



CUKUROVA
UNIVERSITY

CU SoFL

M A G A Z I N E O N L I N E



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A WORD FROM THE DIRECTOR

Peace: that the world craves for, that every one of us wishes to have, that, paradoxically, a lot of battles are fought for, and that a lot of struggle and efforts are made for, and yet so allusive, every time we think we have got, it slips through our fingers just like fine sand granules. The great founder of the Republic of Turkey, Mustafa Kemal Atatürk, once said: peace at home, peace in the world. With this, the great leader expressed the need for a collective peace, first to begin at home, that is in us, and then to permeate the world, the outer self. Long ago, Islam embraced the word as its core. The most prevalent phrase that comes out of the mouths of pious Muslims when they greet each other is peace be upon thee. And, if everyone leads a peaceful life, we would be able to shed all the demons out of our internal selves, not least they would not find a shred of conducive life to even hang on to, and the world, with all its flora and fauna, would probably be a paradise for us all. Peace be upon humanity...

Prof. Dr. Yonca ÖZKAN

Director

Institutional News in Brief

Group Exhibition Titled "Typographic Quotes - Aphorisms" Opened at SoFL

15 June 2022

Group exhibition titled "*Aphorisms*", hosted by Cukurova University (ÇÜ) School of Foreign Languages was opened by Rector Prof. Dr. Meryem TUNCEL. Rector Prof. Dr. Meryem TUNCEL, Vice Rector Prof. Dr. Neslihan BOYAN, YADYO Director Prof. Dr. Yonca ÖZKAN, Secretary General Dr. Mehmet CINGÖZ, academic and administrative staff and students attended the opening of the exhibition in the corridors of the School of Foreign Languages.

Rector Prof. Dr. TUNCEL Opened the Exhibition

Works by Cemre NUMANOĞLU, Dilan KARADAŞ, Doruk DEMIRAY, Feyza Nur BÜYÜKERYILMAZ, Furkan ŞAHAN, Gizem DENİZÖĞLU, Özge YILMAZ and Onur BEBEK were displayed in the exhibition curated by Prof. Dr. Yonca ÖZKAN and Assoc. Sevgi ARI.

Prof. Dr. TUNCEL: "Art Makes Every Environment Beautiful"

After cutting the opening ribbon, Rector Prof. Dr. Meryem TUNCEL and her companions toured the exhibition. Examining the works in the exhibition carefully, Prof. Dr. TUNCEL received information about the exhibition from Prof. Dr. Yonca ÖZKAN. Expressing that every branch of art beautifies all areas of life, Prof. Dr. TUNCEL said, "I would like to thank our professors for their contributions and hope that such activities and studies will increasingly continue within our university. Congratulations to everyone involved."

After visiting the exhibition, a mini concert was also presented.



Why *CU SoFL MAGAZINE*?

AIMS AND SCOPE

We wanted to create an online magazine for the School of Foreign Languages at Cukurova University to share experiences, to communicate, to network, to find useful tips for teaching and learning English.

Aims:

- to create a digital environment for English learners and instructors at schools of foreign languages where they can share their knowledge, experiences, achievements, and useful tips for colleagues and students.
- to create an online magazine for talented prep year students who would like to develop their personal and academic skills.
- to invite both teachers and students for brainstorming about the challenges and achievements at preparatory schools.
- to engage more students into creative projects and organize contests, podcasts and vcasts, video materials.
- to publish the interviews/essays/reflections of English instructors and learners from different cities in Turkey (also foreign instructors teaching in Turkey)
- to create a dynamic community, new bridges and exchanges among schools of foreign languages, departments and institutions at Cukurova University and other universities to create a new community based on common personal and professional development goals.

Submission Guidelines:

- The submission should be made as a word document.
- The submission should be in standard 12-point font, Times New Roman.
- The submission should include your name and affiliation, and a title for your work.
- The submission should include a brief biodata in a word document and a photo for each author if possible.

MESSAGES FROM SoFL TEAM

Dear students,

Our online magazine is open for you all. We accept all your creative written works such as news, memories, stories, letters, book or film reviews, poems, songs, scenarios, interview reports, etc. You are all welcome to send us any creative work of yours at any time during the academic year. You can even work collaboratively with your classmates or friends in other classes in our school. We would like to publish your creative works regularly.

We will have prompts or themes from time to time for the students who need some kind of inspiration but you can touch upon different kinds of issues that can grab the attention of your readers. You can also send your reaction letters to the written works for each issue. We will be happy to read and share them in the following issues.

Why should you write for this magazine?

- It can be an opportunity for you to improve your writing skills and share your creative skills and ideas with others on a platform.
- It can be an opportunity for you to realize your boundaries and maybe go beyond your limits through these writing experiences.
- It helps you to explore yourself and find your self-voice as a language learner and writer.

Dear Colleagues,

We are all looking forward to your contributions to our online magazine. It would be a great opportunity for our readers to benefit from your ideas and experiences. Let's create an inspiring space for each other!

Contact Info:

For all your questions, send an email to cusoflmagazine@gmail.com

Organizing Team:

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The theme of the third issue:

“PEACE”

Biodata

Agnieszka BOJARCZUK-TUNCER - graduated from Faculty of Educational Studies Adam Mickiewicz University in Poznan, Poland; completed two bachelor degrees: one from ELT, second from special pedagogy, and master degree in education and pedagogical therapy; author of publications in the field of linguistic education of children learning foreign languages, adaptations for children with special and diverse educational needs, and bilingualism. She is working as a lecturer at Cukurova University, YADYO. Currently working on a doctoral dissertation in the field of social studies, discipline pedagogy, at AMU in Poznan, Poland.

THE VALUE OF COMMUNICATION – JOIN THE YADYO SPEAKING CLUB

It is important to underline the value of communication and conversation as an indispensable component of life. Without a shadow of doubt, talking and exploring, comparing and confronting each other's ideas can improve interpersonal relationships, future professional career, shape creativity, empathy and can strongly affect the development of social skills.

Conversations about social changes and the nuances of social life, about the phenomena that affect young people and each of us every day, give the opportunity to broaden one's horizons, acquire new ideas about the world and revisit the old ones, which can be beneficial in development of every area of life.

Expressing an opinion in your own language is one side of the coin. However, speaking in a foreign language and acquiring such a wealth of vocabulary, fluency and grammatical accuracy for formulating one's emotions, thoughts and opinions is a treasure that is extremely important in the era of global changes in the world. The widespread manipulation of information in the new media and social media makes it necessary to reach for other sources, international sources, in order to confront and compare the available information, to try to find the truth about specific events, issues or situations. The ability of discussing, asking questions, formulating answers, expressing one's emotions, experiences or thoughts on difficult topics can be a challenge, but necessary to develop not only oneself, one's linguistic awareness, but also to acquire the basic principles of cooperation and coexistence with people from different backgrounds, with different life experiences, different views, different cultures, in order to maintain peace, build trust and help to solve conflicts.

The initiative of the Yadyo Speaking Club is the opportunity for students to learn the art of conversation in a non-stressful environment using English as a tool. The development of English-language competences such as speaking and listening comprehension, and expanding the vocabulary, is possible while discussing important social, moral, ethical and educational topics, based on observation of the environment and emerging phenomena, or aimed at a better understanding of oneself and one's behavior.

The university is the right time to ask questions, to listen, to formulate statements and answers and seek them. Using that opportunity to do both, to learn the art of conversation in a diplomatic and socially approved way, but also to develop speaking skills in a foreign language about various topics can influence linguistic skills and awareness in both first and second language.

Agnieszka BOJARCZUK-TUNCER
Lecturer

Biodata

Ali AVŞAR, who is a lecturer at YADYO, Cukurova University, will most probably be dead by 2040. He will continue to do great things until then, and will excel himself in many ways. He likes learning, thinking, and learning again.

ACTIVELY PEACEFUL?

At a personal level, being peaceful, or being at peace is not about being static. If we use a metaphor, it is not like a lake. Rather, it is mostly an active state of mind, based on an active body. A peaceful person is part of life. They always take responsibilities, try to achieve things, interact with others, and learn new things every day.

