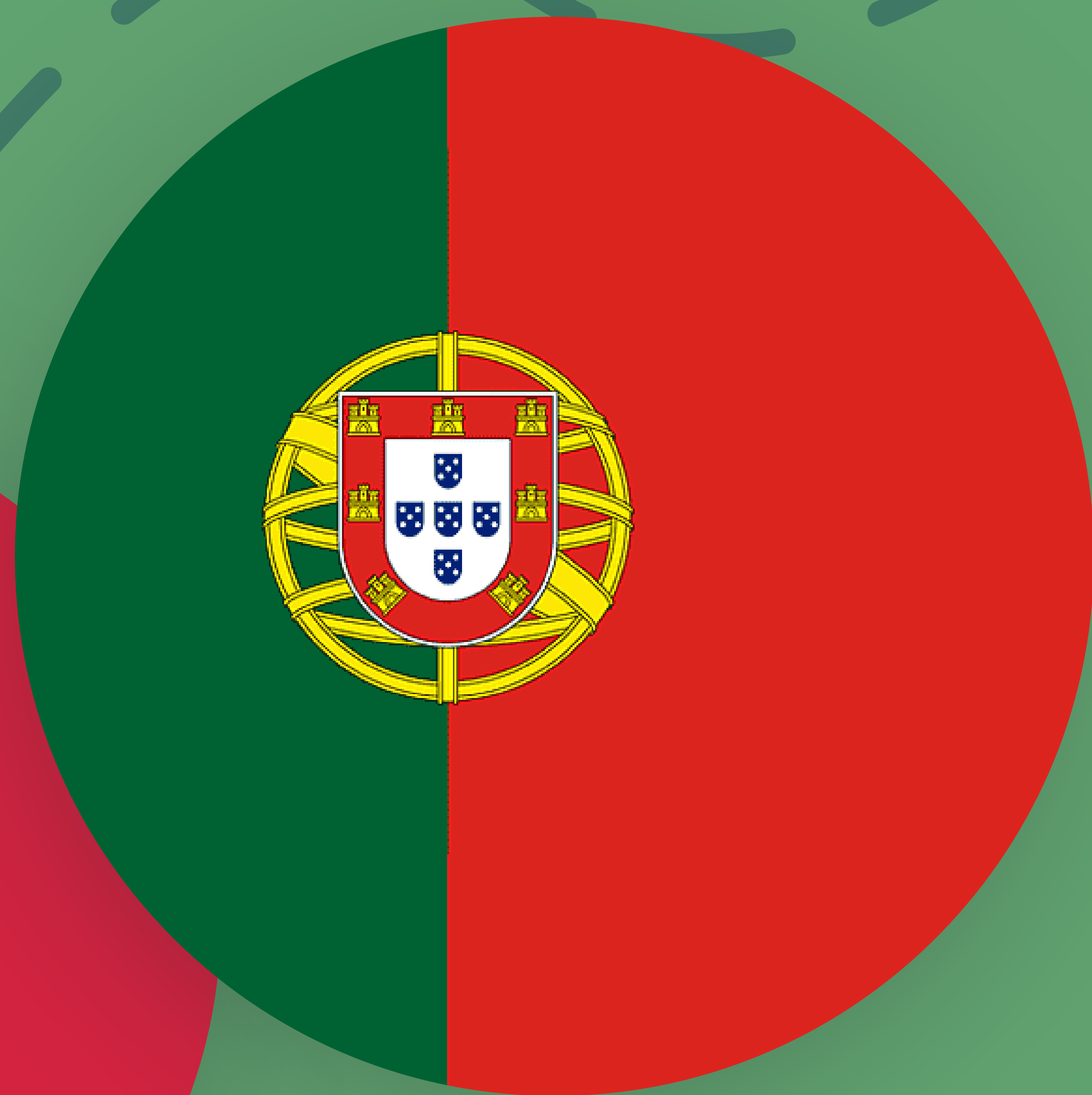


# ERASMUS



**TURKIYE**

**ROMANIA**

**PORTUGAL**





# MY SCHOOL

My school is named as “Kağıthane Anatolian High School”. The transportation is really easy, it’s like a bridge between all of the means of the transport. We are 674 students in 23 different classrooms, with 47 students who are guides, mentors for us. 23 Classrooms, one music room, one conference room(multipurpose hall), one informatics and technology classroom, two art rooms, a biology and chemistry labs provide us more space to socialize with our friends and learn a lot more things from our teachers. With our big backyard which has a lot of tables and arbors for us to sit and relax and socialize. While our front yard is providing us to play games with our friends just like our gymnasium. Which provides us to do sports and be athletic. Or we can use our school's library, it has 730 different books and a lot of different information about anything we want to learn, just like we can study there.

With our music rooms and teachers, we have a school band who plays at “Youth Festival” or in other words “Kalfest” of our school and a choir. They are really accomplishing and won awards from some festivals they attended last year. We had a musical last year too! With approximately ten-fifteen different students with months of effort and contribution, it was played at our school conference room plus a festival in a different district of İstanbul. In my school, we learn a secondary language which is “German”, With our teachers who are absolutely working hard to teach us something.

My school is the best school in my district and us students are studying hard to keep it that way. With social projects including but not limited to: “musicals, theaters, muns, traveling projects and school band.” With academic success which is shown by the students who graduated at the end of the year with their marvelous universities and their scores.

