

YouTHelegraph

August—October 2015



1st October In-ternational Day of Older Persons



Japanese Classes at



Cappadocia

The eighth wonder of the world!



Large scale EVS

LARGE-SCALE EVS EVENT ♦



Co-funded by the Erasmus+ Programme of the European Union

system & generation

23rd - 25th OCTOBER 2015, DIDYMA



DISABLED FREE FEEST



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VOLUNTEERS

What is Large Scale EVS?



The action supports large-scale volunteering projects in the framework of European or worldwide events, in the field of youth, culture and sport

It allows young people aged 17-30 to express their personal commitment through unpaid and full-time voluntary service in another

country (different from the home country of the volunteer).

The new action supports:

Preparation: practical arrangements, selection of participants, linguistic/intercultural/task-related preparation of participants before departure for the Event Country.

Implementation of the European Voluntary Service (EVS) activities and complementary activities (see below)

Follow up: including evaluation of the EVS activities, the formal recognition - where applicable - of the learning outcomes of participants during the activities, as well as the dissemination and use of the project's outcomes (website, publications,...)



“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT’S THE ONLY THING THAT EVER HAS.”
-MARGARET MEAD

As part of EVS, the following activities ARE NOT ELIGIBLE:

- A recreation or tourist activity;
- A language course;
- Exploitation of a cheap workforce;
- A period of study or vocational training abroad.
- A work placement in an enterprise
- Occasional part-time volunteering
- A paid job

A volunteer can only take part in one large-scale EVS event project during the lifetime of the Erasmus+ Programme. The project duration is limited from 3 to 12 months. The activity duration (within the project duration) is limited from 14 days to 2 months, excluding travel time.

How to apply?: Find an organization that is EVS accredited, who can participate in the Erasmus+ Programme or who has concluded a formal written cooperation agreement with the event organizers

Participating organizations are responsible for :

- Arranging subsistence, lodging and local transports of volunteers
- Envisaging tasks and activities for volunteers that respect the qualitative principles of the European Voluntary Service, as described in the EVS Charter
- Providing volunteers with on-going task-related, linguistic, personal and administrative support throughout the duration of the EVS activity/event.

Please note that **individuals cannot apply for a grant.**

A large scale EVS events project must take place in the Programme Country where the European/international event in the field of youth, culture or sport is held.

Cappadocia—the eighth wonder of the world



Cappadocia is a different planet in another galaxy far, far away from the Earth, but fortunately only 300 km away from Ankara. It is one of the places you must see at least once in your life. I still can't pull myself together because of this unique territory full of miracles. Hence, let's put 'visiting Cappadocia' to your bucket list. You will not regret for this, I guarantee!

The way:

It was still dark outside, when we leave home to the Main Bus Station (Otogar), where our bus was patiently waiting for us. Our bus ride was supposed to be only 5 hours to get to the Cappadocia galaxy. However, the bus provided food, sweets and other stuff for us like we were going to Siberia, where there's nothing to eat. It is better to book your bus tickets few days before your departure. We chose Kamilkoç company (ticket price for round trip is 60-80 TL).

Accommodation:

Our hostel was booked in Göreme, which is a very calm and lovely village for staying and you can reach all parts of Cappadocia easily from there. The average price for dorm rooms starts at 20 TL/person/night. We booked beds in Ali's Guest House (25 TL/p/n), which was a good choice. It is located 3 mins away from Göreme city centre. The staffs are incredibly helpful. The breakfast is included, lockers, towels and bed linens are also provided.

What to see:

Simply EVERYTHING! You can turn to almost every direction with impressive view, nice cafes with beautiful landscapes or you can take a walk in lovely valleys.



The easiest way getting to know Cappadocia is to have a local friend and takes you by his car around the valleys. If you are not so lucky as we were, I can truly recommend you to use couch surfing to find enthusiastic hosts. You can also choose public transportation. It takes longer but at least you can observe this beautiful place on your own.