I think it was Hegel who said it: freedom is the knowledge of necessity. A free person knows the world, has the knowledge of life, and acts accordingly. Knowing something makes you free because with this knowledge, you know how to use it effectively. This means that education is important. I know it is a cliché thing to say this, but think about it like this: from your family, you get to know about yourself and other people, and at school, you get to know about the academic knowledge and skills. So, the purpose of education is, in fact, to make the person free. So, why is this related to our topic of being peaceful? Because with knowledge and freedom, you become happy and peaceful, and this is a very active process, which includes lots of trials, failures, trials again, and getting to know the world better and getting more skillful at the things which are a necessity of nature. So, peace is knowing and doing! Don't listen to people who say you do not need to think so deeply, or you do not need to do this or that. No, these are the things that will make us peaceful.

So, please today, do something you want to do, think about what you learned and know after you have done it, and do newer things.

Ali AVŞAR
Lecturer

Biodata

Cemile BUĞRA is a lecturer at CU SoFL. She has been teaching prep classes for almost 11 years. She holds a BA and MA degree in ELT. Currently, she is going on her PhD studies on teacher identity construction processes. Her main interests are teacher education and professional development. She is also interested in doing academic research and projects. She has some publications mostly about teacher research, collaborative action research, and exploratory research.

DO WE REALLY WANT PEACE?

Almost all human beings have gone through some tough processes during some period of their lives. Life is full of surprises and unexpected situations, which may affect humans' moods easily as most of them are emotionally driven beings. From time to time, people can find themselves in the middle of chaos or in the middle of nowhere at the end of a day that starts well. Especially, this happens to them when they feel weak and sensitive. At those times, they lose their sense of direction and feel lost no matter what the case is. What they need most at those moments is a bit of peace of mind and just a glimmer of hope maybe to be able to get out of that darkness; but how is it possible? Is it that easy? What makes it within the realm of possibilities? Are our eyes open to see them? Do our hearts have the capacity to accept them? Or do our minds have lots of excuses? Now, it is time to question ourselves!

One of the main problems to be discussed here is that people do not want to take any responsibilities in their life although they have lots of needs, dreams, plans, and expectations. When people do not take responsibility for their own life, they feel disappointed most of the time since their expectations have not been met by others, life or itself. What most people do is blaming others and victimizing themselves in these conditions. We all witness these profiles in our daily lives or sometimes we realize this issue in some part of our being, deep inside of us. This is unfortunately a reality of human nature whether we accept it or not. However, we will be able to realize it if we can be honest with ourselves. It is said that this requires a higher level of consciousness but I believe that if we are open-minded and let life do its work, it is always possible.

As a solution, knowing and finding ourselves is a vital key to peace of mind. If people can identify their strengths and weaknesses, they can easily help themselves in many ways. Being yourself and finding the ways of reaching your true self is highly essential in terms of actualizing your authentic inner being. Creating your self-identity without being judgmental of yourself and minding your own business rather than internalizing external factors or others' realities could be the best way to deal with this matter. Furthermore, focusing on the solutions rather than the problems is another point that should be taken into consideration during this self-actualization process. However, people should be careful about their minds, which could be the most fertile or poisonous place to cultivate a seed, where new blossoms of happiness or agony can grow up all of a sudden. We can easily be deceived by our minds as there are lots of tricks of our minds. In our age, modern people have really busy minds which are full

instead of being mindful. People cannot seize the moment. They are living either in the past or future while missing the present moment. To be able to overcome this, they need a silent mind over the matter so that they can make healthy and reasonable decisions. People may benefit from lots of practices such as mindfulness practices, breathing exercises, meditation, or some physical activities like doing sports or dancing. These are just some humble suggestions but there are many more alternatives based on personal needs and aims.

To sum it up, life is too short to suffer from those mind traps and dramas. We should always feed our mind and soul with what we need most and that is definitely PEACE. We will reap what we sow in the end. Let's all inspire the world for PEACE and get some inspiration from the world for the sake of PEACE.

Cemile BUĞRA

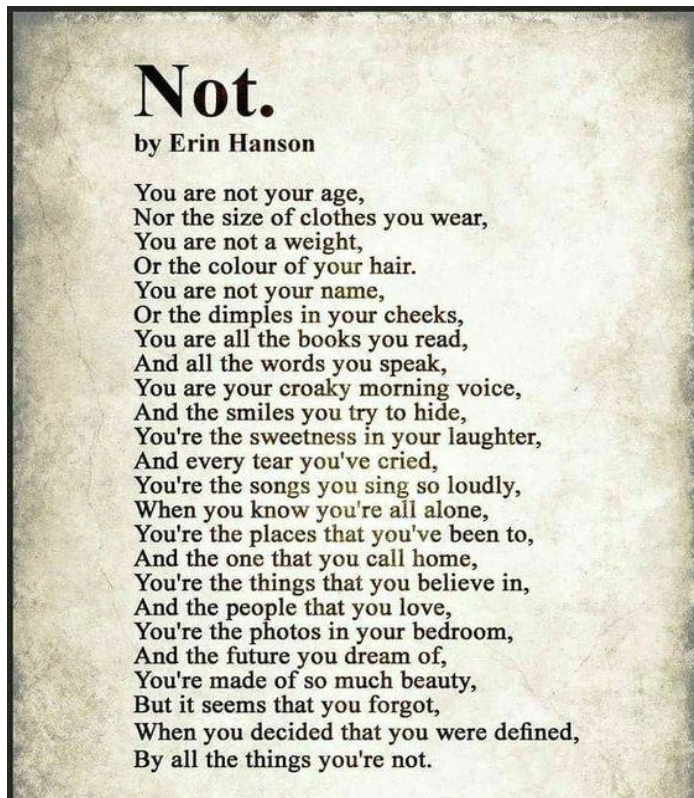
Lecturer

Biodata

Emine DEMİR is an EFL instructor at SoFL, Cukurova University, Adana. She graduated from Gazi University in 2018 and completed her master's degree at Cukurova University in 2021. Her research interests are teaching English in a digital era, professional development of EFL teachers and developing digital tools for distance online education.

ALBEIT THE NOTS

Sometimes, our fears, overburdened lives, repressed anger, and stress on our tiptoes that are secretly cultivated inside drive us into somewhere we have not perfectly targeted, amidst life's flux. At that time, will we remain weighed down by all those things masked by darkness? I think it is easy to abandon ourselves first to despair. Nevertheless, a peaceful mindset has the power to completely clean all our misty windows. The mind is like a room crammed with countless stuff. When you empty it of meaningless and restless thoughts, fears, and endless worries, what remains is a peaceful space. It is time to empty your room from all your unnecessary feelings but to keep only the essential stuff; and where comes the inner peace. Erin Hanson through her poems has taught us how important it is to celebrate what is within ourselves and to create our world of self-love. Here is one of the great pieces of her work that pushes us to ask "Who am I?". We are not the only one who is in the mirror or what others see, we are us despite and with all the nots we possess.



Note. The picture is taken from the Pinterest

Emine DEMİR
Lecturer

Biodata

I studied German Language Teaching at Cukurova University between 2000 and 2005. I finished my PhD in 2020 and I have been working on cooperative learning, writing skills, text types, music and language. As I studied music at high school I participated in quite many musical organizations and orchestras. I love playing instruments and singing.

Ich habe zwischen 2000 und 2005 an der Cukurova Universität Deutsch studiert. Ich habe im Jahre 2020 in der deutschen Sprache (DaF) promoviert und meine Themenschwerpunkte sind kooperatives Lernen, Schreibfertigkeit, Textsorten, Musik und Sprache. Weil ich im Gymnasium Musik gelernt habe, habe ich an ziemlich vielen musikalischen Organisationen und Orchestern teilgenommen. Ich liebe es, Instrumente zu spielen und zu singen.



