



E-MAGAZINE FROM ICSD

# ICSDZINE

Vol. #1 June 2020

**20**  
Pages

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Instabul, The City Of Civilizations  
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E-Magazine From  
Erasmus+ & ESC  
Volunteers

# WELCOME MESSAGE



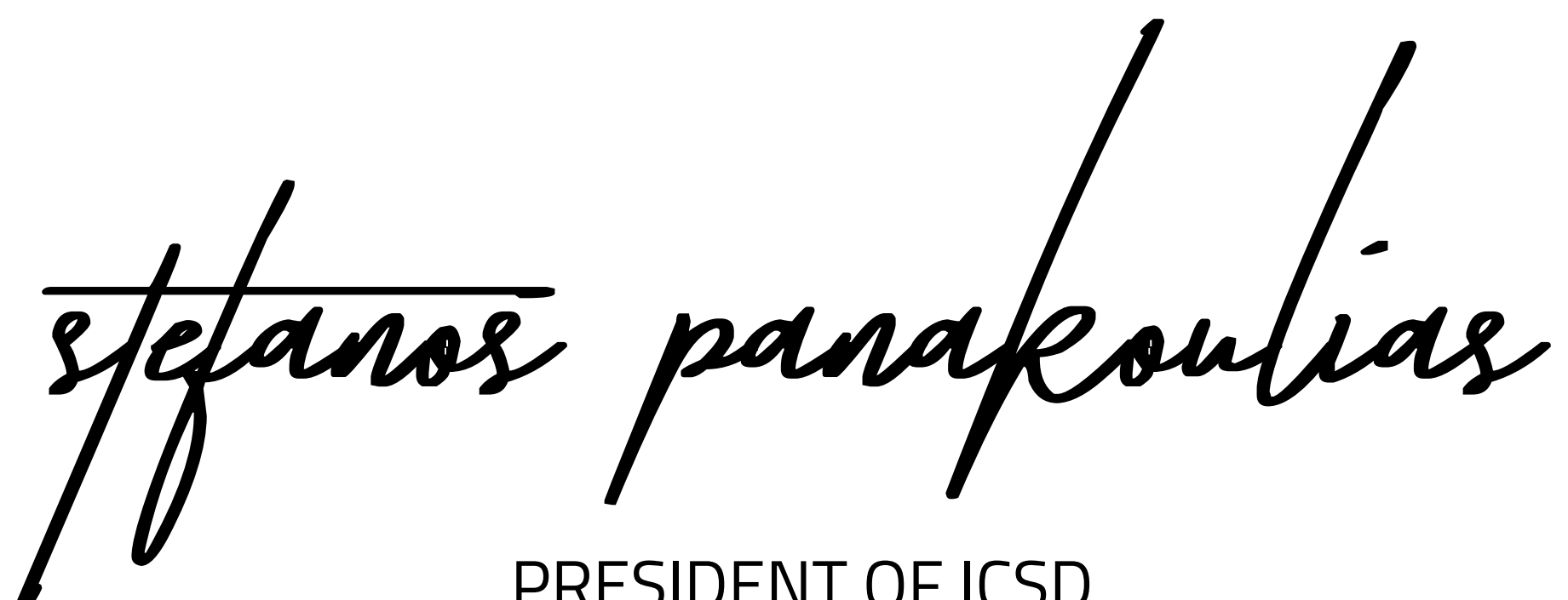
I would like to welcome Icsdzine readers to the first issue of the magazine! My name is Stefanos Panakoulas and I'm chairman of ICSD. I have a degree in science of Physics, a master in ICT of school of education and I am a Ph.D. Candidate in School of Education. I am involved in various EU projects as a project manager and I have years' work experience and knowledge of different kinds of EU projects. Also, I am lecturer in the Department of Computer Engineering in TEI of Epirus and Managing Director in Techlab company. I am member of Team Europe in European Commission in Greece.

I am proud to present you our new e-magazine and I hope you enjoy it. The Icsdzine is totally free and will be published monthly. You can read it from the browser on a laptop, desktop or tablet.

The employees and the European Solidarity Corps' volunteers of ICSD are working to bring you writings on different topics and current events. Many different cultures come together and work towards a better Europe.

Our collaborations with European Bodies and locals in the past inspired us a lot and provided us with interesting stories and news.

