



Erasmus+ Youth
Exchange "Talks
for Inclusion" in
Italy

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Welcoming new
ESC Volunteers

Curious Facts
about Türkiye

Experiences from
ESC journey

Our Summer
Adventure



Erasmus+



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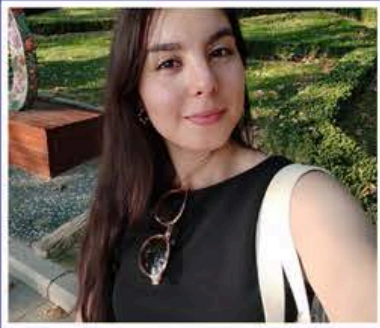


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WELCOMING NEW ESC VOLUNTEERS

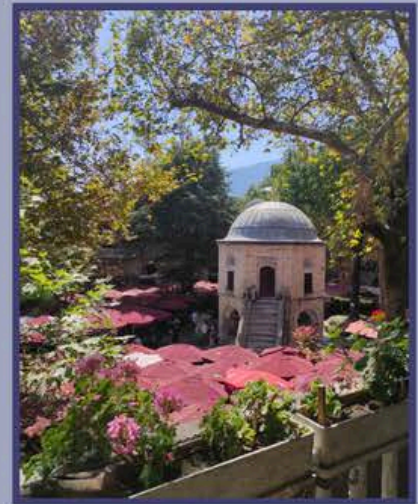


WHO AM I ?



My name is Aybüke. I'm 22 years old. I'm from Osmaniye , Turkey. I have just new graduated from English Language and Literature department. I love discovering new places and seeing different cultures.

I usually like to read books and listen to music. Another hobby of mine is knitting. Knitting relaxes me and motivates me to create something. Another thing I love is travelling . I have visited many in Turkiye such as Istanbul and Bursa.



I started volunteering at university. Thanks to the youth center at my university, I participated in many volunteer activities . Some of these included aid campaigns, environmental cleanups , spending time with children , and visiting elder people. Volunteering has helped me greatly in terms of self-improvement.



I would like to give some information about an important place for me in Türkiye . Tokat is the city where I studied at university. I lived there for four years; it's a quiet city. Students generally spend their time in the city center, in cafes, and by the river. There aren't many activities, but I had a great time doing different things with my friends.



I can give you a few examples of places to visit in Tokat. One of these is the historic clock tower, located in a very central location with its surrounding old shops.



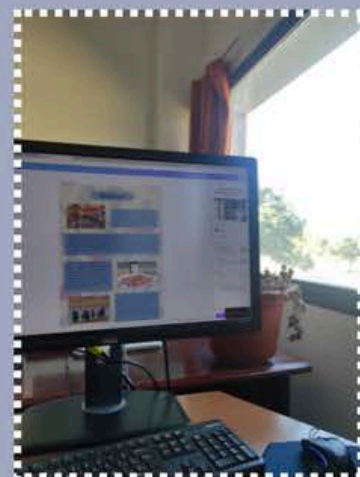
Another is the Ballica Cave, which is naturally formed and takes its name from the Turkish word "bal" because its color resembles honey.



Another is the riverside, where people often go for walks, bike rides, and picnics. Its illuminations create a very picturesque appearance at night.

As I had just graduated from university, I was looking for different things to do and I came across the esc volunteering project. I was curious, I researched a little bit and I saw that it was a suitable project for me. Spain was a place where I was always curious about its culture and nature. I applied and now I am here.

I'm currently participating in a three-month volunteering project in Jerez, a beautiful city in southern Spain, located in the region of Andalusia. We will be working on the magazine of the Association in Jerez. We will produce content for the magazine, help with the design of the magazine. It will be a great experience that will be both fun and improve ourselves by producing content such as videos, pictures and articles.



Through volunteering, I feel that I'm not only gaining knowledge and cultural experiences, but also giving something back to society. Helping others and being part of a community project gives me a sense of purpose and makes this experience even more meaningful.



For me, this project is not just about discovering a new country, but also about improving myself and broadening my perspective. Living in Jerez gives me the chance to experience Andalusian culture firsthand, taste the local cuisine, and interact with people whose way of life is very different from my own.

One of my main goals during this period is to improve my English, since it is such an important language for communication and future opportunities. At the same time, I have a desire to learn Spanish while living here. Being surrounded by the language every day motivates me to practice, whether it's during daily conversations, shopping, or simply listening to locals

"MEET ME BEYOND THE WORDS"

I'm Cansu, from Ankara, Turkey, and I'm a senior high school student. I used to work as an animation team leader, which was not only fun but also taught me how to connect with people. I'm really into everything that has positive vibes. Some of my favorite hobbies are doing sports, skincare, cooking, and creating new things. Through this volunteering experience, I'm excited to discover more about myself, meet new people, and gain fresh perspectives.