Peace Dove

Let friendships be made, people laugh
Let the dove of peace fly in the world
Let evil perish, let enmity die
Let the dove of peace fly in the world

Let friendships be made, people laugh
Let wars end, people don't die
Let friendships be made, people laugh
Let the wars end, nobody should die

Humane people prefer peace
But the cruel one kills man
The love of peace should spread to the world
Let the dove of peace fly in the world

Nesimi says, those who make missiles
Ruthless cruel murderers
Let all people live
Let the dove of peace fly in the world

Friedenstaube

Lass Freundschaften schließen, die Menschen lachen
Lass die Friedenstaube auf der Welt fliegen
Lass das Böse vergehen, lass die Feindschaft beenden
Lass die Friedenstaube auf der Welt fliegen

Lass Freundschaften schließen, die Menschen lachen
Lass Kriege enden, Menschen sterben nicht
Lass Freundschaften schließen, die Leute lachen
Lass die Kriege enden, niemand sollte sterben

Gütige Menschen bevorzugen den Frieden
Aber der Grausame tötet den Menschen
Die Liebe zum Frieden soll sich in die Welt ausbreiten
Lass die Friedenstaube auf der Welt fliegen

Nesimi sagt, die Raketenhersteller
Rücksichtslose grausame Mörder
Lass alle Menschen leben
Lass die Friedenstaube auf der Welt fliegen

(Dichter: Nesimi Çimen)

Translated by
Dr. Erdal KAÇAR
German Language Teaching
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Biodata

Marquis WILLIAMS is a dedicated English Resource Advisor providing English education guidance, monitoring student progress, and helping students meet their English educational requirements and goals. His communicative and reliable professional expertise, he assists at-risk students with in-depth knowledge of curriculum requirements and academic support techniques.

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Why is Peace Important?

Every human being on the planet recognizes the value of peace. The problem in finding the importance of peace is in attempting to grasp everyone's concept of peace. Finding the importance of peace in this circumstance can be just as difficult as devising a viable peace proposal. As a result, I'd like to express my thoughts on the significance of peace. In short, the necessity of peace allows the human consciousness to constantly oscillate between the positive and negative aspects of peace.

Solutions for Peace

1. Share Your Experience
2. Live Outside of Fear
3. Enjoy Life
4. Accept Others Willing
5. Respect Others' Opinions
6. Listen & Speak Less
7. Believe in Yourself



Exploring The Ideas of Peace-Internally & Externally

While exploring the idea of Peace many definitions are brought to the attention of the explorer. According to several resources Peace can be defined as the absence of both animosity and violence in a social setting marked by friendliness and harmony. Moving forward, in a social context, peace is commonly characterized by the absence of armed conflict (such as war) as well as the lack of individuals or groups living in fear of being

violently attacked by others. Subsequently exploring the concepts of Peace, there is a strong sense of duality. There is animosity and violence, as well as friendliness and harmony. When peace is placed in a social context, it becomes a physical action that can be afflicted and accepted by others. The latter gives context to the subject of this article. The two aspects of said dualism that make up peace are internal and external.

Inner peace can be seen or felt as a conscious condition of cognitive or spiritual tranquility in the face of potential challenges, whereas external peace is both the absence of all social skills and the existence of all social virtues.

As previously stated, there is a sense of interdependence of both internal and external peace. Internal and exterior peace are inextricably linked. Both are interrelated and mutually beneficial. Internal peace signifies individual peace, and external peace reflects societal peace.

In this article the reader will discover the relationship of both internal and external peace.

What Should We Really Know about Internal Peace?

I share several principles for internal peace. My philosophy may not always be the same for everyone!

Inner peace (or peace of mind) is a condition of mental and spiritual well-being. Bliss and happiness are commonly associated with mental peace. In addition, a stress-free attitude is generally characterized by peace of mind, serenity, and tranquility. Moreover, Inner peace is regarded as a state of consciousness or enlightenment in some cultures, and it can be attained via various forms of training such as prayer, meditation, or yoga.

Inner peace can be attained through better understanding ourselves and looking within to discover correct thoughts and attitudes as a basis for good behavior and activities in support of the right cause. Furthermore, we must comprehend ourselves by discovering and seeking our own mental clarity, and then sharing it with others. Moreover, we can experience inner peace by observing the happiness and well-being of others around us, particularly the young; how they explore the world out of curiosity; their awareness of the simple things; and their enormous potential to appreciate life, as expressed in their spontaneous smiles and joy. Aside from that, mental and inner peace may entail admitting the past and moving on with our life. In this way, inner peace can also be defined as the belief that a person will be able to overcome whatever life throws at them. Inner peace is the knowledge that one will be fine no matter what happens. It should be highlighted that until a person reaches this level of awareness, inner peace cannot be obtained.

Some ideas for fostering peace in our homes and neighborhoods, especially among the children of the future, we must reach out to others with tolerance, acceptance, and confidence. We must bridge the gap between ourselves and others around us to cooperate toward a common goal. We must think about others as well as ourselves. Above all, we must be at peace as citizens of a single nation to achieve complete peace within ourselves and with others. As previously stated, peace is the recognition of all things', resulting in connection. As a result, as a society, we must cultivate a culture in which everyone is accountable not only for their personal safety, but also for the protection of their fellow citizens.

External Peace

External peace can be summed up to mean many things. However, if we look at the work of the word, we immediately notice "external": belonging to or forming the outer surface or structure of something. Differing from internal peace, external peace is normally defined as our immediate environment, which includes our homes, our communities, our schools, and the wider world. Finding peace with one's immediate surroundings can be challenging for many individuals, because people can't always influence their surroundings. This is due to the fact that not everything in one's environment is within their direct control. Despite the little control a person may have on their external peace, they are still in control of their internal peace.

Many people believe in the dichotomy of interdependence and internal peace. If this were the case, then in order for someone's outside peace to be effective, their inner peace would need to be either weak or robust. In addition to this, the Indian Guru Sadhguru has stated numerous times that "it is a decision to accept the external circumstances in the world." "Be the change you wish to see in the world," Mahatma Gandhi is credited with saying in one of his famous quotes. The idea that these gurus are speaking directly about how our inner selves can impact change in our immediate world is a deeply held notion among many people.

Every person who has ever lived on this planet has some sense of the value of peace within their hearts. Nevertheless, one of the most challenging aspects of researching the significance of peace is attempting to comprehend how various people understand the concept of peace. In this scenario, determining the significance of peace might be just as challenging as conceiving of viable strategies for achieving it. Because of this, I believe it is important to discuss the significance of peace. In a nutshell, the significance of peace makes it possible for the human consciousness to perpetually fluctuate between the contrast of good and evil.

Principles for Internal and External Peace

Several Principles for Internal Peace.

1. **Bridge the Gap-** This means taking control of the things you can immediately change within your life and balancing both the negatives and positives.
2. **Work Toward a Common Goal-** While working with others, allow it to be your duty, to exemplify maximum work performance.
3. **Consider Others-** Understanding that our opinions are not the only thing that matters, brings peace not only to ourselves but also unto others.
4. **Be a Peaceful Citizen-** By not allowing the effects of our external environment affect our growth in peace.

Several Principles for External Peace.

1. **Prudence-** the ability to determine the best course of action to adopt in a particular scenario at the right time, considering probable repercussions.

2. **Justice-** the act of being just and doing the right thing.
3. **Fortitude-** endurance, strength, and the ability to face fear, uncertainty, and intimidation
4. **Temperance-** moderating your desire by self-control, abstinence, discretion, and moderation.

Disclaimer: The aforementioned guidelines are not meant to be followed exactly as written. They are there to serve as a beacon for anyone who could be disoriented or caught in a secluded area without any light.

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Marquis WILLIAMS

English Resource Advisor

Biodata

Neslihan GÜNDOĞDU is an English instructor with a 26 years of experience in teaching English to graduate and undergraduate students at the school of languages of Cukurova University. She holds a BA and MA degree in ELT. Currently, she is a PhD student, too. Her main interests in her field are material and professional development.

GIFTS OF LIFE

‘Life is a box of chocolate you never know what you are gonna get’ (a famous line from the film *‘Forrest Gump’*) It means life is unpredictable and full of surprises and you will never know what will happen. I had one of these surprises on the second day of the International Orange Blossom Festival, March 2022.

Not knowing what I would have in my share on that day, I set out for the festival area early in the morning. On arrival, as I have always been interested in other cultures, I immediately headed for the area where the international stalls were located. The representatives of some countries had taken their places with some traditional food for people to taste, clothes to try on and leaflets to take on their stalls. My instinct drew me to the Filipino stall where I was welcomed by a friendly lady in a white traditional dress with a belt from an ethnic group in the Philippines. Her name was Maria Elena P. Algabre. The first thing that caught my attention at the stall was the information about their special Ube ice cream which takes its sweet flavour and colour from Ube yam, a root crop, starchy vegetable in purple colour. I asked Maria if they had any Ube ice cream and if they were selling it or not. She replied that it was not for sale and they would give them to visitors as a gift to taste. She added that they needed to wait for ten minutes for the ice cream to soften. While waiting for the ice cream to soften, I had a nice chat with Maria about their country and other things. During our conversation, I asked if their ambassador was in Adana or not. To my surprise, she said she was the ambassador.