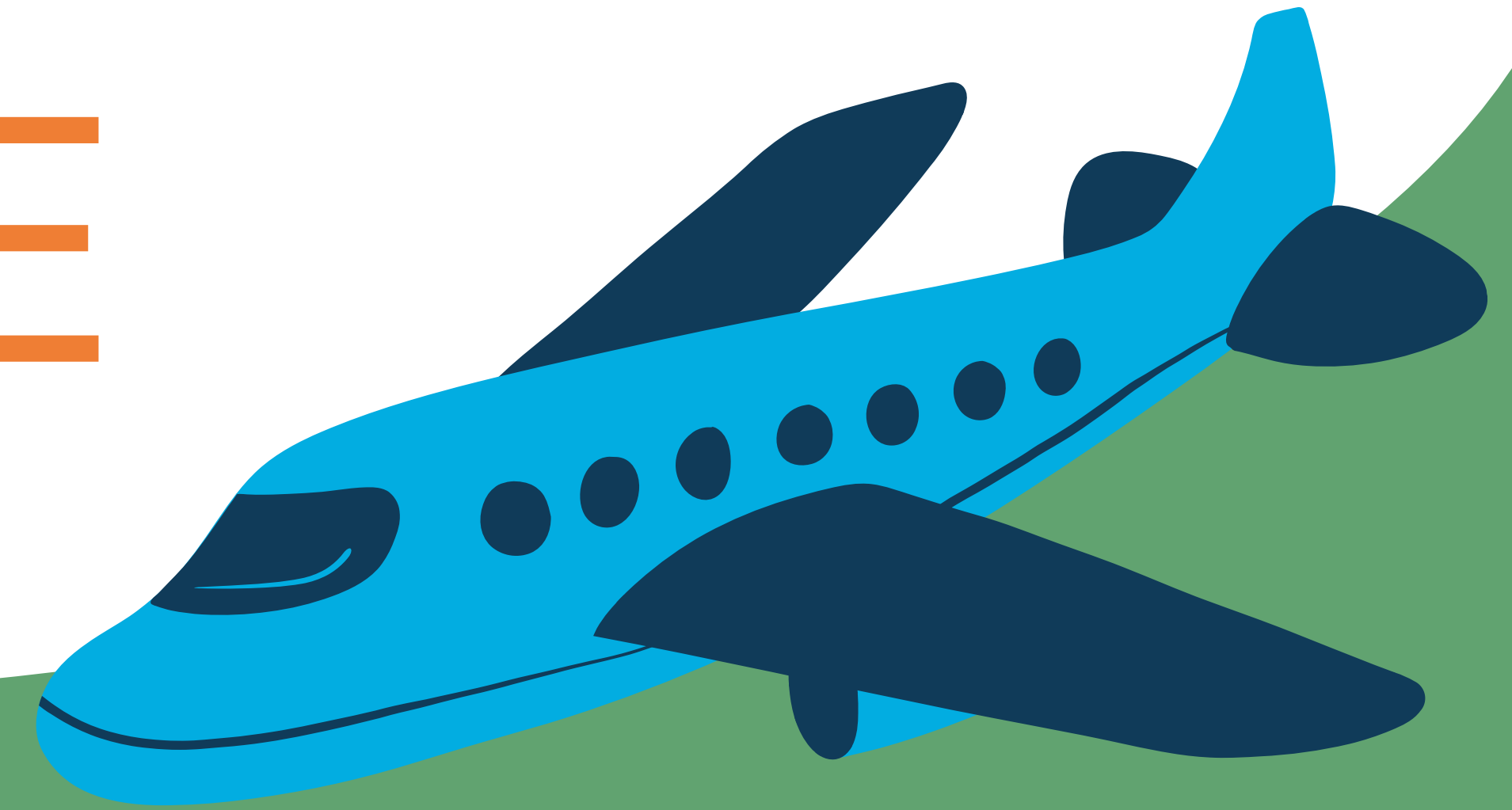
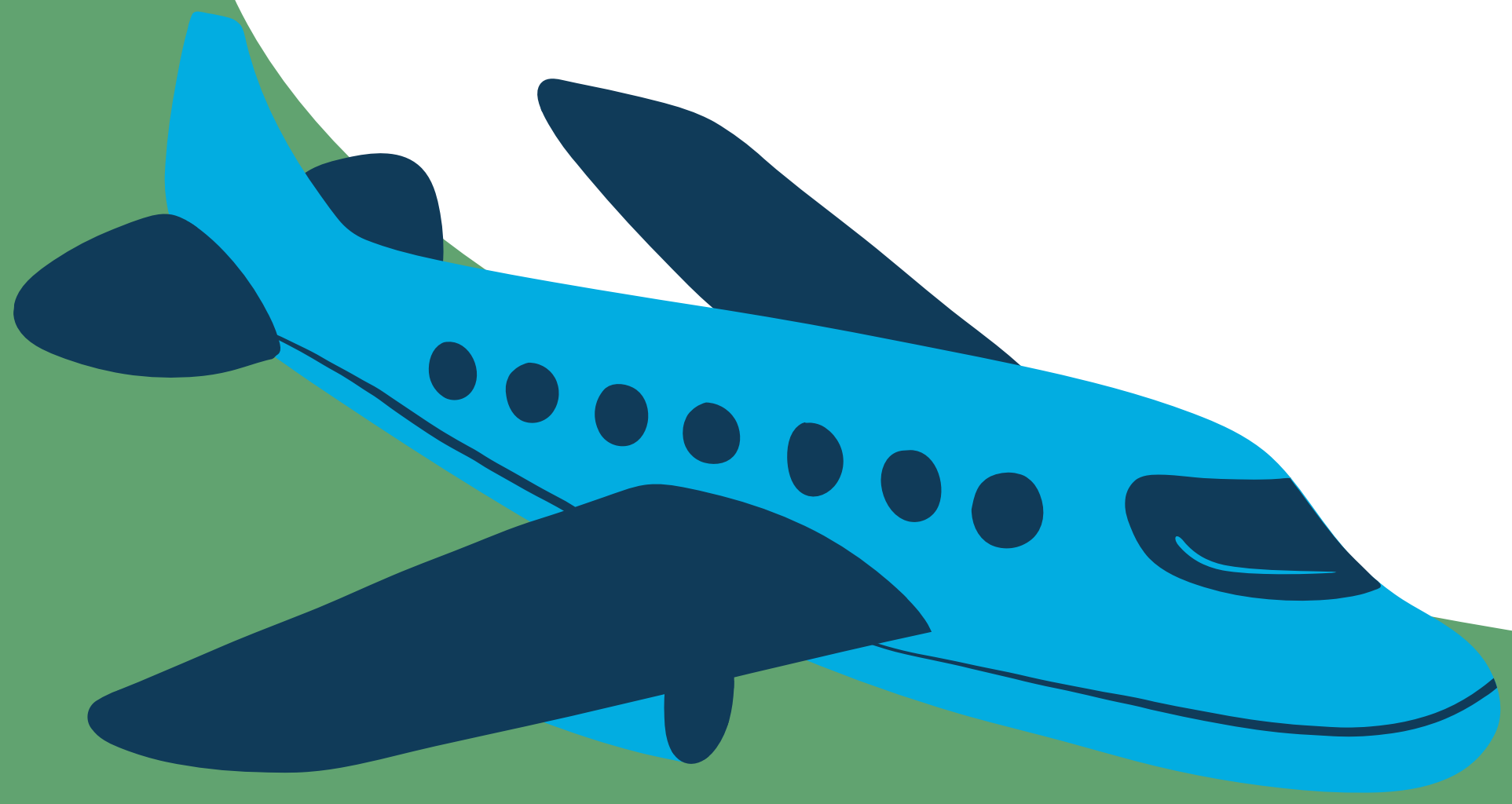
Kağıthane Anatolian High School has a lot of awards in sports. And they are displayed in the entrance of our school in a showcase. Our school’s gymnasium is the main one in our district. The sports competitions are held in my school's gymnasium. Including but not limited to “volleyball, football etc...”

My school is cultural, social and successful. These three words are the best ones to summarize Kağıthane Anatolian School.



# BEAUTIFUL DESTINATION

## TURKIYE



### The Ancient Turks

#### The Ancient Turks

The early nomadic Turks lived a pastoral lifestyle in the steppes, however, soon the Turks started to migrate to the better, warmer and more hospitable Anatolia. After moving from the barren lands of the Steppes, the Turks could finally settle down. The Seljuk empire settled down in Anatolia before the mongol invasion.



### The Age of Empire

After settling down in Anatolia, it was only a matter of time until a new empire would form...

The Turkish Republic takes its roots from many great empires of the ancient world; The Great Hun Empire, Byzantine, and most importantly the Ottoman Empire.



### THE REPUBLIC & THE RISE OF ATATÜRK

The day Mustafa Kemal Atatürk landed in Samsun is considered to be the start of the Turkish War of Independence. To win against the entire Entente alone, would require the strength of His aim was to resist the invaders, and establish the republic. the whole nation.