MY INTERNATIONAL VOLUNTEERING JOURNEY

The ESC project in Albania was not only an unforgettable adventure but also an experience that broadened my horizons and enriched my outlook on life.

"During a 2-month ESC program in Albania, I gained experience in pottery and nature-based activities while collaborating with international participants to enhance my skills and language abilities."



ANKARA: A CAPITAL CITY WAITING TO BE DISCOVERED



I live in Ankara, the capital of Turkey, a city that combines modernity with rich historical heritage. With its parks, museums, and cultural events, it's a place worth exploring. Ankara offers me many opportunities for both education and social life, and the city's energy inspires my daily life.



Bahçelievler is one of Ankara's neighborhoods that is both calm and lively. I enjoy walking around, spending time in cafés, and experiencing the local atmosphere. One of my favorite places here is BeLPa Ice Skating Palace. Ice skating allows me to have fun while staying active; skating with friends, having small competitions, and releasing energy is very enjoyable. BeLPa is not just a sports venue—it's also a place where I can socialize, meet new people, and create memorable moments. These aspects make Bahçelievler a special and vibrant neighborhood for me.



The Spirit of Volunteering



In Spain, I hope to open new doors in my life, meet inspiring people, and create unforgettable memories.

“New Doors to Life: My 3-Month Adventure in Spain”

“The three months I will spend in Spain will not only be a volunteering experience, but also an opportunity to discover myself and add new dimensions to my life. I wish to meet people from different cultures, learn about their lifestyles, and enrich my own perspective through these interactions. Throughout the project, my biggest goal is to take an active role in activities that contribute to the community, to truly experience the spirit of volunteering, and to embrace new responsibilities. I also hope to explore Spanish culture more deeply, improve my communication skills through language practice, and express myself with greater confidence. At the end of this journey, I aspire not only to collect unforgettable memories, but also to gain an experience that will guide my future and support my personal and professional growth.”



Little-Known Facts About Turkey



Starting the Day the Turkish Way



In Turkey, breakfast isn't just a meal—it's a ritual! Tables overflow with cheese, olives, jam, menemen, and simit, while tea flows endlessly. Weekend breakfasts turn into long chats that bring families closer.



Two Seasons in One



In Turkey, you can ski in the morning and swim by the afternoon! For example, hit the slopes in Uludağ, then sunbathe on the Mediterranean coast just a few hours later. Only in Turkey can you live all four seasons at once!



Turkish Coffee

In 2013, UNESCO named Turkish coffee an "Intangible Cultural Heritage." It's loved not just for its taste, but also for the water and Turkish delight served with it, coffee fortune-telling, and the cozy social vibes it creates.



The Four Legged Locals of Turkey



Turkey is famous for its love of cats! Street cats are practically part of city life. In Istanbul especially, you'll find them everywhere—lounging in cafés, mosques, bookstores, and even on buses! Locals feed them, build tiny shelters, and often give them names like neighbors. And let's not forget the famous Van Cat, known for its striking eyes of two different colors!



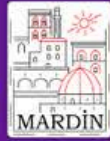
Evil Eye Bead



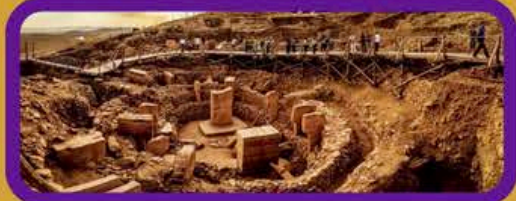
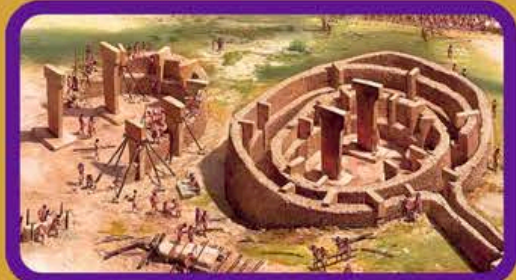
Almost every home in Turkey has this lucky charm that acts like a shield against bad vibes! In 2023, UNESCO recognized it as part of Turkey's cultural heritage. It's not just pretty—it's believed to balance energy and keep negativity away.



Faiths Side by Side!



In cities like Mardin and Hatay, mosques, churches, and synagogues have stood side by side for centuries. It's a powerful symbol of respect and harmony. UNESCO has even recognized Hatay's unique religious diversity!