This short but fruitful coincidence with the ambassador has resulted in gaining several memorable experiences for me personally, our students at YADYO and our institution. The first benefit was that I was invited to participate in their online Fiesta Filipinas celebrations with a festival kit, a box containing a magnet, some Filipino snacks to eat, ornaments and noodles to make during the online festival. While the online festival was in progress, the participants from all over the world had a chance to watch the real festival in the Philippines

and cooked the noodles in their kitchen. Some participants were given a chance to talk about their feelings for the festival. I also had the opportunity to express my feelings. The second valuable experience was the ambassador's visit to YADYO to give a brief presentation about the Philippines' history, culture and festivals. This was an invaluable experience for the students to talk about as a memory with their friends and family members outside the school. In addition, some of them reflected that they were able to follow the presentation without any difficulty and this contributed to their general knowledge and listening skills, too.

Last but not least, we were honored to be invited to the reception to commemorate the 124th Anniversary of the Proclamation of Philippine Independence by the ambassador. During the reception, we also had the opportunity to see the GINTO (Gold) exhibition (A Golden Heritage of the Filipino Ancestors).

All these experiences have contributed to our intercultural learning in terms of meeting new people from different cultures, trying their food, listening to their music, watching or trying their dance and attending their cultural festivals. I believe that intercultural learning has a great impact on overcoming prejudices against other countries and establishing peace. What we need to do is to be an interculturally competent person by getting to know other cultures and trying to learn to look at things from their perspectives. In this way, the world will be a better place.

Please see the link for the reception: <https://youtu.be/fKNs3ilzozc>

Please see the link for Fiesta Filipinas season 2: Pahiyas Festival: <https://youtu.be/kAPEuBQPBfs>



Neslihan GÜNDOĞDU

Lecturer

Biodata



Olha KUNT, Ukrainian by nationality, moved to Turkey in 2009 and has been working as an English language instructor at the School of Foreign Languages at Cukurova University since 2010. She graduated from Zaporizhzhya National University in 2005 (Ukraine), and obtained her diploma as a teacher of both English and French.

In keeping with her professional development, she completed her MA in Didactics of Foreign Languages and Academic Research from the Le Mans Université (France, 2015-2019). As an academician, she is interested in creative writing and teaching higher order thinking skills through creative and scaffolding techniques. In March 2020, Olha also completed the CELTA Course (ITI Istanbul Training Center) and can add being a confident online study skills tutor to her teaching skills. She is fluent in Russian, Ukrainian, English, French and Turkish languages, and is interested in different cultures.

My Poem about PEACE

I close my eyes and have a dream
My Homeland, its sunflowers, blue sky and streams
Green forests, the parks and crowded cities,
Skyscrapers, the roads and business meetings
They breathe, they live, they run and act
Arrange the schedules, have an impact.

Great Kiev, Dnipro, Odessa and Lviv
Your cathedrals shine bright, architecture...beneath
This is the place where I was born,
These are the cities where I was grown,
Here is my childhood, my friends and my school
The land where I come from and is living my soul...

What is the darkness? Why so much fire?
So many children, crying behind me!
Wounded women, the sounds of bombs,
Terrible news, abandoned homes!
Fathers and brothers becoming the soldiers,
Sisters and mothers converted into warriors!

Where is the PEACE? Where is the dove?
What can I do to help all above?
How many years to wait until freedom?
Why so much sorrow and death for my Homeland?

Open my eyes, full of hope to wake up...
The war is so real, there is no place to hide ...

Olha KUNT
Lecturer

Biodata

Seda GÜLER is a lecturer of English at CU SoFL. She graduated from the Department of English Language Education at Cukurova University and obtained her Master's degree in the same department. Currently, she is working on her PhD thesis.

JOURNEY TO PEACE

Love Hatred, Good Bad, Heaven Hell, Peace War...

The universe exists with the opposites like a double-ended scale, with good virtues on one side and the bad ones on the other, making it a magnificent system working for growth and evolution. The continuous balance and imbalance process provides us with transformation opportunities and better versions of ourselves. We all want the positive side of the scale to outweigh, and undoubtedly, wish and seek peace and happiness in our lives, but do you think they are things to be maintained just by wishing or seeking?

I believe peace starts from the inside, reflects on the outside and brings happiness first to ourselves, then our environment, and the world. As Buddha says, "Do not seek it without. Peace comes from within." Exploration of inner peace is a life-long process worth trying and working on. In many civilizations, people have tried different ways and methods throughout history, such as meditation, yoga, and praying. The critical point is changing our perspective, and awareness is the prerequisite. This requires being a good questioner and observer and doing reflection and self-reflection throughout life. But, let's not confuse this with overthinking. What I mean is to both feel and understand the moment we live to the fullest, to constantly question our existing reality with the new experiences, and to provide our own intervention in the flow of our life by trying to find new methods and solutions when necessary. Yes, let the energy flow. But in the direction we want, with peace and happiness!

Seda GÜLER
Lecturer

Anonymous

PEACE

We all know that we Turks are very nationalist people. I personally know no other race than us to celebrate every national holiday with the same spirit that hasn't diminished even a little bit. Talking about times like these is very taboo, but I'd like to break these taboos with the power of words I'll use. This is peace:

Thinking about the price we paid
In the coldest night of may
We fought and seized our lib
At the cost of mothers' pain

We've never thought it would come to this
But now we lack peace
Mother's food we'll miss
Alongside with goodnight kiss

We should follow our roots
Taking action on foot
Taking everyone we can recruit
Soon we'll win with salute

Now we live in peace
With the help of our police
We never feel eased
We'll protect the peace

A humble student of CU SoFL

Biodata

*My name is Ayşe **Betül KILIÇ**. I'm 19 years old. I live in Adana and now I am studying English at SoFL, Cukurova University. My major is Mechanical Engineering.*

WHAT IS REAL PEACE FOR YOU?

The peace in the world, the peace in your country, the peace in your city, or the peace in your family. There are too many answers to this question. So which answer is correct? I answer: No answer is correct. The correct answer is peace with yourself. If you are peaceful with yourself, you will love yourself. If you love yourself, then you will look at life from the right angle. If you love yourself and your country from the right perspective, do good things for them and improve your country, you will do something to improve other countries.

In short, being at peace with oneself and loving oneself bring about peace to the world by starting from home.

Ayşe Betül KILIÇ

Biodata

*I'm **Mehmet DORA** and I'm 19. My department is Computer Engineering but this year I'm in preparatory class to learn English well. I like to watch adventure and sci-fiction movies. Actually, I don't prefer to play computer games. I play basketball and table tennis in my free time. Finally, I am very interested in programming.*

“Peace at home, peace in the world.”

Mustafa Kemal Atatürk

Peace is one way to continue to live together with all people around the world. Peace is one way to be delighted. Nowadays, countries don't want to start a war; however, many of them also don't want to make peace with their enemies, either. I think this is so stupid issue because if you don't want to fight, you must create a peaceful atmosphere around. In addition, people should be peaceful to the environment itself like forests, oceans, animals, etc. Because they are part of our lives. If we want to have a peaceful world, I believe we should study a lot, read a lot and we must teach ourselves and our children how to be happy and live peacefully. To sum up, peace is everything for people and the world.

Mehmet DORA

Biodata

*I am **Beyza Nur ÖZTÜRK** and I am 19 years old. I am from Niğde. My department is English Language Teaching (ELT). I am interested in learning languages, reading books and swimming.*

IS THERE SUCH A THING AS PEACE?

'Peace comes from within.

Do not seek it without.'

