

YouTHelegraph

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*Volunteers & interns
experiences*

DBN project

*On the sunset
it's all for you*

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How can you spend your time?

As a young person you have plenty of free time. But what can you do with it?

time is precious



so waste

it wisely!

You have many opportunities.

Most young people spend a lot of time watching TV (movies, series etc...), playing

games, reading, listening to music or checking social media. But these activities aren't too productive. For example: traveling and volunteering are more productive and helpful activities for both you and the people around you.

Traveling

If you will travel, you will see many people, their country, culture, habitats,...It helps you to better understand them and also allows you to learn more about yourself. People you meet while on the road become some of the most valued names in your address book. They become points on the map to visit at a later date. These folks give you a glimpse outside your hometown circle of friends, forcing you into new and refreshing perspectives, and ultimately realizing that everyone is the same. Seeing the world provides a source of education that is absolutely impossible to achieve in school, teaching you economy, politics, history, geography, sociology and languages more than any university class ever could.

Volunteering

Volunteering is beneficial for you and your community, no matter where or how you do it. It is something that you do for people who are not as fortunate as yourself.

As a volunteer you can do yours hobbies, make new friends, share your skills, learn something new, have fun, help care for the environment and much more. You will probably have some reasons of your own to volunteer.

If you are active in your neighbourhood crime watch, your home is protected while you protect your neighbour's homes, too.

Most people find themselves in need at some point in their lives. Maybe one day you may be the person with the ability to help and you may be the recipient of someone else's volunteer effort.

Adding your effort to the work of others makes everyone's lives better.



TV, games, social networks or traveling, volunteering, it's up to you! Don't sleep, be active!

Michaela Mihálová

Interesting places in Ankara

There are many places that you can visit in Ankara. The city offer a number of brilliant attractions whether you are alone or part of a large group. There are a few suggestions of what to do in Ankara. It can be wise to set in your mind what you want to do and see. Ankara has a number of really interesting experiences that you will remember for a long time.

HISTORICAL MONUMENTS



The Atatürk Mausoleum (Anıtkabir) is an impressive fusion of ancient and modern architectural ideas, which remains unsurpassed as an accomplishment of modern Turkish architecture. There is also a museum in the Mausoleum. I must say that it is the world's most impressive mausoleums that I ever seen. The mausoleum looks a lot like the Parthenon in Athens, with tall columns at its entrance. It's hard to not be impressed by this extravagant memorial.

Opening hours: 9 AM - 5 PM

Website: http://www.anitkabir.tsk.tr/index_eng.html

Address: Mebusevleri Mh., Anıtkabir

Kocatepe Mosque (Kocatepe Camii)



is modern mosque is the largest monument in Ankara and one of the largest mosques in the world. It is a prime example of modern Islamic architecture. When I saw it, my head continued to tilt backwards, my neck unable to go back any further and my jaw dropped in amazement. It was one of those special moments that caught me completely by surprise. The mosque is so big and beautiful. You must see it.

Address: KültürMh., BankacıSk

The Temple of Augustus (Ogüst Mabedi) in the old part of town in Ulus was built in 10 A.D.

The inscriptions are the primary surviving source of the text, since the original inscription on bronze pillars in front of the Mausoleum of Augustus in Rome has long been lost, and two other surviving inscriptions of the text are incomplete. The building was used as a church in the late Byzantine period and eventually in the 15th century when Turks were invaded Ankara a mosque named Hacı Bayram added to its northwest corner.

A Roman theatre (Roma Tiyatrosu) is alike many Anatolian ancient theatres. Ankara roman theatre's stairs were constructed by carving the bedrock and also filling with unhewn stones. There are two entrances for public through the orchestra (the place where the chorus sings and dances) either side of the scene building. Address: Merkez, Altındağ Merkez, Altındağ

The Ankara Citadel (Ankara Kalesi)



is in the oldest part of the city, surrounded by restored traditional Turkish houses. A climb to the top is well worth it for the incredible view over the city. It takes around 20 minute walk to reach the top of the castle. This is quite a unique place to visit. You can see the whole city. The sunset from this place is totally magical and the view of the city at night with stars above you is breathtaking.

