



ACTIVITY REPORT 2022

Esperando Association is a non-profit organisation of people with disabilities and parents of children with disabilities.

Gives meaning to the lives of those with physical disabilities



Esperando has been providing professional, integrated, holistic, personalised social services for children, young people and adults with physical and related conditions/disabilities on a continuous, day-to-day basis since 2001.

With specialists in the field and exceptional facilities, Esperando is the place to find the highest quality services:

- Physiotherapy (postoperative/posttraumatic, recuperative),
- physiotherapy (electrotherapy: tens, interferential, diadynamic, galvanic, trabert, faradic, neofaradic, exponential, Russian stimulation, rectangular pulse, triangular pulse), ultrasound, magnetotherapy, laser therapy,
- thermotherapy/paraffin wraps,
- massage (medical, relaxation, facial, etc.),
- Andullation massage - infrared and reflexology,
- reflexotherapy,
- acupressure,
- detoxification in a water bath,
- psychological intervention,
- Pranic Healing therapy,
- occupational therapy,
- independent living skills - relearning to walk, hygiene activities, dressing, eating, etc.,
- club or leisure activities (dance therapy, music, art, play, etc.)
- socialisation,
- informal and non-formal education,
- adapted transport.

Gives meaning to the lives of those with physical disabilities



Beneficiaries are given a personalised and individual treatment plan and work on a one-to-one basis (specialist - patient).

Through the integrated services we offer to people with disabilities (physical and psychological rehabilitation as well as educational activities), we also want to offer families the possibility of

Mission, vision and values

Esperando's mission is to bring fulfillment to the lives of those with physical illnesses/disabilities, removing uncertainty and fear about the future.

Esperando's vision is a world in which the lives of people with physical illnesses/disabilities follow the same course as any other person in the community.

The values we believe in and live by at Esperando:

- Soul and high values,
- excellence in services and activities,
- living in community,
- culture of humanity and kindness,
- we also work, we don't wait around,
- we think sustainably, we think for the future,
- we compete only with ourselves,

About 2022

Throughout 2022, children, young people and adults with neuro-motor disabilities have benefited, in the Esperando Recovery Centre, from interventions/activities tailored to the needs and capacities of each beneficiary.

They follow, on a daily basis, rehabilitation programmes to gain mobility, become as independent as possible and improve their health.

In 2022, there were hundreds of hours of rehabilitation (physical and psychological) and educational programmes: physiotherapy, physiotherapy, thermotherapy/paraffin wraps, Andullation massage, reflexology, detoxification, psychological intervention, occupational therapy, independent living skills, club or leisure activities, socialisation, hippotherapy, etc.

Gives meaning to the lives of those with physical disabilities

In addition to physical and psychological recovery programmes, we also had educational activities

Also, visits of young people with special needs in Baia Mare high schools, joint activities with children from Baia Mare schools, outdoor activities, skiing, kayaking, hippotherapy sessions, nature outings, etc. were organized.

January

As at the beginning of the year, daily, weekly activities were scheduled at the Esperando Centre. Service contracts were also drawn up and signed with the beneficiaries and their files were updated.

Also this month the psychological intervention programme was resumed:

- Cognitive,
- verbal communication,
- psychomotor,
- development of personal autonomy.

Services offered by the association's psychologist in a pleasant atmosphere.

We have started the preparations for March, more precisely, we have started to prepare the little gifts for all those who want to pleasantly surprise the ladies in their lives at the beginning of spring. Marketing these products is a form of supporting the rehabilitation, education and development of independent living skills for people with special needs.

February

February also started with the planning of daily and weekly activities.

In order to support the activities we run in Esperando Center for people with disabilities, we continued preparing special, unique beads and also started the campaign to collect forms to redirect the 3.5% of income tax already withheld by the state in 2021. These are two important ways to support the services we provide.

On February 20, Esperando's youth participated in the Adaptive Skiing session, which they were invited to attend by our old friends at Kayak SMile. As in previous years, these dear people thought of giving people with physical disabilities the opportunity to live this unique experience.



There were lots of smiles and good cheer for all the participants, but also for their parents, as they were happy to see their children so happy.

On 23 February, the painting and crafts workshop took place, where our young people painted plates with traditional motifs under the guidance of a specialist.

We want to offer our beneficiaries as varied activities as possible in order to help them in their recovery, but also to give them the opportunity to relax and forget, at least for a few moments, the countless hours of physical rehabilitation.