~Buddha

When we look up the meaning of 'peace', we can find some definitions. The first definition that also comes to our mind when we hear the word is a state or period in which there is no war or a war has ended. Wars can start because of many factors such as economical problems, historical issues or the idea of being dominant over the opponents. Wars not only affect the country; they also affect the people. When the wars are over, only one side can win or neither of the sides can win. But both sides are deeply affected. Therefore, we can say that this is not peace to some point while living with the emotional damage of the wars. The other meaning of peace is mental or emotional calm. Nearly all people look for peace in external factors. For example, they seek peace in their relationships or achievements, and money. But actually, the thing they should do first is seek peace within themselves. Peace begins inside of us. Our peace is not dependent on other things. Specialists give some advice to us to be able to find real peace. Thinking positively, taking care of yourself, and loving yourself are the recommendations from the specialists. We can take these recommendations into consideration. But I think we should know ourselves really well. Without asking yourself 'Who am I?' you can't reach your full potential. Do what you like or want, go where you want, spend time with people who you like to be but eventually find yourself and find the peace that you define no matter what it takes. It may take a long time to find yourself in this way which has ups and downs. In this period, don't lose hope and be persistent. Whatever the result is, it will be good. I wish you success in your journey in which you seek this peace within yourself.

Good Luck!

Beyza Nur ÖZTÜRK

Biodata

Celal İNAL majors in Political Science and International Relations at Cukurova University. His special interests are reading about politics, external relations of states and following international press. He speaks English and Kurdish, and learns Arabic and Persian.

AEGEAN DILEMMA

Imagine two neighbors who share big hydrography, problematic islands and islets yet, there are lots of conflicts and enmity between the two sides. Türkiye and Greece suffer from this fact in the Aegean Sea. Is it possible to establish a peaceful atmosphere in such a place? The answer is no. There are various reasons for this situation however; the main causes of this dilemma will be introduced here.

To start with, Greece, which gained its independence after the collapse of the Ottoman Empire, is hostile to the Republic of Türkiye and, although it is a NATO ally, it does not approach Türkiye with the necessary sensitivity. Also, two parties try to survive in a chaotic Cyprus dilemma. Despite Türkiye's conciliatory stance, Greece behaves like a spoiled child in every field. This historical hostility and hatred are the main reasons for the high tension between Greece and Türkiye.

Secondly, there are lots of universal rules that all countries have to obey, but Greece wants to direct the rules according to its desire. To illustrate, it is forbidden to arm some specific islands and islets in the Aegean Sea, which are determined by the Treaty of Lausanne and other international agreements, but all Greek governments do this. Moreover, there is a continental shelf and exclusive economic zone argument. According to the United Nations Convention on the Law of the Sea, no country can claim a continental shelf because of islands which are not part of the mainland. Also, according to the same agreement, no country can claim fishing, transportation, or any economic and military rights in declared areas.

Besides, Greece always complains about Türkiye's approach to these issues and raises the tension. Greek governments litigate Türkiye to international courts and report all developments to third countries like France, Germany, Israel, the UAE and the US. Third countries set up bases in Greece land, prepared military drills and came to terms to passivate Türkiye.

In conclusion, this is the new order that appeared after the collapse of the Ottoman Empire, the spoiled and unlawful behavior of Greece and the third countries. The problems between Greece and Türkiye in the Aegean Sea seem to remain for an uncertain period unless both sides take action reasonably.

Celal İNAL

Dear readers,

We are students of Class 209. Here are our statements on peace.

With our heartfelt wishes for peace and harmony throughout the world...

Peace ...

...is a state of living without worries and feeling satisfied with the things you have done.

Ahmet Buğra PARMAKSIZ

...is living together in free will and conscience with different individuals without being disturbed.

Nilüfer GEYİK

...is living in universal brotherhood with all beings as if we were made of the same blood.

Evren DÜVER

...is the feeling of being with the ones you like and appreciate.

Pelin Zehra ÖZSAHİN

...is the ability to replace the feelings of arrogance and ego with respect and love for yourself and all other living things.

Emine Merve AVCU

...is something that takes a certain amount of time and effort to obtain in our lives.

Sema Nur DUYGULU

...can be universally achieved when human beings learn to handle a conflict through humane means.

Ferah Nur AKÜN

...can only be maintained when people manage to live without their evil greediness.

Helin AKSOY

...is a magical thing that you can find in others; it is essential to reach as many people as possible to have that magical sense of feeling.

Sıla Nur KISA

...is something that allows people to live without worrying about their safety.

Simge BAYRAK

...is what makes life livable.

Eda KILIÇ

...is to be able to show respect and love for yourself, your own kind and other kinds that live on earth.

Emine Gül DURMUŞ

...is being in harmony with our own inner world.

Yağmur TEKİN

...is the heart rhythm of the world that finds a meeting of minds between tranquility and chaos.

Fatma YASTI

...is not a temporary truce; it is an understanding and acceptance between parties.

Baran GÜMÜŞ

...is theoretically the situation in which people live in harmony without any wars. Well, is peace possible to happen in this accursed reality? Wake up from a fairy tale! Unless people take lessons from history, there will never be permanent peace.

Alper KÖKKAYA

...is a matter of fact that should be prevalent in not only European countries but also other parts of the world.

Alperen ÖFKELİ

...is an irreplaceable requirement for a livable earth.

Abdül Kadir BIÇKI

...is a concept of fellowship and unity but not despising and hostility.

Fatma ULUCA

“Si vis pacem, para bellum.”

Ahmet Alkım AKKULAK



Biodata

*I am **Deniz TOPAL**, I'm 20 and I am from Ankara. My department is electrical and electronic engineering. I want to be a successful engineer. I speak German and English.*

BENEFITS OF PEACE

All countries of the world have been living with a big rivalry for many centuries. Having a larger land, having a developed economy, pioneering technology and science are some reasons for this rivalry. The most important thing is that people should pursue this rivalry in a peaceful field. Peace supports development besides it strengthens communication and makes the world a more livable place.

In countries where there is peace, the anxiety of employees in many sectors is low, because while they are working, they don't think about the situation of their countries and they only concentrate on their work. Thus, the production increases and they become more productive. This situation is especially effective in trade in the countries which get along well, export and import become more and they can support each other materially. For instance, if an A country which grows hazelnut sells to a B country, B country will process hazelnut and produce hazelnut cream and import A country at more reasonable prices than other countries. This provides financial support. This support applies from the food sector to the textile sector.

Another advantage that peace brings is that cultural exchange happens between countries that have peace. People taste other countries' traditional food; they learn new foreign languages and strengthen their communication. People discover new places, learn new dance types and listen to new music types. Thus, cultural development between countries is supported.

On the other hand, peace affects people's psychology. If there is no peace, the community will feel mentally worse. Thus, the community is pushed into darkness. The public will worry about the future of their country. If there is no peace, there is war. The public who is affected by war is confined to financial incapability and poverty. None wants to live this incident, so everyone is in favor of peace.

Since humanity has been existing, communities want to have large lands and widen these areas. This reveals war. People know that there are not any winners of the war. War brings only loss. Even if the people know that, they wage a war for many years. However, peace always wins. When people accept this, the world will be more sufferable.

Deniz TOPAL

DIE VORTEILE DES FRIEDENS

Jahrhundertlang haben die Länder mit der Konkurrenz gelebt. Einige Gründe dafür sind, noch mehr Grundstück, eine entwickelte Ökonomie zu haben und der Pionier in der Wissenschaft mit der Technologie zu sein. Wichtiges Ding ist es diese Konkurrenz in einer ruhigen Umgebung weiterzumachen. Der Frieden unterstützt nicht nur die Entwicklung, sondern er macht die Welt auch lebenswerter.

In Ländern, in denen Frieden herrscht, haben die Berufstätigen in vielen Sektoren wenig Angst. Der Grund ist es, dass die Berufstätigen während der Arbeit über die Lage des Landes nicht nachdenken und sich auf die Arbeit konzentrieren können. Die Produktion steigt so und die Arbeit wird effizienter. Das ist besonders effektiv im Handel. In Ländern mit guter Beziehung sind der Export und der Import mehr, da sie sich gegenseitig finanziell unterstützen können. Zum Beispiel, wenn Land A Haselnüsse anbaut und sie zu einem günstigeren Preis an Land B verkauft, importiert Land B Haselnüsse zu einem günstigeren Preis als andere Länder bei der Herstellung von Haselnusscreme in Land A. Dies ermöglicht eine gegenseitige finanzielle Unterstützung und gilt für viele Sektoren, von Lebensmittel bis hin zu Textil.