# TURKISH CULTURE

## Traditional Turkish Dances



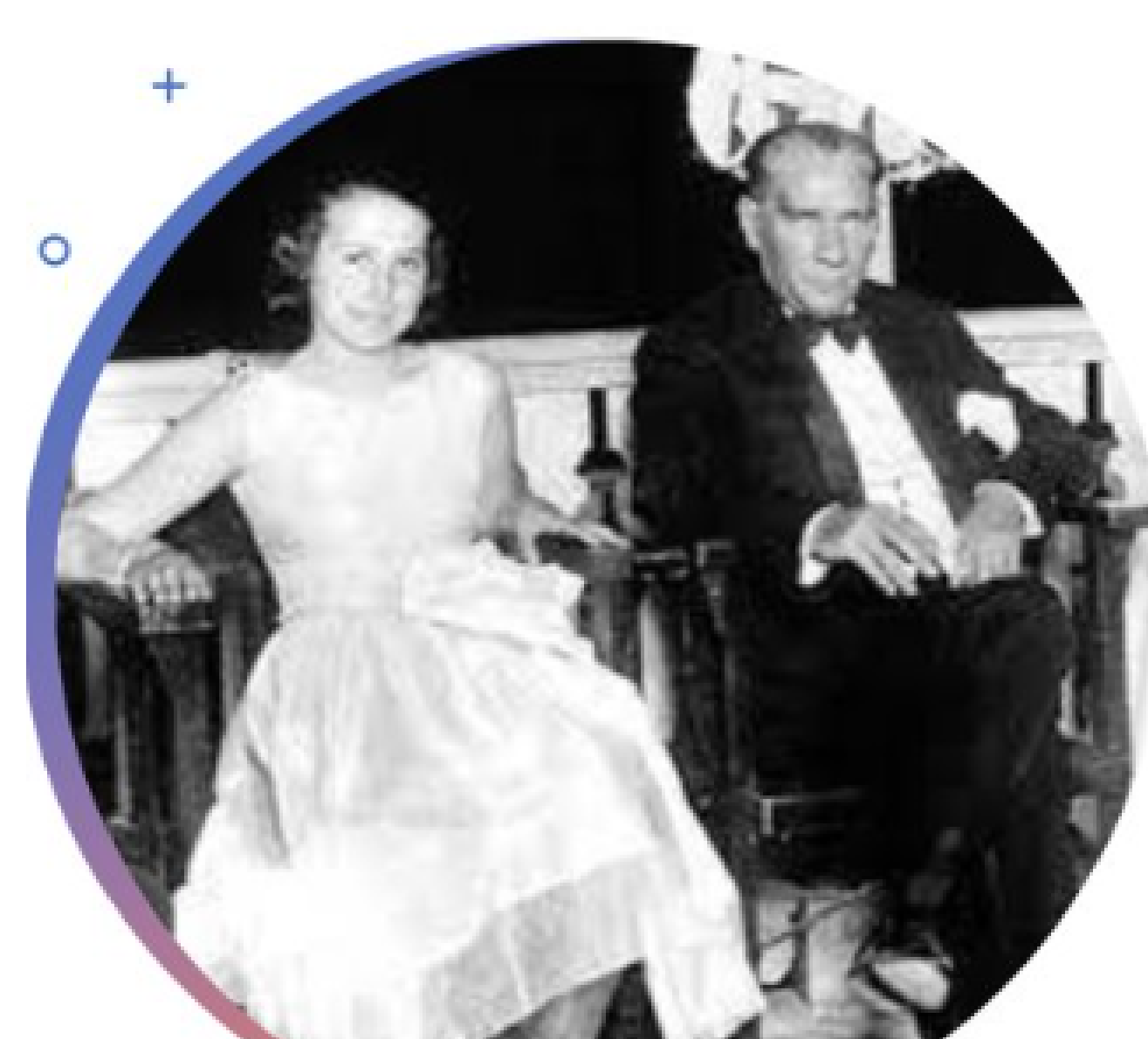
zeybek



halay

## Turkish Singers

1. With his charismatic stage presence and distinctive voice, Tarkan has achieved international fame. His fusion of pop and traditional Turkish sounds has garnered him a massive fan base worldwide.
2. Müzeyyen Senar: Often referred to as the "Divine Voice," Senar is a prominent figure in Turkish classical music. Her timeless interpretations of traditional folk songs have made her an iconic singer.
3. Zeki Müren: Recognized as one of Turkey's greatest artists, Müren's melodious voice and flamboyant style left a lasting impact on Turkish music. He effortlessly blended Western and Eastern influences, earning him the title of "Sun of Art."



## Traditional Turkish Sports

Oil Wrestling, a 700 year traditional sport where wrestlers covered in oil fight each other



Oil Wrestling, a 700 year traditional sport where wrestlers covered in oil fight each other





# TURKISH CULTURE



Meze is a popular style of eating in Turkey, where diners enjoy a variety of small plates that are meant to be shared. Meze dishes can range from cold appetizers like hummus and tabbouleh to hot dishes like stuffed grape leaves and fried calamari.



Manti are small dumplings that are filled with ground beef or lamb and served with a tomato sauce and yogurt. These delicious bites are a staple of Turkish cuisine and are often enjoyed as a main course or appetizer.

Kebabs are a staple of Turkish cuisine and are loved by meat eaters around the world. These skewered meats can be made with beef, lamb, chicken, or even fish, and are often marinated in a blend of spices before being grilled to perfection.



Baklava is made with layers of phyllo dough, chopped nuts, and honey syrup, and is often served with a cup of strong Turkish coffee. Some include pistachios, while others use walnuts or peanuts.



Pamukkale's white terraces.



Nemrut mountain



Cappadocia's fairy chimneys



Topkapı Palace



Maiden's Tower



Hagia Sophia Mosque



Basilica Cistern



Sultanahmet Mosque



Galata Tower





# Erasmus+ Green Skills Turkey Days



# DAY 1

## DOLMABAHÇE PALACE

SUNDAY

2 APRIL



### Historical Visit to Dolmabahçe Palace

Everyone met in front of the Dolmabahçe Palace/Besiktas. It was a very interesting and cultural trip. Everyone enjoyed with all the incredible buildings. Dolmabahçe Palace served as the main management center of the Ottoman Empire from 1856 to 1922. Dolmabahçe Palace is mostly decorated with gold and crystal. Palace has the largest collection of Bohemian and Baccarat crystal chandeliers in the world. There is a lot of Palace carpets and painting collections. From the very beginning, the Palace's equipment had the highest standards like electricity, central heating system, elevator etc. Visit begins at the Medhal Hall (Main Entrance). On entering the Medhal one sees Boule tables on both sides of the room. The other rooms in order in this visiting are Clerk's hall, Atatürk's room and harem. Mustafa Kemal Atatürk spent the last days of his life in the palace and he died at 0.05 a.m. on November 10, 1938 in this bedroom. All the clocks in palace were stopped and set to 9.05 after his death. Our experience at Dolmabahçe Palace was fascinating and exciting. The architecture there is truly remarkable. It is hard not to walk around with amazement. We were really impressed with the building. For the price and time we waste was definitely worth it. It was an incredible visiting.

### Bosphorus Tour

After a cultural palace visiting we arrived at Kabataş Seaport by walking a little. We boarded to the boat and tour took two hours. City has a lot of cultural and historical buildings. There are historical palaces and mansions on the coastline. All the mansions are really incredible. We can see all building from the boat and historical informations about the structures is announced aloud on the boat. It was a very enjoyable tour for everyone.





# DAY 2

## PRESENTATIONS AND WORKSHOPS

MONDAY

3 APRIL



### Presentations

We spent this day at school and we did a lot of useful activities. We met at school at 9 a.m. We made our presentations and all the guest students made presentations about their country and their culture. Host students made presentations about 3Rs. All of these presentations were really beneficial because we learnt a lot about the countries. We learnt about history, culture (dances, foods, clothings, buildings etc.) and so many more things about countries. And we learnt about 3Rs (reduce-reuse-recycle) It was about how to reduce wasting, how to reuse and recycle some materials. And after we finished all the presentations we had lunch together in school canteen. The foods were delicious everyone liked the foods. And all the students socialized with each other.

### Music Workshop

After lunch we made a music workshop in our school's music room. At first our school's music club made a show for us and we listened them. They made a really good job. After that we made some music instruments by using discarded items. In this way we contributed to recycling. And all the students and teachers had their own recycled instruments. We had instruments so we should've made some music and we played some music parts with everyone. It was so fun and enjoyable. And then we had a barbecue in the evening. We ate a lot of Turkish foods. Our guests tried new foods and after eating we danced a lot everyone showed their traditional dances and everyone had a lot of fun.





