

The Bucharest Transitions Doula

Helping families know what they don't know they should know.

School Guidance

Community Integration

Positive Transitions-Care

My Why

Relocating to a new country is more than a move: it's a transition of identity, belonging, and rhythm.

I help international families relocating to Romania **find the right school for their children, the right community for the accompanying spouse, and the right pace for a healthy transition.**

Drawing on 20+ years in international education, my certification in Positive Transitions-Care (SPAN), and my own expat experience, I guide families through every layer of change, turning relocation into a confident, connected, and sustainable new beginning.



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Who I Am



I'm Cătălina Gărdescu , an educational consultant, communication strategist, and certified Positive Transitions Care practitioner.

For over two decades I've worked with international schools and expat families navigating complex life changes.

When I lived as an expat myself, I experienced what it is like to land somewhere new and I believe that with the right guidance, transitions can be transformative, not overwhelming.

Credentials:

- **Certified:** Positive Transitions Care Practitioner – Safe Passage Across Networks (SPAN)
- **Experienced:** 20+ years supporting international and expat families at the American International School of Bucharest and Copenhagen International School
- **Connected:** Trusted within an extensive network of local and international schools worldwide

How we work together

This bespoke process transforms relocation into a growth journey rather than a disruption.

Before the Move – Discovery & Planning

Online consultation to explore your family's needs, school preferences, and lifestyle goals.

Tailored overview of Bucharest's international and bilingual schools.

Guidance on commute, housing, school calendars, and local culture.

During the Look & See Visit – Orientation & Accompaniment

Customized school visit plan and personal introductions where possible.

In-person or virtual support during visits.

Debrief and advice to help you choose confidently.

Positive Transitions Plan – Operationalizing the RAFT Framework

Using the RAFT model* we design a personalized transitions plan that supports emotional readiness and smooth adjustment.

Custom strategies for the family to say meaningful goodbyes, honor what they're leaving behind, and build confidence and connection as they arrive in Bucharest.

Arrival & Integration – Settling In

Community and service introductions - as it relates to schools and parent communities.