From 26 February to 01 March, we were present with a stand with trinkets at Baia Mare Value Centre.

Those who were in search of special trinkets were able to purchase them, thus bringing double joy, first of all to the ladies to whom they offered the trinkets, but also to the people with special needs who contributed to the making of those ornaments.

Also this month, we started a campaign to provide assistive devices for children and adults.

In order to offer support to people with special needs and their families, we have once again brought to the attention of those interested that Esperando offers assistive devices (standing aids, wheelchairs for adults and children, walking systems, etc.) FREE of charge to those who are undergoing or wish to undergo rehabilitation at the centre.

In addition to the programmes that our young people follow every day, on 14 April they enjoyed a visit from the children of the "Mihail Sadoveanu" Baia Mare School.

Together they painted Easter figurines (bunnies and eggs), danced, had fun and enjoyed their time together. Good mood was present at the meeting that took place in the Esperando Centre.

On 15 April, the dance club took place, where the young people from Esperando, together with some friends, danced, expressed themselves and connected to the rhythm of the music. It's also a social activity helping to create links.

March

This month we continued our campaign to collect 230 forms for the 3.5% income tax rebate and we registered Esperando Association on the formular230.ro platform, where you can sign and submit form 230 online, without trips to ANAF.



It is a simple way that takes less than 1 minute, secure, and a very important source of funding for the services we have been striving to provide for over 21 years for the recovery of people with disabilities.

On March 4, we joined a beautiful initiative of our friends the Energy Movement Association: "CHILDREN'S STRIKE FOR PEACE!"

More than 130 souls vibrated in a pure, natural and wonderful field of positive energy and together transmitted bright thoughts and feelings to everyone in Ukraine.

This was an initiative of solidarity and empathy towards the people of Ukraine, a bright action.

March also brought painting and craft workshops, music therapy workshop and outdoor movement activities.



Art therapy brings important benefits to all who practice it, and music therapy workshops bring countless mental, emotional and physical benefits to all participants. It helps them to relax, express their emotions and feelings, improve their skills, improve their movements, socialise, etc.

At the end of the month, our youngsters enjoyed the warm rays of the sun and outdoor movement, boxercise. Exhilarating activities and lots of fun.

All this combined with physical, psychological recovery sessions and educational activities.

April

Since April 4, speech therapy sessions have been resumed at the Esperando Centre for all those who need this type of activity.

The speech therapist specialist helps Esperando beneficiaries in the process of correcting speech and language difficulties.

Also in April, arts and crafts workshops were held where people with disabilities started to carry out activities related to the Easter holidays.

Young people from Esperando also enjoyed outdoor activities and music therapy sessions.

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On 15 April, the dance club took place, where the young people from Esperando, together with some friends, danced, expressed themselves and connected to the rhythm of the music. It's also a social activity helping to create links harmonious with others, but also to increase self-esteem.



In April we also enjoyed a short holiday during the Easter holidays.

May

Throughout the month, several activities took place in the Esperando courtyard as part of the SNAC integrated educational project - "Together for Education".

On this occasion, our courtyard has been given colour.

On one of the days, children, parents and teachers from the "Mihail Sadoveanu" Baia Mare Secondary School, together with young people from Esperando, painted, sang together and enjoyed each other's company. A very beneficial activity for



all present, full of colour and emotions.



The other day, they returned to Esperando's yard to make some flower rounds from recycled tyres. These took the shape of flowers, were filled with soil, and the children, together with young people with special needs and the teachers, planted pansies. They have created a cheerful, colourful and beautiful place for all who walk through our courtyard to enjoy.

Another day brought a new activity with them. Together we made two frames which we decorated with paper flowers and inscribed the message "Together we can succeed". At the end, we released some helium balloons and danced.

On another day, together with them I painted pastes in different colours, strung them on elastic. The result was some colourful bracelets.

The visits of these children were a real joy for the beneficiaries of the Esperando Association and were eagerly awaited.

On May 17, we enjoyed the visit of some students from the Faculty of Letters, specializing in Social Work, UTCN, North University Centre in Baia Mare.

This action was designed to help the students get acquainted with the field they chose to study.

It is very important for them to have such experiences as they will help them to get to know the social work profession better and even to see if it is right for them.



They visited the Esperando Centre and met some of our beneficiaries, and then took part in a short presentation of the Esperando Association and the activities it has been carrying out in the community for over 21 years.

