

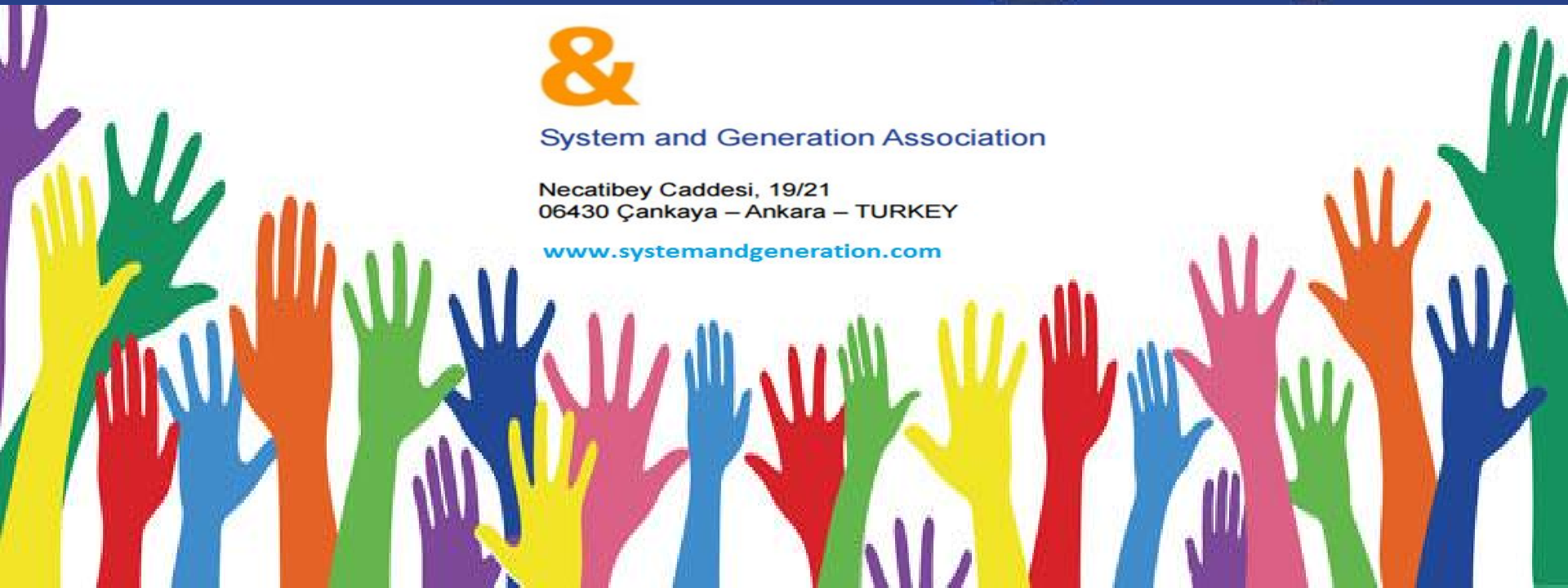
YouTHelegraph



System and Generation Association

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A horizontal banner with a purple background featuring a bokeh effect of out-of-focus light circles in various shades of purple and pink.

VOLUNTEERS

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PROJECTS

A horizontal banner with an orange background featuring a bokeh effect of out-of-focus light circles in various shades of orange and yellow.

ACTIVITIES



Turkey

Turkish menu

Breakfast

Preparation:

In a medium non-stick or cast iron skillet, heat olive oil over low heat until barely warm. Add paprika, oregano, onion, and peppers. Season with salt and a very generous amount of black pepper. Cook, stirring frequently, until very soft, about 8 minutes. Add tomatoes and continue to cook, stirring frequently, until deepened in color. Remove half of mixture and reserve.