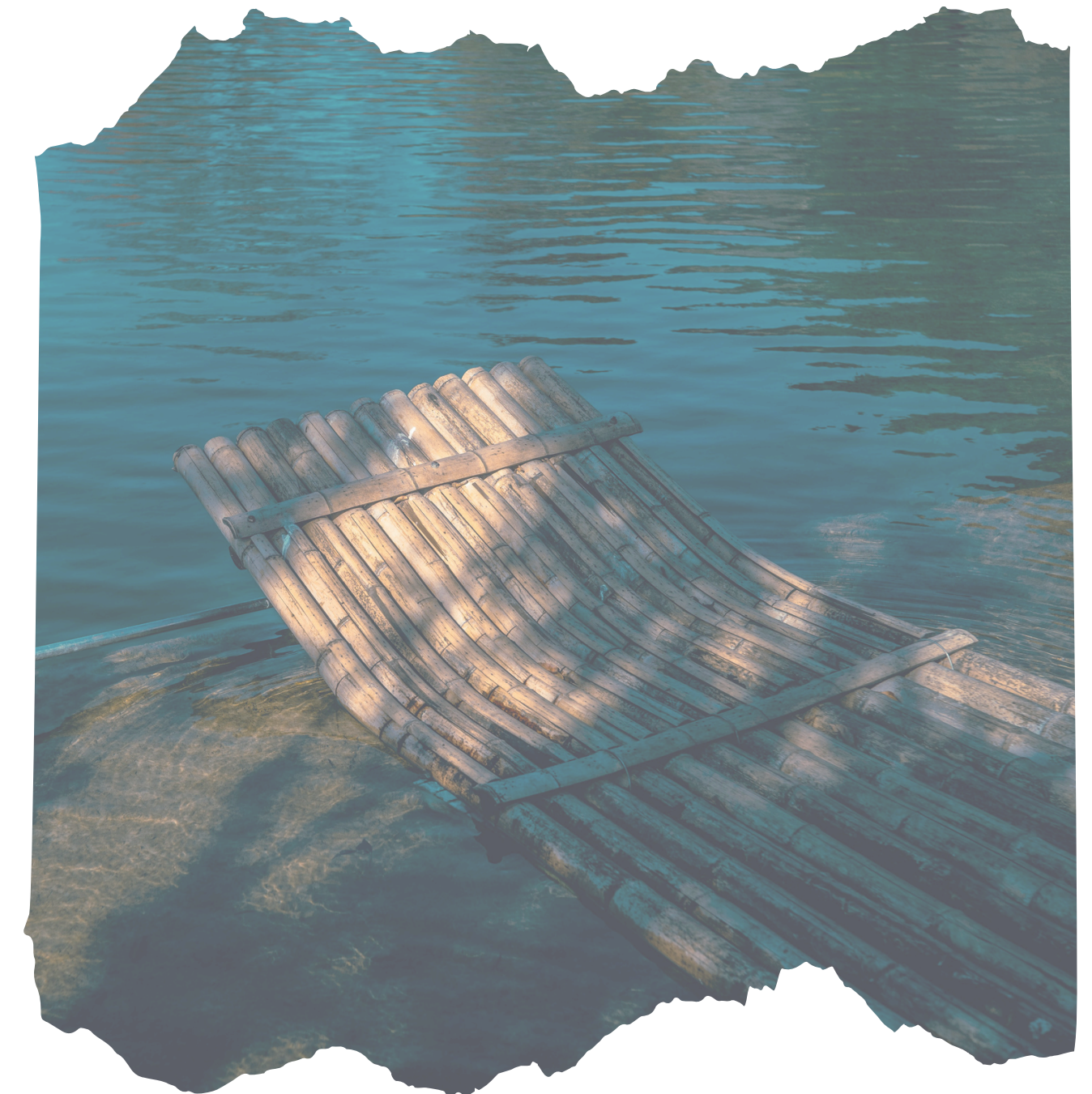
Post-arrival follow-up calls (1 month and 3 months).

Guidance for maintaining wellbeing and connection during adjustment.

Positive Transitions Plan

Operationalizing the RAFT Framework

Reconciliation	We'll gently talk through and settle any loose ends before the move, helping everyone leave with calm hearts and a sense of peace.
Appreciation / Affirmation	Together, we'll pause to recognize the people, memories, and achievements that have shaped your family's story so far, celebrating what you carry forward.
Farewell	I'll help you plan meaningful goodbyes to favorite places, friends, and routines - turning endings into moments of gratitude and connection.
Think Destination	We'll explore what life in Bucharest can look like for your family, setting realistic expectations and exciting possibilities for a confident new beginning.



Professional, Partnership-Focused

Enhancing, not replacing, relocation services



My work complements and enriches the excellent logistical support relocation agencies and HR offices already provide.

Where they expertly handle housing, visas, and logistics, I bring **depth**, **personalisation**, and **emotional** continuity to the family experience.

I ensure that each move is not only smooth but meaningful.

Professional, Partnership-Focused

Enhancing, not replacing, relocation services

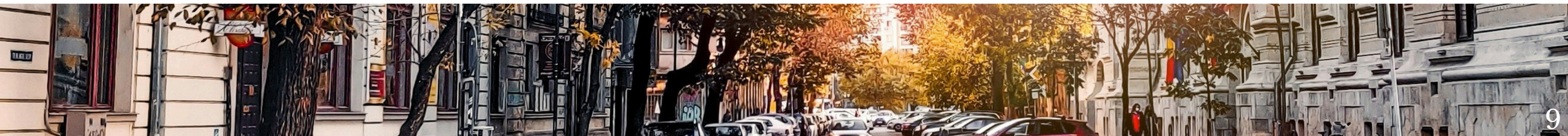
I help agencies and companies deliver excellence by:

- Offering **family-centered expertise** on schools, spouses support and adjustment.
- Translating **positive transitions principles** into actionable plans for each family.
- Creating **long-term satisfaction** for clients through wellbeing-oriented support that strengthens the agency's / company's premium offer.



