the Embassy. Valid for IDs, visas, passports.
- 3R Color
  Address Piața Lahovari 5A, Sector 1
  Website 3rcolor.ro

2.8 Deliveries in Europe

- Eurosender (carrier comparison)
  Website eurosender.com/en
- Romfour (parcel & passenger transport across Europe)
  Website romfour.com
- DHL
  Website dhl.ro
  Address branch at Băneasa mall, level -1
- INTERAS (France-Romania specialist)
  Website nteras-tcs.ro

2.8 Relocation and moving companies

- AGS
  Website agsmovers.com
- Rilvan
- George Vlad
  Phone 07 76 26 56 22 5
  Website rilvan.eu
- Haico International
  Website haicotransport.ro

2.9 Personal Security

- Leonidas Security SRL
  Phone +40 721 202 525
  Contact Adrian Mocanu (speaks French)
  Former Romanian officer, diplomatic and private security experience.

2.10 IT Services

- IT Support (Computer Team)
  Address Bd. Mihail Kogălniceanu 22, Sector 5
  Phone 0730 611 743

2.11 Water Suppliers

- Cumpăna
  Website cumpana.ro
- La Fântâna
  Website lafantana.ro

2.12 Repairs

- Reparatii Imposibilile – Impossible repairs as the title says: the guys are very handy repairing everything from eyeglasses, watches and etc
  Address Soseaua Mihai Bravu 107-119
  Phone 0724 529 420
- Sapel Electronic – Audio/Appliance
  Address Bd. Barbu Văcărescu 31, Sector 2
  Phone 0722 741 742

2.13 Locksmith

- Chei Master SRL
  Address Str. Vasile Lascăr 132, Sector 4
  Phone 0744 338 391 (24/7)

2.14 Cobblers

- Cizmarie Reparații Încălțăminte Băneasa Chirita
  Address Str. Constantin Dobrogeanu Gherea 53, Sector 1
  Phone 0743 698 571
- PFA Andrei Catalin
  Address Șoseaua Pipera 7
  Phone +40 761 634 497

CHAPTER III

Transportation

To get around Bucharest and choose the fastest mode of transport, you can use Google Maps or Moovit (https://moovitapp.com) - lets you compare routes in real time (metro, bus, tram, walking, car).

3.1 Metro

The metro is often the fastest mode of transport, especially during rush hour. Tickets are sold at each station, at a booth ("casa") located at the entrance. Paper maps of the network are available on request.

Official Metrorex website: https://www.metrorex.ro

3.2 Bus and Tram

> *Bus and tram drivers do not sell tickets. Tickets come as rechargeable cards, available at "casa de bilete" booths near stations. STB cards are not valid on the metro (except for specific combined offers).*

- Easy payment options:
- Contactless bank card payment directly on board, payment by SMS, mobile apps: InfoTB (real-time schedules) and 24Pay (tickets and subscriptions)

Official STB website: https://www.stbsa.ro

3.3 Taxis / Ride-Hailing

Taxis are plentiful in Bucharest., we recommend ordering by apps.

- Apps
  Uber, Bolt, StarTaxi and Black Cab
- Otopeni Airport
  Avoid taxis approaching passengers directly. Use the official kiosks for ordering taxes located upstairs or ordering app.
- Private Drivers (needed to be booked ahead)
- Valentin (Mercedes)
  Phone 07 75 221 734
- Mircea Stancu
  Phone 0726 492 227

3.4 Driving (Traffic, Parking & Car Rental)

For navigation, use Google Maps or Waze.

Parking Payment Methods

- Mobile apps: amParcat (https://www.amparcat.ro) – pay by zone, check rates, extend time remotely, parking București (https://cmpb.ro) – for municipal public parking.
- By SMS: send a message to the number indicated on parking signs. Cost is added to your phone bill.
- Parking meters: card payment (sometimes cash). Keep the ticket visible in your vehicle.
- Private parking (malls, offices, hotels): automatic barriers, payment at the terminal.

> *Notes: paid zones are increasing across Bucharest. Rates vary by zone, duration, and time of day. Parking on crosswalks is strictly prohibited. Many drivers leave their phone number visible on the dashboard.*

Car Rental Companies

- Autoboca
  Website https://www.autoboca.ro
- Europcar – Otopeni Airport
  Phone 0212 014 937
  Website https://www.europcar.ro
- Promotor Rent a Car
  Address Bd. Tineretului 31, Sector 4
  Phone 0734 403 403
  Website https://www.auto-rent.ro
- Sixt
  Address Calea Victoriei 63-81 / Calea Dorobanți 5-7, Sector 1
  Website https://www.sixt.ro

Alternative Transportation

Train travel across Romania became very efficient via national companies (CFR: cfr.ro) or private companies. (Astra Trans Carpatic: astratranscarpatic.ro, Softrans: softrans.ro, Regio Calatori: regiocalatori.ro)

Tickets can be bought at stations or online.

