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School of Foreign Languages

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A Word from the Director

Dear Reader,

This issue of our newsletter, *Traveling and Adventures*, invites us to explore places and locations that are different from our own, whether near or far, embark on a journey of exploration filled with adventure and the unknown, discover the hidden and concealed to the naked eye, gratify our curiosity, and satiate the ever-present desire to broaden the observable and unobservable horizons of our existence. In its simplest form, travel is locomotion from one point to another, and what matters for the wayfarer is the destination rather than the experience gained during the process. This definition of and approach to travel is analogous to gulping a glass of water without truly enjoying every single sip, meant to quench the thirst and refresh the body. This kind of journeying is devoid of dynamism and serves no purpose but to have a product with no internalized process. Here is where we see the fundamental component, *adventure*, disappearing altogether, and the journeyer left with little, if none, benefits regarding self-enrichment and acquisition of diverse cultural characteristics. Thus, what renders travel conducive to the body and soul are eyes that can see, ears that can hear, a nose that can smell, hands that can touch and feel, and a heart and mind that can perceive and receive, all in the name of becoming a universal entity with universal values. Happy reads...

Prof. Dr. Yonca ÖZKAN

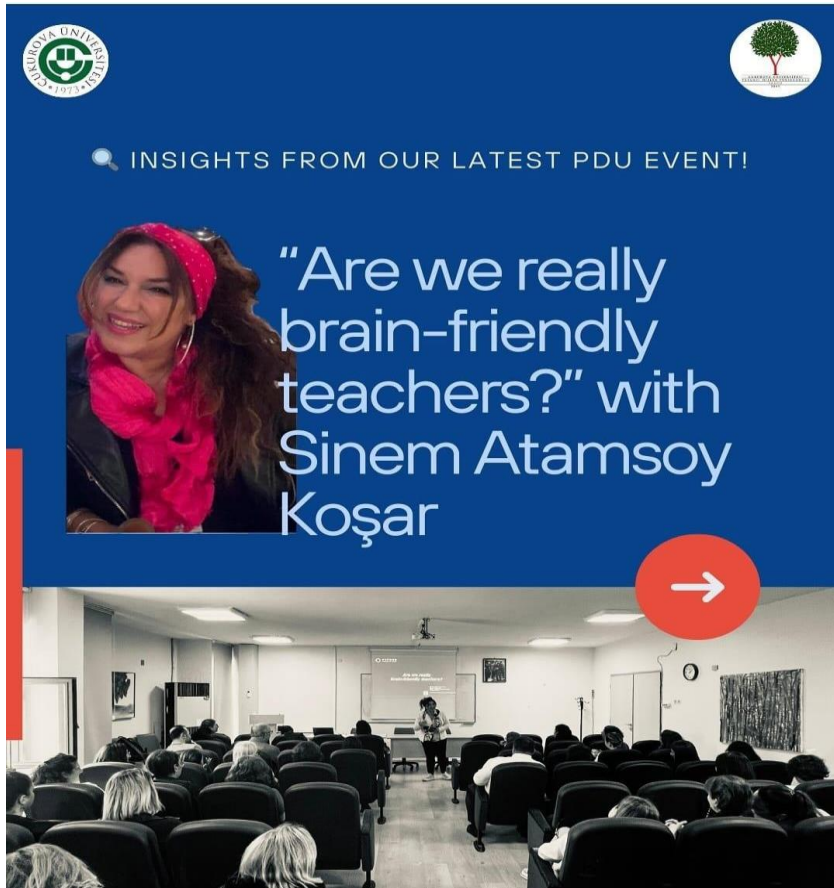
Director

Institutional News in Brief

CU SoFL PDU Seminar on 'Are We Really Brain-Friendly Teachers?'

26 Mart 2025

Çukurova University School of Foreign Languages Professional Development Unit hosted Teacher Consultant and former TESOL Türkiye President Sinem Atamsoy Koşar, who gave a talk on being brain-friendly teachers. She brought valuable insights into our discussion on building positive relationships with students.



CU SoFL PDU Focus Group on Peer Observation

17 April 2025

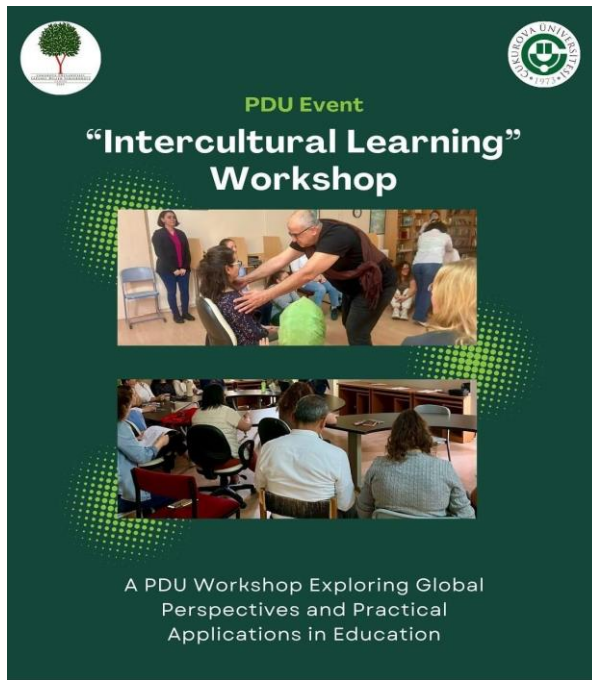
Çukurova University School of Foreign Languages Professional Development Unit held a focus group session on Peer Observation. In this session, Dr. Ayça Dinçer, as part of CU-SoFL's commitment to continuous development, guided our instructors through a 4-step peer observation cycle designed to foster reflective teaching and collaborative learning.



CU SoFL PDU Event: "Intercultural Learning" Workshop

30 April 2025

The School of Foreign Languages' Professional Development Unit held a workshop on Intercultural Learning, led by instructors Dr. Neslihan Gündoğdu and Dr. Cemile Buğra. Through the workshop, instructors took part in activities firsthand and explored global perspectives and practical applications in education.



CU SoFL Activity under Cooperation Protocol with TOKİ Sarıçam Anatolian High School

06 May 2025

As part of our school's social contribution efforts, a cooperation protocol was signed between Çukurova University School of Foreign Languages and TOKİ Sarıçam Anatolian High School. This two-year agreement (2025-2027) aims to raise awareness on language learning among high school students and lay the groundwork for future joint projects.



CU SoFL PDU Event on Good Teaching Practices

14 May 2025

The School of Foreign Languages Professional Development Unit once again gathered in the meeting room with faculty members where teachers shared their practices using AI, doing group work and more with the rest of the faculty. The presenters were:

Dr. Diser Sucak: 'Integrated Skill Group Work Using Academic Websites'.

Dr. Meryem Özdemir Yilmazer: 'Interactive Uses of Padlet'

Dr. Berna Balcı Harmandar: ' Wordwall for Grammar and Vocabulary'.

Inst. Emine Demir: 'Engaging Ways to Use Kahoot in Class'.

Inst. Saadet Yılmaz: 'Text-to-Speech Tools for Listening Activities'.



CU SoFL Students Attend the Career Summit

16 May 2025

Today, SoFL students attended the Career Summit organized by '1.5 Adana Technology Team' at the Çukurova Teknokent Conference Hall. Former team members of 1.5 Adana shared their inspiring journeys--from student projects to careers in the tech industry--offering valuable insights and motivation to future professionals.



CU SoFL Instructor Gives Guest Lecture at Department of English Teaching

16 May 2025

School of Foreign Languages Faculty Member Dr. Canan Yoğurt gave a guest lecture for the course 'INGZ306 - Language and Literature Teaching II' taught by Assoc. Prof. Hülya Tuncer at the Blue Hall of the Çukurova University Faculty of Education. Dr. Ypğurt gave a presentation on Rudyard Kipling's short story 'Miss Youghal's Sais' to third-year ELT students.



The Director of CU SoFL Gives Opening Speech at College Conference

17 May 2025

School of Foreign Languages Director Prof. Dr. Yonca ÖZKAN delivered an opening speech at the LIDERJMUN 2025 Conference, hosted by İstanbul Lider College at its Adana Campus. SoFL's participation marked an event that empowers students to think critically, speak confidently, and engage with global issues.



CU SoFL PDU Session for Staff on Writing TÜBİTAK Projects

28 May 2025

The School of Foreign Languages PDU team hosted a seminar on writing TÜBİTAK projects and finding suitable funding, led by Lect. Ali İhsan Yoğurt. Participants gained practical insights into planning and supporting research in the social sciences.



CU SoFL PDU Orientation Meeting

29 May 2025

Today, the administrative team and the PDU (Professional Development Unit) gathered to reflect on the appraisal and support process for School of Foreign Languages' newest faculty member, Inst. Ezgi Çelebi, as part of our institution's orientation program. The orientation is designed to offer a warm welcome and structured guidance for a smooth and confident start. Participants Inst. Nazlı Dirim provided mentorship and Inst. Tuğba Tüysüz gave feedback, while the dedicated PDU team members continued their support throughout the process.



CU SoFL Participates in UNIFEST

29 May 2025

School of Foreign Languages staff and administration represented the School of Foreign Languages at the opening ceremony of Çukurova University UNIFEST 2025, together with students. The administrative team shared the vibrant atmosphere with students during the parade and the ensuing festivities.



LFAC'25 CALL FOR ABSTRACTS

Call for Abstracts for the Fourth International Language-for-All Conference (LFAC'25) is now open!

Dear Colleagues/Participants,

We are delighted to welcome you to the Fourth International Language-for-All Conference (LFAC'25), organized in collaboration with Çukurova University and Hasan Kalyoncu University.

LFAC'25 will take place on October 16-17, 2025, at Hasan Kalyoncu University in Gaziantep, Türkiye. This year's conference theme, "Sustainable Learning, Global Impact" aims to foster meaningful discussions on innovative and sustainable approaches in language education. It is our privilege to gather with you in pursuit of advancing the field of sustainable language education. As we embark on this shared journey of exploration, reflection, and innovation, we invite you to engage in thought-provoking discussions, collaborate with peers, and contribute to the collective effort of shaping the future of language teaching, learning, and research.

All accepted abstracts and selected proceedings will be published online with an ISBN as *The Fourth International Language-for-All Conference: Book of Abstracts* and *The Fourth International Language-for-All Conference: Book of Proceedings*, respectively.

You can visit the event website to submit your abstract. For more information, please visit the conference website or contact us at lfac@cu.edu.tr.

How to Submit Your Abstract:

- Visit the <https://events.cu.edu.tr/event/4742/> to submit your abstract.
- Scroll to the bottom and locate the Abstract Submission tab.
- Click "Submit New Abstract", log in to the system, and follow the steps to upload your abstract.

Key Dates

Call for Papers March 18 – July 18
Deadline for Registration and Payment September 1
Language-for-All Conference October 16 – 17
Deadline for Full Paper Submission November 3

Submission Guidelines:

The abstract must follow the official template provided [here](#) and should not exceed 300 words. It should clearly outline the study's framework and highlight the key aspects of the session. Additionally, each abstract must include 3 to 5 keywords, all written in lowercase letters.

For any questions regarding abstract submission, please contact us at lfac@cu.edu.tr.

We look forward to welcoming you to LFAC'25 in Gaziantep!

Very best regards,
LFAC'25 Organizing Committee

Fourth International Language-for-All Conference

SUSTAINABLE LEARNING GLOBAL IMPACT



October 16-17, 2025

Hasan Kalyoncu University Congress and Culture Center
Gaziantep, Türkiye



**Prof. Dr. Sarah
MERCER**



**Prof. Dr. Peter
VAN PETEGEM**



Prof. Dr. Betül BALKAR



Dr. Samantha CURLE



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Keynote Speakers

Our keynote speakers are **Prof. Dr. Sarah MERCER** from University of Graz, **Prof. Dr. Peter VAN PETEGEM** from University of Antwerp, **Prof. Dr. Betül BALKAR** from Çukurova University, and **Dr. Samantha CURLE** from University of Bath.

Prof. Dr. Sarah MERCER

Sarah Mercer is Professor of Foreign Language Teaching at the University of Graz, Austria, where she is Head of ELT methodology. Her research interests include all aspects of the psychology surrounding the foreign language learning experience. She is the author, co-author and co-editor of several books in this area. She has served as Principal Investigator on several funded research projects, has worked on the editorial board of various journals, is co-editor of Multilingual Matters' Psychology of Language Learning and Teaching book series, is currently president of IAPLL, and is an ambassador for IATEFL.

Prof. Dr. Peter VAN PETEGEM

Peter Van Petegem is a full professor of educational sciences at the Department of Training and Educational Sciences within the Faculty of Social Sciences at the University of Antwerp (Belgium). His research focuses on evaluation studies, primarily at the macro level (education policies) and meso level (educational innovation, school policies, and quality assurance). He is particularly interested in Environmental Education, Education for Sustainable Development (ESD), and STEM education (Science, Technology, Engineering, and Mathematics). As an expert in instrument development (e.g., psychometric validation) and quantitative data analysis, he has published extensively in national and international journals and books, with over 200 ISI-indexed journal articles.

Prof. Dr. Betül BALKAR

Betül Balkar is a Professor of Educational Management in the Department of Educational Sciences at Çukurova University, Türkiye. She previously worked in the Department of Educational Sciences at Gaziantep University, Türkiye. She obtained her bachelor's degree in classroom teaching and her PhD degree in educational management from Gaziantep University. She is the head of the department of educational management at Çukurova University Faculty of Education. She is also the editor of the educational management field of Çukurova University Faculty of Education Journal. Her main research areas are national and globalizing education policies, sustainable education, educational planning and economics. She teaches postgraduate courses concerning educational policy, educational leadership, and educational planning and economics.

Dr. Samantha CURLE

Dr. Samantha Curle is a Reader in Education (Applied Linguistics), Director of all MRes programmes (Faculty of Humanities and Social Sciences), and Institutional Academic Lead for the South-West Doctoral Training Partnership (SWDTP) at the University of Bath. She is also Adjunct Professor at Khazar University (Azerbaijan) and an Associate Member of the English Medium Instruction (EMI) Oxford Research Group. Dr. Curle's research interest lies in factors affecting academic achievement in EMI in higher education, such as English proficiency and psychological constructs. She has published six edited books on EMI (one forthcoming) and her EMI-related research has been published in journals such as *Language Teaching*, *Applied Linguistics Review*, *Studies in Higher Education*, *Journal of Engineering Education*, *Journal for the Psychology of Language Learning*, *Journal of English for Academic Purposes* and *Language Teaching*. Her research spans across four continents (Africa, Asia, Europe, South America), and has been funded by the European Commission, the national Research Councils in Hong Kong and Turkey, the British Academy Newton Fund, as well as the British Council. Dr Curle is also a Fellow of the Higher Education Academy and the Royal Society of Arts (UK).

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, and 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 Türkiye (also foreign instructors teaching in Türkiye)
- 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 a single-spaced Word document in standard 12-point font, Times New Roman. (Check the template)
- The submission should include your name, affiliation, the title of your work and brief biodata with a photo of the author/s. The biodata should not exceed 5-8 lines. (Check the template)
- The submission should be between 500 and 1500 words. It should not be longer than 2000 words.

Please Follow the Submission Guidelines!

- You can download the template from the following website: <https://CU-SoFL.cu.edu.tr/cu/Dergi/Say%C4%B1lar>
- We only accept your submissions online via e-mail. Please send all your written works to the following e-mail address: cusoflmagazine@gmail.com

Note!!!

We do not accept submissions from any other platforms.

PLAGIARISM POLICY

All submissions should be original and authentic content. Plagiarism software is used to analyze the similarity index. The similarity index should not be more than %25. Please share the sources of any content, photos, graphics, etc. that you benefited from. If not, your submission will not be accepted for publication.

EDITORIAL TEAM

Lect. Dr. Cemile BUĞRA (Team Leader/Managing Editor), Office No: 12

Lect. Dr. Neslihan GÜNDOĞDU (Copy Editor), Office No: 12

Lect. Dr. Ali AVŞAR (Editor), Office No: 16

Lect. Lindsay HUMPREYS (Editor), Office No: 16

MESSAGES FROM CU SoFL MAGAZINE EDITORIAL TEAM

Dear students,

Our online magazine is open to 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 explore yourself and discover your own voice as both a language learner and a writer.

Dear Colleagues/Contributors,

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 inquiries, please send an email to cusoflmagazine@gmail.com

ACKNOWLEDGEMENT

We want to express our deepest appreciation for the efforts of everyone who contributed to our magazine.

The Theme of the Thirteenth Issue:
Travelling and Adventures

Biodata



Eda ARSLAN. *My journey started in Germany when I was born and grew up in Mönchengladbach. Together with my sisters I was raised multilingual. In 1993, when my family decided to move back to “memleket” Adana, my biggest aim was to become a teacher of English. I graduated from the University of Çukurova, ELT Department, did my MA with the focus on bilingualism and finally concentrated on contrastive linguistics in my PhD dissertation.*

My studies in linguistics and translation techniques underline that language awareness supports the language mind of the learner in differentiating between positive and negative information transfer while learning a new language. Although I have worked as an instructor for CU SOFL since 2000, I have been living in Germany for over a year now and achieved my license as an accredited interpreter and legally authorized translator for English, Turkish and German by the Higher Regional Court of Düsseldorf. Furthermore, I teach German, English and Turkish as a foreign language on different platforms.