Who is this for

- **Relocation companies** who want to offer a premium, human-centered add-on for executive relocations.
- **HR teams and employers** ensuring stability and family wellbeing for international hires.
- **Individual expat families** who want personal, trustworthy guidance before and after moving to Bucharest.



Packages & Pricing

Package	Includes	Hours	Fee (EUR)/ Family
Discovery Call	2x online sessions to clarify needs and priorities	2	€150–200
Look & See Support	Visit planning, accompaniment, debrief	4 or 5	€350–450
Full Transition Package	All phases + 2 follow-up calls	8 and 10	€700–900
Hourly Consultation	For ad-hoc questions	1	€80–100/h

Corporate Partnerships

I work in partnership with relocation agencies and companies to enhance the support they already provide to their clients. Together, we can design **value-added, premium experiences** for families relocating to Romania — from tailored guidance on schooling and community integration to full Positive Transitions Care planning using the RAFT framework.

Through **special bundled packages**, agencies and companies can offer this as an **excellence benefit for their VIP clients**, enriching their relocation portfolio with depth, personalization, and wellbeing-focused care.

Beyond one-to-one family support, we can also **co-create group events** such as:

Orientation sessions for newly arrived employees and their families

*Workshops or talks on **transitions, schooling, and family wellbeing** in Romania*

Networking meetings connecting expat parents and local education experts

These partnerships elevate the relocation experience from a logistical process to a **meaningful, human-centered transition**, where families feel both guided and welcomed from the very start.

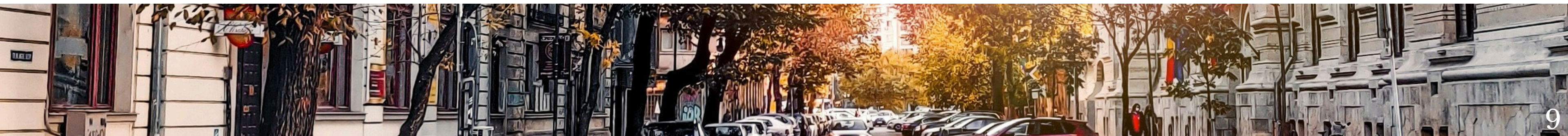
Testimonial

American family, four children

“Moving to a new country with four children—three in secondary and one in elementary—is never easy, but Catalina Gardescu was a beacon of support and honesty from the very beginning. She welcomed our family with warmth and openness, helping us navigate both the school system and the cultural transition with clarity and compassion.

What stood out most was her honesty. Catalina never sugarcoated things—she was always forthcoming about both the positives and the challenges, and that meant so much to us. It built trust quickly and helped us make informed decisions that were best for our children.

When one of our children faced a difficult period, Catalina stepped in with care and dedication. She not only connected us with qualified and compassionate support, but also offered consistent moral support to me as a parent during one of the hardest moments of our journey. Her empathy and humanity are something I will never forget—and something I can never truly repay. Catalina made a lasting impact on our family, and we are deeply grateful for everything she did.” J.K.



This proposal is rooted in and supported by:

Pollock, D. C., Van Reken, R. E., & Pollock, M. V. (2017). Third culture kids: Growing up among worlds (3rd ed.). Nicholas Brealey Publishing.

Ota, D. (2014). Safe passage: How mobility affects people and what international schools should do about it. Summertime Publishing.

Safe Passage Across Networks. (2022). Laws of transitions certificate course [Professional development course]. Safe Passage Across Networks.

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Let's talk about your family's move to Bucharest!

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