Return pan to heat and add eggs. Season with salt and pepper. Cook, stirring frequently, until just barely set. Immediately remove from heat and gently fold in reserved vegetable mixture. Sprinkle with chives, if using, and serve immediately

Lunch

Preparation: Wash and drain the basmati rice. Place in a heavy pot with a tight fitting lid. Add the boiling water and saffron, bring it to a slow simmer, and turn down the heat to its lowest setting. Cover the pot with a tight fitting lid, or seal it with aluminum foil. Steam the rice for 15 minutes. Turn off the heat and let it sit for an additional 5 minutes. Open the lid, or foil, and fluff up the rice with a fork. To make the rajmah, heat the oil in a heavy based pot and add the diced onions. Fry over a medium high heat, until the onions are soft and start going golden around the edges. 7 to 8 minutes. Add the garlic, ginger and chiles, and fry together until fragrant, another minute. Add the crushed tomatoes, ground coriander, cumin, garam masala and amchur, if using. Season with a little salt. Turn down the heat and cook, stirring every so often until the masala starts reducing, comes together in a sticky mass and the oil starts separating from it, 7 to 10 minutes. Add the kidney beans and the stock. Simmer for a few more minutes, until the beans are heated through. Add a little more hot water if the sauce is too thick. Stir in the reserved garam masala and cilantro, taste, and adjust seasonings with salt and pepper if needed. Top with julienned ginger strips (if using) just before serving.

Dinner

Lentil soup

İmam Bayıldı

Şalgam

Mediterranean Salad

Rice pudding

Menemen

3 tablespoons extra-virgin olive oil

1/2 teaspoon hot paprika

1/4 teaspoon dried oregano

1 small onion, finely diced

3/4 cup finely diced shishito,

padrón, or Chinese green long pepper

Kosher salt and freshly ground black pepper

1/2 cup chopped fresh ripe peeled tomatoes

4 eggs, lightly beaten

Minced fresh chives, for garnish

Kidney bean, Shepherd salad, ayran

2 cups basmati rice

3 cups boiling water

Generous pinch of saffron

2-3 tablespoons neutral cooking oil

1 medium onion

3 cloves garlic, crushed

1-inch piece ginger, peeled and grated

1-2 green bird's eye chile(s), finely chopped

1 1/2 cups crushed tomatoes

1 tablespoon ground coriander

1 tablespoon ground cumin

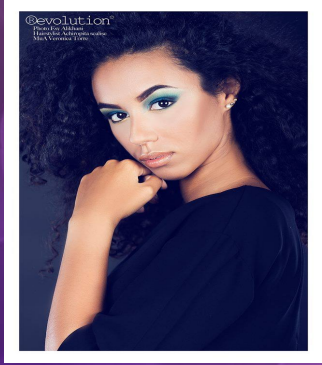
1 1/2 teaspoons garam masala

1/2 teaspoon amchur

Salt and fresh ground pepper, to taste

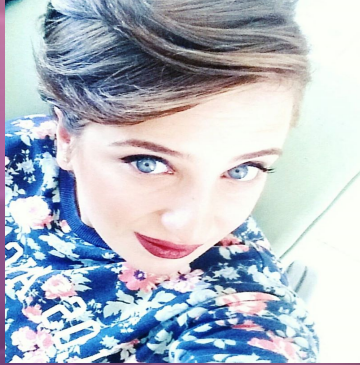
Fresh cilantro, chopped, to garnish





Sara El Hajouli

Sara is twenty-two years old. volunteer in System and Generations (S&G) and she will stay in Ankara for two months. she come from Italy but his origins are from Moroccan.



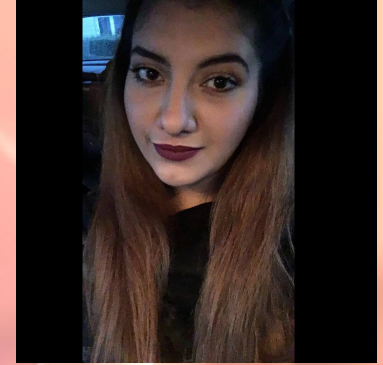
Nini Shilakadze

Nini is from Georgia, 23 years old. Currently student at Ilia state University (MBA of Finance and Banking), she will stay in Ankara for two months.