# DAY 3

## PAPER WORKSHOP AND MINIATURK

TUESDAY

4 APRİL



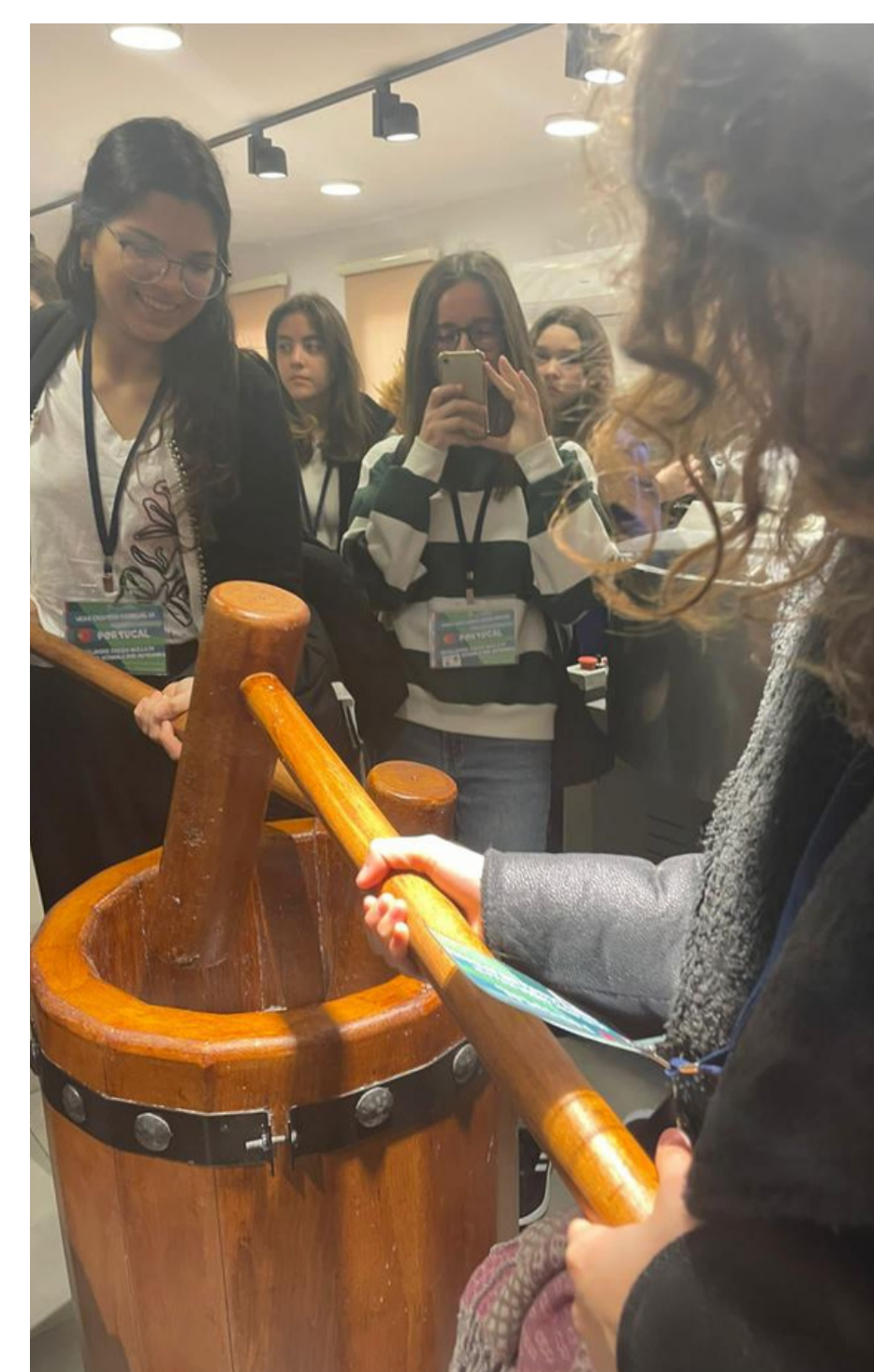
### Municipality and Paper Workshop

Everyone met at school and got on the bus and we went to Kağıthane Municipality. We walked around at municipality building and we made a paper workshop. We learnt how to make papers by using discarded items like fabrics, flowers, plastics etc. And we made some paper doughs and papers. After workshop we had lunch at municipality building. After that we walked around hasbahçe.



### Miniaturk

Then we went to Miniaturk. Miniaturk is a place where mini model versions of buildings in Turkey are exhibited. Miniaturk has become a showcase of Türkiye with the Slogan of "A small Model of a Big Country" 137 models in total, 60 from Istanbul, 64 from Anatolia and 13 from Ottoman territory outside of Türkiye. We had a chance to see every historical and every important building in Turkey at once. We saw the small versions but we saw all the details and we learned about their history and their stories.





# DAY 4

## OUTDOOR ACTIVITIES

WEDNESDAY

5 APRIL



Learning about plants,planting plants, outdoor activities and games,making posters,shopping mall

Everyone met at school and we made outdoor activities in our school yard. We learnt about plants and trees in our school yard. After we painted plant pots and planted some plants. And we played some outdoor games with all students and it was fun. Then all the students made posters for environment awareness. While we're making the posters we listened music and danced. It was so fun and enjoyable and we made a lot of fabulous posters. After that we made outdoor activities for example rope pulling and sack racing. And we made a flash mob with our posters. It really helped to environmental awareness. Our posters were all about reducing waste,recucling,protecting green and protecting our world because we only have one world. I hope it would be helpful for awareness and i hope people changed their mind about protecting green.

Then we went to a shopping mall and everyone shopped however they want .We went a shopping mall called Vadistanbul that's one of the beautiful malls in istanbul. Every students spent really good time and socialized each other in the mall and it was so fun to be there with all the friends.





# DAY 5

## TAKSIM SQUARE ISTIKLAL AND GALATA TOWER

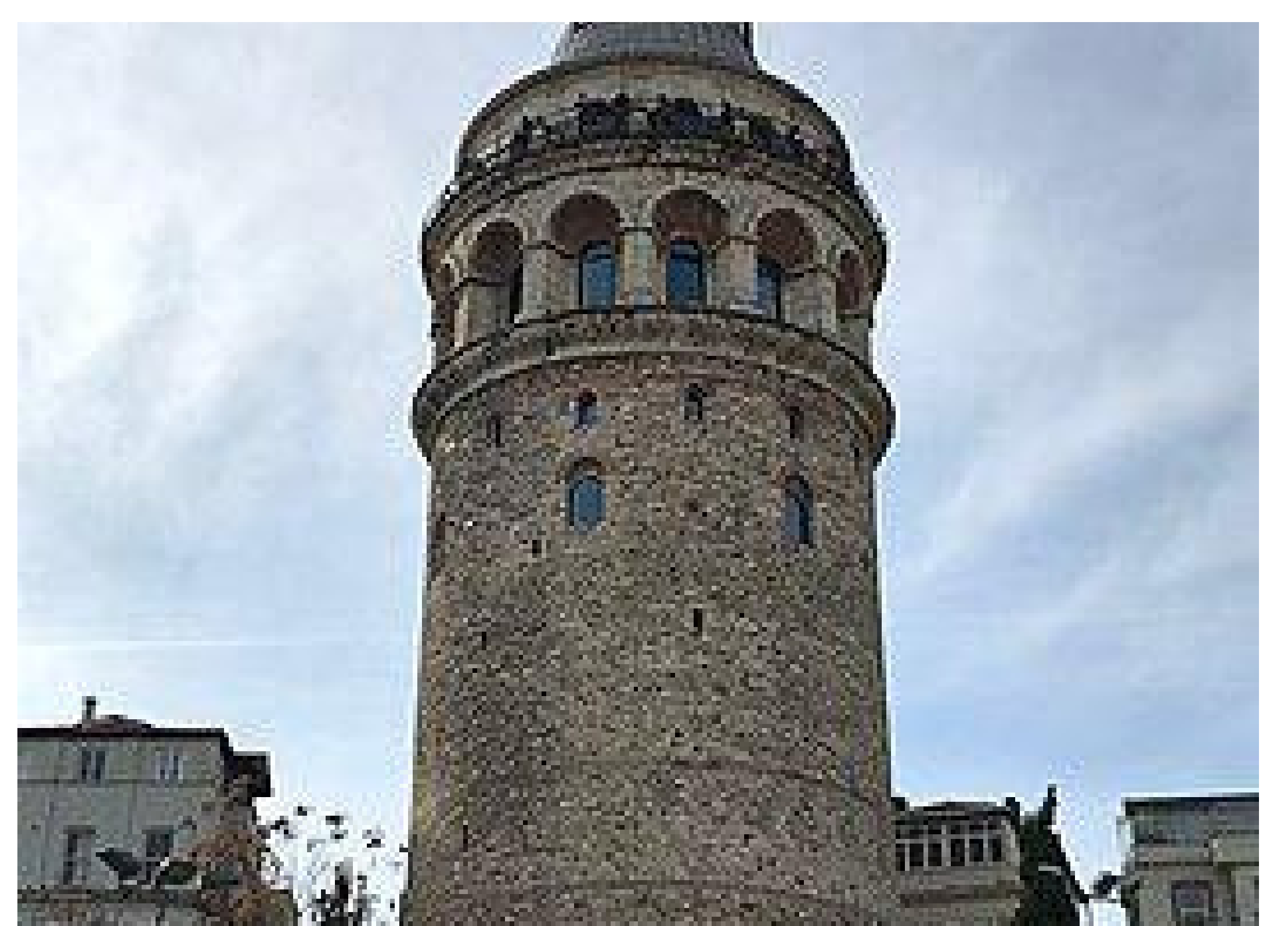
THURSDAY

6 APRIL



### Besiktas,Taksim and Istiklal Trip

In this day we went to Besiktas to see seaside and we took a lot of photos through the sea. Then we went to Taksim. Taksim Square is one of the most famous squares in Istanbul. It is one of the biggest tourist attraction centers of Istanbul with its surrounding restaurants, shops, hotels, entertainment and cultural places. After we spent time in the square we walked through the Istiklal Street. It is a place where nostalgic trams run, is open only to pedestrians and contains historical buildings. In addition, Istiklal Street, where there are cafes and restaurants all along the street, is the most popular street in Istanbul. We walked around this street and spent good time, we took pictures and shopped. In the end of the street we saw the Galata Tower. Galata Tower is one of the most important structures in Istanbul and the most famous tower in Istanbul. We took a lot of pictures with Galata Tower and then everyone went their homes. It was a so enjoyable day.