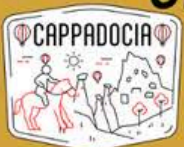
Göbeklitepe:

The Zero Point of Civilization

Located in Şanlıurfa, Göbeklitepe dates back to 9600 BC—thousands of years older than the pyramids or Stonehenge! It shows that humans were building temples even before farming or settling down. This game-changing discovery rewrote what we know about civilization's origins. Now a UNESCO World Heritage Site, many call it the very birthplace of civilization.



Underground Cities: A Hidden World Beneath the Rocks



Underground cities like Derinkuyu and Kaymaklı in Cappadocia are massive—big enough to shelter thousands! During wars and invasions, entire communities took refuge in these underground labyrinths. They had everything: kitchens, churches, stables, and even smart ventilation systems to keep the air flowing. What looks like a simple hilltop from outside turns out to be an ancient engineering wonder below. Today, visitors to Cappadocia can step into this hidden world and imagine life deep beneath the earth!



The Legend of Troy



According to mythology, the famous Trojan War took place on the Aegean coast. Today, the ancient city is known as Troy and is located in Çanakkale, Turkey. The ruins were uncovered in the 1870s by German archaeologist Heinrich Schliemann, bringing the legendary tale closer to historical truth. It's where myth meets reality!



Global Inspiration



Mustafa Kemal Atatürk is not only respected as the founder of Turkey but admired worldwide. Leaders like India's Mahatma Gandhi and South Africa's Nelson Mandela drew inspiration from his vision of modernization. When he passed away in 1938, many countries around the world declared mourning; parliaments from Latin America to Europe, Asia, and Africa held moments of silence in his honor.



Istanbul:

City of Sieges

Istanbul has been besieged 29 times throughout history. It served as the capital for three great empires: Roman, Byzantine, and Ottoman. The city was conquered by Sultan Mehmed the Conqueror in 1453, marking the end of the Middle Ages and the beginning of the Modern Era.



18 Civilizations

The lands of Turkey have hosted 18 different civilizations throughout history, from the Hittites to the Ottomans. Each left traces in architecture, language, art, and culinary culture, turning Turkey into an open-air museum.



WOMEN'S RIGHTS ARE HUMAN RIGHTS!



Pioneer for Women Rights



In 1934, Atatürk granted Turkish women the right to vote and be elected, taking a significant step ahead of many major European countries. For instance, women in France gained these rights in 1944, in Italy in 1945, and in Switzerland as late as 1971. Under Atatürk's leadership, Turkey became one of the pioneering countries where women actively participated in political and social life.

Sanlúcar



After the office, we took a bus with all the volunteers from Jerez to Sanlúcar. First of all, we played a game in pairs. In the game, we visited important monuments in Sanlúcar and tried to find the answers to the questions given to us, it was a very fun game.

Sanlúcar de Barrameda is a charming and historic coastal town in the province of Cádiz, in the Andalusia region of Spain. It is located at the mouth of the Guadalquivir River, opposite the Doñana National Park, and opens to both the Atlantic Ocean and the river. The city is particularly known for its manzanilla wine and famous prawns. It is about 25 km from Jerez de la Frontera, 55 km from Cádiz and 120 km from Seville. It is one of the region's most vibrant tourist destinations, both for its historical importance and for its beaches, wine culture and festivals. When we went to Sanlúcar, it was impossible not to be impressed by its historical buildings. The atmosphere was very exciting. Thanks to the game, we both saw these historical buildings and had a great time.

There are also some important foods in Sanlúcar, some of them are Manzanilla Wine, Sanlúcar, the only place of production of this special wine. It has a light, salty aroma; it goes well with oysters and shrimp. Another one is Shrimp (Langostino de Sanlúcar), a traditional product protected by UNESCO. It has become a symbol of the city.



After the play we all went to the beach to watch the traditional horse race. The Sanlúcar horse races are considered to be one of the oldest horse racing events in Spain, as it was the first English-style horse race to be organized, taking place since 1845. It is also considered one of Andalusia's most important festivals for national and international tourism.

Watching the horse race was a very different experience for us. It was very exciting as we have never watched such a race in Turkey before. It is a nice tradition.

• La Rondaña (Calle Ramón y Cajal)

The typical sweet polvorón is eaten here, especially at Christmas time. Influenced by Andalusian tradition, it has a crumbly, sweet, and buttery taste.