3.5 Second Hand Car Purchase

- Bogdan Penciu
  Phone 07 26 71 17 75

CHAPTER IV

Medical services: conventional and non-conventional

4.1 Family Doctor (for Romanian residents and foreigners with resident permits)

- Stefan Costescu (English Speaking family Doctor and Acupuncturist)
  Address Blv. Aviatorilor 68
  Phone +40 07 30 90 59 82

4.2 Allergologists

- Novo Medica Practice
- Doctor Bumbacea and Doctor Ali
  Address Str. Vasile Lascar 14
  Phone 021 410 54 70
- Sanador
- Dr Adriana Camuescu
  Phone 0723 206 346
  Website sanador.ro

4.3 Cardiologists

- Sanamed
- Dr. Andreia Mihale (Services covered by national health insurances)
  Address Calea Plevnei 159
  Phone 021 94 42
- Cardioclinic
- Dr Alexandra Vasile
  Address Str. Barbu Vacarescu 42A, Sector 1
  Phone 0212 115 554
  Website cardioclinic.ro
- Dr Nicoleta Calomfirescu
  Address Bd. Dacia 118, Sector 1
  Phone 031 402 25 20 / 0745 964 328
  Website cabinetcardio.ro

4.4 Dentists

- KV Dental
- Doctor Sina
  Website kvdental.ro
  Phone 0744 49 49 46
  Address Strada Doctor Dumitru Râureanu 7, 050048 București
- Novident
- Dr Camelia Barbu (English-speaking)
  Address Str. Apolodor 13-15, Sector 5
  Phonve 0213 361 223
- Vox Dental Care
- Dr Olivier Wendrich (English-speaking)
  Address Str. Dr Leonida Varnali 23, Sector 1
  Phone 0213 107 365
  Website voxdentalcare.ro

4.5 Dermatologists

- Clinica Bine
- Dr Cristina Cotruta
  Address Strada Maria Rosetti 49 A, București
  Website clinicabine.ro
- Skinovate
  Website skinovate.ro
  Address Strada Georges Bizet 10, 020269 București
  Phone 031 005 0022

3.6 Gynecologists

- Clinica Sphera
- Dr Odukoia Cristiana
  Address Strada Herăstrău 29, 011982 București
  Phone 0751 929 292
  Website spheraclinic.ro
- Royal Hospital
  Dr George Diaconu
  Dr Mirela Vasile
- Dr Narcis Masala (mammography)
  Address Splaiul Unirii 313A, 030138 București
  Phone 021 9095
  Website royalhospital.ro
- Clinica Luna
  Address Calea Floreasca 35, floor 3, Sector 1
  Phone 0747 08 08 88
  Website clinicaluna.ro
- Embryos (FIV)
- Dr Andreea Veliscu
  Address Strada Gheorghe Polizu 58-60, 011062 București
  Phone 021 9353
  Website embryos.ro
- Dr Marius Romila
  Phone 0721 205 321
  Excellent obstetrician, supportive of natural birth.

4.7 Homeopaths

- Dr Cadar Sorin – Homeopath / ENT
  Phone 0310 80 20 81
  Website homeopatie.ro

4.8 Hypnotherapy

- Julie Romain
  Phone +33 6 81 18 96 08
  Hypnosis for children, teens and adults: stress, insomnia, smoking cessation, weight loss, performance.
- Dr Cristina Metea (Coach and hypnotherapist)
  Phone 0749212641

4.9 Non-Conventional Clinics

- Quantica 720° (integrative medicine)
- Drd. Bogdan Prajisteanu
  Address Str. Dr. Iacob Felix 49 etaj 3
  Phone 07 23 27 17 38
  Website quantica720.ro

4.10 Physiotherapy Centers (Post-Traumatic therapies, Kinetotherapy, physiotherapy, massage, dry needling)

- Kineto Consult
- Kinetic therapy, physiotherapy and massages for sport injuries, recovery or pain free healthy lifestyle
  Phone 0219062
  Address different locations in Dorobanti, Piata Victoriei and Aviatiei
- Motric Recovery (Gelu Cosma)
  Phone 0729 915 555
  Website motricrecovery.com
- Kinetic Sport Medicine
  Address Str. Nicolae Caramfil 85A, Sector 1
  Phone 0721 241 314
  Website kinetic.ro
  Sports injuries and post-operative rehabilitation.
- Gofizio
- Alexandru Dumici
  Phone 0748 973 976
  Website gofizio.ro
  Physiotherapy, manual therapy, dry needling
- Medicine Park
  Address Str. Grigore Mora 19, Sector 1
  Phone 0727 464 464
  Website medicinepark.ro
- Coloana Medicala
- Dr Orthopedist Druta Vasile (Founder)
  Address Șoseaua Gheorghe Ionescu Sisești 26-28, 013824 București
  Phone 0740 100 080

4.11 Maternity Hospitals

- Sanador Hospital and Maternity (I personally delivered there in 2011)
  Phone 021 9699
  Address București, pe Str. Sevastopol nr. 9, sector 1
- Maternity MedLife Bucharest
  Address Calea Griviței 365, Sector 1
  Phone 021 209 4031
  Website medlife.ro
- Spitalul Băneasa – Regina Maria
  Address Str. Dobrogeanu Gherea 85, Sector 1
  Phone 021 9268
  Website reginamaria.ro

4.12 Neurologists

- Clinica Baneasa
  (Covered by national insurance)
  Dr Neurolog Magda Comunescu
- Dr Andreia Busuicioanu (Internal Medicine, echography)
  Address Strada Băneasa 13, 077190 București
  Phone 0722 345 500
- Neuroaxis
- Dr Dan Mitrea (vast investigations on all the neurological conditions)
  Address Neuroaxis, Str. Iordache Golescu 17, Sector 1
  Phone 031 229 0911
  Website neuroaxis.ro