I am very much interested in anthropology and culture. As culture is closely connected to languages and life, I read and write a lot in all three languages, including poems, articles, and anecdotes. Last but not least, one of my most favorite activities is cooking and creating new recipes!

TRAVELLING AND ADVENTURE IN EUROPE: SAY YES TO THE UNEXPECTED!

Let's be honest: School can be great – friends, learning, routines. But sometimes, you just want to grab a backpack, put on your best “I’m-going-on-an-adventure” face, and leave all your homework behind (just for a little while). Luckily, Europe is the perfect place to do just that. With more countries than you can probably name without Googling, and trains that run smoother than your group projects, it's a dream destination for young adventurers.

Why Is Everyone So Obsessed with Travelling in Europe?

Because it's easy, exciting, and full of surprises! One minute you're eating pizza in Italy, and a few hours later you're watching the Eiffel Tower sparkle (and trying to pronounce “croissant” correctly). Thanks to the Schengen zone, many countries are just a train or cheap flight away – no passport stamps, no drama.

And let's not forget the culture! You can visit castles that look like Disney movies, ancient ruins that are older than your grandparents' grandparents, and museums full of art you may or may not understand (but at least you will feel smart).

The Adventure Menu: Pick Your Favourite Flavour

Europe is not just about old buildings and selfies. It is a playground for every kind of explorer. Whether you are the “let’s climb that mountain” type or the “where is the beach?” kind of traveller, Europe has you covered.

- **Hiking in the Alps (France, Austria, Switzerland, Italy)**
Feel like a mountain goat – in a good way! The views are amazing, the air is fresh, and the cows actually wear bells. You will take photos that make your followers jealous, and maybe even discover muscles you never knew existed.
- **Surfing in Portugal**
Whether you're a wave-catching pro or a complete beginner who falls off the board every five seconds (we don't judge), Portugal's beaches are the place to be. Plus, after all that surfing, you have totally earned a giant plate of fresh seafood.
- **Canoeing in Sweden**
Sweden's lakes are quiet, peaceful, and full of fish that are better swimmers than you. Paddle through the wilderness, camp under the stars, and feel like the star of your own survival movie (minus the danger and with plenty of snacks).
- **Island-hopping in Greece or Croatia**
Clear blue water? Check. Ancient ruins? Check. Delicious food? Triple check. Just don't forget the sunscreen unless you want to look like a lobster in all your vacation photos.

Meeting People and Making Awkward Small Talk in 5 Languages

One of the best parts of travelling is the people you meet. In hostels, trains, and random cafes, you will meet students, backpackers, locals, and maybe even your future best friend (or travel buddy... or that one guy who snores too loudly in the hostel).

Trying local food is another fun (and sometimes risky) adventure. Ever eaten something you could not pronounce? Or thought it was dessert and it turned out to be cheese? Welcome to Europe. Pro tip: smile, chew, and hope it is not snails.

Student Travel Tips (a.k.a. “How Not to End Up Lost and Hungry”)

1. **Plan a little, but not too much**
It is great to know where you're sleeping, but some of the best stories come from last-minute decisions. Like that time, you ended up in a tiny village with no Wi-Fi but the best bakery ever.
2. **Pack light**
You don't need seven pairs of shoes. Trust us. Carrying a heavy bag through Paris metro stairs will make you question all your life choices.
3. **Be polite, not clueless**
Learn a few local words. Saying “thank you” in the local language makes people smile – even if your accent is terrible. Bonus points if you try a traditional dance (even more if someone records it).
4. **Use discounts**
You're a student – use that magical student ID! Museums, trains, and tours often offer discounts. Show it proudly like it's your superhero badge.

5. Travel green

Europe loves the planet. Take trains, skip plastic bottles, and support small local businesses. Mother Earth says thanks.

How Travelling Changes You (Without Getting Too Deep... Okay, Maybe a Little)

You will come back with more than just photos and strange souvenirs. You will have new ideas, new confidence, and maybe even new cooking skills (or at least a strong opinion on gelato flavors). You will learn how to deal with things when plans go wrong – like missing a bus or accidentally ordering cow stomach stew. And you'll realise that people are kind, the world is big, and your worries about math homework maybe are not *that* huge.

Final Words Before You Pack

Travelling in Europe is not just about visiting famous places. It is about stories, mistakes, laughs, and surprises. It is about saying “yes” to new things – even if you do not know what exactly you said yes to.

So if you are ready to explore, meet people, and collect memories (and probably a weird tan line), Europe is calling. And remember: adventure does not always mean danger – sometimes, it is just finding the best croissant in Paris.

Pack smart, stay curious, and don't forget your charger. Europe is waiting!

Dr. Eda ARSLAN
Certified Translator and Interpreter
Duisburg, Germany

Biodata



Bengi BAŞARAN was born in Adana in 1982. She graduated from Tarsus American College in 2000. She graduated from Marmara University, Faculty of Communication, Department of Journalism. Her MA degrees are from Marmara University, Faculty of Communication, Informatics Program, Istanbul Technical University, Department of Science, Technology and Society, and Maastricht University in the Netherlands. She holds a PhD in art history from Istanbul Technical University (ITU). She began her publishing career at Studio Imge/Era Publishing. She took part in the writing and production of national documentary projects. She worked as a research assistant at Yeditepe University Faculty of Fine Arts. Her articles and poems were published in various magazines, periodicals, academic publications and fanzines such as Varlık. She worked in the field of contemporary art and publishing. She is a columnist at T24. She also has articles, texts, translations and academic articles in the fields of gastronomy and food theory.

LIFE IS SHORT, HIT THE ROAD

I have always found travelling fascinating. No matter what the reason is, a journey is made in two directions: outward and inward. That is why even your trip planned down to the smallest detail can hide exceptional adventures. In other words, every journey is a possibility of adventure. Imagine planning a quiet vacation, even in the optimum conditions, small changes in plans may come up. In addition, the people you meet on the road and during the journey can add new stories to your life. Even if it is a lonely journey where you are completely isolated from people, what you discover about yourself may surprise you. In my opinion, travelling is a step outside the world you are used to.



Urla Karantina Island Road



Urla Arkas Museum

To give an example of my own, I have travelled to Urla more than once. At first, I thought this place is a small typical Aegean town, but over time Urla opened itself up to me. I also read about the city's

history, and I found out that Klazomenai in Urla is one of the most important harbours of the ancient period. Surrounded by olive groves today, Klozemenai also went down in history as the settlement where the world's first olive oil production system was established. Accordingly, my impression of Urla also changed more and more. I realized that it was not a small place at all with its rich historical heritage and cultural diversity. The city that I missed at first glance actually has multi-layered marvels besides colourful social interactions. In fact, I met many new people on this business trip. Some of these people were both added to my photo album and became my friends. I experienced new tastes, such as traditional Creten mezzes and green plant-based dishes which are very strange to my diet routine. That's when I realized that travelling to a place is not enough to fully comprehend it. Your current mode at that moment also affects your point of view and perception. In another saying, first impressions can always be decisive.



A View from Urla



Klozemenai Ancient City

All in all, whether it is for business or pleasure, trips force you to step out of your comfort zone. Sometimes travel ends in a way you never expected. You change without realizing where you began and where you arrived at the end. Just as every journey has its own rhythm as well as tone, there are its unique images eternal in our memories. These are sometimes unforgettable frames that we only record in our consciousness or subconscious...And sometimes, tastes and smells accompany these images. Travelling is also to experience unusual and sophisticated tastes. Well, here is my final advice for you, we are all made of memories, so dare to hit the road, I am sure you will find more than you expected.

Bengi BAŞARAN

Biodata



Özgün Gökşen ERCAN - is a US educated, Netherlands based Nutrition Consultant. Born in Ankara in 1986, she built a career in banking before pursuing her passion for nutrition. She earned degrees and certificates in Nutrition Science in California, and gained experience working at various institutions. Özgün runs her nutrition consulting company, Eat-Right since 2021.

BEYOND BORDERS: THE ADVENTURE OF TRAVELING

There is something magical about packing a bag, stepping out the door, and diving into the unknown. Travel is not just about changing locations - it is about changing perspectives. For university students especially, traveling can be one of the most thrilling and eye-opening experiences of their lives. It is where adventure meets education, and where life truly begins beyond the classroom walls.

The world is vast, diverse, and full of stories waiting to be discovered. You might find yourself sipping tea with locals in Istanbul, hiking the green mountains of Peru, or getting lost in the chaotic charm of Bangkok's street markets. Every destination brings a new flavor, a new lesson, and a new version of yourself.

Worried about the cost? You're not alone, but travel does not have to break the bank. In fact, some of the most meaningful trips are also the most affordable. From student discounts and hostel stays to volunteering programs and budget airlines, there are countless ways to explore the world on a shoestring. Traveling on a budget can actually lead to richer experiences. You will find yourself eating where the locals eat, taking public transportation, and connecting more authentically with people and places. Adventure isn't always luxury - it is curiosity, creativity, and a willingness to go with the flow.

What makes travel truly special is not just the sights, it is the transformation it inspires. Travel forces you to leave behind the comfort of your daily routines. When you are navigating foreign streets, ordering food in a language you barely speak, or figuring out which train to catch in a bustling city, you learn more than you ever could from a textbook. You learn patience, confidence, problem-solving, and how to laugh at your mistakes, which creates unforgettable memories.

That brings us to a famous debate: who knows more - the one who reads the most, or the one who travels the most? Books teach us about the world through words and imagination. They offer wisdom passed down through generations and let us explore places we've never been. But travel takes that knowledge and gives it color, taste, and texture. Reading about the pyramids is one thing - standing before them, wind brushing against your face, is something else entirely.

In truth, the best adventures often come when we mix *both*. Read about the world to understand it, then travel to feel it. Let books guide your curiosity, and let your feet take you to the answers.

So, what are you waiting for? Grab your backpack, say yes to the unexpected, and go see what the world has to offer. Adventures are out there and waiting for you!

And when you do go, try to stay offline. Let go of constant notifications and give yourself the chance to be '*fully present*'. There is something powerful about disconnecting from the digital world and connecting instead with the rhythm of a place: its people, its language, its traditions. Try the local food you can't pronounce. Say 'yes' to customs you've never experienced. Book adventures not just in unfamiliar places, but shaped by the culture itself. That is where the real magic is - when you immerse yourself so deeply that the place becomes a part of you. Those are the moments you never forget, the stories you carry for a lifetime...

Özgün Gökşen ERCAN

Biodata

Aykut DEMİRYÜREK graduated from the Department of English Language Teaching at Çukurova University and completed his MA at Hakkari University. He is currently a PhD student at Çukurova University.

THE VOICE OF PATHS UNTRAVELED

There's a kind of journey you can't map out, a plane can't take you there, and your luggage can't hold what you need most. It is a pilgrimage within, not a pilgrimage to a destination, but toward comprehension, clarity, and possibly tranquility. It requires no visa, only the ability to be willing. It doesn't start with a departure but with an awakening. In a society enchanted with motion, stillness is revolutionary. We are conditioned to pursue, to accumulate, to possess. We are shown blueprints of success, definitions of happiness, and habits disguised as purpose. We hear noise all the time: notifications, deadlines, expectations. But in the cacophony, the still, small voice of the soul calls. It poses questions no algorithm could ever answer: Who are you when no one's looking? What do you truly believe? Where is your pain housed, and why have you left it alone so long?

But few dare to listen.

The inward-facing journey is widely regarded as self-indulgent or superfluous. Society rewards being shiny and superficial. It worships at the altar of performance—a loud, punishing performance. Authenticity is shouted down by productivity. Busyness is a badge of honor, and silence is a sign of weakness. So many displace themselves in the name of progress. They construct empires, yet leave their inner landscapes derelict. They redo titles and matters but rest their hearts unheard. They visit the world without even entering the world. And when cheers dissolve, when lights subside, there is a hushed void to be recognized.

Traveling inward is facing that emptiness.

It is to be with the wounds you've concealed, to give grace to the iterations of yourself who didn't know better, and to grieve the dreams you hushed too soon. It is to meet the child in you, the rebel, the artist, the buried voice. It is to shed the layers that others have draped over you and to ask, without fear: Who am I beneath all this? The journey to get there isn't glamorous. No souvenir stores, no Instagram moments, no applause. But there are revelations. There are movements that are so gentle that they shift your whole universe. There's healing, imperfect and slow but real. There's courage—the sort that lays bare your full self, not just the easy-to-swallow bits. Walking this path is taking back your story. Understand that your value lies not in what you produce but in who you are when everything else dissolves. It is to live deliberately, to love deeply, and to be tender with the tangled, incomplete chapters of your story. The journey may not make sense to the world. It might even try to distract you from it. But here is the reality: all that you are looking for out there—meaning, peace, connection—starts here.

And no distance of drifting can close the road back to yourself.

Lect. Aykut DEMİRYÜREK

Biodata

I am Anıl ÜNLÜ, a traveller and a content creator from Karaman, Turkey. I have lived in Ermenek for 18 years and moved to Ankara for my university education. I started travelling around Europe when I was studying. I hitchhiked and slept in my tent to keep my travels longer and more nature oriented. Then, I graduated from Bilkent University Mechanical Engineering Department and started to travel as a full-time job. I have visited 73 countries in the last 11 years. I climbed to the Base Camp of Mount Everest, visited tribes in Ethiopia, rode my motorcycle in Africa for 2 years. I also carry my instrument which is called "cura" with me all around the world. And now I am on the road on my motorcycle to discover Central Asia.

TRAVELLING AND ADVENTURES

I'm Anıl ÜNLÜ, a wanderer who has been exploring the world for the past 11 years. So far, I've journeyed through 73 countries, each one leaving a mark on who I am today. My adventures began in the simplest way; hitchhiking, sleeping in a tent, and eating only what I could afford just to stretch the road a little further. In those early days, I wasn't chasing comfort; I was chasing freedom. I learned how to survive with little, and then I began to learn how to understand myself better through the act of traveling. Over time, the road became my greatest teacher. I have faced moments of joy, hardship, loneliness, and danger. Thankfully, every one of them helped to shape the person I have become today.

But my story is not unique. In fact, it reflects something deeply human, a desire to move, to explore, and to become more. Mankind started living by changing their location every day. It is in our blood and DNA. Today, people travel for countless reasons like to escape, to grow, to connect, or simply to feel alive. All of those serve only one purpose, to discover more. My journey also started to seek what is there more than I already know.

Travel is not just about changing your location; it is about changing your perspective. When we step into the unknown, we step out of ourselves, out of routine, out of habit, out of the identity society forced us to build. We begin to see the world not through a lens of "us and them," but through shared stories, shared emotions, and shared humanity. Sitting on the streets of India, sharing a tea with a local in Zimbabwe, laughing with a stranger over a meal you cannot even name, you realize just how connected we all are.

These experiences do not just entertain us but transform us. Travel forces us out of our comfort zones and into growth. Whether you are navigating a chaotic city of Europe, facing a challenge alone in Guatemala, or learning to appreciate silence on a mountain trail in Nepal, you develop patience, resilience, and a deepened sense of self. The unfamiliar does not scare you anymore and it starts to excite you. It teaches you how to adapt, how to listen, and how to get ready for the next adventure.

And here is the most important truth: travel is not about money. It never was. You do not need a luxury budget to discover the world. You just need curiosity and the courage to begin. Exploration starts with a mindset. For example, you can take a new route through your city from school to back home. Talk to someone from a culture you know nothing about. Eat something you don't really know about. Adventure is everywhere, only if you are willing to look.

So, if you have ever felt that quiet pull toward the unknown, listen to it. The world is not as far away as it seems. And no matter where you start, whether it is in your backyard or across the ocean — the journey will find you, and it will always change you in a good way.

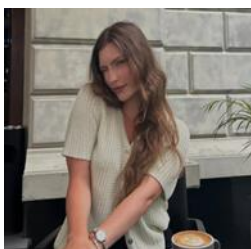
Because in the end, travel is not about how many countries you have seen. It's about how deeply you have let them change the way you see.

If you feel you need more inspiration, you can find me on Instagram and YouTube as "Gezmeckenkolay".



Anıl ÜNLÜ

Biodata



Antonia SŁOWIK is an architecture student at the Silesian University of Technology. She's curious about how people interact with the spaces around them and believes that travel is one of the best ways to understand the world and yourself. She has a soft spot for old streets, local food, and spontaneous adventures.

WANDERLUST AND SERENDIPITY: HOW TRAVEL REDEFINES WHO WE ARE

There is this strange, exciting moment that happens when you are somewhere totally new, like you are a little bit lost but also completely alive. That is kind of the magic of travelling, I think. It is not about ticking off places from a list or getting the perfect Instagram shot. For me, it is more about the unexpected things—getting stuck, meeting random people, finding cool spots that were not on any blog post.