On May 19, as it was the World Day of the traditional shirt Vishivanca, a symbol of the Ukrainian people, as a sign of solidarity, in the Esperando Centre, Esperando beneficiaries carried out an activity related to the meaning of this day.

On 24 May, we had the pleasure to be involved in a special project organised by the "Nicolae Iorga" Baia Mare Secondary School, an old and dear partner of ours.

It is about the Literary and Artistic-Plastic Creation Contest Exhibition "Letter to you, PEACE!", which took place at the County Library "Petre Dulfu".

During the exhibition, many works of children from different schools and high schools from Baia Mare, Republic of Moldova, Sweden, Italy, etc. were exhibited.

Among them there were also some works of young people from Esperando.

All of them have sent a clear message from the souls of their creators, "We want peace, not war!". Partners in the event were: Maramureş School Inspectorate, Technical University Cluj-Napoca, Faculty of Letters, North University Centre in Baia Mare, "Petre Dulfu" Baia Mare



County Library, Casa Corpului Didactic Maramureş,
"Sf. Iosif Mărturisitorul" High School Theological
Seminary Baia Mare.

And because International Children's Day was
coming up, Esperando celebrated it in advance, on 31
May.

We enjoyed ice cream, balloons, dancing and good
cheer with young people from the School Centre for
Inclusive Education (CSEI), some young people from the Theological High School Seminary
"SF. Iosif Mărturisitorul" Baia Mare, who delighted us with their special voices, and some
children from the "Octavian Goga" Baia Mare Secondary School. They came with gifts for our
youngsters, but especially with the desire to enjoy childhood and spend time together.



Also on this day, some of the children from the "Mihail Sadoveanu" Baia Mare Secondary
School came to visit us, together with their teachers.

Together we made two collages related to the International Children's Day, we had competitions
and received diplomas. It was with joy and the beautiful innocence of childhood.

In the afternoon of the same day, our young people took part in an activity organised by the
Energy of Movement Association on the occasion of International Children's Day. More than
100 children, young people and parents went out in nature, exercised and "charged" with energy.

Again this month, our beneficiaries enjoyed activities at the dance club, the music therapy
workshop and the arts and crafts workshop.

June

We chose to get involved in the educational activity of children and young people attending the
Baia Mare College of Arts by donating an acoustic piano. We decided to facilitate the learning
process for all those who want to learn to play such an instrument.

We also chose to contribute to the good of our community by donating to the General Directorate
of Social Assistance and Child Protection Maramureş 5 electric beds (for children, which will be
useful for the small beneficiaries of this institution.

Also in June, our beneficiaries enjoyed music therapy workshops and arts and crafts workshops, as well as cooking lessons.

On 4 June, a new activity took place within the SNAC integrated educational project - "Together for education". Colourful handicrafts, wonderful ideas bringing us together.

"Together we can do it!" This is the message that the children and the teacher from the Baia Mare Secondary School "George Coşbuc", together with the young people from Esperando, wanted to convey.

On 10 June, we had a nice activity with the children from the „Vasile Lucaciu" Secondary School - Şişeşti. We created a garland with the message "Together we can succeed", we sang and had a great time. How beautiful it is when children, young people and adults smile and live with intensity every moment spent together.

The activity was also organised within the framework of the SNAC integrated educational project - "Together for education".

On 14 June, we launched an appeal via the Esperando Association Facebook page, announcing that we were DONATING the super tricycle and helmet of the Austrian National Paralympic Champion, who has achieved outstanding results in the competitions he has participated in, using the adapted tricycle.

It is looking for a new owner who practices this type of sport, as we wanted it to go to someone who would really enjoy it and use it for the purpose it was created for.

Also this month we started to lay out the Esperando garden, for which we prepared the garden furniture together with our beneficiaries.

A beautiful place, at the foot of the forest, where nature is close to you and offers you all its benefits.

On 30 June, children, mothers and grandparents, refugees from Ukraine, enjoyed an outing to the Hipopas Equestrian and Hippotherapy Centre.

The welcoming hosts told them about horses, how to treat these wonderful animals and gave them instruction on riding (the information was translated into Russian). Then came the horse rides, a new experience for many of them.



The action took place in the framework of the SERA project, "Project funded by Care through the SERA Foundation, Care France and FONPC."