4.13 Ophthalmologists

- Optissima
- Dr Sanziana Istrate
  Address Str. Barbu Văcărescu 102, 020283 București
  Phone 031 433 8235
  Website optissima.ro
- Clinica Bine
  Address Strada Maria Rosetti 49 A, București
  Website clinicabine.ro
- Cabinet Infosan – Dr Andreea Ciubotaru (children specialist, English-speaking)
  Address Str. Ion Bogdan 3, Sector 1
  Phone 0788 478 535
- Oculus Clinic
  Address Calea Floreasca 91-111, Sector 1
  Phone 0213 178 070
  Website clinicaoculus.ro
- Dr Simona Buliga – West Eye Hospital (English-speaking)
  Address Calea Vitan 137-139, Sector 3
  Phone 021 9757
- Kidoptik – Pediatric Ophthalmology
  Address Str. Jimbolia 40, Sector 1
  Phone 0728 718 654
  Website kidoptik.ro
- Optic Gallery (Variety of fashion eyeglasses)
- Cristina Dubrinciuc
  Phone 07 70 43 59 75
  Website opticgallery.ro

4.14 ENT Specialists

- Dr Maria Beuran – Memormed
  Phone 031 9443 / 0764 991 797
  Website memormed.ro

- Dr Mihaela Tomoiu – Sanador
  Phone 021 9699
  Website sanador.ro

4.15 Orthodontists

- Dr Ruxandra Baltag – MG Dental
  Address Str. Helești eiului 14, Sector 1
  Phone 021 9369
  Website mgmedical.ro
- Dr Claudiu Coca (English-speaking, some French)
  Website claudiucoca.ro
  0767 863 668
- Stomproced
  Address Str. Tudor Stefan 22, Sector 1
  Phone 0311 052 505
  Website stomproced.ro

4.16 Orthopedists

- Pediatric: Dr Dan Daniela – MedLife
  Address Str. Zagazului 7, Sector 1
  Phone 021 9646
- Adult: Dr Paul Nastase
  Website drpaulnastase.ro
- Dr Lucian Vesei – Washington Medical Center
  Address Str. Washington 8-10, Sector 1
  Phone 021 230 2980

4.17 Osteopaths

- Mircea Laurentiu (French-speaking, French diploma)
  Address Str. Hagi Ghita 39A, Sector 1
  Phone 0726 215 057
  Website osteopatie-romania.net

4.18 Pediatricians

- Dr Ana-Maria Briot
  Address Str. Polona 29, Sector 1
  Phone 0212 117 152 / 0742 409 662
  Pediatrician for many French expats. Very professional and attentive.
- Dr Chiriac (French-speaking, house calls)
  Phone 0744 544 090
- Pediatric Hospital MedLife
  Address Str. Zagazului 7, Sector 1
  Phone 021 9646
  Website medlife.ro
- Ponderas Hospital – 24/7 Pediatric Emergency
  Address Nicolae G. Caramfil 85A
  Phone 021 9886
  Website reginamaria.ro/ponderas

4.19 Podiatrists

- Cosmin Marin – ORTOPROTETICA
  Address Bd. Constructorilor 20A, Sector 6
  Phone 0744 311 737
  Website ortoprotetica.ro
- Kinetic Sport and Medicine (orthopedic insoles)
  Address Str. Caramfil 85A, Sector 1
  Website kinetic.ro

4.20 24-Hour Pharmacies

- Full list of 24/7 pharmacies in Bucharest:
  Website nonstopbucuresti.ro/farmacii/

4.21 Homeopathy Pharmacies

- Farmatop
  Address Str. Dristrorului 2, Sector 3
  Phone 0213 214 556
  Website farmatop.ro
- Multifarm
  Address Bd. Iuliu Maniu 186A, Sector 6
  Phone 0214 343 965
  Website farmaciamultifarm.ro

4.22 Medical Labs

- Bios Diagnostic
  Address Str. Londra 25, Sector 1
  Phone 0741 155 157
- Other networks: Bio Medica, Medicover, Medsana, Regina Maria

4.23 Reflexology

- FANNY Reflexology & Niromathy
  Address Drumul Plaiul Campinei 11-17
  Phone +40 747 181 155

CHAPTER V

Education

5.1 Preschools / Kindergartens

- Le Carrousel Pipera (bilingual early childhood education)
- Camelia Veteleanu
  Phone 07 45 10 17 83
  Website lecarrousel.ro
- La Maison Bleue
  Address Str. Erou Iancu Nicolae 146, Pipera, Voluntari
  Phone 0747 081 111
  Website la-maison-bleue.ro
  French-certified kindergarten. Children from 10 months.

5.2 International Schools

- American International School of Bucharest (AISB)
  Address Șos. Pipera-Tunari 196, Voluntari
  Phone 0212 044 300
  Website aisb.ro
- British School of Bucharest (BSB)
  Address Str. Erou Iancu Nicolae 42, Voluntari
  Phone 0212 678 919
  Website britishschool.ro
- Verita International School of Bucharest (British curriculum, IB)
  Address Strada Soldat Gheorghe Pripu 22A, 014376 București
  Phone 021 311 8811
  Website veritaschool.ro
- Lycée Français Anna de Noailles
  Address Șos. București-Ploiești 160A
  Phone 0212 125 893
  Website lyceefrancais.ro
  From kindergarten to final year (Terminale).