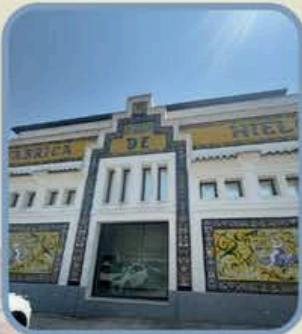


• Palacio de Orleans y Borbón

Nowadays, it serves as the Town Hall. Built in a Neo-Mudéjar and eclectic style, its gardens hide a sculpture of a dragon (Draco).

• Castillo de San Diego

A 15th-century Christian fortress with several towers. It reflects the Mudéjar style, which is also seen in the nearby church of Nuestra Señora de la O.



• Fábrica de Hielo (Ice Factory)

Today it works as a visitor center and exhibition space. Inside, you can learn about Doñana National Park and see the ship Real Fernando.

• Las Covachas

A Gothic structure with ten arches from the Middle Ages. Once close to the sea, it was used as merchants' warehouses.



• Plaza del Cabildo (Bar La Gitana)

The liveliest square of Sanlúcar, centered around its fountain. Once home to the Town Hall. Here, the famous Manzanilla La Gitana wine (also called morenita) is enjoyed, especially during the feria.

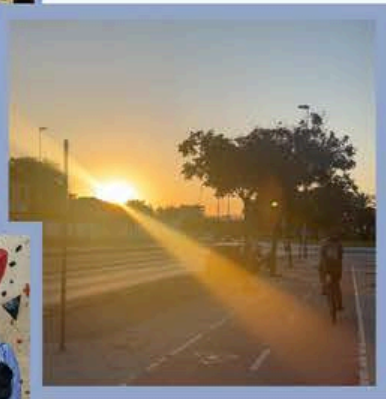
My Volunteering Experience in Spain

My volunteering journey in Spain, which I began a month ago, is now coming to an end. My time here not only introduced me to a new country but also added new perspectives to my life. Here, I learned time management, communicating with people from different cultures, and self-confidence. Spanish vocabulary is now a part of my daily life. Throughout my volunteering, I actively participated in the writing, editing, and visual design of articles. Through designs and various editing projects created using Canva, I gained experience in both content creation and visual editing. This process not only fostered my creativity but also allowed me to contribute to teamwork.

Opinions of Seymour



Throughout my volunteering career, I've had a wonderful time with my colleagues and José. The climbing and cycling tours we participated in were both fun and helped us get to know each other better as a team. Visiting the cathedral in Jerez de la Frontera also allowed me to experience the city's history and cultural richness. These activities not only enhanced my daily work but also created invaluable social and cultural memories..



Before starting this project, I was both excited and a little nervous; living and working in a new country gave me mixed feelings. During my time here, I improved my English, particularly through daily interactions and collaborative activities, and I began to feel more confident. Visiting cities like Cádiz, Seville, and Madrid added a cultural dimension to my experience, and movie nights with friends provided both fun and cultural exposure. Looking back, I'm proudly sincerely thank everyone who supported me in this process. of how far I've come, both personally and linguistically.

Adiós Jerez: Opinions of Elif

Reflections From an ESC Journey



When I embarked on this ESC project in Spain, my goal was not only to discover a new country but also to engage in meaningful experiences and develop myself along the way. From the very first day, I was deeply impressed by the warmth and helpfulness of the people in Jerez de la Frontera. Their kindness made my introduction to the city smooth and transformed my experience into something truly special.



During the project, we wrote articles for the magazine to introduce ourselves and our country, as well as to share the activities we participated in. We also produced content for social media, gained new skills in magazine design and editing, and even learned how to plan and shoot videos. Beyond the creative work, we organized bicycle tours and tried indoor climbing, which supported both our physical and social development. This process strengthened teamwork and collaborative learning as much as it did our creative abilities.

Exploring the beauty of Spain was one of the highlights of this journey. From Cádiz to Sevilla, Santa María to Madrid, and, of course, Jerez itself - each city left its own mark, providing unforgettable memories.

These travels enhanced my cultural awareness and made the journey richer and more multidimensional..



Finally, I would like to sincerely thank the organization and everyone who was with me throughout this process for making this experience possible
¡Gracias a todos!

On a personal level, this project offered tremendous growth. I had the opportunity to immerse myself in a new culture, form lasting friendships, and develop physically through various activities. I even began learning Spanish in small steps. Professionally, I acquired valuable skills in writing, editing, design, and social media content creation that I will carry forward.

“Talks for Inclusion” Erasmus+ Youth Exchange



Co-funded by
the European Union

From 22 August to 2 September 2025, Bassano del Grappa in Italy hosted a youth exchange called Talks for Inclusion. This Erasmus+ project brought together young people and leaders from Italy, Sweden, Greece, Bulgaria and Spain to talk about an important topic “ How to be inclusive in a diverse world.”