Ein anderer Vorteil des Friedens ist es, dass es zwischen Ländern, in denen Frieden herrscht, einen kulturellen Austausch gibt. Die Menschen probieren die regionale Küche und Kleidung des anderen Landes aus. Sie sprechen verschiedene Fremdsprachen und damit wird die Kommunikation gestärkt. Man entdeckt neue Orte und sie lernen neue Tanztypen, sie hören neue Musikarten, damit wird die kulturelle Entwicklung beider Länder unterstützt.

Auf der anderen Seite wirkt sich Frieden auch psychologisch auf die Menschen aus. Ohne Frieden werden die Menschen geistig zusammenbrechen. Die Menschen machen sich Sorgen und sie haben Angst vor der Zukunft des Landes. Wo es keinen Frieden gibt, ist der Krieg unvermeidlich. Menschen in vom Krieg betroffenen Ländern sind zu finanzieller Unterversorgung und Armut verdammt. Niemand will das, also alle sind für den Frieden.

Solange es die Menschheit gibt, wollen die Menschen das, was sie haben, bewahren und vermehren. Aber das führt auch zum Krieg. Die Menschen kämpfen seit Jahren, obwohl sie wissen, dass der Krieg keinen Gewinner hat und er wird immer Verluste bringen. Eigentlich gewinnt der Friede immer. Wenn die Menschen dies akzeptieren und in die Praxis umsetzen, wird die Welt lebenswerter und erträglicher sein.

Deniz TOPAL



Biodata

*My name is **Ertuğrul KOÇAK**. I am 19 years old and I am from Konya. I went to high school in Konya. Its name is Güven Belgin Anatolian High School. I currently live in Adana, as I am studying at Cukurova University. My major is Mechanical Engineering. Besides, I like to paint. I draw portraits and characters like Marvel and DC.*



PEACE IN THE FAMILY

People in the world want to find someone who is right for marriage. Unfortunately, it sometimes does not happen because some couples don't take it seriously. In fact, marriage has significant rules. Particularly, peace in the family is very vital. There are some causes and effects of peace in marriage and family.

There are some causes that prevent peace in the family. Firstly, some parents have alcohol problems. Although they can't control this problem, they do not do anything. They can feel angry and aggressive and also damage their family, especially their own children. This situation derives from drinking alcohol a lot. Secondly, despite the marriage, some parents do not agree with each other. It means that they cannot make the same decision for something such as money consumption and responsibilities about the children. In fact, it arises from their distrust. Lastly, the environment really influences peace in the family. For example, poor families have a lot of problems. They cannot provide responsibilities because of a shortage of money. Thus, parents feel worried.

On the other hand, these causes raise many bad results such as children's problems, an increasing rate of divorces, etc. First of all, peace in the family is very vital for children because they can be influenced easily by their parents' behaviors. For example, as soon as their parents drink a lot, they can shout and fight with each other. Therefore, their children see everything. Perhaps, they are frightened by them. These are possible. If they are afraid of them, they can have serious psychological problems, such as panic attacks, emotional and behavioral disorders and anxiety. Last one is the increasing number of divorces. This situation again affects children. When they decide to divorce, they immediately open a case of custody. They do not think about what their children desire. In addition, this increase affects the government.

In conclusion, when the first people were born, they created a family. Thus, we think that we have to get married. In my opinion, everyone cannot get married because they do not succeed in marriage. Maybe, we can create a test for that. If they pass the test, they can get married to each other. In addition, I would like to say that "Some people should not be parents."

Ertuğrul KOÇAK

Biodata

*My name is **Melih Kemal SEL** and I am nineteen. My department is electric electronic engineering but I am a student at YADYO and I am studying English.*

IF EVERYONE SPOKE THE SAME LANGUAGE, WOULD THE WORLD BE A BETTER PLACE?

In today's hectic world, most people know at least a foreign language even though learning a foreign language is an extremely long and complicated process. The reason for this, countries need one another to enhance themselves in a world which is changing and improving day by day with technology. Therefore, needless to say, they need good communication. It's claimed that the world would be a better place if everyone spoke the same language. I don't agree with this point of view because of several reasons.

To start with, language is one of the most important parts of culture. I mean, if everyone spoke the same language, the countries would start to lose their cultural identity and a world, which doesn't have variety, would be a dull and repetitive place.

Secondly, the decision of speaking the same language might lead to revolution and psychological problems. In other words, the decision would annoy most of the people, especially the old ones. To be obvious, if I were an old person who fought in a war, I wouldn't want to speak a foreign language that my past enemies had.

Finally, so many people would be fired from their jobs, if the world spoke the same language because they wouldn't be needed anymore. For instance, translators, tourist guides and even foreign language teachers.

All things considered, if everyone spoke the same language, the world wouldn't be a nice place as people think. There is no doubt that this situation would harm people financially and spiritually.

Melih Kemal SEL

Biodata

Meryem ALGAN is in the ELT Department and she is originally from Gaziantep.

Muhammed Emir KILIÇ is in the Computer Engineering Department and originally from Adana.

PEACE WILL COME

I want to see two of your fingers

Rising up in the air

I want to see white flags

Waving like a beautiful feather

Oh, I see the face of my father

I've lost him in the battlefield

I saw lots of crying children

Motherless, painful and heartbroken

Oh dear, what a madding balance

One of our sides defoliated

A done is vineyards and orchards

What a dilemma, which is egregious

These battles will be over

This darkness will be enlightened

Behold! The King Peace is coming

Little Prince Ataraxis belongs to us

Meryem ALGAN

Muhammed Emir KILIÇ

Biodata

*I am **Beyza Nur ÖZTÜRK** and I am 19 years old. I am from Niğde. My department is ELT. I am interested in learning languages, swimming, watching movies or series, and listening to music.*

*I am **Sude BOZKURT**. I am a student at Cukurova University. My department is ELT. I am 19 years old. I was born on 29th August 2002. I am interested in reading books, watching movies or series, drawing and playing musical instruments.*

*My name is **Müge HEYBELİ** and I am 19 years old. My department is English Language Teaching. I am interested in watching films and listening to music.*

PEACE

All we want is peace

All we do is war

Where is the equality?

Where is humanity?

They talk about human rights,

While people die from wars

What we want is to feel at home

Living in a world safe and sound

All we want is peace

All we do is war

Where is the equality?

Where is humanity?

Governments don't listen

Doctors won't help

If we don't do something

The world is going to end.

Beyza Nur ÖZTÜRK
Sude BOZKURT
Müge HEYBELİ

Biodata

*My name is **Nihat NURAYDIN** and I am 18 years old. I am a student at Cukurova University. My department is electrical and electronics engineering but first I have to finish my English preparatory class. I like traveling and getting to know new cultures.*

FIND THE PEACE

People have been in search of peace since the day they existed. They want to live in peace. But we are selfish creatures. We are fighting. We are jealous of each other. We harm nature for our own pleasure. These features make it difficult. We can overcome this challenge if we learn to share and respect each other.

First, we know that wars create great chaos. Innocent people are harmed by the efforts of states to prove themselves. These people are forced to leave their homes. Put yourself in their shoes. Isn't one's home the most peaceful place? The answer is the same for almost everyone. Yes! But as long as this selfishness of the states continues and we do not oppose it, it will continue like this. That's why we must start questioning and prevent wars so that we do not lose our peace.

There is another issue that disturbs your peace. Jealousy. Our greed causes this situation. We want what someone else has. That's why our perspective of that person changes and our feeling of jealousy outweighs it. The other party usually notices this as well. Therefore, both parties will feel uncomfortable. This causes a loss of peace.

Finally, as you know, we harm nature. We pollute. We harm animals. And we hardly care about that. But we are not aware of the power of nature. If we are not at peace with nature, we will perish. We must realize this as soon as possible. If the peace of nature is lost, we have to look for a place to hide. Maybe we'll escape into space.

To sum up, peace is a very important factor for happiness. We must find peace and do our best not to lose it.

Nihat NURAYDIN

Biodata

*I'm **Salih BAYRAM** and I am 19. My department is Economics but first I have to complete my English preparatory class. I am interested in computer games. I hope I continue my education in the department I chose willingly.*

HOW TO MAKE PEACE?