5.3 Tutoring & Private Lessons

- Axiom Academic
  Phone 0748 439 818
  Website axiom-academic.com
  Trusted tutoring since 2016. At-home or online, French/IB/British curricula.
- MIRANI CAPITAL - meditații individuale
  Address Strada Tudor Vianu 33, 011636 București
  Phone 0755 052 547
  Romanian for foreigners, Spanish, German, Italian, Russian, Mandarin, math, history and etc

5.4 Birthdays, Parties & Playgrounds

- Ambasador Play
  Address Str. Aromei 96
  Phone 0728 808 037
  Website ambasador-play.ro
  4-level modern venue (0-7+ years). Parent café, pool parties.
- Destiny Park
  Address Calea Ion Zăvoi 8b
  Website destinypark.ro
  Indoor play park with career-themed activities.
- Kiddo Play Academy Băneasa
  Address Șos. București-Ploiești 44C
  Phone 0749 161 606
  Website kiddo.ro

5.5 Children's Activities

- Wiggle Room (Tandarica theatre)
- Elena Perry
  Phone 07 44 11 72 97
  Website wiggleroom.ro
- Bucharest With Kids
  Website bucharestwithkids.net
  English-language site listing activities and deals for kids.
- Baby Swimming – Micii Campioni
  Address Str. Străbună 26
  Phone 021 668 76 97
  Website miciicampioni.ro
  From 6 months with individual instructor.
- Splash Academy
  Address Str. Șerban Cantacuzino 57B
  Phone 0725 940 670
  Website splash-academy.ro
  Swimming for babies and children, heated pools.

CHAPTER VI

International Headhunters

- Charlie Croker
  Phone 07 31 52 08 67
- Kristian Pedersen
  Phone 07 30 00 33 16

CHAPTER VII

Specialty food shopping

A comprehensive guide to food shopping in Bucharest, from butchers and bakeries to markets and organic stores.

6.1 Butchers / Rotisseries

- Angst
  Website angst.ro
- Ferma Baciu
  Website fermabaciu.ro
- La Baciu
  Address Calea Floreasca 69
- Mega Image
  Website mega-image.ro
- Mircea the Butcher
  Website lamirceamacelaru.ro
- Osho
  Address Bd. Primăverii 19-21
- Vacamuu
  Address Calea Floreasca 111

6.2 Bakeries / Pastries

- Andreea Florescu Bakery
  Address Str. George Calinescu 52
- Caramel
  Addresses 3 locations, Calea Victoriei 170 / Str. Albăc 21 / Piața Amzei 13
- Baguette Beller
  Address Str. Lt. Av. Radu Beller 7
- Better Bread (gluten-free)
  Address Str. Frédéric Chopin 10-12
- Bread and Spices
  Website breadandspices.ro
- Holy Bakery
  Address Str. Constantin Aricescu 50A
- Pain Plaisir
  Website painplaisir.ro

6.3 Coffee / Tea

- Mingle (Café, sweets and vintage shop)
  Address Strada General Eremia Grigorescu 5
- Camera Din Fata
  Website cameradinfata.ro
- Klient
  Website klient.ro

6.4 Wine Shops

- 1000 de chipuri
  Website 1000dechipuri.ro
- Ethic Wine
  Website ethicwine.ro
- Nicolas
  Address Str. N. Caramfil 32
- Wine Bouquet
  Website winebouquet.ro

6.5 Chocolatiers

- Leonidas
  Website ciocolatabelgiana.ro
- Casa Capșa
  Address Calea Victoriei 6

6.6 Gourmets

- Amis de la Fête (French & European cheeses)
- Comtesse du Barry (French terroir products)
- Degusteria Francesca (Italian gastronomy)
- Philippe Dupré Traiteur
  Website traiteurbucharest.com
- SuperMercato (Italian products)

6.7 Wholesale

- Metro (business card required)
  Website metro.ro
- Selgros (open to individuals)
  Website selgros.ro

6.8 Ice Cream

- La Romana
  Website gelateriaromana.com
- La Delicii (artisanal Italian method)
- Moritz Eis
  Address Str. Frédéric Chopin 10-12
- Vicecream Romania
  Website vicecreamromania.com

6.9 Markets

- Piața Obor (largest in Bucharest)
- Piața Matache (affordable)
- Piața Domenii (well-stocked)
- Piața Dorobanți (small, quality)
- Piața Floreasca (pricey, excellent)

- Piața Rahova (flowers, weekend bio)
- Piața Băneasa (covered market)

6.10 Organic Stores

- Farmacia Tei
  Website comenzi.farmaciatei.ro
- Bio & Co
  Website bio-co.ro
- Naturalia
  Website naturalia.ro
- Real Foods
  Website realfoods.ro

6.11 Fish Markets

- La Pescaderia
  Website pescaderia.ro
- Selgros
- Piata Obor
- Carrefour Băneasa
- Metro

CHAPTER VIII

Non-Food Shopping

7.1 Sports Equipment

- Decathlon
  Website decathlon.ro
- Hervis
  Website hervis.ro
- Himalaya (mountain gear)
  Website himalaya.ro
- Biciclop
  Website biciclop.eu

7.2 Craftmen

- Monica Manu (upholstery and old furniture repair)
  Phone 07 29 13 18 14
- Marian (upholstery)
  Phone 0749 021 787
- Retoucherie (tailoring)
  Website retoucherie.ro
- Dacoma (handmade leather goods)
  Website dacoma.ro
- Diane Marie (leather shoes/bags)
  Website pantofidianemarie.ro
- My Romanian Store (traditional Romanian crafts)
  Website myromanianstore.com

7.3 Discount / Daily Items

- Jumbo
  Website e-jumbo.ro
- Pepco
  Website pepco.ro

7.4 DIY / Hardware

- Brico Depot
  Website bricodepot.ro
- Dedeman
  Website dedeman.ro
- Leroy Merlin
  Website leroymerlin.ro
- Hornbach
  Website hornbach.ro