July

On July 6, if it rained in the morning, our youngsters enjoyed indoor activities, but when the rain stopped, they went out to the courtyard for outdoor exercise, another "round" of boxercise with Remus Diaconu. Lots of energy and joy was in the Esperando Centre.

On July 7, there was a new meeting in the framework of the SERA project, "Project funded by Care through the SERA Foundation, Care France and FONPC."

Children, mothers and grandmothers from Ukraine enjoyed an activity designed and supported by our friend Alina Andreicuț together with Delia Heredea- Artspot trainee. Because music touches our soul and gives us reasons to smile and rediscover ourselves, they were invited to a music therapy session.



On July 15, it was another cooking lesson. A

was about tasty, delicious pancakes, prepared by our young people under the guidance and care of Mrs. teacher Iulia Costenar.

This month, after the appeal launched on our facebook page, the former adapted tricycle and the helmet of the Austrian National Paralympic Champion went to a new owner. It will be used by the Paralympic athletes of Caiac SMile for training and sports competitions.

On 27 July, people with disabilities had another session of hippotherapy at the Hipopas Equine and Hippotherapy Centre. They enjoyed the opportunity to saddle up, ride and be around some wonderful animals.

Also in July, we started new projects for people with disabilities in Baia Mare.

One of these is the "REVI - Recovery, Education, Volunteering, Innovation" project. Its aim was to improve the quality of life of young people with disabilities in Baia Mare, through innovative activities of rehabilitation, education, volunteering and leisure, by involving young people from Baia Mare community.

The project ran from July to November 2022, and was carried out with the support of the Municipality of Baia Mare under Law 350/2005.

The second project started this month was "VEDA- Volunteering, Education, Disability, Action", which was a heartfelt project with great activities.

The aim of the project was to combat intolerance and increase the involvement of young people in voluntary activities in support of people with special needs.

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It aimed to contribute to the development of solidarity and to promote tolerance among young people, in particular to foster social cohesion.

This project was carried out with the financial support of the Maramureş County Council and ran from July to November 2022.

August

Summer is all about sun, water, fun, so the friends at SMile Kayak invited the physically disabled youngsters from Esperando for another kayak ride on the Iojib Lake. Such experiences are lived to the fullest by our beneficiaries and always eagerly awaited.

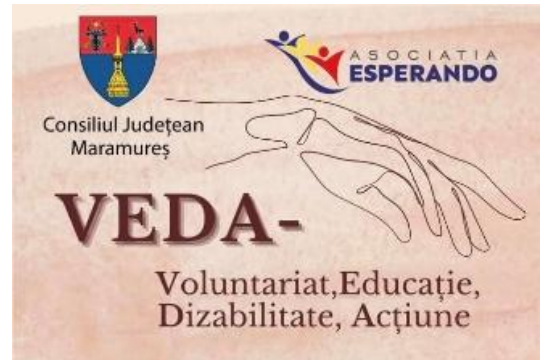
August gave us multiple opportunities to enjoy the good weather by getting active in the Esperando Center courtyard. At the edge of the forest, outdoor movement only brings benefits.

Remus Diaconu, our friend, came up with all sorts of fun and exhilarating sports activities that got our bodies moving and our minds focused.

September

At the beginning of September, the traditional super obstacle races - the Daco Spartan Wolf organised by the Association of Movement Energy - took place at the Breb Garden Cottage.

On September 3, beneficiaries of the SERA project, children, mothers and grandmothers, refugees from Ukraine participated in this event.



On 4 September, it was the turn of young people with disabilities from Esperando to be involved in this super project.

The event brought together several categories of participants, including over 50 people with disabilities. Our youngsters had an adventurous day, with lots of excitement and adrenaline, unique races and the experience of team competition.



Archery, running, balancing, climbing, strength, crawling, all of which are done on a course with traditional obstacles (straw bales, wooden beams, ropes, sacks, etc.). Nature offers us the biggest and most beneficial amusement park, we just need to know how to use it to our advantage, but also to take care of it.

It was a different

kind of competition from the usual ones.

All participants were encouraged to help each other to reach the finish.

So there were no losers, only winners, all receiving a medal and a certificate of participation.

We are delighted to have had the pleasure of being an official partner of this event.



Since 5 September, young people in the centre have started school. Although they didn't have a permanent timetable, they were happy to see their teachers again. Classes take place in a specially designed room at the Esperando Centre, where teachers from the School Centre for Inclusive Education (CSEI) run their programme with young people with special needs.