# DAY 6

## ISTANBUL UNIVERSITY AND ATATURK ARBETORIUM BOTANIC PARK

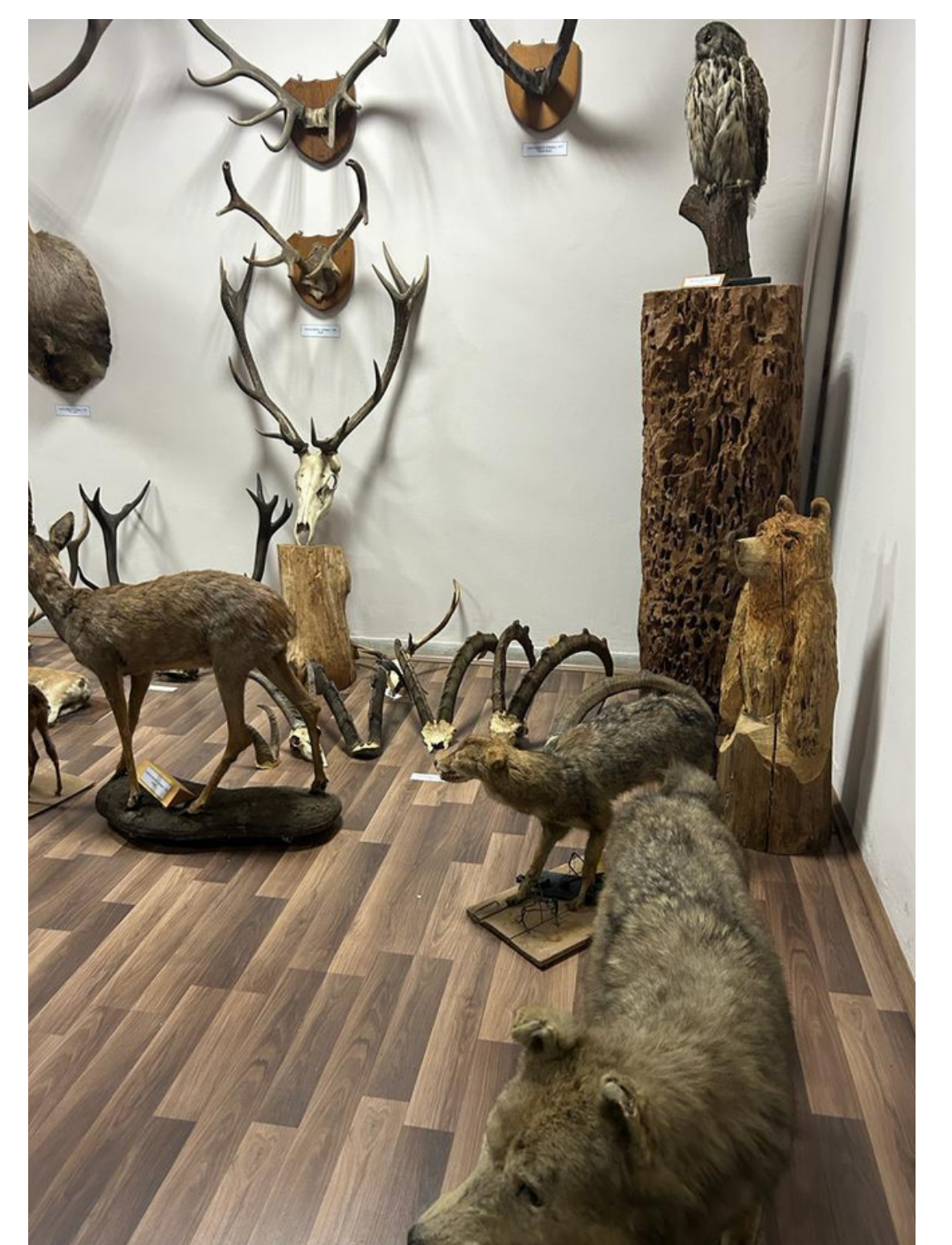
FRIDAY

7 APRIL



### Conference in Istanbul University and Atatürk Arboretium Botanic Park

This day we went to Istanbul University. First we walked around through the Atatürk Arboretium Botanic Park. This magnificent garden is considered one of the largest arboretums in Turkey. Here we walked among the wonderful beauties of nature, took photos and had a pleasant time. Then, we learned about the plants in the garden and the history of the garden. Then we attend a conference in the university we learnt a lot of things about protecting green life and environmental awareness. Conference was all about how to reduce waste, how to protect nature and how to make our lives better. It was so beneficial. Then we walked around in the university and saw various room for example a room with many plants and information about plants, a room with real stuffed animal statues, a room with insects, etc. The rooms were so interesting. And we had lunch at the university.