7.5 Home Decor

- Home & Design Mall
  Website hdmall.ro
- IKEA
  Website ikea.com/ro
- Jysk
  Website jysk.ro
- La Maison
- Bd. Dacia 73
  Website lamaison.ro
- Zara Home

7.6 Electronics

- Altex
  Website altex.ro
- Flanco
  Website flanco.ro
- Depanero (repairs)
  Website depanero.ro

7.7 Children's Stores

- Oblio
- Promenada Mall
  Website oblio.ro
- Boribon (Djeco specialist)
  Website boribon.ro
- Noriel
  Website noriel.ro
- Mothercare, Prénatal
  Address Băneasa Mall

7.8 Florists / Garden Centers

- Iris
  Website florariairis.ro
- Patchouli
  Address Piața Dorobanți 6
- Venus
  Phone 07 41 37 56 45
  Website floreriavenus.ro

7.9 Charity Shops/Donations

- La Taica Lazar
  Address Bibescu Voda 18
  Phone 07 37 347 883
- Ateliere Fără Frontiere
  Address Șos. Olteniței 105, Sector 4
  Phone 0756 098 869

7.10 Bookstores

- Cărturești Carusel
  Address Strada Lipscani 55, 030033 București
  Website carturesti.ro
- Cărturești and Friends
  Address Strada Edgar Quinet 9, 030167 București
  Website carturesti.ro
- Kyralina (French bookstore)
  Address Str. Biserica Amzei
  Website kyralina.ro

7.11 Design Furniture

- Roche Bobois
  Website https://www.roche-bobois.com
- Molteni & C (Bucharest Flagship Store)
  molteni.it

7.12 International Designers

- Pascal Delmotte
  Phone +41 79 534 44 34

7.13 Fashion: Romanian Brands

- Ami Amalia
  Website amiamalia.com
- Ioana Ciolacu
  Website ioanaciolacu.com
- Murmur
  Website murmur.ro
- Ana Alexe
  Website anaalexe.com
- Veron Clothing
  Website veron.shop

7.14 Perfume & Cosmetics

- Wild Olive Artisans (100% natural perfumes and cosmetics of African inspirations)
  Website wildolive.eu
- Madison
  Website Madison.eu
- Obsentum
  Website obsentum.com
- Beautik
  Website beautik.ro

7.15 Fabrics

- Fabrix
  Website fabrix.ro
- Picasso
  Website croitoriepicasso.ro
- Sharbek
  Website sharbektextil.ro

CHAPTER IX

Culture & Discoveries

8.1 Courses & Activities

- ACADSYL – Music Academy
  Address Str. Erou Iancu Nicolae 137B, Voluntari
  Piano, guitar, drums, singing for children and adults. 1-2 shows per season.
- Casa cu Arte
  Address Str. Lipova 31, Sector 1
  Website casacuarte.ro
  Music, drawing, personal development in a joyful atmosphere.
- International Choir of Bucharest
  Contact Christian Casubolo
  Phone 0740 616 345
  Open to singers of all nationalities.

8.2 Guides & Tour Operators

- Bucharest architectural tours and conferences on little Paris
- Ovidiu Neacsu (historical tours and conferences on different themes regarding little Paris)
  Phone 0765516858
- Valetin Mandache (historian, tours of little Paris on different themes and districts)
  Phone 0728323272
- Alternative Tours & Events (English and French-speaking guide)
  Phone 0742 201 900
  Website alternativetours.ro
- Bike in Time (English and French-speaking)
  Phone +40723389833
  Website bikeintime.com
  Cycling and walking tours in Bucharest, Transylvania, Maramures, Bucovina, Danube Delta.

8.6 Parks & Activities Near Bucharest

- Edenland Park
  Address Str. Cantonului 12, Balotești
  Website edenland.ro
  Tree-top adventure, horse riding, archery. ~20 min north of Bucharest.
- Ferma Animalelor (Animal Farm)
  Address Str. Sfântul Gheorghe 20, Pantelimon
  Website fermaanimalelor.ro
  Interactive farm for children.
- Parc Comana
  Website comanaparc.ro
  Protected natural area 35 km from Bucharest. Tree climbing, boating, cycling.
- Parc Mogoșoaia
  Grand Park with Mogoșoaia Palace, rose gardens, restaurants, mini fairground.

CHAPTER X

Travel

8.3 Accommodation in Bucharest

- Epoque Hotel (Relais & Chateaux)
  Address Intrarea Aurora 17C, 010213 București
  Website https://www.hotelepoque.ro/
- Rosetti Boutique Hotel
  Address Strada Maria Rosetti 4, Sector 2, Bucharest
  Website https://rosettiaparthotel.com/ro/

8.4 Accommodation outside of Bucharest

Transylvania:

- Schuster Boarding House (Ana Mara Ciosa)
  Address Strada Peneș Curcanul 5, 500015 Brașov
  Website https://www.schusterhotel.ro/
- Vedeud 11
  Address Sat Veseud nr. 11, Comuna Chirpar, Sibiu, Romania 557083, 557083 Veseud
  Website veseud11.ro
- Casa Crit 164
- Luminita Chebutiu
  Address DJ132C 131, 507036 Criț
  Phone 0723 667 239
- Mesendorf Gasthous
  Address Mesendorf 65
  Website mesendorfgasthaus.ro
- Viscri 125
  Address 125, 507039 Viscri
  Website viscri125.ro
- Bike Check Inn
  Address Strada Principală 2A, 507035 Bunești
  Website https://www.bikecheckinn.ro/
- Case de oaspeți Transilvania
  Address Str. Principală nr. 210, 507261 Cincșor
  Website https://transilvania-cincsor.ro/en/home/
- Savri House
  Address Strada Morii 17, 545400 Sighișoara
  Website https://www.casasavri.ro/
- Alma-Via Guesthouse
  Address Strada Principală 101, 557161 Alma Vii
  Website https://alma-via.ro/
- WERK Hunedoara
  Website https://hotelwerk.ro/ro/
- Serenity Resort
  Address DJ112A, 505100 Codlea
  Website https://serenityresort.ro/
- Artisans Boutique Villa
  Address Piața Aurarilor Nr. 8, 550182 Sibiu
  Website artisansboutiquevilla.ro
- Ugron Castle
  Website ugroncastle.ro
  Address Zau de Câmpie
- Sura din Seleus
  Address 464, 547202 Seleuș
  Website https://www.suradinseleus.ro/
- Gospodăria Cobor
  Address Str. Mare 199, 507231 Cobor
  Website https://gospodariacobor.ro/
- Portal Village (adult only, pets okay)
  Address Strada Utea 73, 557234 Sibiel
  Website portalvillage.ro

Mountains:

- ARIZTO
  Address Strada Theodor Aman 3, 106100 Sinaia
  Website https://arizto.ro/
- Alma Health & Spa Retreat
  Address Aleea Centrală 5, 817026 Lacu Sărat
  Website https://almaretreat.ro/
- Hotel Roser House Colibita
  Address 269, 427007 Colibița
  Website https://www.roserhouse.ro/
- Balvanyos Resort (hotel, spa, restaurant)
  Address DN 11C; KM 23, 527160 Turia
  Website https://balvanyosresort.ro/ro/

Danube Delta:

- Casa Varbara
  Address Str. Grănicerilor 2, 827210 Somova
  Website https://casa-varvara.ro/
- Casa Filip din Sarichioi
  Address Sat Sarichioi, Comuna Sarichioi, nr.734, 827190 Sarichioi
  Website https://casa-filip.ro/

Wine country:

- Jardine hills
  Address DJ102R, 107116 Valea Scheilor
  Website jardinehills.ro
- Casa Timiș- Wellness & Spa Resort
  Address Florica Romalo 4, 107112 Chițorani
  Website https://casatimis.ro/
- House of Dancing Light (authentic living by a private British host)
  Address Breaza de Buzau Str. Macesului
  Phone 07 40 30 40 97

Black Sea:

- Victory Sea House
  Address Strada Călărași 30, 900178 Constanța
  Website https://www.victoryseahouse.com/booking-engine
- Rosetti One Aparthotel
  Address Strada C.A. Rosetti 1, 900743 Constanța
  Website https://rosetti-one.ro/

- Meduza
  Address Str, Faleza Olimp nr 9, 905503 Olimp
- Hacienda de Mare Olimp
  Address Str. Drumul Pescarilor, nr. 22 Statiunea Olimp Mangalia, Drumul Pescarilor 22, 905503 Olimp
  Website https://www.haciendademare.ro/
- Micul Golf (seafood restaurant and accommodation on the beach)
  Address Strada Falezei 16, 907161 2 Mai
  Website https://www.miculgolf.ro/meniu
- Arome 22
  Address Strada Negru Vodă 22, 905360 Eforie Sud
  Website https://www.arome22.ro/
- The Pines Boutique Villa Vama Veche
  Phone 07 84 25 22 56
  Website thepines.ro
- Vila Elia Vama Veche
  07 40 18 72 03

8.5 Travel Agencies

- Transylvania Tours
  Phone +40 21 230 40 50
  Website www.transylvania-tours.ro
  office@transylvania-tours.ro
- Transylvania Baloon
  Address Târgu Secuiesc, Covasna County (Transylvania)
  Phone +40 744 905 747
  Email info@xballoon.ro
  Website www.xballoon.ro
  Facebook (active): X Balloon Transylvania
  Specialized in hot air balloon experiences over Transylvania (luxury personalized experiences)
  This is a high-end add-on, not a classic agency, but very valuable for premium clients.
- ViaTransylvania
  Phone +40 755 365 778
  info@viatransylvania.com
  Hidden Transylvania and Maramures Discovery: rural life, photography, eco & private tours
- Visit Transilvania
  Website www.visittransilvania.ro
  Based in Brașov with 20+ years experience
  Covers Transylvania, Danube Delta, Maramureș
  Private + tailor-made itineraries
- Via Carpathica
  Phone 0744 509 424
  Franco-Romanian agency based in Bucovina
- Salut Roumanie
  Address Str. Amman, Bucharest
  Phone 0740 663 200
  Website salutroumanie.com
- Paralela 45 (travelling abroad)
  Address Calea Griviței 202B, Sector 1, Bucharest
  Short call center: 021 9129
  rezervari@paralela45.ro

8.5 Business Travel Romania (corporate / expat travel)

Address: 9A Aleea Alexandru, Bucharest

Phone: +40 21 231 5619

office@businesstravel.ro

8.6 Insurance

- Sorin Aldica - Private Broker (finds tailored solution for your needs for home, travel, health, life)
  Phone 0735152812

CHAPTER XI

Restaurants, Bars, Cafes and Clubs

A curated selection of dining and nightlife options in Bucharest.