Address: Kale Mh., Karaman Sk 3-35

A Roman bath (Roma Hamamı) is also in Ulus and has all the typical features of such complexes. I was thrilled to see these ruins, exactly the same as you see all over Rome. This is one of the baths built by Emperor Caracalla, but much smaller than the famous one. There are old wall foundations, intact brick arches, marble columns, bases,

capitals, sculptures, etc. Some are in remarkably good condition.

Address: İşeri Sokak No:2, Doğanbey Mahallesi

Column of Julian the Apostate (Julianus Sütunu) was erected in the 3rd century to honour the visit of Roman emperor Julian the Apostate.

Address: Hacı Bayram Mh., Telgraf Sk

Atakule Tower can be seen from anywhere in the city. It is one of the tallest structures of the city, with a shopping mall located under the tower. You can enjoy a bird's eye view of the city. The view of the city is extremely impressive. Website: <http://www.atakule.com.tr/tr/> Address: Çankaya Mh., Çankaya Cd 8

If you have time for museums, you can find many interesting there (for example: The Museum of Anatolian Civilizations, The Ethnography Museum, The Painting and Sculpture Museum, The Museum of the Republic, Çengelhan Rahmi M. Koç Museum, METU Science and Technology Museum).

ANOTHER INTERESTING PLACES

Genclik Park is park near Kızılay. I liked this park a lot! A good place to have some rest. You can rest at this old and silent park sitting at the benches or cafeterias when the weather is nice. There is a big lake and nice trees around.

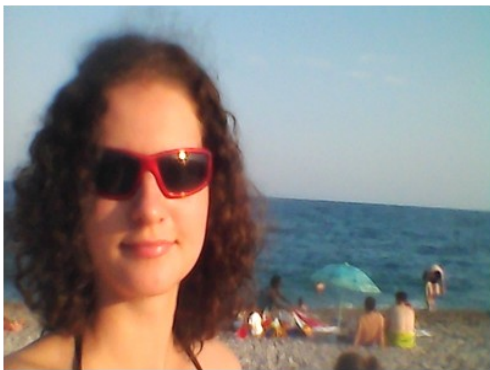
Atatürk Forest Farm and Zoo (Atatürk Orman Çiftliği)

Have a rest from the city in this picturesque recreational area with farm and zoo. Established by Atatürk as a private farm. Traditional produce for sale.

Address: Alparslan Türkeş Cad.

Volunteer at EVS: Join our journey

My name is Michaela. I am a volunteer in the organisation System and Generations for 2 months through EVS (European Voluntary Service).



I am from Slovakia. Moving out of Europe was a big step for me. I was excited and looking forward to it, but at the same time I had some concerns, mostly because this is my first experience of EVS.

When I came to Turkey, I saw many new things that fascinated me. I am still learning about the culture and traditions, which is a step in the journey into learning about multiculturalism.

When I arrived to Ankara, I experienced my first challenge. The bus from airport was meant to go to Kızılay, but it didn't due to some road closures. Despite the fact that bus driver didn't know English, he was so kind and we somehow understood each other and solved the problem. When I finally arrived to the organisation, there were very kind, friendly and open minded people. I received a very warm welcome by people of my hosting organization. I had a very smooth and good start into my EVS. I am overwhelmed by the hospitality and

the kindness of all people that I met there.



I am living in a flat. There is everything that I need. I am sharing the flat with Alex. She is a volunteer too. I am happy that I have her as flatmate, because she is awesome.

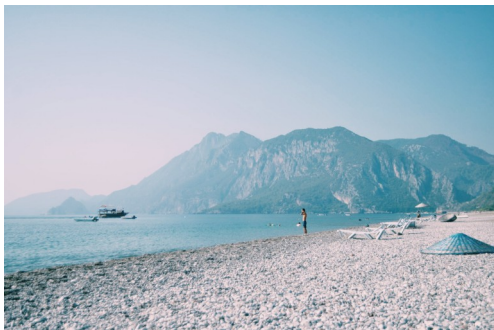


languages and we are also playing games with them.