Our organisation took part in this project together with six young people from Spain.

WHY THIS PROJECT?

Today, many young people face exclusion, stereotypes, and even fear of diversity. This project was created to give us the chance to answer questions like What does freedom mean? , How can we live together with respect and understanding? . This project aims to rethink communication and emotions.



WHAT DID WE DO?

During the Talks for Inclusion youth exchange, there were many different activities that helped us learn, share, and connect. For example these activities were workshops on human rights and emotions, outdoor activities, debates and intercultural evenings. Each group shared games, traditions, and stories.

The exchange focus on:

- Raising awareness of fundamental rights, and exploring how they are protected or violated both offline and online.
- Facilitating cultural exchange among participants through dialogue, teamwork, play and reflection.
- Understanding how stereotypes and preconceptions are formed and learning how to challenge them.
- Supporting participants in their personal learning journey.



WHY DOES IT MATTER?

This project taught us useful skills for everyday life like how to solve conflicts, how to speak with respect, and how to include other people. It also gave us new friends from different countries and saw that many young people want the same thing, a more friendly and fair Europe.



The two weeks in Italy were amazing. What I enjoyed the most was meeting people from other countries, even if we have different cultures. The trips taught me a lot and I saw beautiful and well-preserved nature. I also learned about different countries and about human rights.

BELEN

LUCIA

This project has been an experience that has made me grow as a person and in my knowledge. The topic of human rights has given us all much to reflect on, and we've worked hard on it. I've taken away experiences, moments, laughter, and memories with people from different countries who started out as strangers and ended up as family. I've also been able to get to know a new country and some of its most famous cities. Finally, I've learned about the culture of different European countries, including food, traditions, and typical dances. It's definitely an experience I'll repeat as often as I can.



Mi experiencia en Italia formando parte del Youth Exchange los días 22 de agosto a 2 de septiembre fue, resumida en una palabra: increíble. Pude conocer gente nueva, hacer bonitos lazos y al mismo tiempo pude reflexionar acerca del impacto que los derechos humanos tienen en nuestro día a día, en nuestra sociedad; todo ello mediante actividades dinámicas, lo cual despertó mi apetito y mis ganas de aprender más y más. La convivencia entre los participantes estos días fue muy buena, teniendo en cuenta que teníamos que compartir espacios comunes y organizarnos para ayudar con el orden, con la limpieza, con distintas actividades... Por otro lado, pude conocer rincones preciosos de Italia, enriqueciéndome de su cultura, de su gastronomía, de su gente. Recomendaría este proyecto sin dudarlo ya que el impacto que ha tenido en mí, a nivel personal, ha sido gratificante, sin olvidar la perfecta gestión por parte de Hande y José, los cuales en todo momento estuvieron atentos y dispuestos a ayudarnos para que nuestra estancia fuera lo más cómoda posible.

JOAN



Mi Erasmus en Bassano del Grappa fue una experiencia muy enriquecedora. No solo fueron las clases, sino que también hicimos actividades y hablamos de cosas importantes como los derechos humanos. Aprendimos que en cada país las cosas son diferentes, pero todos debemos ser tratados por igual. Además, hice un montón de amigos de muchos sitios. ¡Eramos como una gran familia! La comida estaba buena, pero lo que más me gustó fue pasar tiempo con todos ellos. Fue una experiencia muy bonita y nunca lo olvidaré.

Mi nombre es Ainara y el pasado agosto participe en un youth exchange en Bassano del Grappa fue una experiencia inolvidable llena de recuerdos y vivencias. Tuvimos muchas actividades relacionadas con los derechos humanos, fue el objetivo de nuestro viaje, aprendimos que todo el mundo tiene derechos y que no hay que tener miedo de comunicarse con personas con capacidades diferentes. En nuestra estancia allí compartimos albergue con personas de diferentes países y entre ellas habían personas de Bulgaria con dificultades auditivas por lo que tuvimos la suerte de aprender como comunicarnos en esa circunstancia y un poco de lenguaje de signo. Además las actividades fueron muy dinámicas y productivas. Tuvimos desde actividades al aire libre, taller de pan, debates, juegos deportivos, etc.

Por último me gustaría decir que personalmente la experiencia fue preciosa y enriquecedora. De este viaje me llevo todo lo vivido y las personas que he conocido, todas fueron muy amables y construimos un grupo muy bonito, sin duda volveré a repetir. Le recomiendo esta experiencia a todo el mundo y pienso que todos los jóvenes deberían participar en al menos un proyecto en su vida.



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