9.1 Asian Cuisine

- Hushimo
  Address Str. D.I.Mendelev 8
- Kunnai (Thai)
  Website kunnai.ro
- Yuki Home Dining (Japanese)
  Website yukihomedining.ro

9.2 European Cuisine

- La Cave de Bucarest (French gastronomy)
  Website lacave.ro
- Pata Negra (Spanish)
  Website patanegra.ro
- Sara (Italian)
  Website sara-restaurant.ro
- Trattoria Verdi (Italian)
- Waterloo (Belgian brasserie)
  Website waterlootaverne.ro
- Zigolini (Italian)
  Website zigolini.ro

9.3 Middle Eastern & South Asian Cuisine

- Coin Vert (Lebanese)
  Website coinvert.ro
- Divan (Turkish)
  Website divan.ro
- Haveli (Indian & Pakistani)
  Website haveli.ro
- Naan Project (Indian)
  Website naan.ro
- Zaitoone (Lebanese)
  Website zaitoone.ro

9.4 Romanian Cuisine

- Caru' cu Bere (iconic)
  Website carucubere.ro
- Casa Doina
  Address Șos. Kiseleff 4
- Hanu' lui Manuc (historic inn)
- Lacrimi și Sfinți
- La Mama
- Zexe

9.5 Other Notable Restaurants

- Sera Eden (international cuisine, lovely set-up in a winter garden with pebbles and green surroundings)
  Address Strada C. A. Rosetti 37, 030167 București
- Bun Restaurant (fine dining in restored heritage home)
  Address Strada C. A. Rosetti 37, 030167 București
- Argentine Steak & Sushi
  Address Șos. Nordului 1
- Aubergine (Mediterranean, affordable lunch menu)
- Beca's Kitchen (creative fine dining)
- Biutiful by the Lake
- Excalibur (medieval restaurant)
- OSHO (excellent grills)
  Address Bd. Primăverii 19-21
- Vacamuuu (renowned for meat)
  Address Calea Floreasca 111

9.6 Bars & Cocktails

- Beraria H (largest brewery in Europe)
  Address Șos, Kiseleff 32
- Green Hours Café Jazz
  Address Calea Victoriei 120
- Nomad Skybar
  Address Str. Smârdan 30
- Zăganu (craft Romanian beers)
  Address Calea Victoriei 91

9.7 Brunch

- Frudisiac Brot (healthy & Scandinavian)
- Grădina Verona
  Address Str. Arthur Verona 13-15

9.8 Clubs

- BOA – Beat of Angels
  Address Șos. Kiseleff 32
- Control Club (electro & concerts)
  Address Str. Constantin Mille 4
- Expirat, Mojo Music Club (live concerts & karaoke)
  Address Str. Gabroveni 14

CHAPTER XII

Self-care

10.1 Hair & Beauty Salons

- Manicure and Pedicure at home by Nicoleta
  Phone +40 07 23 76 25 78
- Beauty District
  Website beautydistrict.ro
- Ciufulici (children's salon)
  Address Piața Amzei 16
- Rouge Nail Bar
  Website rougenailbar.ro
- VIOR
  Website vior.ro
  Address Bd. Primăverii 39

10.2 Medical Aesthetics

- Dermestetica (laser hair removal)
  Website dermestetica.ro
- Proestetica
  Website proestetica.ro
- SlimArt (face/body treatments)
  Website slimart.ro

10.3 Spas & Massages

- Bali Wellness Center
  Website baliwellness.ro
  Address Str. Erou Iancu Nicolae 45A
- Ida Spa
  Website idaspa.ro
  Address Str. Paris 61A
- Therme Bucharest (large indoor/outdoor pools, saunas, slides, adult-only zones, massage by request)
  Website therme.ro

10.4 Personal Development & Coaching

Psychologists

- Rucsandra Gheorghe
  Phone 07 20 03 49 11
- Sinona Abramovici
  Phone 07 26 111 777
  Website bluenotepsy.com
  Coaches
- Cerasela Rogen (transformational coach)
  Phone 07 61 145 580
- Valérie Cioloș Villemin, Mindfulness (MBSR) Trainer & Coach
  Website valerieciolosvillemin.com
  Alternative Methods
- Family constellations
- Lakshmi Barbus
  Phone 07 28 388 894
- Shamanic work and energy healing
- Steluta Florentina Stanciu
  Phone 07 33 01 38 99

CHAPTER XIII

Sports & Hobbies

11.1 Basketball

- Baschet Slam
  Website baschetclubslam.ro

11.2 Bowling/Karting

- AMC Kart
  Website amckart.ro
- MaxFun Băneasa
  VMax Karting Romexpo
- Laser Maxx
  Website lasermaxx.ro

11.3 Dance

- Arthur Murray (fun and professional private and group dance lessons for different styles)
- Andrei Fusea
  Phone 07 41 05 13 60
- Casa de Balet
  Website casadebalet.ro
- Magic Dance
  Website magicdance.ro

11.4 Horse Riding

- HaiPeCai
  Website haipecai.com

11.5 Climbing

- Carpatic
  Website carpatic.ro
- Vertical Spirit
  Website verticalspirit.ro

11.6 Football

- Dinamo Club
  Website csdinamo.eu

11.7 Golf

- Clubul Diplomatic
  Website clubuldiplomatic.ro
- National Golf & Country Club
  Website nationalgolf.ro

11.8 Swimming

- Bazinul Dinamo
  Website csdinamo.eu
- Club Floreasca
  Website clubfloreasca.ro
- Splash Academy
  Website splash-academy.ro