Michaela Mihálová

EVS volunteers - Xenia and Anna Maria

What an experience! I did not plan to spend my summer in Turkey but this opportunity just came and after that everything was so spontaneous, new and interesting to me. When i told that i am a journalism and love to take pic-



tures straight away in the office i got a role of photojournalist, what was just perfect for me. I did not expect so busy 2 months of my life. I met so many people: volunteers, co-workers and just amazing turkish people during my Ramadan trip. We had 10 days of bayram vacation what we got to know only



when we arrived, somehow i met my people right before the travel, two super nice girls from Romania and Italy. That's how we finished our first month in Tur-

key. We visited Pamukkale, Izmir and Istanbul and everywhere we did couch-surfing what was the first time for me trying this option. It was so much fun and adventure, we just took our backpack and left Ankara for new experience. I will remember that trip for a long period, the people we met so hospitable, warm and kind to us, the food we tried and the views we saw...

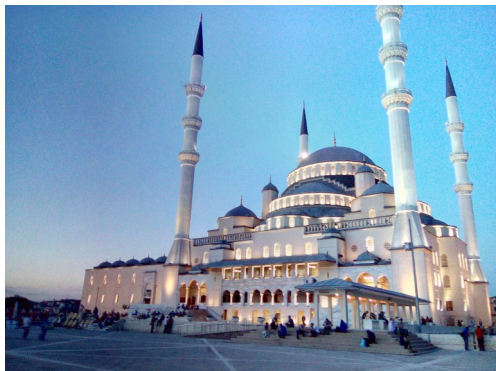
After coming back i was very busy with the youth center «Building bridges for refugee children». The second part of



my EVS was different, intensive and super excited. Mostly work with the kids, first time in my life trying myself as a handcraft teacher, meeting Syrian people and getting to know new culture, meeting Syrian people and getting to know new culture, traditions, food, dances. I feel like i want to come back soon and to be a part of those important things we did for the kids and for ourselves in the same time.

Xenia Haiducova

The night of the coup may be the night that will stay in my memory most vividly. It will be unfair, to a large extent, because, while it might have been the single most important event in Turkey's recent history and one that will shape the political arena for a long time, my life in Turkey has been much beyond the coup and its consequences. I could not say that I lived in Turkey if this was the most important event and it would not actually depict the way many people live in Turkey; from outside, what we see



about Turkey now is indeed the coup, its consequences, analysis of its causes, and the terrorist attacks, the last one only few days ago; but for someone who has lived there for two months, there is a different reality that exists, a reality made of moments, people, children. My reality has been made of days with the refugee children in the Keçiören school, parties with my Syrian friends, Turkish and Syrian food, a Ramadan trip, amazing experiences, even a car accident, so many people, calls for prayer, the mosque close to my house that has become my favorite place; there have been projects to write, Istanbul, the city I literally fell in love with. The night of the coup will be the one that will stay with me because of its intensity, be-

cause of the complexity of my emotions, because of its political importance even though it will not necessarily be the one that will have changed me inside.



These have been two full months, full of people, new experiences, new places, and there has also been the coup, we lived some weeks of its consequences while working with children from Syria who reminded us of the struggles they face in another country because of the war in theirs. My volunteering experience was not a linear one; it was a com-



plex intertwining of political events and of a country, people, faces, languages—mostly body language communication. All this cannot be synthesized into the description of one night.

Ana Maria Szilagyi

Being an Intern in S&G - Haithem and Momina

Haithem Khalfallah from Tunisia and Momina Shuja from Pakistan were our interns for almost two months.



They were from the AIESEC organization and they were representatives from the Pakistan and German offices. They helped us with the project writing and activity implementation.

We are very happy that we had them in our team!

Turkey, a hell of an experience!