The first time I ever travelled solo was to Florence. I was 19, had missed my train, barely spoke any Italian, and was honestly kind of panicking. But then a lady at the station helped me out, I found this tiny place that sold the best focaccia ever, and I just sat there and looked around. And weirdly enough, I felt calm. Like, okay, maybe I don't know what I'm doing, but that is kind of the point.

Travel has this way of teaching you stuff you didn't know you needed to learn. It pulls you out of your comfort zone and throws you into situations that force you to adapt, be open, and let go of needing control. One time I was in Albania and randomly took a local bus just to see where it would go. I ended up in a small village during a local festival, got invited to join, danced like a fool, and ate bread with people whose language I did not speak, but we somehow understood each other. That day was never in any plan. And it was perfect.

As a student of architecture, I naturally pay attention to buildings, streets, and public spaces. But what I really love is seeing how people live in those spaces. How they gather, how they move, what they care about. In Japan, I learned how quiet and precise daily life can be. In Spain, time slows down in the best way possible. In Turkey, people invited me in like I was family. Every place has its own pace and energy.

Solo trips are amazing because you learn a lot about yourself. Like, what you actually enjoy doing when no one else is deciding for you. At the same time, travelling with friends has such a vibe. There is something about struggling through delayed flights or trying weird food together that really bonds people.

Not every trip goes smoothly, though. I have had my share of travel failures—wrong buses, lost luggage, questionable hostels. And yeah, travelling can be expensive and tiring. But it is also completely worth it. Every time I come back from a trip, I feel like I've grown a bit, like I see things differently.

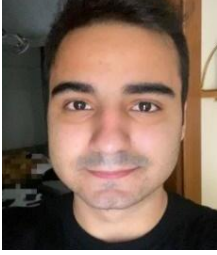
And honestly, adventure does not always mean flying across the world. Sometimes it is just saying yes to a small, spontaneous plan. Or taking a train to a town nearby that you have never bothered to

visit before. You never know who you will meet or what random moment will stick with you for years.

If there is one thing I have learned, it is this: you do not need to have it all figured out. Sometimes the best stories start when everything goes “wrong.”

Antonia SLOWIK
Silesian University of Technology

Biodata



*My name is **Halil Deniz TAŞDEMİR**. I am a 21 years old dentistry student at Çukurova University. I am deeply interested in languages and other cultures. I love experiencing stories in any of the media forms (books, movies, games...) Other than that, I like reading about philosophy.*

ANTICIPATION OF ARRIVAL

People -at least most of them-are inclined to believe that an adventure is an “ending focused” activity which can only be satisfactory if it can quench the voyager’s high expectations, be it getting promoted to a rank which they strived for arduously, or a hero’s revenge for the unjust deeds of an archvillain in a child’s book, or simply getting a good mark on an important exam. There are people who enjoy the long road trips for what they are whereas there are others who get a terrible throbbing pain in temples just by thinking about them because they only care about the arrival. We are not going to discuss the true approach to this topic. There is a rather cliché saying in an adventure book. It goes “Maybe the real treasure was the friends we made along the way”. While I am not going to underestimate the value of a hard-earned treasure which was obtained through the doomed forests, bottomless swamps, and dilapidated bridges under which lies a vast abyss stretching as far as the eye can see. I think there is some truth to that because real life is not merciful, and putting in hours for something does not guarantee that the end result will give you the peace you think you deserve even if the hardships we endured and the thorny paths we trod left us crippled. Ironically, if you have enough willpower to begin anew, failed journeys have the most impact to build you up to a better version of yourself. If there is only one aspect in which pain is better than peace, it is that peace will rob you of your ambition whereas pain will make you yearn for the peace which awaits you at the end of the road and fuel your instincts. If you cultivate that pain and restart the journey without allowing past mistakes to pull you down, there is always the light at the end of the tunnel. Life is too short and ambiguous only to focus on the end results of our countless little or big adventures on which we embark throughout our lives to better shape our future. It is a colossal risk to depend on sometimes sour, sometimes sweet outcomes of these said journeys. Because as much as our triumphs have the likelihood to make us happy, our defeats would be catastrophic for us. That is why it is not a sustainable solution to base our lives around the temporary results instead of learning to benefit from the struggles. And that is what life is, the reward that we get for a struggle is another adventure that leads to a different struggle. On a final note, I believe that if we can direct our lives to undertaking worthy adventures, that we can love for their contributions to our life to being a better person as a whole, and not just for the satisfaction of the ending; this fleeting life of ours can prove to be not at all meaningless.

Halil Deniz TAŞDEMİR

Biodata



Something about me :))

*My name is **Aleksandra MATUSZNA**, I am a second-year student at the Silesian University of Technology at the Faculty of Architecture. I am a travel enthusiast, I love photographing architecture and I am the author of **the online magazine** - "Travel, adventure awaits you"*

TRAVEL, ADVENTURE AWAITS YOU

"We travel for romance, we travel for architecture, and we travel to be lost." - Ray Bradbury

There is something extraordinary, almost magical in traveling. While traveling, we discover places unknown to us, we meet new people, cultures, tastes, and smells. Then, the smallest things count, like delayed buses or planes, conversations with strangers that you later pass coincidentally in the city, and food that you had no idea existed.

Why do we travel?

There are many reasons why people travel - to relax, to learn something new, to be able to see and feel architecture in person, or simply to escape into the unknown. All of these people have one thing in common - curiosity. The desire to see something new, something they do not know, to try new flavors, to experience life in a different place and experience something for the first time.

Traveling opens us up to the world around us, allows us to see something more than photos on the internet or descriptions in books. Thanks to traveling, you realize how beautiful and diverse the world is, big and yet so small. It is through traveling that you can discover not only new places, but also yourself.

Adventure is where there is no plan.

The best adventures are experienced precisely when nothing goes according to plan or if there is no plan at all. Then we experience things we have never even dreamed of, that is when the real journey begins, where you explore and develop.

Adventure is not only extreme things, it can even be going a different way than the map shows and discovering places that would otherwise be unreachable. It is entering a random restaurant and trying the best dish you have ever eaten.

Travel tips

- Take only the most necessary things, and instead of a phone, take an old camera to catch one frame instead of getting lost in what is online
- Be open and willing to try something new, say "yes" more often, and be spontaneous
- Write down your memories and observations in a notebook
- Don't be afraid to get lost - remember "All roads lead to Rome"

A final thought

Traveling does not have to be far away; it can even be discovering a new place in your hometown. Traveling is about looking at things with new eyes no matter where you are, every journey brings some experiences if you are willing to do so.

So if you ever feel like discovering something or just want to get out of your daily routine, do not think twice, just pack your backpack and leave home. Adventure awaits!

Aleksandra MATUSZNA

Biodata

Paulina PAWLOWSKA, a 2nd year student of architecture at the Silesian University of Technology in Gliwice, a lover of traveling, modern art, architecture, sports and good books.

GET TO KNOW LIFE

Travel as a way to meet needs, experience, perspective, unconventional action, and stepping out of line

Like each of us, I have wondered many times who I want to be and what my life should look like. Many people finish their studies, go to work, start a family, build a house, and wait for retirement. It might seem that such an order is logical and makes sense. Such a pattern of functioning has been established years ago, and people live to go through each stage of the life line. There were few who broke out of the patterns and wanted to get more from life, follow a different path, and remain to themselves.

Traveling is a kind of way to meet higher or even basic needs. Travel is an inseparable element of life. It is an allegory of all the stages that a person should go through in life.

One could say that learning, studying, and working provide us with all the information about life, teach us morality, goodness, and prudence. They will show us what the world, logic, and people are. But is it really? Can experiencing the same routine every day teach us about life?

For me, traveling is like satisfying a need. I constantly feel that there are a lot of things that I don't know, hear and see, but their vision is imposed on us, their image is often processed thanks to travelling. Traveling is experiencing, it is a fight with weaknesses, a fight with yourself. Traveling is like a second life, it is a moment when you know that you are reaching for more, that you want to step out of line and take full advantage of the world.

As a child, my world was the yard, the road to school, and the nearby city. Back then, it was all very big, it seemed to be the whole world, but as the years passed, a person began to feel an emptiness, the need to be more. Someone could tell us about something that many of us will never have the opportunity to experience. Since my teenage years, I have been fascinated by the world of nature, the power of nature, the fact that there are other cultures in the world, that their lifestyles are not like ours. I always wondered why it was that we get up, go to college, study, and that's how the days go by with sometimes something interesting happening along the way. I always thought that it was supposed to be like this, but I couldn't stop wondering if everyone really functioned the same way. I started my first trips when I was a teenager. They were not far, mainly around the country, but when I saw life outside Poland for the first time, I could not stop thinking about the next trip. After conquering my first new country, I decided that I wanted to visit as many of them as possible. I started traveling and went to Greece, Albania, Cyprus, Malta, Italy, and Spain. I was very fascinated by getting to know the local lifestyle. My travels were not limited to going to a hotel and spending time on the beach. My goal was to see as many places as possible as cheaply as possible. My boyfriend and I started looking for accommodation offers on different websites, we looked for private accommodation, talked to people who live in that country, tried new cuisines, and attractions. Each trip involved a long list of places to see, each day had to be used to the maximum. Seeing my plans, the boy probably thought that I was crazy.

It is fascinating how many beautiful places there are around us.

Travelling is a huge lesson for us. First of all, it teaches us to fight with ourselves, shows how much we can endure, and makes us realize how small we are in the world, and how great the power of nature is. Travelling teaches us humility and respect. During our trips, we are often forced to break down barriers, not only language barriers, but also endurance barriers. We are forced to adapt to different conditions, different temperatures, food, culture, and customs. I have always believed that one should be tolerant and not disrupt the culture of people already living somewhere. I really like observing their daily rhythm, their customs and traditions. All this shows us how beautiful and diverse the world is, how inspiring and original it is. Travel helps us express ourselves, show our weaknesses, and open up to people and the world. Each such trip leaves us with some kind of beautiful life lesson.

People who travel are more sensitive. They are able to endure more, but are also very open to others.

The whole idea of traveling recently became very noticeable in my everyday life when I started studying architecture and it turned out that taking into account human needs lies at every level, that learning, traveling, and empathy are the key to proper interpersonal communication. Travel is therefore an inseparable element of every field: traveling is learning. I believe that everything we talk about should be experienced.

In conclusion, travel should be appreciated more and encouraged, travel gives new opportunities in every field, it teaches more than a thousand spoken words. I hope that in my life there will be as many of them as possible and each of them will bring many new lessons to my life.

Paulina PAWLOWSKA

Biodata

Katarzyna SZABAT is an average architecture enthusiast who feels its power and is constantly surprised by its influence on people. Thus, the author's travels revolve around man-made material traces of history in the form of buildings, spaces between and inside them, what we commonly call as architecture. What intensifies the power of this passion is the fact that it can be combined with other hobbies and any activities one can imagine. As the author gets older, she notices that sometimes the only thing she needs is a change of environment she is in.

LIVE THE TRAVEL

People often get bored, sometimes even disappointed with their travels – at least that is what I have heard from many of my friends and even experienced as a child at summer camp. I believe the reason is people confuse vacation with travelling. While vacation means resting, disconnecting from everyday things, and simply switching off, travelling is associated with adventure, discovering the unknown, observing, and analysing. Unless the shark bites you or a tsunami wave wipes you, you will not get the thrill of adventure while sunbathing on the beach. Surely, it is possible to combine both – at the end of the day the best trip is the one where you did what you want, but do not expect many unforgettable moments, days full of adrenaline, thrill, satisfaction, and a full life when you lock yourself in the all-inclusive resort.

What works for me is wandering with neither a map nor a clear destination, exploring every corner that gets my attention, and choosing the direction that just feels right. You can go the same path as me, but having it all planned and mapped guarantees. Intuition is the ultimate deal-breaker between vacation and living the journey. It leads us on an adventure, so why not implement it into our trips? What happens if we don't go with our intuition? When everything is planned, the guide is paid, and the only thing left to do is waiting in hours-long queues with other tourists who are all visiting the overhyped attractions. We follow trip advisors, getting trapped into places with little vibe left of its original heritage. We see and feel something created only for tourists, mistaking it for what the exact place has to offer. When one wants to experience travel, they seek something unpredictable and unique that will not be found in other places. Without the will of escaping this tourist bubble, of taking risks and disrupting that well-planned schedule, it feels impossible to travel. Luckily there is a golden mean for both adrenaline seekers and the resting.

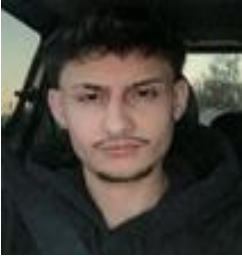
What is the best illustration of these views in practice, is the idea of so-called city break. It rose to fame swiftly and is still gaining popularity. A city break is a short vacation up to a couple of days to a city, usually for leisure, culture, and food. Fast-paced, packed with sightseeing, eating out, and walking days will provide travellers with the thrill of the unknown, walks, and pleasant, satisfying tiredness at the end of the day without any regrets.

If you want to live the journey, have courage – courage to escape the plan as it is the only way to broaden one's sight and see what may have been invisible before. Observe, question anything you come upon and let the surroundings influence you, as that is the reason it calls you.

Katarzyna SZABAT

2nd year Architecture Student, Silesian University of Technology

Biodata



*My name is **Zeynel ARI**. I was born in Karaman. I am studying Economics and currently in the preparatory year. I enjoy listening to music, singing, and playing football. These hobbies help me relax and stay active. I am passionate about learning and improving myself every day*

TRAVEL AND ADVENTURE

Travel means going to new places to see, learn, or relax. People travel to different cities or countries to take a break from daily life, meet new people, and enjoy different cultures. Adventure is when something is exciting, new, or sometimes a little bit risky. It can be trying something for the first time, like hiking a high mountain, or visiting a place you don't know well. Travel and adventure are connected because travel gives us many chances to have adventures. When we go to a new place, we often do new things. For example, we might eat food we have never tried before, talk to people from different cultures, or do fun activities like diving, camping, or climbing. These new experiences make the trip more exciting and help us grow as people.

To give a more personal anecdote, some of my friends and I organize trips for university students. These trips are not just about traveling, they are also a new adventure. For example, this year we organized trips to Kayseri, Mardin, Diyarbakır, Nevşehir, Eskişehir, and Ankara. Together, we tried new foods, explored new places, and did different activities. We also saw amazing views that we had never seen before. They were very special and beautiful experiences.

Mardin especially has a very special place in my heart. Its beauty, especially in the evening, is hard to describe. I hope that one day, everyone can meet a person as beautiful as the evening in Mardin. BECAUSE I DID.

I enjoy travel and adventure because they help me discover new places, meet different people, and learn about the world in a real way. Every journey is a chance to experience something new and exciting. For example, walking in an old city, tasting street food, or talking with locals can teach more than books sometimes. Travel also gives people time to relax and forget about daily problems. Many students take trips during holidays to explore nature or visit famous landmarks. Adventure is not always about climbing mountains or flying to the other side of the world. Even a short trip to a nearby village or forest can be an adventure. For example, hiking in the mountains, sleeping in a tent, or trying a new activity like surfing or skiing can be unforgettable. These experiences help build confidence and make people stronger. Some people, for example, enjoy joining cooking classes in new countries or learning a few words of a local language. Others may like taking photos of beautiful views or writing about their travels. Travel and adventure are not only fun but also help people grow, understand the world better, and collect memories that last a lifetime.

Zeynel ARI

Class 209

Biodata

*My name is **Ziřan TEKİNKUŐ**, and I am 17 years old. I was born in Gaziantep in 2007. I completed high school in Gaziantep as a language student. I moved to Adana to start my college education, and right now, I am a student at CU SoFL preparing for the ELT department. I enjoy listening to music and traveling.*

GROUP TRAVELLING

Compared to the past, there has been a rise in travel between cities and countries. Both the development of technology and people's curiosity have had a huge impact on this trend. Considering the role of travel in today's world, it seems that it will continue growing in the future and will never vanish. Therefore, companies have launched travel agendas, and group travel has gained popularity. While group travel offers many advantages, it also has some drawbacks.

According to research, group travel has several benefits. To begin with, being free from the stress of planning is one of the most prominent ones. Since travel agencies do all the planning and create the best routes, you don't have to plan everything in your mind and put yourself under pressure. That way, you can travel with a relaxed mind and focus on the beauty of the city or country instead of worrying about time and schedules. Likewise, it is cost-effective. Expenses such as food and accommodation are generally cheaper overall, as companies have contracts with specific brands. Another advantage is that it helps you build a social network. You can easily connect with other group members and build new relationships. Moreover, traveling with a group puts you in a safer situation, and you don't have to stay alert all the time. Lastly, you benefit from the guidance of experienced tour leaders. Since they are familiar with the environment, they can provide information about the city or country, it provides you a better travelling experience. By the end of the trip, in addition to capturing beautiful photos, you will have expanded your cultural knowledge.