Aleksander Ivanov

Alexander is from Bulgaria. He is 27 years old and currently studying MA Business Informational Systems.



BÜsra Irem Köylü

Irem is from Munich, Germany. She is 22 years old and is studying psychology.

MY ITALY

My name is Sara and I'm 22 years old. I'm a volunteer in S&G and I will stay in Ankara for two months for my EVS. I come from Italy but my origins are Moroccan. I decided to come to Turkey because is a country that I have always wanted to see. I have Turkish friends and I want to help as many people as possible by increasing my personal experiences.

Italy is a beautiful country, it's also called "Belpaese" meaning "beautiful country". You can find beautiful landscapes, people and food as well as an important historical and cultural past.

I love this country because I'm Italian. I was born here And it's my home. Bologna is the capital of Emilia Romagna Region in Italy. It's the city where I study Political Science, specifically Development and International Cooperation. This city is very special for me because it's multicultural, it's a city for young people from all the world with many events and an interesting historical past.



Bologna has seven secrets: one of them is the Intersection in Palazzo del Podestà. This secret was created in the Middle ages so lepers could make confessions. A small crossroad under the Arengo Tower of Palazzo of Podesta transmits sound from one corner to another. You can stand and speak quietly into one of the corners while the person in the corner diagonally from you can hear you.



Another segret is the "Little Venice". There is a full network of underground canals and tunnels below Bologna that were constructed during the Middle ages, similar to the ones in Venice. In Via Piella there's a small window that you can open for see the Canale delle Moline. It's called "Little Venice" because it's the most beautiful resembles canals of Venice.

MY ITALY

The University of Bologna (Unibo – Alma Mater Studiorum) was founded in 1088 and it's the first university and the oldest in Europe. You can find a lot of people who attend the university. The university is a multicultural environment. It has thirty-three departments and eleven schools and other campus in Emilia Romagna Region.

Modena is my city because I was born here. In this city I have my family and my friends.

In the city you can find the Cathedral of Modena, the Torre della Ghirlandina and Piazza Grande and they are Unesco World Heritage Site. You can also find Military Academy and Ducal Palace.



Modena is famous for automotive industry and sport cars like Ferrari, Lamborghini, Maserati and Pagani.

It's also famous for wine called Lambrusco and balsamic Vinegar.



The University of Modena and Reggio Emilia (UNIMORE) is the second oldest athenaeum in Italy and hosts students from all over Italy. It's divided into 14 Departments.

Sara El Hajouli



ABOUT NINI:

I am Nini Shilakadze from Georgia, currently student with Ilia state University (MBA of Finance and Banking), it's my second year in uni. I am an active, mobilized, goal-oriented student, who knows what she wants and how to achieve the goals in life. but i will tell a few words about my personality, I am active person who loves people, I always try to help others and be more communicative. There are many reasons why I Decided to come to Turkey. First of all, I will have a chance to meet people from all around the world, share ideas, introduce the Georgian culture to others and get more knowledge about cultural differences. Moreover, to be a volunteer in Turkey will give me the chance to help



people. It will be big experience in my life, I always was interested in meeting new culture. Turkey have wide culture which I admire. Also, this exchange program will increase my self-confidence, independence, as I will have to live on my own. Additionally, I will improve my English verbal and writing skills. Therefore this experience will be utterly beneficial for me.

When i decided to be a volunteer in Turkey. I was dismayed that I won't like it, but then I met the people and everything had changed immediately. Everyone is very kind and friendly. They look after you, you can ask everything because everyone is ready to help you. I already fell in love with Turkey. I have huge expectations from this project!



ALEKSANDER IVANOV

Hello everyone! I am Alexander and I am from Bulgaria. I am 27 years old , I graduated BA in Political science and I am currently studying Business Informational Systems as MA.