# DAY 7

## EMINONU GRAND BAZAAR

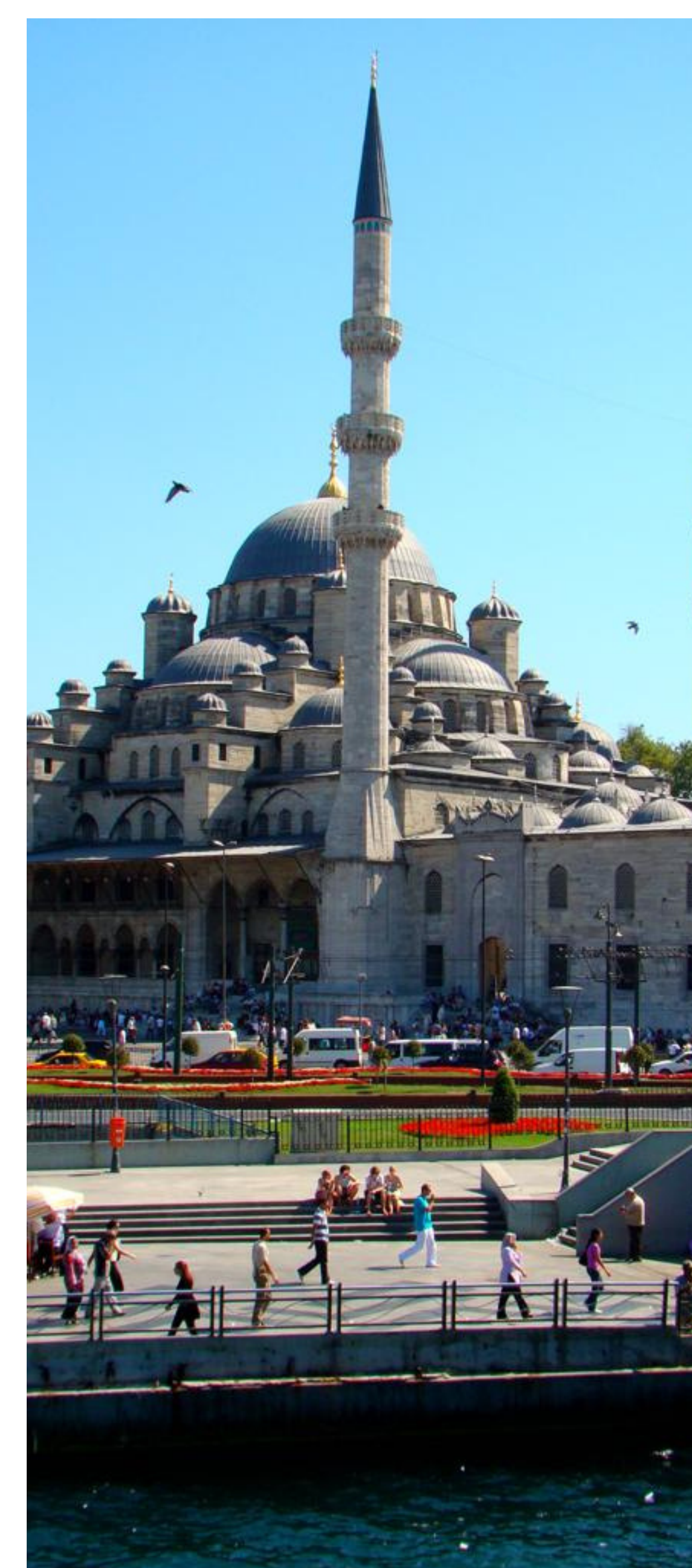
SATURDAY

8 APRIL



### Eminönü and Grand Bazaar Trip

We went to Eminönü. A living center where the heart of commerce beats and where it is possible to reach every corner of the city center. Historical Eminönü, which is so crowded in the middle of the day, is a frequent destination for tourists and an indispensable place for wholesale shopping for those doing business all over Turkey. Eminönü's history is so important for Istanbul. Of course Eminönü means Grand Bazaar. The colourful and chaotic Grand Bazaar is the heart of Istanbul's Old City and has been so for centuries. The Istanbul Grand Bazaar (Kapalıçarşı) is one of the largest and oldest markets in the world, and the best place to shop for artisan goods, jewels and clothes. We walked a lot in the Grand Bazaar and shopped. So we spent all day in Eminönü. This day was so cultural and enjoyable.





# ROMANIA

- Romania is situated at the crossroads of Central, Eastern, and Southeastern Europe
- Romania borders The Black Sea in the direction of southeast.
- it borders Ukraine to the north, Bulgaria to the south, Serbia to the southwest, Hungary to the west and Moldova to the east.
- The Danube Delta is the largest delta in Romania that flows into the Black Sea.
- The Carpathians are a range of mountains forming an arc across the Central Europe.
- Romania has a famous castle called Dracula's castle (Bran's castle)

## INTERESTING FACTS ABOUT ROMANIA

- The heaviest building in the world is located in Romania (the Palace of Parliament).
- Romania has a round-shaped village (Charlottenburg)
- Romania is home to the tallest wooden church in the world.
- The first European city to have electric street lights is in Romania (Bucharest).
- The modern jet engine was invented by a Romanian (Henri Coanda).
- The cast iron and the steel used in the Eiffel Tower's construction was sourced from Romania.





# BISTRITA

- Bistrita is situated in the North of the country.
- It has the famous castle of Dracula.
- Bistrita has a lot of high schools with the names of popular Romanian writers.

## INTERESTING FACTS ABOUT BISTRITA

- Bistrita is located at the foot of the Bargau Mountains and that makes it the oldest in the region.
- The main attraction of Bistrița's central square is the Lutheran church, which was built by the Transylvanian Saxons and originally constructed in the 14th century in Gothic style. Between 1559 and 1563 it was altered by Petrus Italus and given Renaissance features

## DRACULA'S CASTLE BISTRITA

- The original castle of Dracula is situated in Brasov, Romania but in Bistrita we have another castle of Dracula that is in fact a very famous hotel in here.







# Erasmus+ Green Skills Romania Days



# 4 JUNE TELEKI CASTLE DAY-1

In this day everyone met in front of the Teleki Castle. We learnt a lot of things about Teleki Castle. Teleki Castle belongs to The Teleki Family. The Teleki family is the name of an old Hungarian noble family whose members, for centuries, occupied many important positions in the Principality of Transylvania, in the Holy Roman Empire and later in the Austro-Hungarian Empire. The family was originally called Garázda as they originated from Goražde, today's Bosnia and Hercegovina and was first mentioned in the 14th century. We walked around in the castle and then we had lunch together. The day was so enjoyable for everyone because we learnt a lot of thing about a castle and history.

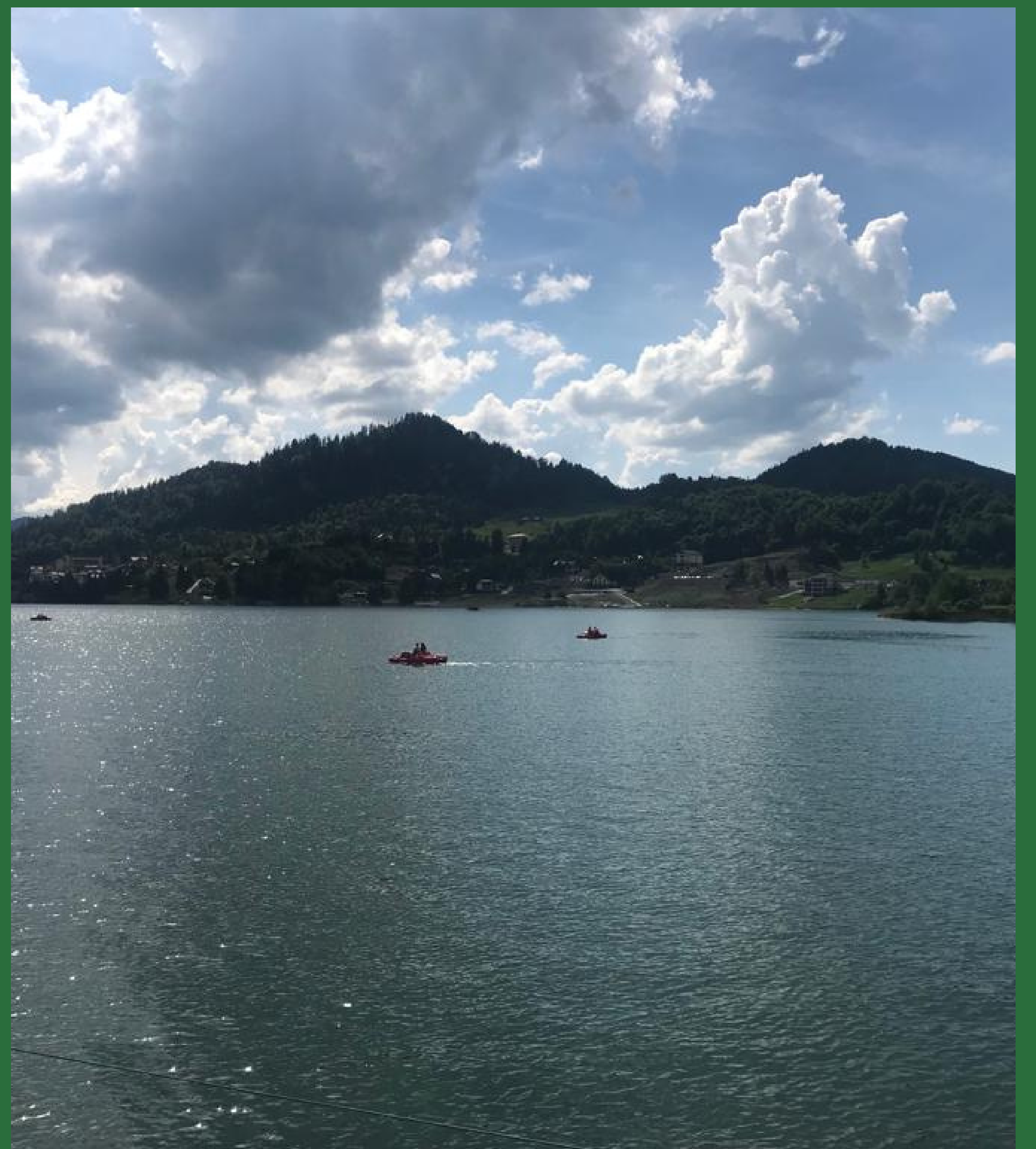




# 5 JUNE COLIBITA LAKE DAY-2 THE SEA FROM THE MOUNTAINS

In this day we visited the Colibita Lake .We went on a boat tour around the lake it was so fun and enjoyable. The nature was really beautiful. Colibita is an artificial accumulation lake on the Călimani mountains, county Bistrița-Năsăud.