On the other hand, there are some disadvantages of travelling with groups. First of all, it restricts you in terms of freedom. When you join a group, you must obey the rules and follow the schedule. This means you can't always do what you want and must keep up with the group. Also, it may not offer the same opportunity for self-discovery as traveling alone. To explain, solo travel often involves more internal debate, speech and personal growth. Finally, because group tours usually focus on historical sites, museums, and natural landmarks, exploring and shopping in city centres can be difficult.

To sum up, group travel has both advantages and disadvantages. While it saves you from stress and high costs, offers social networking opportunities, provides safety in unfamiliar places, and enriches your experience through guided tours, it may also limit your freedom, self-discovery, and can be an obstacle for exploring urban centres freely.

Ziřan TEKİNKUŐ

Biodata

*My name is **Miraç BEDİR**, and I am 17 years old. I will study Computer Engineering at Çukurova University. Now, I am a student at the School of Foreign Languages. I love writing, and when I was a child, I wrote many different types of articles. Writing has helped me express my thoughts and ideas. I still enjoy writing today.*

SHOULD PEOPLE READ OR TRAVEL?

Traveling plays a crucial role in our lives because of the cultural interactions we experience. People are always curious about others who have different habits and daily routines. Therefore, people travel to other countries to learn new cultures, lifestyles, and activities. On the other hand, according to some people, reading is a better way to learn these things than traveling. They believe that reading can make you notice something you cannot notice while traveling. That was a controversial question in the past, and it is still debated today.

The first and noticeable difference between traveling and reading is physical activeness. Reading does not require you to use your body as much as traveling does. Therefore, readers say that we do not always need to be energetic to learn something; what you need to do is to change pages when you finish one of them. However, people that travel frequently say that traveling is tiring when you get home. As they say, while traveling, they are more active than they normally are due to eagerness to see new places.

Another difference is expenses. Traveling can be really expensive especially if you decide to go to a country which has more valuable currency than yours. People that are fond of traveling say reading can be expensive too. You have to take books, and it might cost thousands of dollars. Nevertheless, people can exchange their books with each other, or they can sell them. Additionally, it gives chances to some people to learn about new cultures because some of us may not be able to afford to travel.

Last but not least, travelers say reading can be effective for learning new things, but talking to foreigners and making new friends are some of the most beautiful feelings they have ever experienced. Readers defend their ideas by saying there may be lots of malicious people, and talking to strangers and making friends might put us in a dangerous circumstance.

In conclusion, both traveling and reading have some conveniences and advantages. At the end of the day, people know themselves better than others, so they can make the right decisions to learn about cultures and lifestyles. From my perspective, people should travel due to incredibly beautiful places such as Cologne Cathedral, the Pyramids, and The Great Wall of China. They have to see them.

Miraç BEDİR

Biodata



*Hi, I'm **Elliott XUAN**. I'm from Guangzhou, China, and currently living in Manchester, UK. After finishing my studies in China, Sweden, and the UK, I'm now working in the higher education sector and also run a travel blog part-time. As a travel blogger, I've explored more than 20 countries and am still counting. I love exploring new places, recording travel vlogs, trying different foods, and sharing my adventures along the way.*

TRAVEL AND ADVENTURES

Many people say that travel is just moving from a place you have grown tired of to a place someone else is tired of. It may sound a bit depressing, especially in today's world where everyone's social media profile proudly states 'love to travel.' We have become so used to treating travel as a kind of exhibition—showcasing curated moments of our lives online. The meaning of travel has quietly shifted, from 'experiencing a different culture' to 'taking the same photos in front of different landmarks.' Frankly speaking, photographs are valuable. They play an important role in preserving the precious moments of our journeys. But compared to those outfits chosen, camera angles rehearsed, carefully posed moments, I often find that it's the small, unplanned surprises, or even adventurous shocks, that become the most unforgettable parts of a trip. These are the pieces of the journey that cannot be captured by a lens, but are forever printed in memory.

For me, the adventure of travel comes in many forms. I would say it unfolds in three main ways: the adventure of encountering landscapes, the adventure of exploring different cultures, and the adventure of self-discovery. Together, these journeys shape our understanding of the world; they open us up to new ways of thinking and living. Most importantly, they allow us to rediscover ourselves, as adventure is not only about collisions with the world outside, but also about the awakening and transformation that happen quietly within.

As I recalled my travel experiences, the adventure of encountering landscapes happened most vividly when I was younger—especially during my teenage years. Back then, my understanding of the world came mostly from geography books and travel magazines. I still remember the first time I left Asia, walking on the streets of London. The crispy, wet air I had only read about in books, the red telephone booths standing at the street corners, the double-decker buses rushing past, and the Tower Bridge I had seen on countless postcards and movie scenes—everything was fresh and thrilling to my 20-year-old self. Every step I took felt like an adventure completely different from the first 20 years of my

life. In that moment, I was walking through a dream stitched together by all the movies I had watched, the books I had read, and the language I had worked hard to learn.

I also remember so clearly my first day arriving in Sweden as an exchange student. When I walked out of the train station, I touched snow for the first time in my life. My fingers stung from the cold, but my heart was full of joy. For someone who grew up in a tropical area, this was a moment of wonder. Even now, I can still remember vividly the fresh, crisp wind of Scandinavia. When I returned to Stockholm after four years, after the flight had flown over familiar forests blanketed in snow, I stepped off the plane and into that same wind, and into that familiar cold. I had this strange but tender feeling: ‘I remember this wind, and somehow—it knows me too.’ This feeling of wonder in unfamiliar surroundings is what keeps me traveling—what pushes me to explore new destinations. And with time, that wonder quietly transforms into something deeper: a personal, intimate connection with a place.

Just like Hemingway wrote in *A Moveable Feast*: “If you are lucky enough to have lived in Paris when you were young, then wherever you go for the rest of your life, it stays with you—for Paris is a moveable feast.” A place’s culture and spirit can leave a lasting mark on those who spend time there, especially if they experience it not just as tourists, but as temporary locals.

That is also the idea behind the increasingly popular concept of “slow travel.” Unlike traditional sightseeing, slow travel is about staying longer, moving slower, and letting yourself become part of the rhythm of a place. Spending a few weeks visiting local workshops, shopping for regional produce at morning markets, or dining in restaurants that don’t appear on any online review platform—all of this helps observing how a region’s weather, traditions, and rhythm shape its lifestyle.

Of course, in today’s fast-paced world, we do not all have the luxury of spending months immersed in another culture. I was lucky to study abroad in both the UK and Sweden during university, and those experiences gave me the time to explore and absorb these cultures deeply. I still remember the first Sunday I spent in Sweden, excited to go shopping downtown—only to find almost everything closed and the streets nearly empty. For someone raised in a Chinese metropolis, where shops are open year-round and deliveries can arrive within half an hour, that quiet Sunday was a true cultural shock. At the same time, the Swedish idea of *fika*, a kind of slow coffee break, taught me to appreciate the beauty of moments that seem meaningless. Growing up, I was taught that every minute should be spent productively—that coffee shops were mostly for studying or working. But in Sweden, people bring nothing but themselves. They sit with friends, or alone, enjoying a warm cinnamon bun and a fresh cup of coffee. Time slows down. And I suddenly wondered: if we become so obsessed with making every moment count, isn’t it also a kind of waste—to forget how to enjoy the quiet, unproductive minutes of life?

There is a saying in Chinese: “Reading ten thousand books is not as useful as traveling ten thousand miles.” What makes travel truly priceless is not just the breathtaking views or the culture shocks—it’s the way it lets us hold a mirror up to ourselves. It gives us space to reflect, to rediscover, to transform. That’s why I have always loved traveling alone. When you are on your own in a foreign place, every sensation feels heightened. You notice more. You feel more. It’s like activating a third-person camera in your own life. Your fears, your joys, your desires—they become raw and unfiltered. And when you travel with others, it is easy to miss those truths in the name of compromise.

My first solo trip happened by accident. I had planned to visit the Isle of Skye with a friend, but two days before we were supposed to go, she had to cancel. Not wanting to waste the opportunity, I decided to go alone. Driving from Edinburgh toward the Isle of Skye, the view from the car was surreal: on one side, the rugged valleys of the Scottish Highlands; on the other, the endless blue edge of the Atlantic Ocean. I rolled down the window. The wind was sharp, scented with summer heather and the salt of the sea. At that moment, I felt like I was at the edge of the world. I felt a kind of freedom I had never known before: the freedom to go anywhere, just by myself.

That night, I made dinner in my little B&B and strolled along the harbour as the sky shifted from pale to deep blue. The next morning, I hiked up the Old Man of Storr before sunrise, the mist still clinging to the mountains. Standing there, completely alone with the world stretching around me, I felt as if I was having a deep conversation with my own soul: *Maybe I don't know myself as well as I thought. But maybe I'm starting to.*

That's the quiet magic of travel. When you feel lost in life, unsure of what comes next, my advice is always the same: give yourself an adventure. Go somewhere. Break the routine. Discover a new version of yourself. Because life itself is the greatest journey of all—

And the most important thing isn't where you go.

It's that you keep going.

Elliott XUAN

Biodata



Hüseyin ÖZCAN. Veteran Turkish Army officer. Mechanical Engineer, MBA at Yeditepe University, 20+ years manager in Logistics.

TRAVELING & ADVENTURES; *LISTEN TO YOUR HEART, FEEL LIFE AND SAY “WHAT A WONDERFUL WORLD”*

Listen to your heart when traveling because the only obstacle to travel is *yourself*. When you decide to travel, time, money, and information will come afterwards. Time is always relative, and if you put travel in your calendar, time will be flexible for you.

Some philosophers describe traveling as "escaping from yourself" while others say: "You will find a new version of you wherever you go". Some describe traveling as an effort to find your real home, or this quotation "road and travel are more important than the destination". Whatever the philosophy says, let's just try to *feel the beauty of life*.

There are so many exciting and fascinating adventures in travelling all over the world. Visiting famous countries and cities, seeing and being inside famous buildings, monuments, museums, concerts, sports, historical places, tasting different flavors, attending local festivals, climbing famous mountains, diving coral reefs, canoeing famous rivers or lakes, balloon tours, drinking tea at night in the desert. Horse or camel riding, driving speed motors, Quad bikes, or going on a jeep safari.

Exciting domestic festivals:

Being at the Orange flower festival (original name is different) in Adana, Mesir Paste festival in Manisa, Artichoke festival in Urla, Kakava-Hıdırellez festival in Edirne, Plateau festivals of Karadeniz, Oil wrestling festivals of Antalya and Edirne, or the Apricot festival in Malatya, or perhaps walking Lykian road, skiing in Sarıkamış while it snows, and listening to the sound of silence are exciting travel experiences in Türkiye.

Exciting world destinations:

The scenery of the Golden Horn from the Galata tower, the sunrise of Nemrut mountain between statues, Saint-Petersburg during white nights, the Aurora Borealis (northern lights) in Norway, Finland, and Iceland, swimming in the thermal public pools of Budapest in the winter, walking on the Charles Bridge in Prague, tasting French desserts in a cafe during a sunset with the Eiffel tower, slowly traveling French Riviera towns, sailing between islands in the Mediterranean, breakfast in front of the Sphinx with the Pyramids in Giza, Cairo, cruise the river Nile, observing lions and giraffes in Kalahari, diving with sharks in Ras Mohammed, swimming in the Phi Phi islands of Phuket, Palawan islands in Philippines, islands of Indonesia, Ha Long bay of Vietnam, being in Japan during the Sakura festival, visiting Machu Picchu the lost city of Incas in Cusco city of Peru, seeing Christ the Redeemer statue in Rio, islands of the Caribbean sea, feeling the water drops of

famous waterfalls. There are thousands of adventures to be had. ***What a wonderful and lovely world to see and feel.***

Before & after traveling and going to festivals:

In the past whole festivals were based on happiness. Nowadays, whole festivals are based on earning money. In the past, real local people were wearing their local dresses (not mocking), speaking local accents, sharing (not selling) their local food and entertaining with visitors. Nowadays we only see salespeople with local dresses (most of which are not even local) trying to earn as much money from customers as possible, who are trying to see something different and are taking photos to prove to others that they were there. We should change our base from money to joy again. There are still people who live the original soul of festivals. Try to find those people at festivals.

Types of travelers:

There are two types of travelers:

1. Benefit seekers
2. Benefit givers

Benefit seekers are called tourists all over the world. They tour wherever they go and compare local people, food, and lifestyle with their culture. Those people generally trust their money, social rank, and education level. Others always seem as slaves for them because they are also slaves for some others. In fact, each tourist is walking money for locals all over the world even in their own village. Everything will be consumed after the end of travel, and it will be a moment within thousands of memories. Each of us has thousands of pictures in our data banks, and we are still taking photos. If we want to see each of our photos, it may take weeks. Taking photos or videos may cause you to lose the real meaning of the moments of traveling and adventures. Just ask yourself "why am I taking this photo or video?". The joy of those who internalize their moments of travel – it cannot be imitated. This joy then radiates to the people around them like waves, and in such atmospheres, everyone instinctively tries to capture the moment with photos and videos.

Benefit givers' whole life on the other hand is continuous traveling and adventure. They never choose a place to go, all the places they visit basically ask them to. They never criticize or compare places, people and their different lifestyles, clothes, cuisine, music, or art. They live the life of places they visit and become a part of the people. They learn the names and stories of people they meet. They feel the soul and listen to silent music of places they visited. They never leave where they visited although they are away from there.

Security in traveling & adventures:

Security is the key point of all travels and adventures. Take extra care of your valuables in European countries such as France, Spain, Italy, England, and Serbia. There are hundreds of skilful pickpocket gangs. The same goes for Brazil and many others. There may be risks associated with life safety in some countries. These also include risks of illnesses and general health. Just examine the place in detail before you travel. There are different laws in different countries. . In South Korea, if you punch someone, you will pay 10.000 USD, and some punch seekers try to find some victims. If you chew gum in Singapore, you will pay a huge fine. If you use an electronic puff in Thailand, you may go to prison. Taking seashells from Maldives is prohibited. Taking your pills and medicine with you may be a big problem in some countries. Carrying a power bank during a flight may cause a dramatic

problem for you in some countries. Some airports need an extra visa for connecting flights or you may be deported. Most countries have limits for personal luggage and need declaration of items such as money, smoking and alcoholic materials, jewellery, plants, and food. All over the world, travel insurance doesn't pay for adventure injuries of sports such as skiing and swimming. You need extra insurance if you want to do sports even if it is a basic touristic sport.

I wish everyone the best travels full of adventures that they will like with great pleasure.

Hüseyin ÖZCAN

Biodata

*My name is **Julia BILEK**. I'm an architecture student at the Silesian University of Technology in Katowice. I also consider myself a jazz singer as I learn this genre of music at a second-degree music school. I am a folklore enthusiast with a passion for motorsport and sport in general.*

WANDERING MINDS: WHY WE NEED TO TRAVEL EVEN WHEN WE CAN'T

There is a restlessness inside many of us—a vague, persistent urge to go. To leave. To move. It whispers during quiet lectures, between scrolling sessions, or while staring out the window on a bus you have taken a hundred times. We call it wanderlust. But what if it is something deeper? What if our need to travel is not just about places, but about questions?

As students, we are taught to pursue answers—to memorize them, write them down, and repeat them in exams. But travel asks us to live inside the question. It teaches us to let go of clarity. And in doing so, it becomes something more than a holiday or an escape. It becomes a form of philosophy.

Modern life—especially student life—is strangely predictable. Deadlines, lectures, group projects, caffeine-fueled nights, then repeat. Travel, even in thought, is a rebellion against that structure. It is a reminder that the world is not designed around your calendar, your university app, or the local tram schedule.

In this sense, travel does not begin at the airport—it begins with a refusal. A refusal to believe that your whole life must fit neatly between assignments and social obligations. Philosophers like Camus and Kierkegaard talked about the absurdity of routine, the strange loop of doing things simply because “that’s how it’s done.” Travel breaks the loop. Even the *idea* of travel reminds us that there are other ways to live.

People often say that travel helps you “find yourself,” but that phrase is misleading. You don’t find yourself behind a waterfall in Iceland or in a café in Paris. If anything, travel reminds you that the self is not a fixed destination—it is a moving landscape. One that shifts depending on where you are, who you are with, and what questions you are brave enough to ask.

When you step into a new place, you also step out of your role: the quiet student, the anxious perfectionist, the sarcastic friend. Suddenly, you’re just a person—undefined, untethered, free to explore not only cities and forests but new ways of being. It is not about reinvention; it is about removing the labels long enough to remember that you were never just one thing.

To be lost is usually considered a problem. A failure of planning. A weakness. But some of the most meaningful moments—on the road and in life—begin exactly there. When the map does not help. When the path disappears. When you are forced to rely not on Google Maps, but on instinct, intuition, and curiosity.

Being lost is humbling. It makes you ask for help. It makes you listen more. It makes you look up. Philosophically, it challenges the ego—the part of us that always wants to be in control, to be right, to be ahead. In travel, being lost is often where the real journey begins. In life, too.