Top 5 things to see in a weekend in Cappadocia: Göreme and Open-Air Museum

It is located in the heart of this galaxy. Just leave your hostel and you will find yourself surrounded by Fairy Chimneys, charming restaurants, carpet and antique shops. The Open-Air Museum is 15 minutes away from village center, the entrance fee is 20 TL. It contains the finest rock-cut churches, with beautiful frescoes.

Underground cities: Derinkuyu, Kaymakli

Derinkuyu is the deepest (around 8 floors) and Kaymakli is the broadest underground city. The entrance ticket price is 20 TL and hiring a guide is recommended. The other option is to gently follow a tourist group, which has already a guide with them.

Hisars: Ortahisar and Uçhisar

These are climbable rock towers near to Göreme and Ürgüp. Tickets are 5-10 TL.

Hot air ball in the sunrise

Last but not least, my favourite, hot air balloons with the sunrise! And the best part is—it's for free! Actually, I hate to wake up earlier than the sun, but this time I made an exception and I never regretted for it at all. It was still dawn when we reached the top of the hill where you can find the best viewpoint to see the colorful balloons. I can compare this experience to a start of shedding, but exactly to the opposite side. You are day-dreaming about millions of the balloons surround you and are rising in the air. Breathtaking!

If I still can't convince you to visit Cappadocia galaxy, I won't try anymore. I simply command you. You can blame me later...



“Why did I choose Turkey?” Giulia from Italy shares her EVS story

For me Turkey was my adventure, a new challenge that I had to face no matter what. It is a challenge, because since the exact moment that I thought about the possibility to go in Turkey, I was afraid. I was afraid because of all the stereotypes that apparently make feel us safe, but actually they confine us in our comfort-zone without a way out. If you do things you always do, you never change, but if you do the things you don't know, the things you're afraid of, something really different will happen. So this is my advice: don't let the fear of what could happen make nothing happen.



When I went out from the airport that my adventure started. Istanbul is something unique and it's exactly there that I started slowly to fall in love with this country. Wondering in an unknown city, alone, is one of the things that I love most. I won't tell you all that I saw in this city ('cause you have to see

it with your eyes and live there your own experiences) but I will tell you one of the moments that I will always bring with me. It was the second and the last day in Istanbul, and after a tiring day passed to visit every corner of the city, I decided to see the sunset from the famous bridge that divide Istanbul in two parts (Europe and Asia). In that moment everything seemed to me new, the sun I've seen set hundred times, here in Turkey, was more red; the smell of the sea, that since I was little I was used to feel, in that moment was more intense and the sound of the seagulls louder than usual. I decided to enter in a mosque to see how was the atmosphere during the sunset. It was magical.



A sunbeam was passing through the front door and the courtyard was barely illuminated by it. Everything was perfect. My evs experience started in this way, in the best way we can say.

Ankara is completely different than Istanbul, incomparable and the first impression wasn't so good, enormous palaces and chaos.

Since from your first day here in Turkey, you will learn that you can't never refuse something that is offered, especially if it's çay

Wherever you'll go, you will always find someone (even if he/she is not speaking English) ready to help you, and asking nothing in return. You'll find people ready to open their house for you, to offer you their food, to invite you at the wedding of the friend of a friend, to show you the best places of their city, to give all the joy that they have. A week will be enough to love the warm Turkish people and to hate them for the way that they are driving

Now, I'm just realizing how much this experience changed me: all the fears that I had before leaving my country aren't anymore part of me, I feel stronger and more sure about my abilities, I learned a new culture and I've met different people from all over the world.

After all I've been through I can say that this was one of the best experiences of my life and if you are also thinking to do your evs here in Turkey, just remember: "best journeys begin with a simple decision to go".



Me and my (Dis)Ability



Maya from Bosna and Herzegovina shares her story from Saray center

"I heard somewhere that you have never really lived until you have done something for someone who can never repay you."

So one day I decided to pack my stuffs and to go to Turkey to help people with disabilities and elderly people in the project called **'Meeting of Generations'**.