The favorable geographic setting, exceptional soil quality, rich forests and deposits of ore are among the reasons why the area has been continuously populated since the earliest of times. The castles of Bistrita, Rodna and Ciceu were heavily fortified in the Middle Ages and steeped in traditions of craftsmanship and trade relations, while the areas of Năsăud and Bistrita formed a bridge between Transylvania and Bucovina towards Moldova, through the Rodna border point. For this reason, Bistrita ranked fifth in the hierarchy of Transylvanian medieval towns. Also due to the important part, it played in the region's development, Bistrita is currently the county capital.





# 6 JUNE ARDAN VILLAGE DAY-3

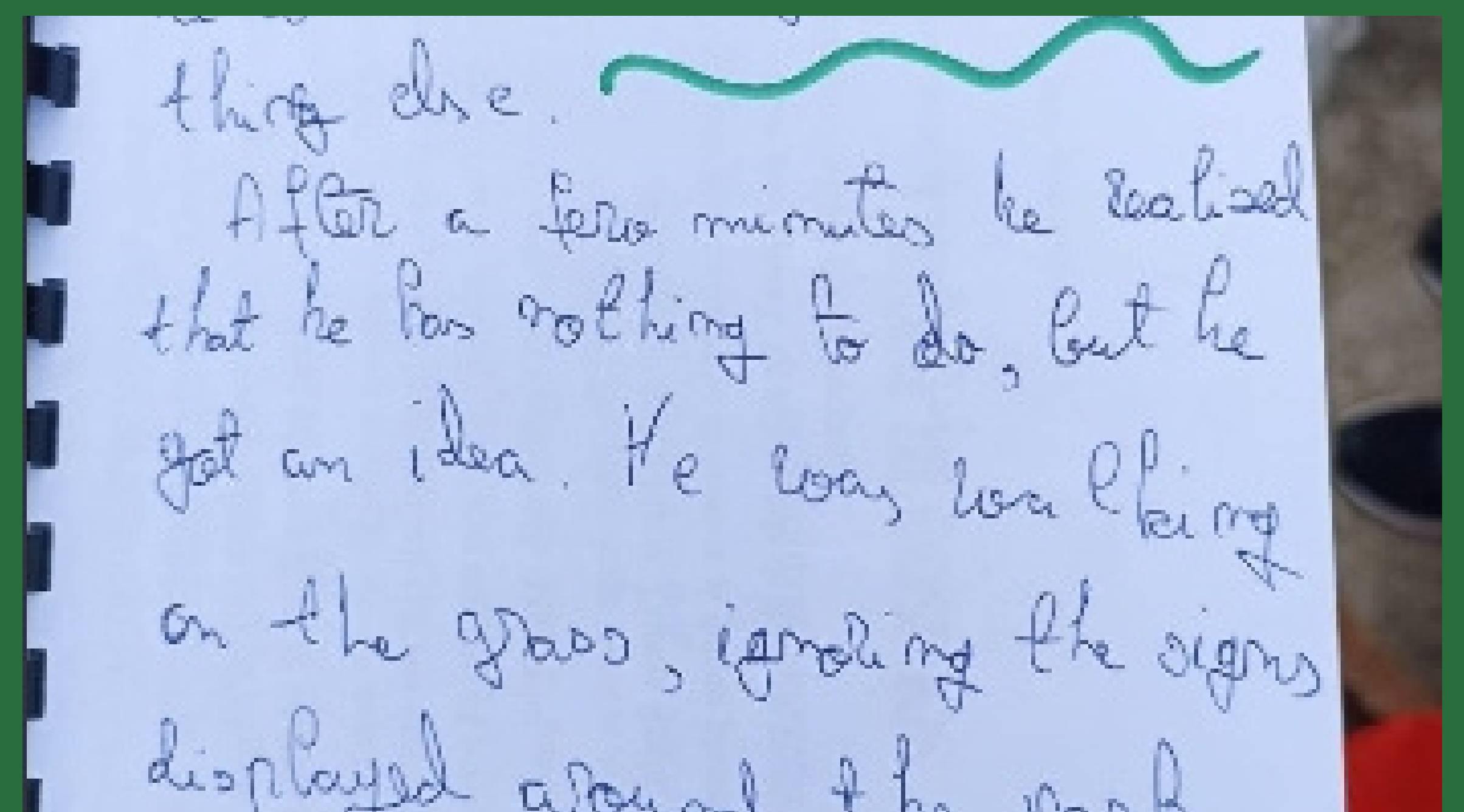
We have visited many naturally gorgeous places, while re-connecting with nature, i believe that it was therapic session for all of us.

We putted work and effort into our creative and original designs, while we emphasize the nature's importance to us.

We have tried to express ourselves the best we could while implying the beauty and the importance of nature and our planet, it was a pleasant experience!

We used so much creativity and teamwork and made a magnificent work!

We went to a nearby village, Ardan, and showed our posters and shouted out our slogans, it was a nice socializing and knowing that we were able to make a difference!





# 7 JUNE SIEU DAY-4

We made our own plays about nature and how we should treat it and had so much fun! Making our original characters and stories, their clothing and personality with our creativity was the main part of our day!

After the preparations, we made our own theatre show at the school garden, for our friends and Teachers.

We first started out making our lines and our costumes for our characters out of supplies that are recycled and made make-up for them based on the character, everyone was so creative!

Our plays were about how nature is important to have a healthy life, how we should treat and respect it to have a nice environment, and enjoy the green, while socializing with many people and having fun!





# 8 JUNE VOCATIONAL AGRICULTURAL HIGH SCHOOL DAY-5

First the students and teachers of Vocational Agricultural High school presented us a presentation called protecting nature. Then, some teachers and students participated in an activity to feel the textures of nature. There were pine cones and stones on the ground where they stepped with their eyes closed. The last part was hiking. There were some information points in the forest and we hiked in the forest to find the points and learn some informations about nature.





# 9 JUNE SCIENCE WORKSHOP AND CERTIFICATES CEREMONY DAY-6

The last day we had a science workshop in Șieu Secondary School. In this workshop students measured the pH of some acidic and basic substances. Also the partner teachers participated in this workshop. At the end of the activity they gave water bottles as a present to all students and partner teachers. The last part of the day was a certificates ceremony. Romanian teachers gave the certificates to all students and partner teachers. Then the project was over by this ceremony. Thanks for the unforgettable experience!





## Understanding Enviroment and Reclycling



## Photographs

We all have a box somewhere in the backroom or garage full of old family photos. But can photos be recycled?

-Tear the corner of the photo, and if the tear is a clean slice like a piece of paper or magazine, it can be recycled.



## Cinema

People generate a ton of waste in cinemas and there are some solutions to stop that.

- Using aluminum cans and plastic bottles
- Getting people educated about recycling
- Big companies producing their products with recyclable materials



## Literature

There are many ways to evaluate your old books like:

- Donate or Reuse: You can give them to friends, family, or local libraries. Many organizations also accept book donations.
- Sell or Trade: If your books are in good condition, you can sell them. You might even be able to trade them with others for books you're interested in.
- Recycle: If your books are in poor condition, damaged beyond repair, or there are no takers for them, recycling is the best option.



# RECYCLING IN VISUAL ARTS AND THEATRE

Recycling in art is the process of reusing discarded materials in visual art, theatre, cinema and more. Using those materials helps to reduce waste and supports sustainable art. There are three ways of recycling in art: recycling, repurposing and finding object art.



" And then we talked about famous recycling in art artists and their most famous artworks. First artist is Vik Muniz. He uses discarded materials such as chocolate syrup, diamonds and recycled materials. Another artist is Tom Deininger. His artwork includes more various items than Muniz's art. His most famous piece is Marilyn Monroe's portrait which is made of recycled materials.

We can use recycling in theater as well as visual arts. One example of this is "The Broadway Green Alliance". Recycled materials are used in costume and set production. And this method is quite profitable. For example, a New York theater saved \$15k.

Recycling in art is not a very old method. Ancient Egyptian artists also used this method. Even Pablo Picasso used old bicycle seats in some of his sculptures.