If I'd have to describe my 6-week stay in Ankara, I'd say it's the most challenging and exciting period of my life. Despite the stressful political situation in the beginning, I've decided to stay in Turkey and accomplish the mission I came for which is being an intern at System & Generation. During my

internship with this organisation, I've gained a lot of experience on how to deal with daily problems and issues in a foreign environment. My internship also allowed me to get a deeper idea on project management, planning and time management, by developing a project, which is going to have the empowerment of youth in rural areas and the reduction of the gap between them and youth in urban areas as main goal. The project is going to take place in Turkey and 8-10 partner countries in Europe and will support youth mobility, cultural exchange and youth development, which are the main European Union's policies concerning youth. I've also been able to get some insights on the Turkish language by getting to know the basics, thanks to the lessons offered by S&G for all the foreign volunteers, and that turned to be very helpful in my daily life in Turkey.

I've also been part of the building bridges project, which is a weekend's school for the refugees' children, where volunteers would hold different sessions and lessons in order to prepare those kids for a healthy integration to public Turkish schools at the beginning of the new school year. I had the opportunity to teach those kids Arabic and maths and also spend some time with them playing games and talking about their dreams. That made me feel a lot of empathy vis à vis the refugees' crisis in the middle east and which important role individuals could have by trying to help those kids and build a brighter future for them.

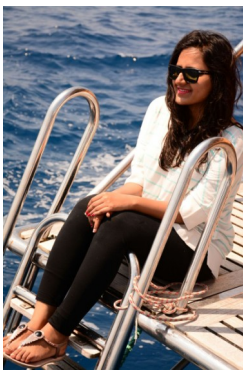
I was also very lucky to work in different international teams with different backgrounds, which allowed me to meet

many interesting people and this made my cultural experience even better. To sum up, my time in Turkey made me develop myself, not only professionally, but also personally, and this made me feel a special connexion with Ankara, a city which gave me a family and made me feel at home despite the short time I've spent there.

Haithem Khalfallah



When the plane took off in Turkey I had a lot of uncertainties regarding my Aiesec Exchange, people of Turkey, challenges that I was about to face at my work. I was nervous as it was my first international experience alone. But honestly, those were THE BEST forty days of my life. On my second day, Turkey passed another phase of their history i.e., the coup night. The way everyone dealt with it made me fall in love with this country. My experience in System and Generation had been very dynamic. We were actually working for some real cause and I could see many inspirations around me. From chairman (Gurkan Bay) to coordinator (Alex) to fellow Interns Haithem, Salim, James, everyone was there to help other person. My favorite day was when we all went to fal-



ling stars that was simply awesome. There had been many other interns belonging from different countries Bulgaria, Germany, Romania, and UK. We



all always tried to get along with each other and practice each other's language. Especially the slangs that they used in their country. And, we also had Turkish lessons every

week that was my favorite part of week. With this one internship I made friends all around the globe honestly. If I plan to go in any of those country I got no problem, I have friends over there who will welcome me with open arms. I know I will miss each and everything a lot.

I would like to add that it was not all work. I had free weekends, then I used to travel other cities of Turkey like Fethiye, Istanbul, Cappadocia, Pamukkale etc. The thing that I notice about this country is that it has every kind of beauty natural landscapes, people and their generosity, weather, food, music, recreation. It is just the best place to live in.

I am thankful to Aiesec, System and Generation for welcoming me and helping me live the best days of my life. We will meet soon again because I miss you all a lot.

Long live Turkey, Long live world peace!

Momina Shuja

Dialogue Between Neighbours project highlights

On 6th of August we opened the DBN Fest in Antalya. All participants from the Meeting my Neighbour Project were there and they presented their videos. Second part of Dialogue Between Neighbours project was held in Eskişehir.



For one more time the participants presented their videos, explaining us what is like to visit and interact with a refugee and to put yourself in their shoes for a while. The event was fully documented by the local media with television interviews and newspaper reports.



On 29th of August we finished the Dialogue Between Neighbours project. The event was held in Yunus Emre Cultural Center in Kecioren Municipality. After

the presentation of the videos our team gave presents to all the kids in the hall. The presents were donations from other organizations and people, wanting to help to the children. We want to tank to all the people who helped us during this project implementation.

The winner in our video contest Meeting My Neighbour shares her experience about the project.