My first destination was Saray center, place where people with disability are living. As a part of Saray center komplex there is also an unit for working, where you can find many many different artistic workshops. In every *atölye* (room for workshop) there is a teacher who studied in some of faculty of arts and his task is to show to people with disabilities how to produce handcrafts. After I had a conversation with the director of this center, she sent me to a weaving workshop. My task was to help people with disabilities to make handcrafts. But I was thinking how hard can it be, also how many people with disability could learn about weaving. Anyway, as much as people with disability can learn, I should learn even more.

In the moment when I entered into the workshop I was suprised by all of the artistic pieces. In the same time I felt relieved because I thought " For sure the people with disabilities couldn't have done that! So it should have been their teacher who made it!"



After few minutes, the people with disabilities are starting to come to the workshop from the units where they live, they are sitting on thier places, taking the materials they need and they start weaveing. I am still sitting and wondering. Nobody explains them nothing, they do everything by themselves. When they noticed me, immediatly they started to come to me and explain me basic moves in weaving. Ofcourse I didnt get it. They needed speacial ability to explain to me, at least 100 times. But it didn't bother them. *Nobody called me disabled or stupid.*

So for 2 month now patiently, with big worm smile they are explaining to me how to weave . They dont need my help in weaving , they need to see my smile, to feel accepted to our community, to feel equal with us.

We call them people with disability because they DON'T WANT, they are NOT INTERESTED (it's not that they can't learn) in searching in Youtube for new videos of Britney Spears; because they don't have Facebook profile for making fun of other people and we - with ability just don't know these prehistorical crafts. And who needs them? For God's sake should we keep our tradition and cultural heritage, something that is unique when we have perfect replica of Prada, Chanel etc. But this is another topic that I will leave for another time.

Organizing Disabled FREE fest through the eyes of a volunteer.



Mariya (from Bulgaria), is currently working in technical&management group, explains how she puts her previous experiences into practice during DisabledFREE fest.

- I am 25 years old, well unfortunately I must admit that I am getting old. I love reading, writing, travelling. So far I got the chance to live in 4 countries. I have my Bachelor degree in the field of Slavic studies and my Master degree from the European studies. I've been volunteering since 2012 and this, I can easily say, is my real passion. I've been involved in variety of projects and thanks to the experience I got, I broaden my horizons and meanwhile, broke many stereotypes regarding different issues. I am intensively exploring the world and I am not considering stopping that, at least not in the near future.

What are your experiences with people with disabilities?

I have personal experience from my past. I had surgeries which did not allow me to walk on a proper way for months. Then I realized the importance of little things such as to have a normal walk, for example or having a shower without any uncomfortable movements... I have been in contact with people with disabilities. One of my classmates was not able to walk, so we were all taking care of her and helping her with everything possible since in my country the accessibility is a real disaster. We had to be there for her all the time. Also, during my voluntary service in Ankara, I experienced it a lot, because I was having a close contact with people with special needs and now I am more aware of the difficulties which these people are having.

What are your own volunteering experiences?

Whenever I can, I join some projects or events that I am interested in or if I feel that I can learn and challenge myself. The migrant and refugees topic was a leading one for me for the past years, so I was ac-

Have you faced any challenges or obstacles while organizing this Disabled FREE festival, because people with disabilities are involved?

Unsurprisingly, it is much more different to organize such event, because one needs to think about the accessibility, about the activities, about many things which are even not matter of question for other festivals. In that sense, you need to keep your mind awoken all the time. It could be very difficult in a way but the motivation is much stronger than for a regular festival.



How is it different from organizing any other festival or event?

Probably the main difference is regarding the accessibility, the location, and the type of activities. Basically, is very different and very similar at the same time.

How difficult (or easy) it is, to keep in mind the needs of people with disabilities?

People easily forget that not everyone is with the same capacity or ability for doing things. We constantly need to keep in mind what kind of event we are organizing. We should remember that it is for the inclusion of people with special needs and for that purpose we need to fulfill some criteria in order the fest to happen on a best way.