On 8 September, young people with disabilities, together with a little girl from Ukraine and her grandmother, enjoyed a new hippotherapy session at the Hippotherapy and Hippotherapy Centre Hipopas - Baita.

On 17 September, even though the weather was not the most favourable, young people with special needs participated in the "Let's Do It, Romania!". As in previous years, Esperando volunteers were also involved. This activity continues and complements other actions carried out in the city,



aimed at greening and raising awareness among young people of the importance of keeping the environment clean.



Also this month, music therapy sessions, outdoor movement activities, cooking classes and educational-recreational activities continued.

October

In October, the rehabilitation activities and workshops continued with art therapy, music therapy, hippotherapy, cooking classes and boxercise sessions.

On 5 October, a nature outing was organised at Mogoșa on the occasion of Education Day, and the young people from the centre celebrated it with environmental education, greening the area where they walked around the lake. It was a way for the young people from Esperando to spend their time in a healthy way.



Every year on October 6, "World Cerebral Palsy Awareness Day" is marked.

Through various actions organised worldwide, it is brought to people's attention that children, young people and adults are living with us, struggling every day with the hardships caused by a difficult disease called Cerebral Palsy, which prevents them from having a "normal" life.

Cerebral palsy affects about 500,000 children and adults, with about 8,000 infants and between 1,200 and 1,500 pre-school children diagnosed each year.

A large proportion of Esperando beneficiaries suffer from the condition and undergo rehabilitation programmes from birth to help them improve their health.

The effects of this condition on the body can be alleviated with hard work - recovery activities every day, throughout life.

These children, young people and adults need to be accepted and integrated into the community.

It takes a lot of patience on the part of families, but also initiative on the part of the community, for them to cope with the obstacles that arise throughout their lives.



We also marked the day with various activities at local level.

In the Esperando Centre, staff and beneficiaries wore the symbol of this day, the green ribbon, on their chests, and a green ribbon was placed at the entrance to draw the attention of passers-by to the fact that 6 October is a special day for children and young people with physical disabilities at Esperando.

Also, at the Petre Dulfu County Library, those who borrowed books also received a sticker with the World Cerebral Palsy Awareness Day symbol.

From 14 to 16 October, we had the pleasure to be, once again, partners in the "Be an Ambassador of Good Deeds" campaign, organised by our friends from Baia Mare Value Centre.

Since last year's campaign was such a success, they decided to bring joy to the faces of vulnerable children, children with health problems and those with special needs again, with us as their partners. So, those who wanted to get involved in this campaign could donate toys and books in the special place set up in the Baia Mare Value Centre.

On 15 October, it was 21 years since the Esperando Recovery Centre brought new opportunities and the chance for recovery to children, young people and adults with disabilities from Maramures and beyond. And because the opening of this center was and is a reason for joy, on October 14, there was a big anniversary party at the Esperando Center. The centre's beneficiaries, together with parents and staff, celebrated with cake, music and good cheer.

Over the years, Esperando has developed integrated services covering a wide range of therapies.

Esperando Association has brought much joy and new hope to hundreds of families who have passed/are passing through its doors for: physiotherapy, physiotherapy, massage, reflexology, occupational therapy, independent living skills, club or leisure activities, community activities, etc.

On 18 October, young people with disabilities and Esperando staff kicked off the Disability Caravan - "Let's learn to be tolerant", organised within the framework of the VEDA project - Volunteering, Education, Disability, Action.



The first action took place at Nicolae Iorga Secondary School, Baia Mare, where they had the pleasure to be together with teachers and students of this school (classes II D and VI B).

The aim of these meetings was to involve children and young people from the schools in the process of fighting intolerance towards young people with disabilities and their integration into community life. Through these joint activities we also wanted to create a climate of mutual understanding to make children and young people in the community aware of the potential, interests and needs of people with disabilities.

On 19 October, as part of the "REVI - Recovery, Education, Volunteering, Innovation" project, a creative workshop took place at Dumbrăvița Vocational School.

The Esperando youth, together with young people from the host school, under the guidance of Esperando teachers and staff, created some autumn artworks. Through joint activities we wanted to create a suitable climate for young people with disabilities and young people from partner schools to get to know each other, work as a team, communicate and enjoy the opportunity to spend time together.

On 20 October, as part of the "REVI - Recovery, Education, Volunteering, Innovation" project, our young people went on a mountain trip.