This year I've attended "Meeting My Neighbour" video contest. It was one of the best decisions I've made. Not only because I won the first place but also I got to experience a lot of things. First of all to make my video I've visited a refugee family's house. And seeing their living conditions in person made me realize how lucky I am to be standing where I am right now. I get a good education, I have my own room, I can go to my warm bed during cold winter etc. And now I think all of these things are not for nothing. I believe I have to study hard and use my opportunities to help the others who does not have the same opportunities that I do. I believe this is least I can do. After the announcement of the winners of the contest there were three video festivals in three cities of Turkey, in Antalya, Eskişehir, Ankara. At those festivals meeting other winners and interacting with them was so nice. We had great time together. And there was a press release about the VideoFest in Eskişehir and being interviewed was such an honour. In Ankara at the festival there were Syrian refugee kids and we've spent our day with them. Seeing them in such a good mode made our days too. This competition since from the beginning was amazing. I've met new people and spend great time with them. I am so happy that I had a part in this competition I wouldn't change this experience to anything. I am thankful to System&Generation Association for the whole experience.

İlayda Gümüş

Gender in youth work project in Tirana

What did I learned?

In every place of world, people face with problems that caused by themselves. Most efficient way to solve these problems is involving to projects that we

**"Gender in Youth Work:
Perspectives,
challenges and
opportunities"**

(04-10 August 2016)

the awareness among youth workers and to create an environment that everyone can share their experiences, ideas freely.

My improvement throughout this project is unpredictable because I thought that we will just talk about what I already know. But, the seminar included different concept. For example, I learned that gender based issues is not just related with women. Men are part of it. The visitor from "Be a Man" club showed me that this club works with boys only and explains evilness of domestic violence to them. Beside this, I learned that other countries have similar problems as Turkey. According to my observations, we are not the only country that have gender based problems so seriously. Our trainer sometimes divided the group based on their nationalities and sometimes based on point of interest. In small groups, we did discussions. After that, we came with the result which will be shown in the presentation. Most of the time, I presented it and I noticed that I can talk in English without big hesitations. These presentations made us feel as a family and helped us to know each other.

Everyday in Tirana, we learned different

ideas, life styles, experiences, campaigns, problems that specific for some countries. Activities in first few days were depending on knowing each other, introducing countries, specifying the gender based issues. After learning the gender based issues for each country, we wrote



recommendations that bring small solution to the problems. According to my observations, every group had different styles through the recommendations, but trainer showed us which one can be a perfect one in the way that being formal and acceptable. Besides that, we had an activities to make the group together and harmonised. These activities helped me to understand every human have different perspectives and different life styles. In activity, our task was to make a plan about bridge and explaining it to the villager. The most important part was engineers (our group) cannot do the bridge, and they can just plan. This was really hard activity for me because activity forced me to test myself. At the end of the seminar, we had a most important task because we wrote our own Erasmus+ project which presented to whole group.

What makes everything learnable is having a great group to work with. I believe that I fitted into this group very wisely and carefully which makes the seminar more useful. I improved myself while learning new things. Beside, I make everyone learn about Turkey.

Ece Erenler

EvsmOTIONS in Serbia

Our volunteer Renata Argo went on a training course in Sajan, Serbia. Here she shares her experience.



We think that we know ourselves pretty well. We make self-sufficient decisions every day but sometimes, on the run towards being reasonable and logical, we forget to let our emotions out (or don't have courage to do so).

The training course "EvsmOTIONS" is a



second activity from a long term project "Volunteering goes Europe" that took place in Sajan, Serbia and that I had a privilege to participate in. The aim of the training course was to ensure quality standards within network of organizations working with European Voluntary Service (EVS). As for me, the biggest aims of the training were learning the ways of self-assessment,

developing emotional competencies and understanding the importance of emotional intelligence in professional and personal life.

Every day was devoted to a particular emotion that we had to work with: fear, anger, sadness, joy. We were experiencing those emotions from different angles, getting out of our comfort zones and letting our inner selves go. The most essential feeling that I've got being through the whole training course was safety. That was a space free from judgments, negativity, arguments and full of amicability, love, compassion and free hugs :)

Last, but not least, people. Being surrounded by so many amazing people from all over the Europe and our trainers left so much warmth in my heart for everyone.