Thank you for your time reading this magazine and keep visiting Icsdzine!



stefanos panakoulas

PRESIDENT OF ICSD

ICSDZINE

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# WHO IS ICSD

International Centre for Sustainable Development (ICSD) is a Non-profit Organization established in Ioannina, Greece.

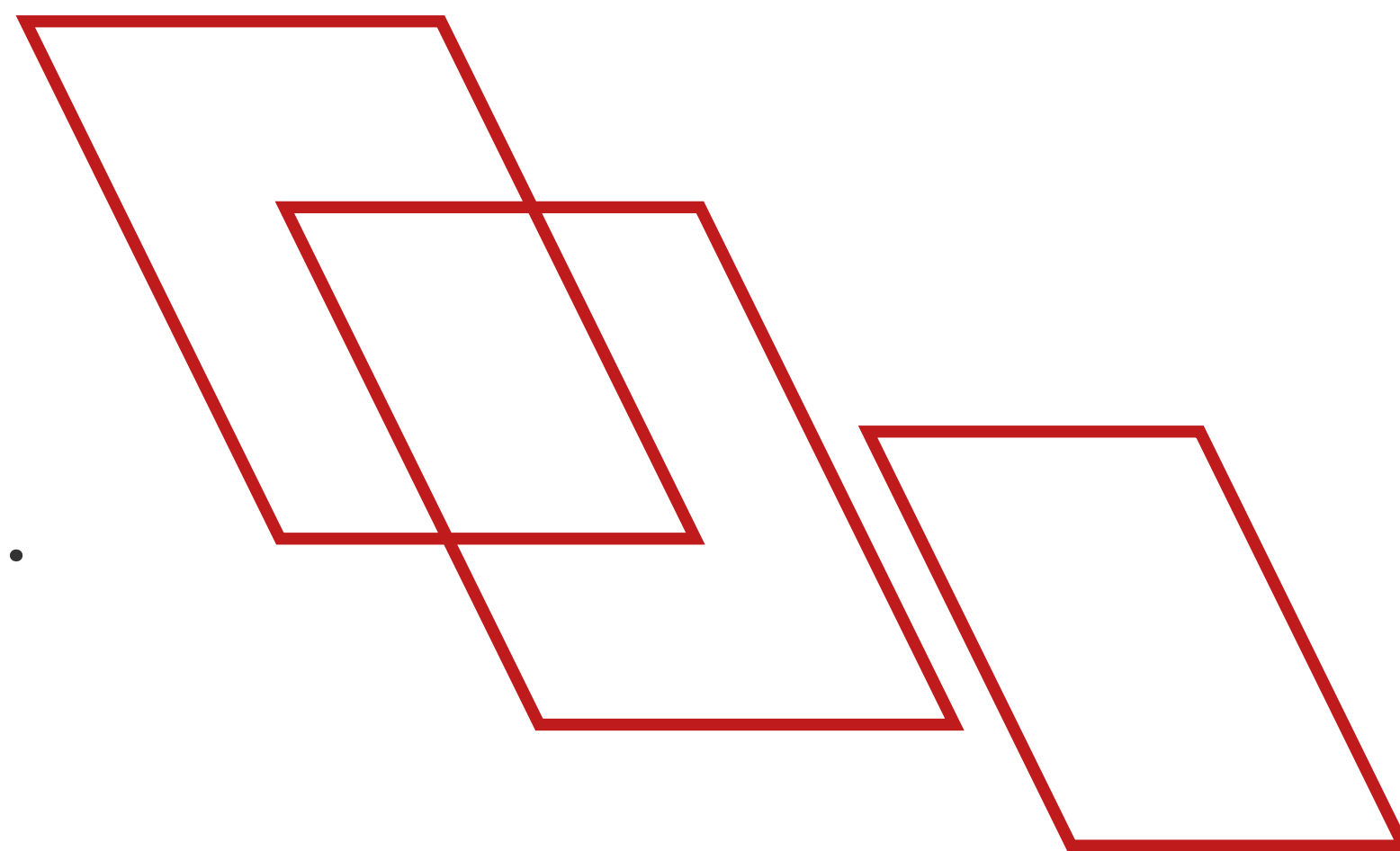


## INTRODUCTION

ICSD» aims are to promote activities that contribute to sustainable development, the raising of the spiritual and economic standards, the scientific discussion and popularization of knowledge both in Greece and internationally.