My interests are politics, media, sports and my hobbies are watching soccer and playing online competitive games and watch documentary movies about pretty much anything.



Well shortly said I had some spare free time because I was currently unemployed (I was only working for political organisation due to the elections that were running in my country) and I decided to fill my 2-3 months until my school starts with an voluntary program. And on top of that I have an ex-coleague from university as a coordinator which made my decision even quicker.

My expectations are at first to meet some new cool fresh faces and to socialize with them , even why not to create a long term friendships. To taste a little bit more of the Turkish culture and traditions and to do some work for charity. I believe this project can re-energize me with positive energy because I firmly believe that when you help someone without wanting anything in return you help yourself even more.

And after I successfully finish my project I will go back to my country and continue doing my day to day duties in studies with easy hand thanks to that energy that I have got from this honourable work that I have did.







As part of the Anna Lindh Foundation, between 23-25 October, S&G will represent all organizations from Turkey on the Mediterranean Forum 2016 in Valletta, Malta.

Mr.G.Akçaer is going to do a presentation about the project entitled "Imagine: Migrants Journey" at the Medina2 Networking Session.

The Mediterranean Forum of the Anna Lindh Foundation is the region's largest civil society gathering and most influential event of its kind for intercultural dialogue.



The Forum connects a unique regional network of practitioners, policy-makers, media and international donors, united to create together real and lasting change in the face of the region's most pressing problems.

The Mediterranean Forum 2016 will address 10 strategic priorities:

1. #BeyondExtremism
2. #InterculturalCite
3. #RethinkingLearning
4. #ExchangePlus
5. #CreativeEnterprise
6. #MigrantsConnect
7. #YouthCan
8. #MediaDialogue
9. #WomenInActio
10. #ArtsAcrossBorders

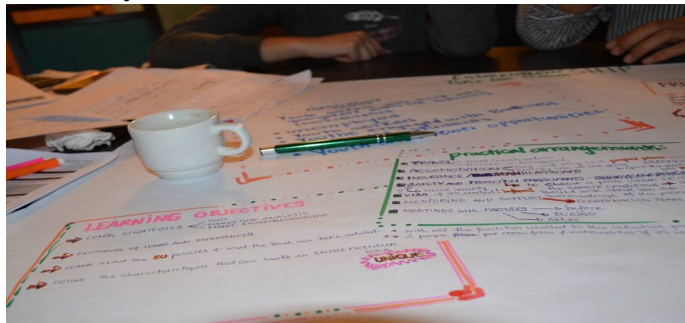


Upgrade Youth Work

"Upgrade Youth Work" was a Partnership Building Activity held in Iasi (Romania) from October 25th to November the 2nd.



The mobility was addressed to 30 and more youth workers from Romania, Bulgaria, Czech Republic, Cyprus, Denmark, France, Greece, Italy, Macedonia, Poland, Portugal and Turkey.



S&G on this PBA was represented from our Program Coordinator Bledi Cami and the member from S&G Conversation Club Evren Ermin.

Through a set of non formal and informal activities such as debates, workshops, presentations and self reflection exercises, participants have gained essential knowledge on project management, namely how to develop a project from the A to the Z.

Knowledge's have been delivered by the extremely professional staff of Kasta Morrely and EuroDEMOS NGOs.

The mobility also offered the chance to establish new cooperative ties for projects that will be organised in the next months, as well as to meet a lot of nice and unforgettable friends from all over the Europe.

Be Healthy, Be Happy

Six of our junior club member have joined a Project called "Be Healthy, Be Happy" in Obzor, Bulgaria for ten days in September. The project aimed to have the awareness of 'What is healthy life?' 'How we get healthy?' even include sessions with doctors.

In this project, the Turkish Team had lots of activities such as presenting Turkish National dances in a folk festival which was a really big and international, showing their Turkish healthy food menu with Greeks, Romanians, Bulgarians and Macedonians.