Some people think you have to go far to experience real adventure. That only exotic places can offer growth or transformation. But the truth is, distance is mostly psychological. A walk through your

own city at dawn can feel like another country if you allow it. Talking to a stranger on a train, reading a book from a country you'll never visit—these are also forms of travel.

There are students who've never left their region, but are far more well-traveled in mindset than those who collect passport stamps like trophies. Travel is not about escape. It is about awareness. It's about asking: what have I not noticed yet?

Whether you have traveled the world or simply wandered through your own thoughts with new eyes, the journey always ends the same: you come back different. Not in an obvious way—no tattoos or sudden enlightenment—but subtly. Like your favorite song sounds a bit older. Or your bed feels a little smaller. You begin to understand that “home” is not a place, but a moment. A feeling. A collection of memories you carry like souvenirs, some too quiet to show but too precious to forget.

Travel is not a luxury. It is not something you “do” when you have enough money or time. It is a mindset—a commitment to keep questioning, wondering, wandering. It is how we resist becoming mechanical. It is how we stay alive to the beauty of the world, and the strangeness of ourselves within it.

So even if you are stuck between exam weeks, or saving for your first real trip, remember this: every time you read, listen, imagine, or observe with curiosity—you are already on the road. Every mind is a map. The question is: are you willing to follow it?

Julia BILEK

Biodata

*My name is **Oğulcem SEYREK**, I am 18 years old, and I am a student at Çukurova University. I am currently studying preparatory education, but my department is Political Science and International Relations. I want to write articles for your magazine to improve my English and myself.*

TRAVELLING AND ADVENTURES

Travelling is one of the best ways to learn about the world. When we travel, we see new places, meet different people, and learn about other cultures. Travelling can help you to open a new door. Every trip can become a small adventure, full of surprises, and exciting moments.

Adventures do not always mean doing something dangerous. Sometimes, trying a new food, walking in a forest, or visiting a small village can be an adventure. These experiences help us grow and understand life better. For example, hiking in the mountains or swimming in a lake can be fun and also teach us about nature. It could be a story you can tell your children in the future.

Travelling also helps us become more open-minded. When we talk to people from other countries, we understand different ways of thinking. We learn that people can live differently and still be happy. This can make us more respectful and kinder. Understanding other people and seeing through their eyes is actually the greatest adventure of travel.

Many people travel for fun, but some also travel for work or study. No matter the reason, every trip teaches us something new. You don't need to go far to have an adventure. Even visiting a nearby town or exploring your own city in a new way can be interesting.

In conclusion, travelling and adventures make life more exciting. They help us learn, grow, and create great memories. Everyone should try to travel and discover the beauty of the world wherever they are.

Oğulcem SEYREK

Biodata



*Hi everyone! My name is **Seyhan ONAR**, and I'm currently pursuing my studies in Radio, Television, and Cinema at Çukurova University. I have always been passionate about the world of media and storytelling, and I'm excited to deepen my knowledge in this field. In addition to my studies, I love exploring new films, analyzing their cinematographic techniques, and understanding how stories connect with audiences. I'm always eager to learn more and collaborate with others who share similar interests! Now, I would like to talk to you about how traveling affects our inner world.*

THE EFFECT OF TRAVEL AND ADVENTURES ON OUR INNER WORLD

Travel usually starts with packing your bag, but the real journey begins in your heart. It is not just about moving from one place to another. Sometimes it is about escaping from yourself, and other times it's about getting closer to who you truly are. Walking through unknown streets, leaving your worries behind, and finding peace in a stranger's smile... That is the magic of travel. Every travel experience brings its own adventure, big or small. It could be a smile from a stranger, getting lost in a new place, noticing the color of a flower, or even hearing a street musician play... These little moments stick with you.

Adventure often starts when we step out of our comfort zones. Facing the unknown, changing plans, and making decisions on the spot remind us how colorful and full of surprises life really is. When you are traveling, time seems to slow down. Every moment feels more important. And sometimes, you just do not want to go back. Returning to the same streets, same routines, feels a bit heavy. But when you are traveling, your only real worry is something like, "Where should I get coffee today?" And you wish it would never end, because you are free to just feel your emotions without any responsibilities. Travel also means going through an inner change. When you come back, you are not just someone who has seen new places. You've changed, you've grown. Travel is a way to discover parts of yourself you never knew existed. Discovering new places, meeting different cultures, and getting lost in unfamiliar places are some of the most honest ways to find yourself. Because when you are alone in a place where no one knows you, you become closer to yourself. Adventures push us out of the usual patterns. The way we react to unexpected situations shows us who we really are. Whether it is asking a stranger for help, feeling determined while climbing a mountain, or the fear you feel when you're lost. It is all a reflection of who you are inside.

Every adventure we take leaves its mark on us. We become more patient, more understanding, and more open-minded. Travel opens up new paths, and in doing so, it deepens our understanding of the world and ourselves. Travel has a way of showing us the answers we did not even know we were looking for. Sometimes, a beautiful view can calm the storm inside you. It's in those moments that you realize the journey is as much about self-discovery as it is about exploration. That is why travel and adventure are so much more than what we see. They are experiences that feed the soul. And that's why travel is one of the best teachers life can offer.

Seyhan ONAR

Biodata

*My name is **Hasan KAY**. I am from Adana in Türkiye. I am 22 years old. I graduated from Adana MYO/Computer Programming Department and I am now studying at School of Foreign Languages in Cukurova University as a preparation student. My department is Computer Engineering. Reading books, listening to classical music, and martial arts are my hobbies.*

WHAT ARE THE EFFECTS OF TRAVELLING?

People who think it's essential to spend their allocated time efficiently and don't want to be bored at the same time might be keen on travelling. This may be going abroad or to another city in the country. There are some effects of travelling.

To start with, travelling teaches information in terms of tradition, geography, and history. When you have a trip somewhere ancient, this adds to your historical knowledge and if you want to remember this moment in the future, you can take photos, buy authentic pieces, and you can even make an album that includes images you took during the trip.

Furthermore, travelling is an efficient way to socialize. Most people are happy introducing traditional foods, ancient places, and more of their hometown. Meeting people from other cities or countries might be helpful in finding a job. Because of this, you will be extending your connections when you have foreign friends.

In conclusion, travelling is a big chance to gain knowledge about historical places, traditional activities, and rules of different cultures. In my opinion, you should travel somewhere different for you. This broadens your horizon to new ideas and perspectives.

Hasan KAY

Biodata

*Hi, my name is **Ali DURMAZ**, I am 20 years old, I am from Batman, my department is mechanical engineering, my hobbies are working with machines, solving the Rubik's Cube and writing software codes.*

*Hello, my name is **Cihan NOMENOĞLU**, I am 19 years old, I am from Kadirli, Osmaniye. My department is mechanical engineering. My hobbies are writing and listening to music.*

ADVANTAGES OF TRAVELLING

There are three main advantages of travelling. First of all, you can meet new cultures by travelling. This offers many opportunities like improving empathy. When you meet and learn new cultures, you can understand them better. The second advantage is that you can improve your language skills. When you travel to different countries, you have to speak their language to communicate with them. It improves your language skills when you speak to them. Finally, the best advantage is collecting memories. The activities you do with the people you meet there will be unforgettable memories. You can take their photos and you can buy souvenirs to collect memories. In conclusion, travelling offers many advantages.

Ali DURMAZ

Cihan NOMENOĞLU

Biodata

*My name is **Ceren GÜLLÜ**. I am from Hatay. I am 19 years old. I am studying at Çukurova University. My department is Economics*

*My name is **Özgür Hanifi HANÇER**. I am from Hatay and I am 19 years old. I am studying at Çukurova university. My department is Electrical and Electronics Engineering.*

THE IMPORTANCE OF TRAVELLING

Our world has a lot of places to go sightseeing. Some people prefer sightseeing with books, but other people prefer traveling. Today, we will examine why travelling is important.

To start with, travelling is understanding yourself. In the books, people write about their own opinions, but the most important thing is to see for yourself. For example, one of the travelling places has a lot of things to see. However, the writer just writes about some of them. So, reading someone else's ideas can be limited.

Also, you can gain new experiences, new memories. Our world has a lot of places to visit. It has wonderful places to see, so you can engrave an unforgettable memory in your mind.

Finally, you can learn about new cultures, traditional foods and their way of thinking. Sometimes people don't go into detail. If you want to learn more, if you want to have more beautiful memories, you have to experience those different ideas or places.

In conclusion, traveling is important and everything is hidden in details. The thing we have to do when we travel is to see those details.

Ceren GÜLLÜ

Özgür Hanifi HANÇER

Biodata

*My name is **Kardelen KÜÇÜKDAL**. I am from Adana in Türkiye. I am 19 years old. My department is Political Science and International Relations. I am now studying at School of Foreign Languages in Çukurova University. Traveling, reading books, watching movies and feeding stray animals, spending time with my friends and family are my hobbies.*

WHAT ARE THE CAUSES AND EFFECTS OF TRAVELLING?

Travelling is a popular activity that many people around the world enjoy. It allows individuals to explore new places, experience different cultures, and escape from their daily routines. There are many reasons why people choose to travel and these reasons can lead to several positive and negative effects.

One of the main causes of travelling is the desire for adventure and exploration. People are naturally curious, and travelling gives them a chance to satisfy their curiosity. Another reason is education. Visiting historical places for example museums, sites, or other countries can help people learn about history, geography and different lifestyles.

Travelling has many effects on individuals and societies. On a personal level, it can make people more open-minded, so they learn to understand and respect different cultures. It can also create unforgettable memories and improve mental well-being to reduce stress. Economically, tourism can bring financial benefits to local businesses and create jobs in hotels, restaurants, and shopping centers.

In conclusion, travelling is an activity that has various causes and effects. It is for adventure, education, or relaxation. It can also positively impact individuals by broadening their mind and creating memories. However, it is important to travel responsibly to reduce negative impacts on destinations.

Kardelen KÜÇÜKDAL

Class 206

Biodata

Hello. I'm Yaşar TEZCAN. I'm studying at the School of Foreign Languages, Çukurova University. I'm in Class 209.

TRAVELLING ALONE

Travelling alone can be a very special experience. Many people choose to travel with their friends or family. However, I believe that travelling alone has many benefits. It helps people become stronger, more independent and more confident in themselves.

When you travel alone, you are responsible for everything. You decide where to go, what to eat and what to do during the day. You learn how to solve problems on your own. At the beginning, it can be a bit scary, but later, it becomes more enjoyable and easier to manage. I used to travel only with my family when I was a child. My parents always planned the trips and I just followed them. I did not need to think about tickets or hotels. But last summer, I went on a Black Sea tour and travelled alone. It was my first time visiting that region by myself. I went to cities like Trabzon, Rize and Amasra. I saw green mountains, beautiful lakes and small villages. I visited Uzungöl and walked through tea gardens in Rize. I also tasted local food such as muhlama and black sea anchovy. The people were kind and helpful and I felt very welcome. At first, I was nervous, but a few days later, I felt more confident and freer. That trip helped me learn a lot about nature, culture and myself.

Travelling alone also gives you freedom. You do not have to follow someone else's plan. You can wake up when you want and visit the places you really like. You also learn more about yourself during this kind of trip. Of course, safety is important. Before you travel, you should plan your trip well and tell someone about your plans.

In conclusion, I think travelling alone is a great way to grow as a person. I used to be afraid of it, but now I really enjoy it. I think everyone should try it at least once in their life.

Yaşar TEZCAN

Biodata



Hello, my name is **Elif Hatun EROĞLU**. I am 20 years old and I am from Kayseri. My department is Food Engineering. In my spare time, I like to listen to music and try new tastes.

WHO GAINS MORE KNOWLEDGE, TRAVELERS OR READERS?

There is a question that has been going on for years, we all know. Who gains more knowledge, travelers or readers? Actually, this question doesn't have only one answer. But I think travelers have much more experience than the readers.

Firstly, travelers can experience the moments by themselves. They don't have to read or listen to information from someone about that place. Secondly, travelers have more adventurous souls than other people. If someone is a real traveler, then he/she always knows how to travel to those places, how to photograph beautiful views or how to touch those ancient things. Lastly, the person who travels a lot can meet other travelers face to face and they can have a good relationship. They can plan their next trip together or they can share their experiences with each other.

Becoming a reader also has some benefits. First of all, readers are dreamers. They always imagine the places, the people, the dialogues in their minds. Because of this, their empathy skills are improved. As a second good side, readers can also be friends with each other. They can organize book clubs, they can read, imagine and interpret together. Lastly, they don't have to spend that much money on their hobbies. Just by reading and spending some money, they can get the same information as travelers.

In conclusion, being a traveler and a reader both have some positive sides. Your preference may change according to your money, time and pleasure. I think travelers can have more experience than readers. If you trust yourself, you have to go out to see the world.

Elif Hatun EROĞLU

TRAVEL STORIES

Biodata



Nehir ERZAN works as a partner at a company specializing in the distribution of industrial paints. In my spare time, I love to read and travel. Discovering new cultures, exploring unfamiliar places and feeding my curiosity are essential parts of my life.

LOVE, DEATH, AND DANCE: A PERSONAL JOURNEY THROUGH INDIA

In late October, I began a journey not merely across a country, but across the boundaries of perception, expectation, and self. My destination was India during the time for Diwali fest. India was a place I had imagined through books, films, and stories, but nothing could prepare me for the raw, layered beauty of experiencing it first-hand.

My journey took me through New Delhi, Varanasi, Agra, and Jaipur. Each city offered a distinct rhythm, but Varanasi left the deepest imprint on my soul. Watching the cremation ceremonies along the Ganges at dusk, with chants echoing through the smoky air, I was overwhelmed by a sense of humility. Life and death danced side by side in a way that was both unsettling and deeply moving. Varanasi may be the only place in the World where death is not feared, but sought.



In Agra, standing before the Taj Mahal, I felt time pause. It was not just the grandeur of its white marble or the perfect symmetry that held me in awe—it was the weight of the love story it carried. Built by a Muslim emperor in memory of his beloved wife, the Taj has survived centuries as a testament to devotion. The delicate inlay work, the intricate carvings, and the translucent marble that catches the changing light—every detail speaks of craftsmanship rooted in emotion. It's not just a monument; it is a whisper of love etched into stone, and a true world heritage that transcends culture and faith.

Jaipur captivated me not just with its colours, but with the silent strength of its ancient forts. Traces of the Mughal (Babur) influence are etched into the city's architecture—massive stone walls, intricate gateways, and high vantage points that once served both as defense and display of power. Places like Amber Fort rise from the hills like echoes of a warrior past, where function met beauty in a perfect balance. The fusion of Rajput valor and Mughal aesthetics created structures that feel both fierce and refined—fortresses that tell stories of battles, pride, and a culture shaped by resilience. As evening fell, the fort transformed. Bathed in warm lights, its ancient stones seemed to whisper stories of the past. Dining there—surrounded by antique furniture, traditional instruments playing softly in the background, and the aroma of local cuisine—I felt as if I had travelled five centuries back in time. It was more than a meal; it was a moment suspended between history and presence.

I was fortunate to be invited to a local home in Delhi to celebrate Diwali. Lighting candles, sharing sweets, and watching fireworks crackle into the night sky, I felt not like a tourist but a guest of the culture. We prayed to Lakshmi, the goddess of wealth, abundance and prosperity, as a part of the celebration.

Learning Bollywood dance in a small community class turned out to be one of the most joyful experiences of the trip—I was clumsy, yes, but happily so.

There were moments of delight and surprise—cycling through the chaotic yet vibrant streets of Delhi, savoring spicy street food that made my eyes water but my heart sing, being silenced by the grandeur of the Taj Mahal, and falling in love with the pink hues of Jaipur's architecture and spirit.

Yet not everything was easy to digest. I had not expected to see the visible effects of the caste system still shaping people's lives. It challenged me to reflect more deeply on privilege, structure, and the layers that form a society.

India did not just show me destinations—it revealed contradictions, beauty and truth. It was loud, tender, disorienting, and unforgettable. Amid the chaos and calm, I discovered a piece of myself I had not realized was missing.

Nehir ERZAN

Biodata



Fatmagül EZİCİ – born in 1985 in Adana is a translator and interpreter in five languages with ten-year of working experience at various international companies in Istanbul, a Spanish teacher, a passionate bibliophile, a flower addict, an amateur ballet dancer, piano lover, music composer, a fresh dubbing artist, loves writing and sharing experiences, a book translator of 32 books so far and currently the executive assistant at the Consulate General of Colombia in İstanbul, Türkiye.

TRAVELLING AND ADVENTURE

A life changing sequence of experiences started one summer day in June, 2003 when I was at school right in front of my locker trying to decide which textbook I would need for my next class, under the pressure of the prolonged school bell. It was right after lunch time when I received the news that I was chosen as one of the few American Field Services (AFS) exchange students to have a one-year experience in the U.S. My mind was kind of floating in the air with the excitement of this new idea. It was unexpected when I was called by the school principal Mr. York to be given the good news. Those were the times of patience and emotional stability for a teenager like me. I did not have a cell phone to call my parents to share this great news with my parents, so I had to wait till I could get home...