As a result, recycling in visual arts allows us and many artists to make creative ideas that helps reduce waste and save money.





# PORTUGAL

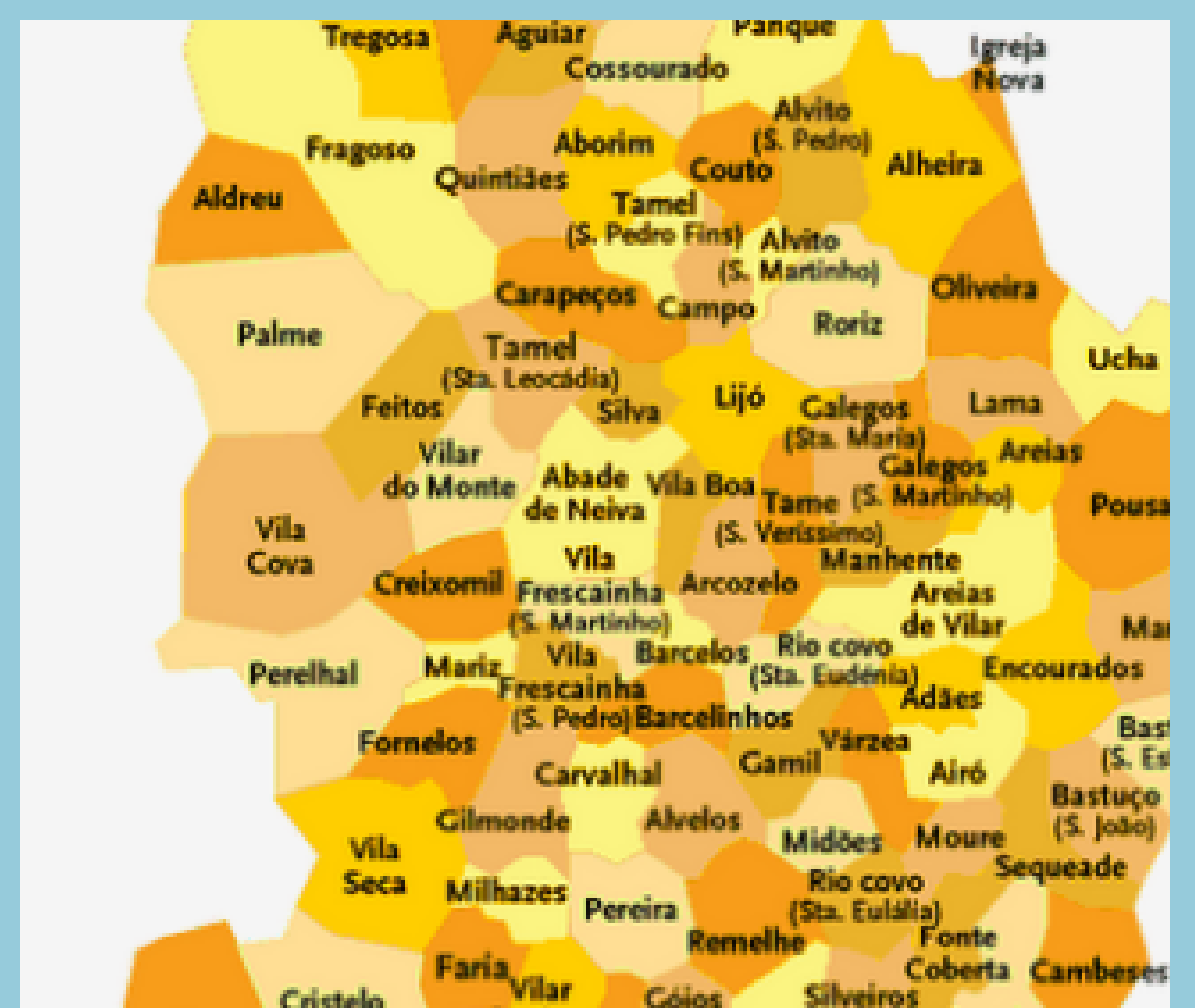
Portugal located in the Iberian Peninsula in the extreme southwest of Europe Bordered by Spain and the Atlantic Ocean Two autonomous regions: Açores e Madeira 10,6 million inhabitants.

# PORTUGAL HISTORY

Portugal is one of the oldest countries in Europe formed in the 12th century; In 1139 we had our first king, D. Afonso Henriques , in 1143 the kingdom of Portugal was officially recognised as independent, in 1249 we conquered Algarve and soon after made Lisbon our capital

# BARCELOS

Barcelos is a city and a municipality in Braga District in the Minho Province. Divided into 61 civil parishes. It's one of the prettiest places in the north of Portugal. Barcelos is best known for its pottery





# FESTA DAS CRUZES

It's one of the most important Barcelonense events. It comes even more to life with the arches, the fair, the processions, the carpets of flowers, the folklore performances and the carousels. We have also a traditional Battle of flowers.

## WEEKLY FAIR

It's held every Thursday in the "campo da feira". It's based on the sale of artisanal products: roosters and Barcelos cockery. It's one of the oldest and traditional fairs in Europe.

## GIL VICENTE

Barcelos is home to Gil Vicente Futebol Clube and Óquei Clube de Barcelos (rink hockey).







# Erasmus+ Green Skills Portugal Days



# 18 SEPTEMBER DAY-1

- It was our first day at the school.
  - Firstly, all of us completed our presentations.
  - After school finished, we visited to Barcelos Centre.
  - In this visit, we also went the church of Barcelos. It was a very interesting and cultural trip.
- Everybody enjoyed with this experience.





# 19 SEPTEMBER DAY-2

- Everybody met in the school in the morning, and we went to Porto by a bus.
- Firstly, we walked around to see the beautiful buildings. Everybody found this area nice and interesting.
- After that, we had a boat trip to the center of the Porto. It was gorgeous.
- Then, we had free time for shopping.





# 20 SEPTEMBER DAY-3

- In the morning, we met in the school again. We had some free time in the school. In the school, we had chance to experience a daily routine of a Portugal student.
  - After that, we had a walk from school to the Stadium of Barcelos.
  - In the stadium, we examined the trophies of Barcelos.
  - We also had more information about history of Barcelos football team.
  - Finally, we had stadium tour all together.
- All of us loved this place and information that we had.





# 21 SEPTEMBER

## DAY-4

- In the morning, we met in the school again.
- After that, we had a walk from school to the Art Museum.
- In the museum, there were a lot of interesting and different pieces of Modern Art.
- We also painted there. It was a meaningful activity.
- After that, we had chance to visit another church in Barcelos. We were really impressed.

This day was full of joy for us.





# 22 SEPTEMBER DAY-5

- Friday was our last day in the school.
- We met in the school, every delegations explained themselves about their feelings related to Erasmus Project.
- The winners of the photography competition announced. Presents of the winners were given.
- After that, we went to picnic all together. We chat and eat in the park.

It was a perfect day





# LET'S CALCULATE OUR FOOTPRINT

1) How often do you eat animal-based products?

- A) Never (vegan) 2p
- B) Sometimes 4p
- C) Often 6p
- D) Always 8p

2) How far do you travel by car or motorcycle each week?

- A) 0-200 kms 2p
- B) 200-400 kms 4p
- C) 400-600 kms 6p
- D) 600-800 kms 8p

3) How many hours do you fly each year?

- A) 0-50 hours 2p
- B) 50-100 hours 4p
- C) 100-150 hours 6p
- D) 150-200 hours 8p

4) Compared to your neighbors, how much trash do you generate?

- A) Less 2p
- B) Same 4p
- C) More 6p

## SAVE OUR EARTH

5) How much electricity do you consume on average per month?

- A) Very inefficient 2p
- B) Average 4p
- C) Above average 6p

6) How much water do you use per month?

- A) 0-5 m3 2p
- B) 5-10 m3 4p
- C) 10-20 m3 6p
- D) 20-30 m3 8p

## Results

12-24p

your carbon footprint is low you are an eco-friendly person

24-36

Your carbon footprint is on average you can reduce it by making some changes in your life

36-48

Your carbon footprint is too high. You should immediately make some changes in your life