The participants shares their experiences:

"In Obzor, Bulgaria we had the morning yoga, the foreign friends with who we were together the whole day, three times healthy menus, sport, dance and more activities for nine days. The most important aim of the project was explaining our culture, habits to the other nationalities people. We did it with preparing our healthy Turkish menu, showing some tastes and being a part of a really big international folk festival."

İdil Sivaslı



SHORT TERM EVS IN SLOVENIA REPORT

The project dates were 22nd of June until 2nd of August. In the project there were 24 Young Participants from 6 different countries. The project included different activities such as: Cultural Nights, Comedy Night, Fitness in Nature, Slovenian Language Lessons, Different activities at Swimming Pool, Meeting with previous EVS Volunteers from all around Slovenia, Activities with people with disabilities, Village Games, Excursions and trips to different countries, Dance lessons, Yoga & Meditation sessions and Sports.

"I can say being an EVS volunteer was not only living in another country and meeting new people, but it was also a spiritual journey to find out who I am."



Our organizers were very supporting, helpful and fun people. We had cultural nights for every participant country. Those nights were instructive, informative and interesting.

I arranged "Pakistani Cultural Night". As Pakistan is not a part of EU but still our organizers were very kind and happy to attend the night and I cooked some Pakistani food for them.

I learnt some basic information about Spain, Italy, Bulgaria, Macedonia, Finland and of course Slovenia.

Our volunteering project was about organizing sports event for community.

We created three groups for different places and ages. I was in the group of 'Fitness in Nature'. We organized children Games, Plates, Yoga and Water Games. We also showed our cultural Turkish games which we played when we were children.

On our own initiate we organized some trips to neighboring countries Croatia (Zagreb, Krk, Plitvice), Hungary (Budapest), Austria (Vienna).

In last weeks my friends from Netherlands came and with their car we went to Italy (Trieste, Venice). And In Slovenia I had a chance to visit (Ljubljana, Bled, Maribor, Koper, Sevnica and Brestanica)

Participatory video in Macedonia

Some people think switching flats, cities, friends or countries take some time to adapt. Differences between lifestyles, daily habits etc...Especially if you are coming from a big city to smaller one. Like me! I am from Turkey. Macedonia, especially Skopje, presents me new experiences, festivals, new people, thoughts, history, cafes, pubs, art, a new culture and many things more. I am new in this town but I had some fruitiness experiences till today. Here, I would like to share my new experiences with you every month :)

First week, we started to discover the city with the most well-known monuments, historical places and cafes & pubs which are generally located near the river Vardar. Exploring the streets, shortcuts, new tastes and friendships, getting lost in the art exhibitions, festivals, going out with friends are definitely amazing. We dedicate ourselves to the city and our projects so we can enjoy every single second in Skopje :) This month we hiked to Vodno and Matka which was a really wonderful experience. We visited the VinoSkop and White Night performances. Except these local to do's we had fun with other events.

Our first adventure was hiking from Vodno to Matka. We must confess that it was such a perfect, adventurous, eventful hike. However, it was also a bit longer than we thought :) This tour was a combination of some of the most famous landmarks around Skopje. For example the Millenium Cross on the top of Vodno Mountain and the natural reserve of the Matka Canyon. In a different way – we did our hike through the woods of Mount Vodno with a fantastic view over Skopje valley and Matka Canyon



Participatory video in Macedonia

We had our lunch with local people in a XIV century monastery yard that can be reached only by foot. From our starting point -Vodno, Skopje (576 m)- to the our first break point -Millennium Cross (1.066 m)- the hike took approximately 1 hour 40 minutes. From this point we started trekking mostly on the ridge of Vodno through the woods to the old bunkers -which are left from the Yugoslav army-. Our last destination was the monastery of Nikola Shishevski.