...I saw a tall, blond smiling lady walking towards me in the hall where we were all waiting to step into our new lives eventually. She smiled at me as she got closer and said “Welcome home.” So, this must have been the lady I had been exchanging emails with since the day I was told that I was going to be hosted by a volunteering family in California. I was a language department student at high school with very high grades. However, it was then that I realized that languages had different dimensions of expression. I had perfect writing skills, but I got stuck when it was my turn to speak. It was not until one week after that I got fluent in speaking. I ended up giving her my best smile possible as a “thank you”. After a week’s time we went on a trip to the nearest lake where my host family was living. I had great fun there getting to know my host sisters and having a walk on the wild side with them later on.

One of these adventurous moments was water skiing for the first time in my life. When it was my turn on the boat, I jumped in the lake and swam to the skis, and on my first try, I got up like a professional water skier making a long tour around the lake. Everyone was clapping for my success, laughing with me, and cheering for me like a real audience. It was such an unforgettable moment which still brings a smile to my face every time I remember.

Another one of these memories was when we went to Disneyland after high school graduation. The moment I made up my mind about getting on that roller coaster making the deadly turn around Mickey's head was the biggest mistake of my life. When we reached the peak, and when it was the time to slide back down its head, I jumped off the deep end. I guess I lost my consciousness and went out of my senses. When we eventually got down safe and sound, my host sister was telling me that I

was screaming in Arabic language. (She never knew I was literally and insanely praying to God at that moment).

You may have heard that in the U.S. it's easy to encounter wild animals especially if you are living in the suburbs. My host family's house was up on the hills in one of the suburbs of California. One day after school when I got home, I came across a huge snake right in front of the main door. We caught each other's eyes, and it was the moment my electrocardiogram flat lined. I don't know how long our eyes locked. When I felt my heart beat again, I began to slowly step backwards not to scare the poor animal, called my family to give them the news, and went around to enter from the back door. Is this the end? Definitely not. I got in the house, went to my bedroom, left my backpack on the floor to open my window to get some fresh air and when I touched the window frame, I saw something was moving slowly under my arms. When I bent my head down and saw that thin, slippery, black creature, I thought I was going to pass out right there. It was another snake hanging out in my bedroom in the daylight. I panicked so bad and left my room immediately to reach out to someone who could help me. Right at that moment my host dad arrived home and took care of the situation before I decided to leave the country forever.

In hindsight, I remember these moments and many others that I can not fit in here as the best moments of my life. Travelling to a country so far away from my own brought me so much joy and made me gain not only good experiences but also contributed to my personal growth with so many adventures.

Fatmagül EZİCİ

Biodata

Ezgi ÇELEBİ is an EFL instructor at the School of Foreign Languages at Çukurova University. She believes in the joy of unplanned travels, analogue photography, and people-watching in cities she cannot pronounce perfectly. She tries to help students become independent learners, survive grammar, and enjoy classroom tech, on a good day, maybe even all three.

THE VERSION OF ME THAT ONLY EXISTS ABROAD

I have been travelling since high school. My first trip abroad was to London, and since then, I have explored many cities across Europe—sometimes with my family, sometimes for volunteering, and later for Erasmus studies, internships, and professional training. It sounds like a lot, but for me, travel is not about being constantly on the go. It is about slowing down, stepping out of my habits, and observing the world with fresh eyes.

I have collected more passport stamps than hotel shampoo bottles I swore I would use one day. While my passport collected stamps, I was collecting something else: versions of myself I didn't know existed. I let go of my routines and even parts of my thinking. My thoughts quiet down, my habits loosen. No dramatic sightseeing, no grand adventures. Just presence. And ideally, a big fat krapfen. In Porto, something strange happened, I felt at home. Not like, "I could move here tomorrow" (I have said that in at least five cities), but in the sense that I did not need to perform anything. I was just... there. And that was enough. It was soft, subtle, and beautiful in a way Instagram filters could never capture.

Not all moments are soft, though. On a train from Denmark to Sweden, I realized I had left my passport in the hotel room. Naturally, that realization came exactly as border officers started checking documents. I panicked. My mom and brother looked at me, expecting me to handle it. I teach English. This should be easy, right? And yet, I could barely form a sentence. Apparently, even your grammar can abandon you under pressure. But here is the thing: it is not the chaos or confusion that I remember the most. It is stillness. A woman praying alone in a cathedral. A man drinking tea outside a bakery. People just... existing. Living. Those quiet moments have a strange way of sticking with me. And when I return home, the noise feels even louder. The rush, the notifications, the "what's next?" energy. It is disorienting, like coming back from a silent retreat into a group chat where five conversations happen at once and all of them are loud.

To cope, I collect things. Not souvenirs, exactly, more like physical tokens. A tram ticket. A blurry photo. A stupidly overpriced tote bag I will never use... I use an analog camera while travelling; it forces me to wait, trust, and remember things imperfectly. I will not see what I captured until much later, which feels... human. Like me. Slightly out of focus, but genuine.

Travel, for me, is not an escape. It's a reset. A chance to try being someone else, somewhere else, just for a little while. *What if I were someone else, somewhere else?* I used to be scared of that question. Now, I am learning to sit with it. Sometimes it still feels big and uncomfortable. But somehow, it keeps me moving.

Ezgi ÇELEBİ

Biodata



Zuzanna KOZIOL, Faculty of Architecture of the Silesian University of Technology in Katowice. My interests are baking, travelling, drawing and architecture.

A JOURNEY THROUGH TIME IN ROME

A year ago, during my winter break, I had the amazing opportunity to travel to Rome, Italy. As someone who has always been fascinated by history and architecture, I was excited to explore one of the most historically rich cities in the world.

When I arrived, I was surrounded by old buildings, cobbled streets, and the sound of Italian being spoken all around me. My first stop was the Colosseum, and seeing it in person was even more impressive than I imagined. I could imagine how intense the crowd was during gladiator fights as I walked through the massive stone structure. After that, I visited the Roman Forum, located next to the Colosseum, where the ruins made me feel like I was walking through history. The architecture of this place showed me how well people were able to make projects and build them. They were pioneers for a lot of future projects.

Another highlight of the trip was visiting the Vatican. St. Peter's Basilica was stunning, and the Sistine Chapel left me speechless. Michelangelo's artwork on the ceiling was even more beautiful when I looked at it in person.

I also enjoyed getting a bit lost in the narrow streets of Trastevere, a charming neighborhood full of life and character. Each corner seemed to hide a new discovery, from hidden churches to small artisan shops. One evening, I watched the sunset from the top of the Spanish Steps, and the view over the city was unforgettable. That moment made me realize how special it is to take time and truly appreciate the beauty around us. Rome gave me memories that I will carry with me forever.

Rome wasn't only about monuments and museums. I spent time relaxing at outdoor cafés, eating pizza and pasta, and of course, enjoying at least one gelato and cappuccino every day. The people were friendly and the atmosphere was warm.

The weather during my stay was perfect—sunny but not too hot, with a light breeze that made walking around the city very pleasant. Every day felt like spring, even though it was winter. This beautiful weather made it easy to enjoy long walks and spend time outside without rushing. The lively atmosphere in Rome was contagious; people were smiling, talking, and simply enjoying life. It felt like the whole city was full of positive energy. The combination of sunshine and friendly locals made every moment feel special. Rome had a unique charm that made it easy to feel at home, even as a visitor.

Traveling to Rome helped me see how the past and present can exist together. It made me more curious about other cultures and more confident about exploring the world. The ancient architecture

of the city opened my mind and made me change the way I was working on my projects. I hope to return someday and experience even more of what this beautiful city has to offer.

Zuzanna KOZIOL

Biodata

Hello, I'm Esra ÇOBAN. I'm in the Electrical and Electronics Engineering department, currently a CU SOFL student. Listening to 2000-2010's party hits is my way to relax. I enjoy watching tennis and volleyball tournaments and have a keen interest in automotive & motorsports, as well as art and culture. Looking at paintings relaxes me because it gives me space to think.

SOLO TRAVEL, SILENT STRUGGLES

I took my first solo trip when I was just fifteen. At that age, traveling alone might seem scary to many, but for me, it was the beginning of independence. Of course, things did not always go smoothly—I got lost in an unfamiliar city and struggled with carrying dozens of suitcases and bags heavier than I could handle. But each challenge helped me grow stronger. In this article, I want to share what solo travel has taught me and some of the difficulties I have faced along the way.

Firstly, I went to high school in Ilgın, whereas my hometown is Ereğli. I traveled from Ereğli to Konya, a journey of about two and a half hours, and then transferred to another bus from the terminal to reach Ilgın, which took about an hour. The journey itself wasn't a problem, but when I arrived, there were almost never any local minibuses. Sometimes I had to wait for an hour, and sometimes they did not come at all, so I had to walk an hour to the dormitory in -10 degrees Celsius. The dogs accompanied me.

It was a long and tiring journey; thus, I rarely went home. Because of all the transportation issues, going home was never a simple task. I remember the handles of my suitcase — which was almost my own size — breaking when my father was trying to load it into the car.

My most unforgettable memory is going home for the semester break in my senior year. It was raining so hard in Ilgın that it flooded. Still, I started walking despite the weather. Then I came across our school principal. He rolled down his window and asked if I was going home. I said yes, wondering if he would offer to drive me to the bus station. Instead, he simply said, "Have a safe journey," and drove off...

I reached the bus station as the rain fell even harder. The driver was driving in water that reached the tires of the minibus. As soon as we arrived, I tried to run and catch my bus, but the water was so high that I could barely move. I reached the bus with my suitcase, water up to my knees, and soaked from head to toe. When I got on, everyone looked at me with pitying eyes. I felt humiliated and alone. Right after me, a boy from our school arrived in the principal's car. He didn't have a single drop of water on him — and he laughed at me. Of course, I was offended. Luckily, the bus was warm, and I didn't get sick, although I had to switch seats because mine was soaked.

Now I would like to talk about my difficulties as a woman. A man came and sat next to me, saying the window seat was his. Then he wanted to get up because he seemed uncomfortable sitting next to a woman. But instead of moving him elsewhere — even though the men's side was mostly empty — the bus conductor separated a married couple and placed me next to the woman. And I couldn't say anything.

For a while, there were mini-TVs behind the bus seats. You could sometimes see the reflection of people sitting in the back. On the way to Ankara, I noticed a man two rows in front of me — old

enough to be my grandfather — watching me. At first, I didn't care. I drank my coffee, finished it, hung out, and then looked back. He was still watching. There was another man in front of me, so he couldn't have been looking at him, and no one was behind me.

There was always someone fighting on my way to Adana, and I don't like to argue while the bus is moving because sometimes drivers get distracted and veer off the road. And if I complain, people say, *"You must have seen wrong; he's an old man."*

These experiences, although difficult and at times painful, have taught me resilience. Traveling alone as a young woman is not always easy — but it has shown me how to stand on my own feet, even when the world around me tries to make me feel small. I am still learning, still growing, but now I know my strength a little better.

Esra OBAN

Biodata



***Hacı ERKEK** is an architecture student at Abdullah Gül University, currently in his fourth year of studies, which includes two years of preparatory language education. His academic focus is intertwined with his enthusiasm for travel and the exploration of architectural styles and innovations. At present, Hacı is working on a project centered on the development of a Community-Oriented Educational Hub, designed to encourage collaboration and mutual learning. Outside of academics, he enjoys watching football and seeking out new and inspiring architectural designs from around the world.*

A JOURNEY TO KAHRAMANMARAŞ: ARCHITECTURE BETWEEN HOPE AND CONCERN

On February 27th, our group of architecture students, along with our professors, made a trip to Kahramanmaraş as part of our 2nd-year, 2nd-semester project. Our first stop was the 12 Şubat Municipality where we attended a conference presented by local authorities. They shared key information about the ongoing reconstruction efforts and discussed the central issues they were addressing to help rebuild the city in the aftermath of the devastating earthquake. This experience deepened my understanding of how architecture is not just about physical structures, but also about restoring a sense of community and providing emotional healing. The municipal officials highlighted their work, not only focusing on rebuilding infrastructure but also prioritizing the mental and emotional recovery of the people.

After the session, we visited the affected areas to witness the situation firsthand. What we saw was heartbreaking. Numerous buildings had collapsed, and the remaining structures were abandoned. People were living in temporary container homes, and local shops had also been relocated into similar containers. As we walked through the area, I noticed elderly residents watching us intently, their faces filled with a blend of curiosity and concern. During our walk, I had the chance to speak with some of the residents. One elderly gentleman, looking deeply troubled, said, “Please, don’t tear down our homes. We have no place to go. Things are very hard.” His plea struck me deeply. It was not just about physical spaces; it was about the lives of the people who had been displaced and uprooted. This interaction left a lasting impression on me. This encounter made me reflect on the true purpose of our architectural designs. It became clear that architecture is not only about creating functional and aesthetically pleasing spaces but also about providing emotional stability and comfort to people in times of crisis. In a place where lives had been shattered, our designs needed to focus not just on shelter, but on healing and hope for the future.

This trip had a profound impact on my approach to architecture. It made me realize that architecture is not only about designing buildings but also about designing with empathy, considering the emotional and social needs of the people who will inhabit those spaces. As architects, we have a responsibility to create environments that nurture not only physical well-being but also psychological

and emotional recovery. This experience deeply shaped my perspective on design, reminding me that architecture is ultimately about improving lives.

Hacı ERKEK

Biodata

Nazlı Ece GÜVEN is a first-year student of English Language Teaching at Çukurova University. "Originally from Turkey, I am currently exploring not only the academic aspects of language education but also personal growth through experiences. Recently, I shared a piece in my university magazine about a national journey that offered me a deeply spiritual and reflective experience. Through traveling within my own country, I discovered new perspectives about myself and my surroundings, enriching my inner world alongside my academic journey."

A JOURNEY INTO THE DEPTHS OF HISTORY:

MY VISIT TO GÖBEKLİTEPE AND URFA

Last year, I had the chance to take a journey that left a profound impact on my understanding of history and spirituality. I traveled to Şanlıurfa, one of Türkiye's most historically and culturally rich cities, to visit Göbeklitepe — widely regarded as the world's oldest known temple complex, which dates back to approximately 9600 BCE.

Even before setting foot there, Göbeklitepe had exerted a mysterious pull on me. As I explored the site for the first time, I was struck not only by the archaeological significance of the place but also by its deep spiritual atmosphere. I walked past the ancient stone pillars and felt a deep connection to the souls who had once lived, worshiped, and dreamed in that very place. Their spirit touched my own soul and reminded me of the timeless desire to seek meaning beyond the material world.

Göbeklitepe's mysterious presence has also captured the imagination of popular culture, serving as inspiration for various films and television series that explore its secrets and speculate about the intentions of its ancient builders. By experiencing the site firsthand, I gained a deeper appreciation for why Göbeklitepe continues to evoke such fascination: it stands as a silent reminder of the enduring human spirit.

In addition to Göbeklitepe, I had the opportunity to visit Aynalı Göl, a natural cave lake steeped in local legend. According to tradition, if one sees a white fish in the waters of Aynalı Göl, their deepest wish will come true. To my surprise, I encountered the white fish during my visit, adding an unexpected layer of magic to the experience and leaving me with a quiet sense of hope and wonder.

The trip would not have been complete without savoring the local cuisine. I tried patlıcan kebabı (aubergine kebab), a delicious blend of smoky grilled eggplant and flavorful meat, which captured the essence of the region's culinary heritage.

Looking back on this journey, I realized that travel is not simply about visiting new places; it is an experience that transforms our perspectives and deepens our connections to the world around us. My time at Göbeklitepe and Urfa has not only enriched my knowledge of ancient civilizations but also strengthened my sense of belonging to the shared human experience that transcends time and space.

Nazlı Ece GÜVEN

Biodata

Nazmi YILMAZ is a Computer Engineering student at Abdullah Gül University, Kayseri.

TRAVELLING AND ADVENTURES

Day 1: Mudanya, Bursa

Mudanya, a charming coastal town on the Marmara Sea, welcomed me with its peaceful atmosphere and rich history. Upon arrival, I took a stroll along the Mudanya coast, enjoying the fresh sea breeze and the view of fishing boats floating on the water. I visited the historic Mudanya Armistice House, where the 1922 treaty was signed, marking an important moment in Turkish history.

After exploring the town center, I made my way to Tirilye, a nearby village known for its well-preserved Ottoman and Greek architecture. I walked through its narrow streets, admired the old houses, and visited the Byzantine-era Panagia Pantobasilissa Church. Before leaving, I enjoyed a seafood meal at a local restaurant, trying fresh grilled fish and meze while watching the sunset over the sea.

Day 2: Görükle, Bursa

Görükle, a vibrant district in Bursa, has a lively student atmosphere due to its proximity to Uludağ University. I started my day with a Turkish breakfast at a cozy café, indulging in fresh cheeses, olives, honey, and simit.