They took advantage of the autumn days, the good weather and the beautiful landscape and together with our friend Remus

Diaconu, they ventured on the forest paths in Izvoare resort.

Movement and fresh air made our young people forget all their troubles and enjoy all the benefits nature has to offer. On 28 October, we organised a pumpkin carving workshop and Halloween party as part of the SERA project.

At the Esperando Centre "witches, spiders, pirates" etc. met to carve the funniest/scariest pumpkins and have fun together.



Children from Ukraine with their mothers and young people from Esperando with staff enjoyed an activity that gave them the opportunity to spend time together and get to know each other. They carved pumpkins, danced, received sweets (as is the Halloween custom) and smiled a lot.

November

November also brought the usual activities: personalised recovery programmes, music therapy, art therapy and boxercise sessions.

On 10 and 11 November, as part of the VEDA project - Volunteering-Education-Disability-Action, two new meetings took place as part of the Disability Caravan - Learning to be tolerant!

On the first day, young people from the Esperando Association met with students from the University Centre North of Baia Mare - Faculty of Letters CUNBM, Specialization in Social Work, UTCN, and on the second day, they arrived at the National College "Vasile Lucaciu". Since it was desired that the information should reach as many students as possible, two more meetings were organized in the "Vasile Lucaciu" National College, on 16 and 18 November.



Together with the staff of the Association, they brought to the attention of the pupils/students the importance of fighting intolerance towards young people with disabilities and their integration into community life.

Discussions were held and films were shown to help those present to realise that everyone's involvement is needed to create a society without "barriers" for people with disabilities.

On 14 November, we had the pleasure to receive valuable information from the Deputy Police Commissioner Luminița Georgescu.

She came to the Esperando Centre to talk to young people about discrimination and how we can prevent it.

The activity entitled "Preventing Discrimination - Colours of the Rainbow" brought together teachers from the Baia Mare School Centre for Inclusive Education, students from the same institution, beneficiaries and staff from Esperando.



On 18 November, the three little pigs met at the Esperando Centre.

They came to entertain our young people with a beautiful play.

Their perambulations were listened to with interest and joy by those present, so ... there was a lot of smiling.

On 29 November, at the Esperando Centre, the closing activity of the VEDA - Volunteering-Education-Disability-Action project took place, where we enjoyed together with those present the beautiful results obtained in the 5 months of the project.

Whether it was visits to educational institutions (Disability Caravan - Learning to be tolerant), the traditional super obstacle race (Daco Wolf - Spartan) or the realization of the hall for sports, educational and relaxation activities, all were thought to meet the project's goal.

Namely, fighting intolerance and increasing the involvement of young people in voluntary activities in support of people with special needs.

We are confident that through these activities we have succeeded in bringing to the attention of those we have met, the problems faced by people with disabilities in terms of integration into the community. To help them realise that we all need to contribute to this goal.

December

On 3 December, on the occasion of the International Day of Persons with Disabilities, we wanted to give people with disabilities the opportunity to write another positive "story", a joy that motivates them.



That's why we organised a CARNIVAL at the Esperando Centre where they dressed up as different characters and for a few hours left aside the hardships they face every day.

The beneficiaries of the Esperando Association and their friends from the Day Centre for Adults with Disabilities Griviței Baia Mare, together with staff and parents, marked in this way the International Day of Persons with Disabilities.



It was an opportunity to socialize, to enjoy, but also to draw attention to the fact that people with disabilities are part of this society, are active and want to be accepted/integrated in the community.

On 5 December, as he was highly expected, Santa Claus did not delay the moment and

visited the children and young people at the Esperando Centre. Because they were so good this year, Santa brought a present for everyone - from the little ones to the big ones.

Also, on the eve of Santa Claus, the toys / games collected during the campaign "Be an Ambassador of Good Deeds", organized by Baia Mare Value Centre in partnership with Esperando Association, went to vulnerable children with health problems and special needs.

As a partner, Esperando Association became Santa's helper and distributed the toys to collaborators to reach children and young people to enjoy:

- CSEI - School Centre for Inclusive Education,
- Griviței Baia Mare Day Centre for Adults with Disabilities,
- Baia Mare Special Secondary School,
- Mansio Association,
- beneficiaries of the Esperando Association,
- children and young people from Ukraine.



From December 5th to 23rd, we participated with a stand with Christmas products at the Christmas Charity Fair in Mara Park.