Everybody knows peace. Peace means that there will be no evil and all of the people on the earth will live peacefully together. This is the most essential value for people since if there is no peace, there is no life.

To begin with, peace is important for poor people because they can't protect themselves. According to research, 95% of poor people die in wars. Secondly, peace means getting along well. If countries get along well with other countries, there will be no war and people will not die. Thirdly, peace is being at peace with yourself. One should accept herself or himself in every way. For instance, they may think that they are fat or ugly. It doesn't matter. They should like themselves as they are. Finally, peace brings out love. People need love and this happens with peace.

To sum up, peace is essential for everything in life. Because of this, we must be at peace with ourselves and the world.

Salih BAYRAM

Biodata

*I'm **Sultan KAYI**. I am 20. My department is Computer Engineering. I feel happy to be at Yadyo in my first year of university. I developed myself a lot this year, especially for discovering myself. I think that peace is all about harmony. And as we get to know ourselves, we become more compatible.*

PEACE

Peace is a must in life. It is a human need that begins inside individuals and then spreads to society. The basis of social peace is the happiness and well-being of each individual.

First of all, when a human finds harmony in its mind, it heals. Taking these into account, thanks to this harmony people can live in peace. Peace gives strength to society and without peace, society cannot survive. On the other hand, the development will not be possible in a war. Peace brings prosperity. In this way, human history grows and advances.

To sum up, peace is a gradual duration. It is not easy to protect it. However, we should not forget that it is the responsibility of every person to maintain peace in society.

Sultan KAYI

Biodata

*I'm **Sude BOZKURT**. I am a student at Cukurova University. My department is English Language Teaching. I am 19 years old. I was born on 29th August 2002. I'm interested in reading books, watching movies or series, drawing and playing musical instruments.*

MANDALA ART

In 2020, during the quarantine period, everyone had to stay at home for a long time, and by that time people started to get bored, so they tried to find something to spend their free time. One of the most popular things that they did was "mandala painting". That can be defined as a symbolic picture of the universe, the circle that represents wholeness, totality, infinity, timelessness, and unity. Moreover, mandala paintings are famously known as spiritual and ritual symbols in many Asian countries.

Even though people have done mandala paintings just to relax, there are many benefits from different aspects. The first and the most known one is that mandalas bring along a feeling of relaxation. They help you to deal with your stress management. The second one is creativity. You can also draw your mandala instead of buying a mandala book. Furthermore, every shape and color symbolizes unconscious aspects of you. Here are some of them.

- Red: Passion, sensuality, strength, power, and aggressiveness. The first chakra
- Orange: Pleasure, glory, vanity, progress, and energy. The second chakra.
- Yellow: Happiness, willpower, and newness. The third chakra.
- Green: Hope, ease, and naturalness. The fourth chakra.
- Blue: Calmness, seriousness, respect, and communication. The fifth chakra.
- Purple: Meditation, creativity, and oscillation. The sixth chakra.
- White: Peace, harmony, goodness, delicacy, and shyness. The seventh chakra.
- Black: Depth, mystery, authority, dignity, security, sadness, and mourning.
- Circles: Dynamism and connection with the cosmos.
- Crosses: Conscious and unconscious, a merger of heaven and earth.
- Triangles: Transformation and vitality.
- Squares: Stability and balance.
- Mazes: Looking for your center.

(It is taken from the following website: <https://exploringyourmind.com/5-benefits-of-mandalas/?amp=1>)

The last benefit is about human psychology and some clinical effects. Mandala art has been recognized as a therapeutic tool. It makes unconscious things in us come out. Indeed, it boosts the immune system, lowers blood pressure, promotes sleep and eases depression.

Overall, there are lots of benefits to creating or painting mandalas. They are a piece of art that you can free your mind. As a famous psychologist, Carl Jung said "*A mandala is the psychological expression of the totality of the self.*"



Sude BOZKURT

Biodata

Yağız Can CAMKIRAN is a senior in Electrical and Electronics Engineering. He is about to finish his department that he started in 2018. He is looking forward to graduating as soon as possible.

PEACEFUL WARRIOR

I read a lot of books before I started Cukurova University and it has given me a lot. They calmed me down and changed the way I think. Then, I saw the way I choose is more efficient for my mental health and any results. After that period, I have understood whatever I want or do, most of the results never change. I realized there were many minor enjoyable situations around us and I observed some kind of little things, people and their attitudes. I saw the results that surprised and shocked us. Nervous, stress, mismatch, disagreement etc. I am someone who aims to turn his place into heaven instead of going to heaven. At the end of all these sentences, I suggest that “Play the game by the rule”. Life is not consisting of only Black & White; life is grey and catches the beauties of tones of grey. Five thousand years of written history does not try to look outside the peace. Peace depends only on us and never let others hold the rest of life; because other peace methods are held by politicians in this era.



The photo was just taken when I enrolled at university.

Yağız Can CAMKIRAN

A senior in EEM/CU

Biodata

Şükran EĞDEMİR /19/ English Language Teaching

Nisa TATLI /19/ Computer Engineering

Songül KONUR /19/ English Language teaching

GLOBAL PEACE FOR ALL

Get together to take actions

Listen to your instincts and be fair

Overcome all the obstacles

Be brave for the new world we have created

Adopt the revolution

Live without your prejudices

People around the world desire

EQUALITY, FREEDOM and PEACE in

All the places and situations they face

Criticizing is not sufficient, we have to

Express ourselves and shout out

Feed your soul with a peace of mind

Overcome all the differences

Racism is not something acceptable

Acquire your rights

Leave your loathe on each other

Love so that you live

Şükran EĞDEMİR

Nisa TATLI

Songül KONUR

Biodata

*My name is **Tuna ER**. I am from Ankara and currently attending Cukurova University. I am a graduate of the 2019-2020 class of YADYO. My major is Computer Engineering.*

*My name is **Ahmet KELEŞ**. I am from Karaman and studying at Cukurova University. Tuna and I were classmates throughout the prep class. My major is also Computer Engineering.*

PEACE WITHIN LANGUAGE

Peace is a very broad concept and there are different types of peace, like external peace relating to society, nations, and the world or internal peace, which is the peace of mind or soul. Humanity has discussed the way of obtaining peace throughout the centuries. Several professions like philosophy, psychology, and sociology have come up with their own theories to achieve peace; some are about national peace; some are about inner peace. This article will explore inner peace, and more specifically peace within language.

Language is our oldest and most efficient way of communication. Being fluent in a language other than the person's mother tongue provides a wide palette of advantages. For example, a language can provide a lot of opportunities academically or career-wise. It can also broaden your content pool significantly. Also, giving a presentation, having an interview, or speaking to a native speaker might seem scary for the first time, but you will realize having no problem with using the language will relieve you from most of your stress. So, for your next time, you will be calmer. Of course, knowing a language also improves your social life. Being able to communicate with foreigners could expand your social circle, with the help of the internet; having multiple friends from around the world is not something unachievable. Certainly, exposing yourself to different cultures and customs will broaden your horizon. Also, in the entertainment industry, being able to understand another language will double, maybe triple your content repository and increase your chance of finding something to your taste.

All in all, knowing and being fluent in another language can increase your academic success, improve your social life, and widen your content pool. With these examples, we can come up with a theory that knowing a language will improve the quality of your life and help you with obtaining inner peace.

Tuna ER
Ahmet KELEŞ

Biodata

My name is A. Yiğit BAŞ. I am from Izmir. My department is Electrical and Electronic Engineering, but I am currently studying at SoFL.

PEACE IN THE SOCIAL SPHERE

Peace: word meaning; It can be defined as salvation from evil, fights and wars; also as harmony, unity, integrity, tranquility, silence, and living in peace.

The peace that we long for is economic, social and political peace, which we want to establish and maintain forever. Peace is formed among individuals, groups, society and the state based on rights, justice, legal equality and economic security. In order to establish such a peace, we must first be at peace with ourselves, our history, and our geography.

The creation of Turkey, which will live its future in peace, will begin with this questioning process. We should want our country and region to be a homeland of peace and stability in the family of world nations. This should be our dream and our priority.