Moreover, sometimes we are not fully aware of what could be the real problem for these people, because one needs to put himself in others shoes more often in order to understand the real need and the





PROJECTS

TRIANGLENET Tools For Fair Non-Discriminated Healthcare of Elderly People Training Program

On 1 of October is UN's International Day of Older Persons.

It is the mission of System&Generation to help the elderly people in Turkey.



On 7.September.2015 in Ankara S&G in a cooperation with Trianglenet organized the program "Tools For Fair Non-Discriminated Healthcare of Elderly People " which is funded by The European Union and the Republic of Turkey.

In the program participated a 100 Carers working in rehabilitation and elderly care centers in Ankara, Konya and Eskişehir. The opening speech of the Training Programme was held by Mr. Hulusi Armağan Yıldırım. The experts from Germany and UK together with General Directorate of Disabled and Elderly Services expert and experts working in rehabilitation and elderly care centers made presentations in four main modules during the morning session.



The second session of the training was held in four modules considering issues based on SWOT analysis. The participants have been working in small groups.



The purpose of TriangleNET is to create a cooperation with elderly care centers, establish strong ties and its main aim is to support the exchange of information about elderly care and rehabilitation in Britain, Turkey and Germany.



The TRIANGLENET project and topic such as healthcare and rehabilitation of elderly people is aimed to support the establishment of strong ties and exchange of information in long-term collaboration with elderly care centers in UK, Tur-

As the Project output will be prepared brochure on topic Network of best practices for elderly care . In the scope of the project, Best Practices in Healthcare of Elderly People Conference will be held in Ankara on 01.October.2015—The International Day of Older Persons.



This project is co-financed by the European Union and the Republic of Turkey.



TRIANGLENET
Tools for Fair&Non-Discriminated
Healthcare of Elderly People

www.trianglenet.info
www.civilsocietydialogue.org



DISABLED FREE FESTIVAL—

Co-funded by the Erasmus+ Programme of the European Union

Erasmus+ system & generation

ENGELSİZ FESTİVALİ

23. Ekim	24. Ekim
14.00 - Açılış Programı	10.00 - Tüplü Dalış
17.00 - Fotoğraf Sergisi	14.00 - OKENOS diving (3.Koy)
Atölye Çalışmaları:	14.00 - Uçurtma Şenliği (Mavişehir Pazarı Yeni Yarı)
Kukla gösterisi	15.00 - Atölye Çalışmaları:
Engelli Kuvvetleri	Kukla gösterisi
Spor aktiviteleri (Orman Kampı)	15.00 - Engelli Kuvvetleri, Spor (Orman Kampı)
16.00 - Bocce Turnuvası (Orman Kampı)	15.00 - Bocce Turnuvası (Orman Kampı)
18.00	17.00
	17.30 - DÜKELER BULUŞTU:
	- Şarkılar (arkalı ukelerden)
	- Dans
	- Engelli Sanatçılar
	- Harmandalı (Orman Kampı)
	19.00
	25. Ekim
	10.00 - "Well-abled" tekne gezisi (3. Koy)
	13.00
	13.30 - Bahçeçe Ağaç Dikimi (D.I.Y.E.D. Merkezi)
	16.00
	16.00 - Balon Gösteri
	16.30 - Kapanış (D.I.Y.E.D. Merkezi)

DISABLED FREE FEST

Didim Belediyesine teşekkür ederiz!

In the last weekend of October lots of people participated in very unforgettable event. The highlight of this Large Scale EVS project was the Festival called Disabled FREE Fest and it was organized by our 33 volunteers from 11 different countries in Didyma, Turkey.

The Festival was open for everyone, not only for people with special needs so everyone were warmly welcome! With this project we wanted to show that people with special needs can be a part of organization team and their contribution is very valuable.

The project was organized on 23rd – 25th October 2015 in a local camping area called Orman Kampı.



- Scuba diving
- Bocce
- MÖLKKY
- Football
- Kite show
- Handicraft workshops
- Treasure hunt
- Horse riding
- Concerts-Planting trees

– DIDIM 23-25 October 2015

Is volunteering with a disability possible?