It took 4 hours to arrive there. Luckily, the weather was pretty good therefore we enjoyed the amazing view over the city and had much fun with thanks to our selfie stick :) At the end of our hiking, we arrived at Matka and OMG! The atmosphere was full of fresh air and the view was like an incredible postcard.

The hiking tour got better and better by every step we took. When we reached out the lakeside, we rang a bell which hanged on a tree so that a boatman could come to pick us up. Because there is no pedestrian way to cross the lake. It was a very enjoyable and adventurous trip till here but we were a bit exhausted. Therefore we decided to do the Canyon Tour the next time ;) When we arrived at our accommodation ups! We don't remember much actually after we met our beds :)



Participatory video in Macedonia



Just a few days after our exclusive hiking we pleased to attend VinoSkop! Lightings of the monuments and buildings were like a visual feast. The atmosphere was as impressive as like the Macedonian Wines. Indeed the different wines were the stars of the night as expected. We enjoyed the delicious wines, danced all together and had really much fun during the festival. Some people who didn't come to Macedonia before or stayed here for awhile are saying that Skopje is a small city, so there are no many options to have fun except some specific choices. This month - our first month- disproved their thesis and we are so glad to be here ;)

Tugce Tezdiyar

ACTIVITIES

VISITING REFUGEE FAMILIES

With the help of our volunteers we visited refugee families in their homes.

Their hospitality touched us so much! We are grateful and happy that we can help those people.



We went to the families carrying small gifts, milk and books for the children. We spent there just a couple of hours because we made an amazing connection with them.

There is no language barrier when you speak with your heart and smile. If you want to join our activities and help refugee families, you are welcome to join us!



TIME TO MOVE

As a representative of Eurodesk in Turkey, S&G participated in the Time To Move initiative, by creating our own event. With the great help of Ankara Atatürk Lisesi High School for couple of hours we created an amazing event.

The day started with presentation of the Dialogue Between Neighbours project videos. The winner are from the AAL High School and they received their certificate of participation.

After that our volunteers and the students created Intercultural Corner for the foreign countries. There was Slovakia, Morocco, Bulgaria, Ukraine, Romania, Italy, Serbia, England, Pakistan, Canada, Denmark and Libya.



We had different promotional materials from the embassies of our volunteers like brochures, flags and magnets.

The best part of the event was the traditional food that our volunteers prepared. The tables were full with memories, souvenirs, pictures and more traditional food. Meanwhile the actual Time To Move action was Happening. The school yard was full of students playing basketball, volleyball and dodgeball.



Jazz festival

Exhibitions, concerts, exploring more, travelling, workshops, sport and enjoying the every moments are my headings for this month -october.

At the beginning of the month, Skopje was all in art with exhibitions and 35. Jazz festival. I visited the American Pop-Art exhibition first which was breathtaking, at first i didn't have the ticket for the jazz fest because it was an uphill struggle to find even just one but luckily i found one in the last moment and i listened and enjoyed with jazz. In the meantime, i kept walking around on the streets to discover the city more and a bit deeper and it was worth to become tired after the long days. Now i know better place to chill with my friends/alone. I went to some high schools for workshops which are about our activities here and definition of EVS, why we are here, what we are doing here etc.

And finally after 2 months i travelled to Ohrid as a motivation for myself in the office and in my daily life.

It was pretty nice and lovely but the city is very small and like a big town, not a city -in my opinion.

But i had fun of course. At least i was out of Skopje after weeks. We - office crew- set a day to meet and do some sport in the park. It was very nice as well.

I have been doing well here so far. I don't have a real problem in the office or in the flat. So everything is okay for now.



Kindly, Tugce

Express your opinion:



Nini: *This is a place where you can discover yourself, and feel real love from everyone!*

Sara: *I decide to be a volunteer because I want to make a positive impact in people's lives. I felt the need to get up and something for others people!*

Alexander: *I'm here to work for good cause because working for charity refills you with positive energy!*