Speaking of restructuring Turkey; it means redefining ourselves and where we stand at the national and international levels. We must put peace and human rights at the center of our redefinition. If we want to make human rights and democracy dominant in our region, we must believe that our country has new historical projects and missions for the region and the world. Because we are aware that peace in our country will form the basis of regional stability and it will form the basis of world peace and will make the peace permanent.

The shrinking world necessitates peace. But for this, it is necessary to strive to make peace a living reality, not a dream. Mustafa Kemal Atatürk said many years ago, “Peace at home, peace in the world”. In addition to this, we should also maintain peace in our region.

In order to democratize and live in peace, it is necessary to create a “classless and unprivileged” society. The relationship of the state with the people begins when it accepts service to the people as a duty.

Society should not be made to struggle with a constant identity crisis. The identity crisis in Turkish-Kurdish, Alevi-Sunni, secular-anti-secular axis has weakened social ties and revealed disintegration tendencies over the years. As a result, a crisis of trust has emerged between the state and religious, ethnic and cultural clusters, which is getting harder and harder to repair.

Here is our duty; it is only possible to overcome this crisis of trust by bringing the society together with the state, religious, ethnic and cultural clusters with each other on the basis of legal equality, democracy and peace, and to make our country livable in trust, stability and peace.

We should aim for a democratic structure that will make it possible to live together, not side by side. Our point of view on this issue is “to keep the differences alive and to manage the coexistence”.

As a citizen, we should put an end to quarrels. Let’s reconcile individuals, groups, segments with each other, society with the state, and the state with society. Let’s unite for Turkey that has solved its economic, social and political problems by holding hands. Let’s create awareness of Turkey all together. Thus, let’s make Turkey and our region a homeland of peace and stability.

Salute to those who work for the construction of a society that dreams of a world where all races, colors and languages are at peace, and that understands that no cause is superior to human blood.

A. Yigit BAŞ

Biodata

*I'm **Zerda BOZKAYA**. I am 19 years old. My department is ELT.*

*I'm **Meryem SÜRMELİ**. I was born on November 8, 2002 in Hatay. I'm an ELT student. I am studying at YADYO.*

*My name is **CENK GÖL**. I am a Computer Engineering student who is assimilated to ELT student one year in the preparation class. I love to travel...*

PEACE IN THE WORLD

*Please keep in peace
Everyone should have it
Although they have difficulties
Confronting solves everything
Even if you are weak*

*Inner depths of you say something
Never give up even against it*

*Tough times are always here
Hesitating is not good
Even though you are not well*

*War is not acceptable
Overcome your fears
Rights of humans are important
Let people be free
Determinate in your way*

Meryem SÜRMELİ

Zerda BOZKAYA

Cenk GÖL

Biodata

*My name is **Muhammed Talha KELEŞ** and I am 19 years old. I am from Osmaniye. I am studying at Cukurova University. My department is Electrical Engineering.*

FUTURE OF HUMANITY AND SUSTAINABILITY

Although the concept of humanity is thought to be a complex phenomenon that can be defined differently when viewed from biological, sociological, philosophical, historical, artistic, scientific, technological and ecological perspectives, it actually finds a place for itself at the intersection of all these fields. In other words, humanity; It refers to the human being as a biological creature, the society that is the sociological unity of the human, the artistic/scientific processes and products of this society from the beginning to the present, and the ecological environment in which all these efforts are made. In short, the existence and future of humanity can exist not only by the existence of a biological human being, but by the adaptability and sustainability of all other fields.

SO WHAT IS THIS SUSTAINABILITY?

Sustainability means that the event it is related to is used effectively and efficiently today, as well as being transferred to the future and undergoing the necessary change and development processes in this transfer.

Below, I will try to give information about the fields that affect the sustainability of humanity.

SOCIOLOGICAL SUSTAINABILITY

Since the first years of humanity, due to population growth and instinctive coexistence, people have formed first communities and then societies. In addition to the benefits, this coexistence has also created some problems in terms of sustainability. The most fundamental of these problems is the situations and conditions under which the entity called society should come together. Faced with this problem, some societies have socialized people with the phenomenon of religion, while others have socialized people with systems (capitalism, socialism, communism, etc.) that arose from philosophical issues. These systems aim for people to be free, comfortable, happy and to exist in the future. Otherwise, this sustainability also depends on the justice, balance and economic equality in the society. In addition, the recognition of the identity characteristics of the society, all individuals or subgroups, is also very important for the unity of societies and the sustainability of the society.

MANAGEMENT SYSTEMS AND SUSTAINABILITY

Another phenomenon that affects the sustainability of humanity is management systems. In short, the management system can be defined as the operating system of the management mechanism called the state, which is used in the management of a society and used for the determination and realization of the common purpose and objectives of the society. The management system in a society is effective at every point, from the management of the society to the way of thinking and daily life.

Considering the management systems used until today, management styles differ according to the number of people responsible for management. Management systems; It can be divided

into three systems in which one person is in power (monarchy, dictatorship), a minority is in power (oligarchy, aristocracy) and finally people are in power (democracy). When we look at these systems used in history, it is seen that most of the systems in which singular and minority rule have disappeared. In this context, it can be said that the management system of a society is directly related to the sustainability of that society and its main purpose is to ensure the existence of the society, namely its sustainability.

ECOLOGICAL SUSTAINABILITY

Although man is a biological species that is a part of nature, using the resources he has according to his wishes, thanks to the knowledge he has produced with his mind and intellect, makes him the most dominant species in nature. This dominance can turn into a disadvantage because resources are limited, people always want more, and the human population is growing.

One of the disadvantages is that the wastes generated as a result of industry and urban life disrupts the natural balance. In these conditions, as a result of the increase in environmental problems (global warming, change of seasons, natural disasters and extinction of living species), people will not be able to find a living environment and the sustainability of humanity will be endangered. These events will be the end of humanity in the near future.

SCIENTIFIC AND TECHNOLOGICAL SUSTAINABILITY

Although curiosity is more evident in the production of science and technology, the main reason underlying this curiosity is humanity's desire to continue its existence like other living things. In the face of developing conditions and difficulties, humanity has used science and technology and has further advanced this knowledge and technology. Although this knowledge and technology has progressed in harmony with nature until recently, it has recently lost this harmony with nature. Although the main purpose of science and technology is sustainability, this practice has deviated from its purpose and has become a threat to the existence of humanity. Being aware of this situation, humanity tries to realize science and technology applications in harmony with nature as it should be. Some of the reflections of this orientation on science and technology, which have emerged recently, are "green energy, organic agriculture, recycling-based production, creation of gene and sperm banks, human genome project, artificial tissue and organ production, artificial intelligence technology, life in space".

Realizing that the life of the Earth is decreasing day by day due to the damage done to nature, humanity has sought new ways for life and sustainability of humanity on different planets. These efforts of humanity, which endanger its own sustainability and still insist on not returning from this path, are quite tragicomic.

CONCLUSION

Although the sustainability of humanity may seem complex and difficult because it depends on many fields, we can protect this sustainability if we live in harmony with nature and act by thinking of the interests of the world rather than our own interests, and thinking not only of the time we live in but also of the future. Everything is up to us.

M. Talha KELEŞ

Biodata

*My name is **Umut ERÇEL** and I am 22 years old. I am from Mersin. I am studying at YADYO at Cukurova University. My department is computer engineering. I love software and blockchain technology, I want to further my studies in this direction.*



METaverse

With Web 3.0, people were already able to communicate with each other through digital programs. However, the metaverse will carry the human communication dimension to a very different place. Metaverse allows people to enter the digital world unlike real life. Thanks to virtual reality, people will be able to find themselves in a digital universe and get lost in it. It will connect many platforms in the meta-universe, just as the internet gets into many websites with a single browser. Museums, shops, virtual meetings and everything that can be done in daily life will be possible in the metaverse world. People can do many activities such as working, traveling, playing games, going to concerts by creating an avatar in the digital world. Maybe 50 years later, students will be able to attend classes in virtual classrooms with their own avatars. I would like to end my Metaverse article with these words of Carlos Santana: “The internet should be the way to a world without borders, barriers, flags and countries, where it's the only passport you carry.”

Stay with technology...



(The photo was taken from *karar.com*)

Umut ERÇEL



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