11.9 Ski

- Razvan Ski Sinaia
  Phone +40 722 292 065

11.10 Tennis & Padel

- North Tennis
  Website northtenis.ro
- Padel Mania
  Website padelmania.ro

11.11 Yoga & Pilates

- Move flow by Olessia (pilates reformer and cadillac, lymph move and stretching)
  Address Emanuel Porumbaru 36
  Phone 07 50 19 04 08
- PilatesFIT
  Website pilatesfitstudio.ro
- Shape Art Pilates
  Website shapeartpilates.ro

11.12 Gyms

- Stay fit (affordable, many locations)
  Website stayfit.ro
- Pescariu Sports & Spa
  Website pescariusports.ro
- Club Floreasca
  Website clubfloreasca.ro
- Clubul Diplomatic
  Website clubul-diplomatic.ro

CHAPTER XIV

For Your Pets

12.1 Veterinarians

- The Vets
  Address Barbu Vacarescu 11
  Phone 07 58 43 83 87
- Cabinet Veterinar cu Sufletul
  Address Str. Erou Iancu Nicolae 82
  Website cusufletul.ro
- Di-Vet Medical (24/7 ambulance)
  Website medicveterinar.ro
- Daisy Vet (English-speaking)
  Address Bd. Ficusului 10C
  Website daisy-vet.ro

12.2 Pet Boarding

- Daisy Vet Băneasa
  Website daisy-vet.ro
- Planet Ham Ham
  Address Bd. Barbu Văcărescu 162-164
  Website planetahamham.ro

12.3 Pet Grooming

- Alpha Pet
  Website alpha-pet.ro
- GrooMobilul
  Website groomobilul.ro
- K PET
  Website kpet.ro
- Urban Pets Hotel & Spa
  Website urbanpets.ro

CHAPTER XV

Lexicon: Romanian Food & Household Terms

This handy reference translates common food and household terms from English to Romanian.

13.1 Meat (Carne)

Lamb: miel | Beef: vită | Young mutton: berbecuț | Pork: porc | Veal: vițel de lapte

13.2 Game

Quail: prepeliță | Pheasant: fazan | Bear: urs

13.3 Poultry (Păsări de curte)

Duck: rață | Turkey: curcan | Rabbit: iepure | Egg/Eggs: ou/ouă | Chicken: pui

13.4 Fish (Pește)

Sea bass: levrek | Pike: știucă | Carp: crap | Sea bream: doradă | Salmon: somon | Trout: păstrăv | Turbot: calcan | Tuna: ton | Octopus: caracatiță

13.5 Offal (Măruntaie)

Brain: creier | Heart: inimă | Liver: ficat | Gizzard: pipote | Tongue: limbă | Kidney: rinichi | Tripe: burtă

13.6 Meat Cuts

Skewers: frigărui | Entrecote: antricot | Shoulder roast: spată | Fillet: mușchi | Leg (lamb/beef): pulpă | Ground meat: carne pentru lucru | Marinated meat: pastramă

13.7 Charcuterie

Smoked fillet: mușchi afumat | Ham (shoulder): șuncă | Ham (thigh, premium): jambon | Pâté: tobă | Raw sausage for grilling: carnați | Strasbourg-type sausage: cremwurști | Dry sausage: salam

13.8 Fruits & Vegetables

Apricots: caise | Garlic: usturoi | Eggplant: vinete | Carrots: morcovi | Celery: țelină | Cherries: cireșe | Mushrooms: ciuperci | Cabbage: varză | Cucumber: castraveți | Strawberries: căpșuni | Raspberries: zmeură | Green beans: fasole verde | Watermelon: pepene verde | Melon: pepene galben | Onion: ceapă | Peppers: ardei | Potatoes: cartofi | Tomatoes: roșii | Grapes: struguri | Apples: mere | Pears: pere | Plums: prune

13.9 Cheese (Brânză)

Romanian cheeses are generally much better at the market (Obor, Dorobanți) than in supermarkets. It is common to ask for a taste.

Caşcaval: hard pressed cheese, smoked or not. Telemea: similar to feta (sheep/cow/goat/buffalo). Brânză de burduf: fermented soft cheese. Caș/Urdă: fresh cheese, market only.

13.10 Household Workers

Electrician: electrician | Glass/mirrors: oglindă/geamuri | Plumber: instalator | Locksmith: lăcătuș

CHAPTER XVI

Safety Guidelines: Earthquake safety rules

Being well prepared minimizes danger. An official safety guide is available on the French Embassy website: ro.ambafrance.org/Consignes-de-securite-en-cas-de-seisme

14.1 Before an Earthquake

Prepare minimum equipment: portable radio with batteries, flashlight, drinking water, personal documents, emergency medications, blankets, change of clothes. Learn safety instructions. Locate gas, water and electricity shut-off points. Secure heavy furniture and appliances.

14.2 During an Earthquake

Listen to the radio for first instructions. Do NOT go to pick up children from school. Stay where you are.

Indoors: Get near a wall, a load-bearing column or under a sturdy piece of furniture. Move away from windows.

Outdoors: Stay away from power lines. Move away from anything that could collapse (bridges, cornices, roofs).

In a car: Stop. Do not get out until the shaking stops. Protect your head with your arms.

14.3 After an Earthquake

Listen to and follow official instructions. Report any danger observed. Help neighbors, especially elderly people or those with disabilities. Do NOT use the phone except in absolute emergencies. Beware of aftershocks. Do NOT use elevators to leave a building. Check gas, water and electricity – if there is a leak, shut off supply, open doors and windows, leave and alert authorities.