By participating in such events, we want to show the community what wonderful items people with special needs make, to highlight their skills and abilities. Also, the proceeds from the sale of the products are a real help in supporting rehabilitation and socialization activities for people with special needs at Esperando.



On 6 December, as part of the SERA project, an intercultural exchange was organised at our centre.

Mrs. Alina Andreicuț and young people from "Mihai Eminescu" National High School went carolling for children, young people, mothers from Ukraine and young people with disabilities from Esperando Association. In turn, children, young people and mothers from Ukraine sang some carols specific to their region. At the end, Santa Claus rewarded the children and young people from Ukraine with gifts.

From 10 to 11 December, as part of the project "Integration through music and art", a music therapy course was held at the Esperando Association. It was attended by specialists and parents of children and young people with special needs who wished to learn how this therapy is carried out or to deepen their knowledge in this field.

The course was held by Prof. Monika Manases - psychologist, trainer in therapeutic work with music and Prof. Alina Andreicuț - specialist in therapeutic work with music.

Music therapy uses music in different forms and ways to improve an individual's physical and

mental health.



On 12 December, there was an exhibition of the work done in the art therapy workshops from the project "REVI - Recovery, Education Volunteering, Innovation" and an art therapy workshop.

During December, with joyful hearts, we received the caroling of several groups of carolers: young people from the "Mihai Eminescu" National High School (students of classes 11D, 11E, 11H, 12C) and teachers, friends from the Day Centre for Adults with Disabilities Griviței Baia

Mare, children from class II D from the "George Coșbuc" Baia Mare Secondary School accompanied by the teacher, young people from the "Vasile Lucaciu" Baia Mare National High School together with teachers came to bring us the news of the Nativity and to happy holidays.



On 21 December, the beneficiaries of the Esperando Centre were surprised by the gifts that Santa left for them (in advance) under the decorated tree. They received sweets and shoes for the cold season.

On 22 December, to end the year 2022 properly, we chose to meet by the decorated tree and celebrate the Nativity, caroling and enjoying being together.

The wish "Happy Holidays!" was on everyone's lips and thoughts of good surrounded all present.

Services offered

Esperando Center has been providing assessment, diagnosis, treatment and rehabilitation services for children, youth and adults with neuro-motor disabilities for over 21 years.

With specialists in the field and exceptional facilities, Esperando is the place to find the highest quality services:

physiotherapy/medical gymnastics,

physiotherapy, electrotherapy (all types of currents - dyadynamic, tens, interferential, ultrasound, magnetotherapy, laser therapy, etc.),

thermotherapy (paraffin),

reflexotherapy,

massage, facial recovery massage,

acupressure,

Andullation therapy,

Pranic Healing therapy,

psychotherapy

DVI - independent living skills,

informal and non-formal education,

occupational therapy,

socialisation,

therapy through dance, music, art, play,

adapted transport.

Personalised and individual treatment plan.

Through the integrated services we offer, 1 to 1 (specialist - patient), families can enjoy a moment of respite.

Partnerships





- Energy of Movement Association
- Team For Youth Association
- Baia Mare Value Centre
- Baia Mare School Centre for Inclusive Education
- CJRAE MM
- Baia Mare College of Arts
- "Vasile Lucaciu" National High School Baia Mare
- Pre-school "Little Prince" Baia Mare
- "George Coşbuc" Secondary School Baia Mare
- Secondary School "Lucian Blaga"
- Secondary School "Mihail Sadoveanu"
- "Nicolae Iorga" Secondary School Baia Mare
- "Octavian Goga" Secondary School Baia Mare
- Secondary School "Vasile Lucaciu" Şişeşti
- "Henri Coandă" Technical High School Baia Mare
- Dumbrăvița Maramureş Vocational School
- VIVO Baia Mare

Projects 2022

1. REVI - Recovery, education, volunteering, innovation

The aim of the project was to improve the quality of life of young people with disabilities in Baia Mare, through innovative rehabilitation, education, volunteering and leisure activities, by involving young people from the Baia Mare community.

During the project activities were organized:

- volunteering and social inclusion: greening activities, meetings of young people from schools with those with disabilities (to get to know each other and understand the importance of health, movement, help and communication as a team), creative workshops with volunteers and other collaborators (painting in nature), exhibition with the works made through their eyes.

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- Healthy leisure time for young people: hiking and nature activities with volunteers and partners.

Through this project, Esperando Association wanted to contribute to overcoming barriers, social exclusion and social marginalization of a vulnerable group: young people with disabilities, but also to encourage the development of voluntary activity among young people.