After breakfast, I explored the natural surroundings of Görükle, taking a short drive to the picturesque countryside. The autumn scenery was stunning, with golden leaves covering the landscape. In the afternoon, I visited the city center of Bursa, where I explored the Grand Mosque (Ulu Cami) and the historical Koza Han, a famous silk bazaar.

In the evening, I returned to Görükle and experienced its youthful nightlife by visiting a local café and enjoying a cup of traditional Turkish tea while chatting with friendly locals.

Day 3-4: Sarımsaklı, Ayvalık

Sarımsaklı, famous for its long sandy beaches and crystal-clear waters, was a perfect place to unwind. Since it was October, the beach was peaceful, and I enjoyed walking along the shore while listening to the calming sound of the waves.

One of the highlights of my visit was taking a boat tour around Ayvalık's beautiful islands. The tour included stops at hidden coves and swimming spots with breathtaking turquoise waters. I also visited Cunda Island, known for its charming streets, historical Greek houses, and delicious seafood restaurants.

I spent time wandering through the old town of Ayvalık, where I explored antique shops and tried the famous Ayvalık toast, a local specialty. My trip concluded with a mesmerizing sunset view from Şeytan Sofrası, a hilltop spot that offers panoramic views of the Aegean Sea.

Final Thoughts

This October journey through Mudanya, Görükle, and Sarımsaklı was a perfect mix of history, nature, and relaxation. Each destination had its unique charm, offering a blend of cultural experiences, stunning landscapes, and delicious local cuisine. The peaceful off-season atmosphere made the experience even more enjoyable, allowing me to appreciate the beauty and serenity of each place.

Nazmi YILMAZ

Biodata



*I am **Özlem KINAŞ**. I am a third-year student at Abdullah Gül University, Department of Industrial Engineering. I love traveling, getting to know new cultures and visiting historical places such as museums and temples. It is a great pleasure for me to wander the streets of a city I do not know. I enjoy going on vacation both alone and with my family and friends. Besides traveling, my biggest hobby is doing puzzles. I also love painting on canvas, reading books and going to the theater.*

A SUMMER ADVENTURE IN AYDIN

Last summer, I went on a trip I will never forget to Aydın. A friend from university accompanied me on this vacation. I arrived in Aydın the day before her. However, as soon as I set foot in Aydın, I encountered a problem: the wheel of my suitcase was broken and it was almost impossible to drag it. Moreover, it was my first time in Aydın and I had no idea how to get to the dormitory where I would stay. After getting off at the station, I got on the bus that went to the city center with the guidance of the employees and I had to get off there and get on another bus.

After getting off in the city center, I asked a few people which way I should take the bus to go to my dorm, but all three people I asked said something different. I was very confused. While I was looking around helplessly, a man came to me and told me which bus to take, and even said that he would take that bus. We got on the bus together, and when he saw that I was having difficulty carrying my suitcase, he carried my suitcase, and even paid for my bus fare out of his own pocket. It turned out that his house was also very close to my dorm; After I got off the bus, he carried my suitcase to the door of the dorm. Thanks to that man, I was able to reach my place without any problems. I am truly grateful to him.

I completed my dorm registration and went up to my room. I immediately went to the bathroom to take a shower, but what did I see? There was no showerhead! I saw a girl on the same floor as me and asked how I could take a shower, she said the water was running even though there was no shower head. I had to take a shower somehow. It was a terrible shower but I quickly took one and got out. After the shower, I had to find a nearby market and do some shopping. I was starving. Also, my friend was coming tomorrow morning and I had to buy something for breakfast and put it in the mini fridge in the room. Luckily there was a market nearby and while I was getting something from the market and going back to the dorm, a dog followed me. I was so scared that I was going to leave the bags and run away, but I calmly waited for the dog to leave. Then I quickly went into the dorm, ate something and went to bed and spent the first night alone in the room. It turns out that the only animal around was not a dog. I heard a rooster in the morning but I thought I heard it wrong, but when the sound repeated, I went out from the balcony and saw that there were roosters across the street. There were not only roosters, but also cows, chickens, dogs and sheep. As someone who is used to city life, it was quite funny to wake up to such a sound!

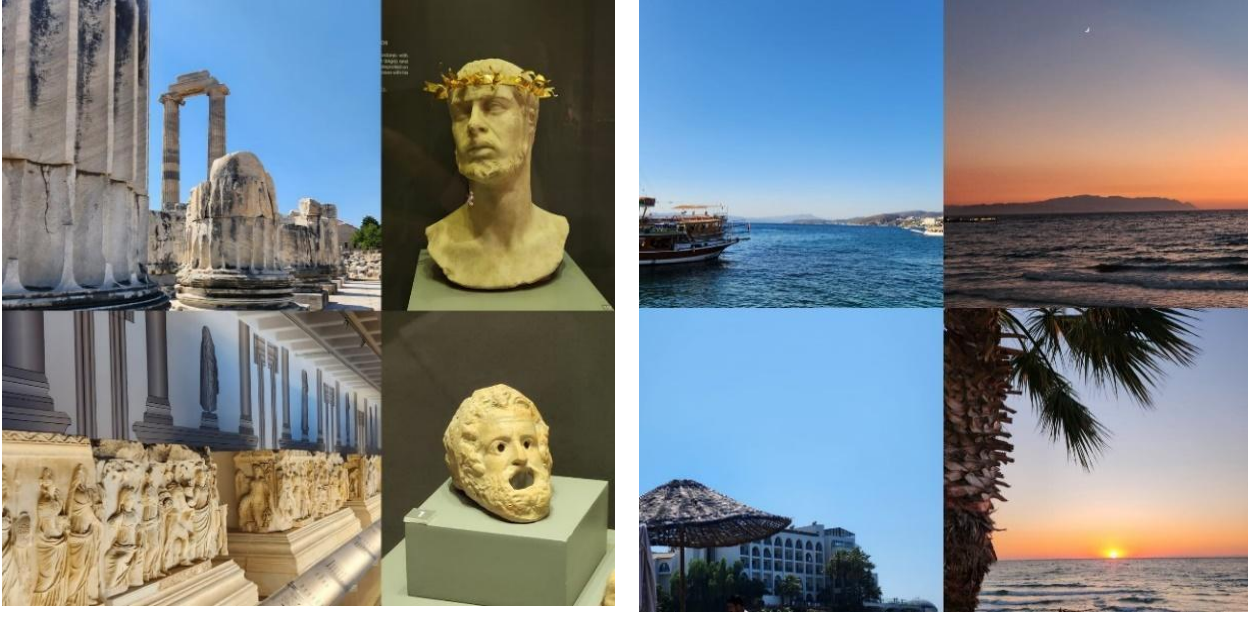
My friend came to Aydın Train Station in the morning, but reaching the hotel was even more adventurous for her than it was for me. She took three different wrong buses in a row and traveled almost throughout the entire city. When she arrived at the hotel, she was talking about what happened, tired but laughing. I prepared breakfast for her with what I bought from the market yesterday. At that

moment, I realized that what we had experienced had already added color to our holiday. When my friend came in the morning, she didn't believe me when I told her there was a rooster; she said, "You must have heard wrong." However, the following mornings, she heard the same sound, and thanks to the rooster, we both had the chance to wake up early and start the day, despite all our tiredness. We were secretly grateful to the roosters throughout the holiday. We made plans for the rest of our holiday according to our different tastes. While my friend wanted to spend hours in the sea and sunbathe, I wanted to visit museums and ancient temples. One morning we chose a very distant beach to swim together, and until we got there, we had a lot of trouble, constantly missing the minibus, getting on the wrong minibus, etc., but we had a lot of fun. In addition to all the beauties, we also experienced some difficulties. One day, I almost drowned while swimming in the sea, but I immediately came to the shore and threw myself on the sand. I developed a bit of a sea phobia, but I am lucky to be alive. After the sea, we visited the Aydın Museum. Having breakfast among the historical artifacts in the lush green garden of the museum was an unforgettable experience. We ate some citrus fruits in the garden, we couldn't quite decide whether they were tangerines or oranges. At the first bite, we were met with an incredibly intense sourness in our mouths; it was the first time I had encountered such a sharp taste in my life! I regretted eating it, but it was too late. We said enough of this adventure and returned home.

On the second day, while my friend went to the sea, I wanted to see the Temple of Apollo. However, due to the extreme heat and my phone overheating from using the navigation and taking too many photos, it suddenly shut down, leaving me alone. At first, I thought I was lost, but then I found my way and reached the Temple of Apollo. Walking among the magnificent columns and stones was like taking a journey into the depths of time. On my way back, I went to the beach where my friend was. We were going to have dinner there and then got on the minibus from there and returned to the dormitory. We did not realize how time passed and if we had been a little later, we would not have been able to catch the last minibus and we would not have been able to make it to the dormitory and we would have had to spend the evening on the beach.

Photographs from the vacation





We slept in the minibus the whole way and we were both very tired. We fell asleep as soon as we arrived at the dorm. On the last day of the holiday, since İzmir is very close to Aydın, we decided to buy tickets and go to İzmir, but the bus was canceled because it arrived at the station 2 hours late and the bus broke down. Our whole plan fell through, thankfully they refunded our money right away. Since my friend is a sea lover, she went to another beach to swim, and I toured the city alone, sat in a cafe on the beach, read a book and ate. Towards the evening, I started to feel nauseous, probably due to food poisoning, and got sick. I met up with my friend and went back to the dormitory. I could not come to myself for a long time after returning to the dormitory. Thankfully, I was better when I woke up in the morning. We packed up our things and left the dormitory in the morning. At the station, she got on another bus and went to Ankara, and I got on another bus and went to Kayseri.

This holiday was the most different holiday of my life. It was funny, scary, tiring but still very fun. The people of Aydın are very friendly people, but they always put us on the wrong bus because they did not know where to go. Still, we managed to go to our destinations, albeit late. Aydın has very hot and humid weather, so it was very difficult to visit historical places like temples during the day, but they are all worth seeing. I will always remember this holiday fondly. This trip showed me once again that traveling is not only about seeing new places, but also about knowing how to enjoy unexpected bad moments.

Özlem KINAŞ

Biodata

*I'm **Ahmet Yaşar ŞİMŞEK** and I'm 18 years old. I'm studying at Cukurova University and my department is economics but at the moment I'm a student at the School of Foreign Languages.*

*I'm **İpek GÜL** and I'm 18 years old. I'm studying at Cukurova University and my department is econometrics but at the moment I'm a student at the School of Foreign Languages.*

SUNSET DESERT HOLIDAY IN DUBAI

Everyone should go on a safari holiday in Dubai. The desert in Dubai during sunset is very special and beautiful. In the evening, the sun goes down and becomes orange, pink, and red. It is a perfect view. The sand is golden. There are many sand dunes. Some dunes are small, some are very high. People walk or sit on the dunes to watch the sunset. It is a peaceful time. You should take photos of the perfect scenery. You should enjoy camel rides in the desert. In addition, you should drive a jeep or a car over the dunes. Both are very adventurous and exciting moments. You can eat traditional food, drink tea, and watch local dances, such as tanoura and belly dancing. If you go there, you will be relaxed and calm. You will have great memories and won't forget this moment.



Ahmet Yaşar ŞİMŞEK

İpek GÜL

Biodata

*I am **Demirkan DEMİRTAŞ**. I am a student of CU SoFL. My major is Economics. I am from Adana. I am happy to improve my English here.*

ADVENTURE

What comes to your mind when you hear the word 'adventure'? To me, adventure is setting out to explore things that interest me. Throughout an adventure, your emotions become more obvious and intense and when we act with our emotions, it reminds us of how enjoyable life can be.

Personally, I think the whole life is an adventure that we are all in even if we do not always realize it. During the adventure, we collect precious memories, learn and give meaning to things and make many friends. By the time we reach our final destination, we will have found ourselves during this long journey.

TRAVELLING

My First Hitchhike

This happened just a week ago. My friends and I set out for Mersin for a one-night holiday. We had rented a house before we arrived. Although the weather was not good enough, we swam a little and enjoyed the moment.

We had come to Mersin by bus, but the next day we suddenly decided to go home by hitchhiking, because the bus had not arrived yet. I raised my thumb. First, I thought it was hopeless, but after a few tries, an old car stopped. The driver was a true Anatolian farmer and very wise. I sat in the front seat, and we talked about our country along the way. He dropped us off before we reached his village. He helped us a lot, but we still had a long way to go.

My friends wanted to go by bus, but I wanted to try hitchhiking once again, so this time my friend raised his thumb, and a truck stopped. What luck! The driver was going to Adana, our destination. We quickly got in, but we had to take off our shoes because the driver had just cleaned the inside. My socks smelled awful, and I was very embarrassed. Thankfully, my friend had another pair so when we had a toilet break, I quickly changed them. When we arrived in Adana, I got rid of my socks.

The driver dropped us off at M1 Mall, so we spent some time there. Then we went home. It was an unforgettable adventure for us.

Demirkan DEMİRTAŞ

Biodata

*Hi! We are students at Çukurova University CU SoFL. Our names are **Koray AKRAY** and **Eylül GÜZELGÜL**. We are 19 years old.*

FREEZING ADVENTURE HOLIDAY

People usually prefer to take a holiday in warm places, but we have a better idea. How about going on a cold holiday? Our destination was Iceland. We chose September for this holiday. September is the best month to do all the activities.

Our first activity was a whale watching tour. It is a pretty popular tour. We would suggest that you visit in the afternoon because it is the best time to see blue whales and humpback whales. Also, you can spend time in a thermal pool on the same day. The next activity was a volcano tour. A volcano tour in Iceland is an exciting adventure. You can enjoy the view of the volcano, walk on old lava fields, and see craters. Our following activity is glacier walking with a guide in the national park. You can walk on the glaciers and climb on the ice. Last but not least, our final activity is watching the Northern Lights. We are sure that it will be an enchanting and unforgettable experience.

In conclusion, if you are looking for an adventurous, unique, and unusual holiday, Iceland is an excellent choice. Pack your bags and don't forget to bring your scarf and gloves!

Koray AKRAY

Eylül GÜZELGÜL

ERASMUS ADVENTURES

Biodata



Asst. Prof. Dr. Figen YILMAZ completed her PhD at the Faculty of Education at CU in 2004. She was a visiting fellow at the Department of the Languages & Cultures of Near and Middle East, SOAS London University from 2005 to 2007. She has extended experience in project management. Her research interests include teaching Turkish as foreign language, teachers' self-efficacy beliefs, teaching English to young learners, and educational technology.



Eda KAHYALAR is a lecturer of English at CU SoFL. She holds a PhD in English Language Teaching. Since 2011, she has gained experience in project management by taking part in EU projects connected with education and training. She has wide experience in carrying out research in the field of education. Her main research interests include teaching writing, teachers' corrective feedback in EFL classes and individual differences in foreign language learning.

FROM ICELAND TO TÜRKİYE: GT's FIERY ADVENTURE IN ADANA

What happens when a curious alien travels across the galaxy to learn about the four elements on Earth- water, fire, earth, and air? The result of his arrival in the warm city of Adana, Türkiye, is a hot adventure, tasty kebabs, and an important lesson about the element of fire!

As part of the EU funded Green Tales (GRETA) project, in which Cukurova University School of Foreign Languages takes part, children wrote imaginative stories about the adventures of an alien travelling to their country. The alien is called GT and the name comes from the first letters of the project title "Green Tales".

GT travels around the Earth to learn about its elements. He starts his journey in cold Iceland, where he learns about water. Then, he flies to Adana in southern Türkiye- and this time, the element to discover is fire.

Here is the story of GT's first encounter with fire, written by children at Yüreğir Kazım Karabekir Secondary School in Adana:

GT travels to Türkiye all the way from Iceland to learn about the fourth element, fire. G.T finds himself/herself in Adana at a kebab place and sees the vibrant colours of the fire in the barbecue pit. Driven by curiosity, GT moves a bit too close to the fire and gets a burn on his/her hand.

GT retreats with fear as two local children approach him.

C1: Hey what do you think you're doing? Do not touch the fire with your bare hands ever again.

C2: Fire is dangerous. If you don't proceed with caution, you'll get burned.

GT: Tell me about it. That really hurt. I just wanted to hold the fire because I was mesmerised by it.

Fire: I reckon you don't know what I really am. Let me do a proper introduction. Many many years ago prehistoric people met me for the first time after a lightning strike. Just like you, they first wanted to handle me but they were hurt. Then, they found ways to control me, that way they met their daily needs with ease. First, they gathered around me for some warmth. Then, they figured out that they could cook over me. They even used me to illuminate their caves. They've survived up to this day thanks to me. You'll find a great many stories about me in every culture.

C1: We too have a legend in our culture about fire. In the old times when Turks were trapped in between two huge mountains in the Middle East, they used fire to melt them away. That is how they escaped Ergenekon.

C2: We celebrate this historic event every year with the arrival of spring on March 21. We make a big fire. We sing songs, make wishes, and jump over the fire.

Fire: However; when people use me for their evil intentions or when they do not use precaution, I become wild and unwillingly damage their surroundings or the nature around them.

GT: I get it. I wasn't aware of your significance for humankind before. Thank you.