Being a part of intercultural seminar/training/workshop etc. is one of the best feelings that you can experience. If you are ever given this chance – grab it! Squeeze it! Make the best of it!



Stay awesome.

Renata Argo

MIJARC

Rural youth coming together

We spent 10 days in Macedonia, representing System and Generation Association as a observer member of MIJARC Network.



It was good experience for us as a team to see how a network like MIJARC is



working and what is its structure. The topic of the Seminar was Youth Energy Powering the Future. The workshops included topics about Environmental issues and Social Injustice.



One of the best parts of the seminar was the celebration of the 20th birthday of MIJARC Europe!!!

It was an amazing experience and we are happy that we were part of it!

On the sunset it's all for you

Today is a fasting day like it was the day before and the same will be tomorrow for muslims people in the month of Ramadan. How lucky we are to see the happiness of these beautiful people and for real to be



happy and grateful with all of them. The youngest ones and adults they all have been patiently waiting from the sunrise all day with out any water and of course no food. Here is the time. We shared this amazing dinner all together smiling, laughing, taking pictures, eating delicious meal which was made specially for about 500 refugees children and their families who are now here with us celebrating the end of one more fasting day. This evening we spread and got back the best vibes with those who deserved: the nice view, the tasty food, good company, pleasant atmosphere, fireworks end peace. We set together when the sun was almost gone and after a pray we enjoyed all that was prepared for us with the help of EVS Volunteers at System and Generation Association. Exiting faces of the kids and volunteers as well what could be better this day. Many thanks to the mayor of Keçiören Municipality who helped a lot to make the day even more memorable and presented to the kids balloons as a symbol of freedom and peace.

Xenia Haiducova

MALTESE SPIRIT

Let me introduce a summer camp that included very kind and creative people. MIJARC, a youth association, realized a summer camp for youth people by the name of "Rising temperatures, rising

writing songs, designing logos, slogans, web sites etc. about the issue, and also many crazy youth activities... Alongside environment, this project was oriented to also supporting to look the other perspectives, intercultural coalescence between of the youth, creating, creating and creating. This project, especially gave me a sense like "yes, i, i tried to do something for the world, i am beneficial a bit".

The most important thing is you could find opportunity to explore your talents that stayed hidden normally. In the pace of life, any of us doesn't find any time for thinking about what i want to



voices" and the issue was the most useful topic i have ever hearded. It was about creating awareness related to global warming and trying to say "stop!" to this trouble, protecting environment and waken people up before we die



from hot, pollution and laxness of the people. But this kind of projects aim to teach somethings by the funniest way in the same time. So it was not just

like a seminar, there were a lot of energizers, didactic and creating awareness games, theatre actions about environment, exciting flash mobs,

do? What i want to be exactly? What is my life goal? Which area am i inclined? Maybe they're the most important questions but life is wafting us to think our country's situtation, family or friendship problems, our future etc... We even don't know ourself in the real mean.

So when i move away, i could have a chance for thinking,observing and understanding something in this project.

I also awared of my country's positive and negative aspects by learning knowledges about the other countries and i was shocked with unrelated resemblance between of us. We also introduced our country and in my opinion, everybody must to live honour of representing their country.

And guess, where was the project? In the heaven... I mean, in Malta, Gozo Island J it's an incredible place where the most popular series was recorded as "Game of Thrones". Malta was host also legend movies like Gladiator, Popeye, Troy, The Da Vinci Code etc..!



We were feeling very independence and sometimes, just walking around and feeling wind on our face or just a colorful popcorn was enough to make us happy. Arrival day was my birthday and i lived really unforgettable birthday! So i owe System&Generation Association a debt of gratitude.

Nilüfer Ayhan

JOIN our Conversation club

Did you missed us?

English conversation club in S&G is BACK!!! Join us every wednesday 17:30

Like our facebook page

English Conversation Club in S&G

@ConversationClubSG



We are back!

Join our organization



system & generation

www.facebook.com/systemgeneration