The project ran from July to November 2022, and was carried out with the support of the Municipality of Baia Mare according to law 350/2005.



2. CULTURE ACCESSIBLE TO ALL

The aim of the project was to preserve and promote the cultural heritage and develop the cultural skills of young people, including those with disabilities.

During the project, creative activities were organized in which young people with disabilities, together with volunteers and collaborators of the project, made different objects with traditional Romanian specificities.

Also, a brochure "Maramureș Tourist Attractions - Accessibility" was produced to promote the local traditional heritage.

It contains information on tourist attractions in Maramureș county and their degree of accessibility for people with disabilities.

It took into account the adaptability of the space, the existence of access ramps, adapted bathrooms, adapted handrails and car parks, etc.

This project was carried out with the financial support of the Maramureș County Council.

3. VEDA - VOLUNTEERING - EDUCATION - DISABILITY - ACTION

The aim of the project was to combat intolerance and increase the involvement of young people in voluntary activities in support of people with special needs.

It was also intended to contribute to the development of solidarity and to promote tolerance among young people, in particular to foster social cohesion.

In order to achieve the proposed objectives, different activities were organised throughout the project, such as:

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- A disability caravan which aimed to inform, raise awareness and involve young people in schools in the process of fighting intolerance towards young people with disabilities and their integration into community life.

- to carry out sports activities - inclusive, but also educational and relaxing activities for both typical and atypical people.

- a traditional obstacle course. For the first time in Maramureş and probably in Romania, young people with disabilities participated in a super traditional obstacle race, similar to the road of life, adapted to the needs and abilities of super people with different disabilities.

The project was carried out with the financial support of the Maramureş County Council through non-reimbursable funding from the county budget for programmes, projects and actions in the field of youth for the year 2022.

4. INTEGRATION THROUGH MUSIC AND ART

The project aimed to improve the quality of life of people with disabilities, their families and educational specialists through unconventional techniques.

The project held music therapy and art therapy workshops with the participation of people with disabilities, students, specialists working with people with disabilities, etc.

The art therapy activities facilitated an exchange of experience/knowledge/skills between young people with and without disabilities. They, regardless of their health status, are an important resource for the community.

Art therapy uses a variety of methods, means and materials to achieve the therapeutic goal, from traditional to modern forms of creative expression.

The culmination of the project was the music therapy course held by Prof. Monika Manases - psychologist, trainer in therapeutic work with music and Prof. Alina Andreicut - specialist in therapeutic work with music.

Therapists from the Esperando Day Centre, staff from the Griviţei Baia Mare Day Centre for Adults with Disabilities, staff from CSEI - School Centre for Inclusive Education, students from the Faculty of Letters CUNBM - Specialization in Social Work, parents of children and young people with special needs enjoyed the unravelling of the secrets of this therapy.

The non-formal activities in the project have been designed to ensure a better social integration of young people and their more active and responsible manifestation.

The project ran from October to December 2022 and was carried out with the support of Baia Mare Municipality according to the law 350/ 2005 - culture field.

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5. SERA

From May to December 2022, the Esperando Association ran the SERA project.

In this project, children, mothers and grandmothers from Ukraine enjoyed countless activities designed to help them integrate more easily and forget, as much as possible, the problems at home.

Here were recreational, educational and fun activities, nature walks and horse riding sessions, psychological support for children and parents, physical rehabilitation services for those in need, etc.

With the exception of the hikes and horse riding sessions, the activities took place at the Esperando Centre.

In the summer in the courtyard of the Centre, in the autumn in the building and in the last months of the project, in a space arranged and equipped to serve the project activities. We have created a friendly space that helps the integration of children and young people from Ukraine, but also children and young people with disabilities from Baia Mare.

A place where they can feel in their element, offering them a variety of opportunities to spend their time and optimal conditions to exercise even in the cold or rainy season.

"Project funded by Care through the SERA Foundation, Care France and FONPC."

Thank you to our 2022 sponsors:

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Volunteers in 2022

In 2022, Esperando Association has again enjoyed the involvement of dedicated volunteers who wanted to support people with special needs by giving their time and knowledge to contribute to their well-being.

Also, thanks to the collaboration between Esperando Association and Team for Youth Association, in the framework of a project that they are running, volunteers from abroad got involved and gladly carried out activities together with people with disabilities.

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