(GT's stomach grumbles)

C1: Are you hungry as well? Wanna have kebabs with us?

GT: I have a long way to go and two more elements to learn about.

But the local children insist.

C2: Adana is famous for its kebabs. There's no way we'll let you go before you have a taste.

GT eats a kebab with the children; his stomach is full now. He finds it hard to board the spacecraft. He throws one last glance at the fire and the children through the gate of the craft. Initially struggling to take off, the spacecraft vanishes into thin air. The kids from Adana wave goodbye.

Stay tuned for GT's adventures in Germany and Spain!

INFORMATION ABOUT GRETA PROJECT

GRETA is an EU project that primarily aims to enhance children's environmental awareness by combining arts with digital tools. In collaboration with artists and teachers, primary school children in partner countries create digital stories inspired by the four elements of nature- air, water, fire and earth. The project is coordinated by International Yehudi Menuhin Foundation in Belgium and involves partners from France, Germany, Greece, Iceland, Italy, Spain, and Türkiye. Asst. Prof. Dr. Figen Yılmaz and Dr. Eda Kahyalar are the key persons and Assoc. Prof. Dr. Bilgütay Kaan Öztürk, Assoc. Prof. Dr. İnanç Eti and Dr. Mustafa Can Kızılgindemir are the artists involved in Cukurova University GRETA project team.

For more information, visit the project website <https://greentales.eu/>



Asst. Prof. Dr. Figen YILMAZ

Lect. Dr. Eda KAHYALAR

Biodata

Cemile BUĞRA is currently working as a lecturer at the School of Foreign Languages, Çukurova University, Adana, Türkiye. She has been teaching prep classes for 13 years. She holds a BA, MA and PhD degree in ELT. She both studied and worked in different university contexts. She has completed some research projects and published academic articles in her field. Her main interests are professional development and teacher training. She likes exploring new things.

LET'S EXPLORE MORE ABOUT THE WORLD BEYOND OUR BORDERS BUT HOW?

Nowadays, there are many opportunities and possibilities to be a part of an international project and have new experiences such as Erasmus+ opportunities and the mobility programs associated with Erasmus projects. Specifically, I would like to introduce the SALTO Youth platform for individuals who may be interested to explore more about this issue drawing upon my personal experiences.



SALTO Youth (<https://www.salto-youth.net/>) serves as a comprehensive platform where numerous projects and events are disseminated for potential applicants. SALTO Youth collaborates with various stakeholders such as the European Commission, national agencies, youth associations and non-governmental organizations to support the development of policies and practices that young people can benefit across Europe. This platform enables users to stay informed about announcements and details pertaining to upcoming projects and training sessions. Interested individuals can apply for these initiatives by completing the relevant application forms directly through the platform, which is both user-friendly and efficient. I have applied for some training thanks to this platform. You just need to complete the forms and do your application. When you are accepted for a project or training, you get an invitation and acceptance letter. Upon completing the training and all the requirements of the program successfully, all the participants are awarded with a Youthpass Certificate, which is an official recognition for your learning and involvement in youth projects.

Recently, I have attended a training on project writing in Estonia and had an opportunity to meet people from different countries and work together on developing some possible project ideas. Moreover, I have attended another training on intercultural learning in Slovenia. Thanks to these projects, I have made lots of new contacts. In the following section, my friends that I have met in Slovenia thanks to the Erasmus mobility have shared their personal stories and firsthand experiences on these adventurous journeys and what memories they saved before-during-after the Erasmus mobility. I feel privileged to have encountered such brilliant young people. Their presence gives me hope for the future. You should give an ear to their voices and insights to learn what Erasmus opportunities offer for the young people.

Lect. Dr. Cemile BUĞRA

Biodata

Anastasija GJORGJIEVSKA is 19 years old and comes from Skopje – a city where dreams and words meet on every corner. She is currently in her final year of high school and works as a program assistant in a non-governmental organization. Actively involved in youth initiatives, she has also taken part in Erasmus experiences that have expanded her view of the world. She writes from the heart, travels with curiosity, and believes that change begins with a word, a gesture, and a step.

CHOOSE THE UNKNOWN – AND YOU’LL DISCOVER THE FAMILIAR WITHIN YOURSELF

Reflections from an Erasmus soul

Some stories don’t begin with “*once upon a time*,” but with a suitcase quietly zipped under the dim light of a late night, with a breath mixed with uncertainty. With a step that doesn’t quite know where it’s going, but knows exactly why it’s leaving.

Something strange happens when you step away from the city you know by heart, from streets you no longer even notice, from people whose silences you’ve grown used to. Out there — between journeys and words, between the silence of a foreign language and laughter that crosses all borders — that’s where you begin to meet yourself.

That’s exactly how Erasmus’ stories begin. Not with grand plans, but with curiosity. With the wish to see how others live. With the need to get lost in order to be found.

Sometimes, one small “yes” to an unfamiliar place brings more than just a new destination — it brings a whole new perspective. I learned that every city you explore, every person you listen to, is a new window into the world. And the more windows you open, the lighter finds its way into you.

Erasmus is exactly that: a chance to live the world up close. Not just to read about different cultures, but to feel them — through morning greetings, spices in dinner, music on the bus, glances that don’t need translation. Through moments when you’re unsure how to pronounce something, but know exactly what you want to say.

In those days full of differences — different languages, habits, rhythms — you begin to recognize similarities. You begin to hear that quiet, yet universal note that all of us carry inside. The one called *humanity*.

And sometimes, that humanity arrives unexpectedly — silently — like a gift you didn’t even know you needed. For me, it came through her, Cemile, my roommate from Türkiye. Our silences matched, our rhythms aligned, and our insecurities and joys found each other. She was both a mirror and a shoulder, sometimes without even knowing it. She gave me answers when I was full of questions, offered me words when silence felt heavy, and stood by me in moments when I needed someone the most, even though I never said it out loud.

Some people aren’t coincidences — they’re signs. I believe nothing is random. Everything unfolds as it should and when it should. And it’s in those quiet encounters, those gentle, unassuming words, that something stays with you forever.

So, if you're hesitating, this is your sign. Take the step. The journey may begin with a suitcase, but the real destination is always *you*. Erasmus isn't only about adventure — it's about discovery. Of new friendships, yes, but also of new pieces of yourself. Of languages you'll learn and hearts you'll recognize. Of cultures you thought were "other," only to find yourself reflected within them.

Maybe right there, among all that's different, you'll find what feels most like home. Maybe that's where we'll meet — you, me, and a roommate from across the world — and realize that not only can we belong to one another, but that, in many ways, we already do.

Just one of many who dared to go, Anastasija Gjorgjievska :)

Anastasija GJORGJIEVSKA

Biodata



Ognen JOVANOSKI. *Highschool student, passionate young individual.*

A JOURNEY BEYOND BORDERS – MY ERASMUS+ EXPERIENCE IN LITHUANIA

When I first found out I had been selected to take part in an Erasmus+ project in Lithuania, I was excited — but I could never have imagined just how meaningful and transformative the experience would turn out to be. As someone who is always eager to learn, grow, and connect with others, I knew I was stepping into something special. But what I encountered in those few days went far beyond education, beyond travel. It became a journey of the heart. From the moment we arrived, there was a sense of curiosity in the air — not just about the place, but about each other. The group was diverse: people from all walks of life, different cultures, languages, beliefs, and backgrounds. And yet, within hours, we began to bond. The shared meals, the spontaneous singing and dancing, the late-night conversations about life and dreams — all of it built a community that felt authentic, open, and emotionally safe. We were not just participants in a program. We were storytellers, listeners, learners — and above all, we were humans, learning from one another in the most organic way. It was not about where we came from, but about who we were becoming together at that moment. The Erasmus+ framework gave us the platform, but it was the people, the energy, and the shared experiences that truly made it unforgettable.

One of the most powerful aspects of the experience was witnessing how quickly strangers became friends. In a world often marked by division, this space reminded me of how naturally connected we are when we allow ourselves to be vulnerable, to share a smile, a dance, or a moment of silence watching the snow fall. I saw people open up about their lives, their cultures, their fears and hopes — and in that, I felt a quiet but powerful sense of unity.

Personally, I grew in ways I did not expect. I became more aware of how deeply I value empathy, presence, and genuine human connection. I learned how much we all crave understanding, and how even small gestures — listening intently, sharing chocolate, learning a word in someone else's language — can make a lasting impact. These moments reminded me that meaningful relationships are not built through grand gestures, but through consistent, honest presence. There were also moments of introspection. Stepping outside of my everyday environment allowed me to see myself more clearly. I had conversations that challenged my views, that sparked new ideas, that reminded me of the importance of always asking questions. I was reminded that growth happens when we're uncomfortable, when we allow ourselves to be curious instead of certain.

Of course, there were also countless fun moments — from recording dances to exploring the city, from group games to spontaneous karaoke nights. We laughed a lot. And in those laughs, we created memories that I know will stay with us for a long time. As I look back now, I feel immense gratitude — not just for the chance to travel, but for the opportunity to feel deeply, to connect sincerely, and to experience the richness of human diversity. Erasmus+ is not just about mobility or education — it is about becoming more human, more understanding, and more alive to the beauty of this world. To the

organizers, the facilitators, and every single person who shared this experience with me — thank you. You made it more than a project. You made it a chapter of my life I will always return to with a smile, a full heart, and the hope that more young people get to experience something as transformative as this.

Ognen JOVANOSKI

Biodata



Tolunay EKİZ graduated from Foreign Language Education department at Middle East Technical University. She has been working as an EFL instructor at School of Foreign Languages, Çukurova University since 1999 and is currently doing her PhD at English Language Education Department at Çukurova University, where she also completed her MA degree. Her special interests are learning and teaching about Turkish culture in English, value education, building social emotional competence, and increasing learner agency to maximize learning potential.



Emine DEMİR OKUMUŞ is an EFL lecturer at Çukurova University School of Foreign Languages, dedicated to advancing innovative methodologies in English language teaching. She earned her BA from Gazi University, Ankara, and her MA from Çukurova University, where she is now a PhD candidate in the English Language Teaching Department.

TRAVEL AND ADVENTURE: REFLECTIONS ON OUR ERASMUS TALK IN THE ACADEMIC INNOVATION CLUB IN ÇU SOFL

The session hosting students with Erasmus experience was a great success! The event, which took place on March 12, 2025, in the CU SoFL meeting room, was organized by the CU SoFL Academic Innovation Club. The organizers, Inst. Tolunay Ekiz and Inst. Emine Demir Okumuş, invited eight guests from various departments and years to share their insights on what it truly means to study and live abroad. The event featured (in alphabetical order) Ali Ak (Mechanical eng.), Gizem Balıkçı (Electrical and Electronics eng.), Hasan Kazım Balcılar (Electrical and Electronics eng.), İdil Demirci (Electrical and Electronics eng.), Muratcan Bul (ELT graduate), Nupelda Mutlu (ELT), Selma Çelik (ELT graduate), and Yiğitalp Ünlü (Computer eng). The guest speakers emphasized the importance of learning new languages, embracing different cultures, and building the confidence to try new things every day. Their stories broadened our horizons and sparked genuine curiosity among our students. We sincerely appreciate the time and energy they devoted to this event, and we'd like to take this opportunity to thank them once again!

It was a talk where students who had joined the Erasmus program also shared their experiences of travel and language learning. The event was full of useful tips on gaining confidence in speaking English, understanding cultures, and applying for Erasmus. They also shared real stories. In fact, the most unforgettable stories were related to discovering their real talents and the neighboring cities and countries that they visited during holidays there. One of the speakers stated that despite the challenges that came with the beginning of a new life in a foreign country, the moments were full of experience and a big part of the adventure. Although there were hard times, they made them stronger, more independent, and more confident.

The speakers also gave helpful advice about studying abroad. They explained how to apply for the Erasmus program, how to manage the budget, and how to make friends in a new country while trying

to challenge the stereotypes about Turkish people. We believe that their honest and open words gave our listeners courage and motivation. Many students in the audience said they now feel more excited about going abroad in the future.

As the organizers, we were very happy to see how much this event touched the hearts of the listeners. Obviously, learning goes far beyond the classroom walls —it unfolds in everyday interactions, on crowded buses, unfamiliar city streets, or late-night chats in a dorm room. The stories that our guests shared about learning languages and understanding other cultures reminded us that studying abroad is not always easy, but it is full of lessons and holds endless opportunities.

This event was not just about Erasmus. It was about adventure, growth, and discovering the world. It showed us that sometimes the best way to learn is to step out of our comfort zone. We hope that many listeners left the room inspired, dreaming about their own Erasmus journeys—and more motivated to improve their English.

Lect.Tolunay EKİZ

Lect. Emine DEMİR OKUMUŞ

Biodata



Hilalnur ERGÜN was born in 2006 in Adana, Turkey. She is currently studying English Language Teaching at Çukurova University, Faculty of Education. During high school, she participated in an Erasmus+ mobility project in Romania. She is interested in youth projects and voluntary activities, and values intercultural communication. In addition to English, she speaks German and French. She gives private English lessons to children and is a member of her university's International Student Club.

THE ROAD TO REALIZATION – ROMANIA

“Have you ever had a trip that made you realize something new about the world or yourself? For me, it was not just about the sights; it was the moments of realization that stayed with me long after I left.”

For my Erasmus+ project, my four friends, two teachers, and I traveled to Romania. In this passage, I will not recommend must-see places—you can ask Google or ChatGPT for that. Instead, I will share my realizations, something you will not find anywhere else.

The first thing I realized was that no matter where you are or which continent you are on, there will always be people rushing to work, checking their phones, and waiting for their stops. For me, that day was unforgettable, something that could never be repeated. But for them, it was just another Monday morning. Meanwhile, I was trying to figure out if we were even on the right bus. It is strange how the same moment can feel so different depending on who you are.





After just a three-hour flight, I found myself in Romania, meeting people who felt strangely familiar. What if my soulmate lives in Alaska, Greenland, or even Japan? Maybe we would be so close to each other, yet we'd never meet... The thought that we might never cross paths is, to me, truly scary.

As a final thought, a person from another country is not just a stranger, but a doorway to a new experience. That's why I want to visit as many countries as possible—not just to see the sights, but to meet people and hear their stories. Travel is not just about architecture or history; it is about the small moments—the food, the daily routines, the way people live. For me, it is about enjoying the moment and embracing the experience, regardless of how much money you have.

Hilalnur ERGÜN

GROUP PROJECTS FROM CU SoFL

Biodata

This report was co-authored by the students of Class 208 as part of a group project under the leadership and guidance of Lect. Dr. Diser SUCAK. The students worked in small groups to collect the data and then came together to write the final report.

Efekan ERKAN

Harun Buğra KÖSE

Kağan KÜÇÜK

Zöhre Fidan GÖÇER

Muazzez Berfin SÖNMEZ

Abdullah ÇİÇEK

Esmenur MEŞE

Mehmet Efe TAPCI

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Şeyma ŞEN

Elif Sude ARAL

Hasan ÖZAL

Yağmur ÇAKAR

Ayşe Eliz KÖSE

Barış SÖĞÜT

Göksu Lal ÖZDEMİR

Gülçiçek KODAY

Mert Semih SÖKER



SAFETY ON ROADS

Introduction

The aim of this report is to gather information about mostly used transportation methods, safety features that are preferred and suggestions about improving those features. 82 students from Cukurova University SoFL were asked three questions about these topics on a face-to-face questionnaire.

Facts

Forty-nine % (40) of the attendants stated that they prefer traveling by bus, while 22% (18) chose cars. Travelling by plane is picked by 7% (6), 14% (12) tends to use either bicycle, subway or motorbike. Four participants preferred the train and 2 of the students stated other transportation methods.

Safety Features

Thirty students stated that the seat belt is the most crucial safety feature. Whether in a car or bus, seat belts are the backbone of safety while travelling. In comparison to this number, 15 participants said general safety such as brake system, car safety and regular vehicle maintenance. Also, airbags came up 7 times as they help to reduce the damage in crashes. Additionally, five people mentioned the

importance of driver education, especially bus drivers. Besides, 5 students drew attention to traffic lights, road signs and speed cameras which help to regulate the traffic. Finally, another 5 people talked about the need for good road conditions and traffic updates for travellers to prevent excessive traffic and crashes. Others mentioned about being careful while driving, not exceeding the speed limit and not using mobile phones.

Recommendations

According to the results, youngsters think that educating drivers is significant as the most popular answer. Another most popular is increasing the number of traffic policemen on roads and carrying out more vehicle inspections. Thirdly, traffic regulations should be improved, signs and traffic lights should be checked regularly and apart from this, new cycle roads can be considered to improve safety on roads. Some of the participants stated the number of vehicles that are used for public transport should be increased. Furthermore, bus schedules should be reorganised and the number of passengers for each bus route need to be reduced. Lastly, students emphasized the immediate need for infrastructure improvements and regular road maintenance.

Conclusion

In conclusion, students prefer to use different transport methods depending on their needs. However, they all agree that safety is a priority. They believe investing in education, technology and regulations can inevitably improve travel safety for all.

Class 208





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