Amanda from Sweden shares her story and experience from the festival.



“Equality is not in regarding different things similarly, equality is in regarding different things differently.” –Tom Robbins

I’ve been volunteering for a couple of years now, in Sweden and abroad, with people as well as with animals. When most people hear that I volunteer, the first question I get is “So you don’t get paid?” No, I don’t.

Working without money as a motivation makes you search within yourself for more pure motives; helping people, giving something back to society and to clear your conscience.

The next confused look appears when people notice that I have a disability, for some reason that creates the idea that I am not as valuable as them as a person or an employee.

Having a disability often makes you more vulnerable to the infrastructure and changes in society. I’ve been lucky, I was born in Sweden, with healthcare that probably saved my life. But the place that you are in is not the most important factor for your quality of life; it’s the people that you surround yourself with as well as the people that surround you. They can limit you, or they can help you push your limits.

A disability is relative, when I am studying, hanging out with my friends or going to a party, I am not disabled. When I visit historical places, running to the bus or while walking on a badly cemented road my disability is more visible. It’s the same thing in different situations, when I hang out with people from an organization with people with disabilities I am often one of the more mobile people and I have not rarely got the question if I am somebody’s assistant, but when I am together with people without disabilities, my body’s limitations becomes more clear.

But I don’t want to be seen as a mobile person or a person with a disability, I want to be seen as a human. Nothing more and nothing less.



ACTIVITIES

S RIDERS—camping with motor bikers

On 5.Aug.2015 S&G participated in event organized by Ankara Motosiklet Kulübü.

We had the Youth Caravan full of volunteers, good company and food. We had Turkish dances and of course we were camping in a very beautiful place. This time our Youth Caravan took us near Eskişehir, to Çiftçiler in cooperation with the Motorcycle club of Ankara.



We drove to Çiftçiler by our Youth Caravan but all the travel we made with motorbikes together.

In the evening even though it was sometimes raining quite a lot, we didn't let it bother us. We settled down and started preparing food. Luckily in the late evening it wasn't raining anymore and all the camping area was full of people who were dancing with the live music. Next day we started our day with traditional Turkish breakfast. After that we were walking around the area and telling people about EURO desk, volunteering, EVS and of course S&G.

You can not even imagine how great it was to see these old motorbikes with their leather jackets reading our brochures so carefully! Perfect! We also played Mōlkky, Finnish outdoor game, which one volunteer brought from her country. We want to thank the Motorcycle club for his cooperation. The camping and getting to know these people was very joyful, especially because we felt ourselves very welcomed to this meeting. It was nice to see their interest and hopefully our attendance gave them also lot of information. We can't wait to continue this kind of cooperation! Thank you!



"Color your summer"

a short-term EVS project was completed successfully

11.September.2015

We are happy to announce that our volunteers Halil İbrahim Pektaş and Simge Arslantaş (SO: System & Generation, Turkey) completed successfully their project which took place in Szeged, Hungary. During their 1- month EVS experience called "Color your summer" they lived and worked together with other youngsters from Georgia, UK, France and Macedonia. Congratulations for the great job they did.



As part of our "Color your summer" project we have had cultural evenings in which the volunteers would present their country to the other volunteers using videos, clothing, food and many other items to represent the respective country.

During all week volunteers were working and planning different kind of activities for Szin Festival. There are some main topics, for example : Sport, Art Creativity, Culture Diversity, Love. Each topic covers a lot of activities, what will be very interesting for these people, who attend Szin Festival.

Besides of this, volunteers gave more information about EVS and Youth Exchange programs. They went outside and promoted EVS in the street. They met people and spoke with them about EVS. It's surprising but most of them knew what is EVS and wanted to do EVS in the UK. Volunteers gave them additional information and shared their experience.

The background of the slide is a complex, low-poly geometric pattern composed of numerous triangles in various shades of light gray and white, creating a textured, crystalline effect.

system & generation