# ICSD AND ERASMUS+



International Centre for Sustainable Development (ICSD):

Works on a large number of research projects with both national and European partners.

Launches a variety of awareness-raising activities, training seminars and events in the field of sustainable development.

Disseminates publications and studies and issues press regarding sustainable development

Participates in press conferences concerning issues of sustainable development in Ioannina and other cities.



ICSD has  
implemented  
various  
Erasmus+  
projects.

ICSD is a certified organization, for social economy and entrepreneurship by the Greek state. Also in the framework of a project, it has set up in Ioannina, a social entrepreneurship support centre funded by national resources. With this centre, it guides and prepares business plans for the social enterprises of the Region of Epirus.

Since 2011, the foundation of the organization, ICSD has implemented many projects and has participated in several workshops that support entrepreneurship.

ICSD has implemented various Erasmus+ projects both as the leading organization, as well as a partner. We also had the opportunity to host many European volunteers throughout the years.

ICSD is certified by the National Agency as Sending, Hosting and Coordinating organization, (2015-1-EL02-KA110-002112) in European Voluntary Service (EVS) projects and has the necessary certificate of Management Capacity for project implementation by the Managing Authority of Operational Programme «Human Resources Development» of the Greek Ministry of Labour and Social Insurance.





# WHAT IS ERASMUS+

By Guillaume Delacour

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Erasmus stands  
for European  
Community  
Action Scheme

Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. It provides opportunities for over 4 million Europeans to study, train, and gain experience abroad.

Erasmus+ also gives opportunities for a wide range of organisations, including universities, education and training providers, think-tanks, re-search organisations, and private businesses.

The aim of Erasmus+ is to contribute to the Europe 2020 strategy for growth, jobs, social equity and inclusion, as well as the aims of ET2020, the EU's strategic framework for education and training.

Erasmus+ also aims to

promote the sustainable development of its partners in the field of higher education, and contribute to achieving the objectives of the EU Youth Strategy.

Erasmus+ is open to many individuals and organisations, although eligibility varies from one action to another and from one country to another.

Individuals can take part in many of the opportunities funded by Erasmus+, although most will have to do so through an organisation taking part in the programme.

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By Melike Kisa



## ISTANBUL, THE CITY OF CIVILIZATIONS

Istanbul is among the most ancient cities in the world. With the Neolithic Age settlement unearthed by Theodosius Port excavations, it was understood that the history of the city dates back 8500 years. Thus, a new period was opened about the cultural, artistic, geological change and city archeology of Istanbul.

It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged.

Greeks, on the geography where Istanbul is located today, founded the city of Byzantium in 700 BC. This city has been the capital of Rome and East Roman Empire with the name of Constantinapolis.

After the Ottoman Empire conquered the city in 1453, the city was the capital of the Ottoman Empire for about five centuries. Today, Istanbul is the largest city in the rapidly developing country, although it is no longer the capital. Its location around the Bosphorus makes Istanbul a bridge between Asia and Europe. The history

and culture of Istanbul can be seen in its architecture. The architecture of the city brings the West and the East together. In the city, there are Roman Period ruins such as Hippodrome, Basilica Cistern and Galata Tower, which was inherited by the Genoese. The most prominent among the Byzantine structures is Hagia Sophia, which has been standing out as the most important monument in the world for about 1500 years. Today, Hagia Sophia is open to visitors as a museum.

Among the Ottoman buildings, Topkapı Palace, Sultanahmet Mosque, Suleymaniye Mosque, which have been used as a dwelling and administrative center of the Ottoman sultans for centuries, and the Grand Bazaar and the Spice Bazaar where the tradition has survived to the present day; are the monuments that define the city's culture and identity.



*Its location around the Bosphorus makes Istanbul a bridge between Asia and Europe.*





Topkapi palace



Galata Tower



Hagia Sophia



Istiklal Street is in Beyoğlu. Beyoğlu is one of the oldest districts of Istanbul. Istiklal Street is between the tunnel and the Taksim square. Istiklal Street one of the most famous streets in Turkey. It is always crowded and filled with tourists. There are a lot of places of entertainment, such as bars and clubs.

Let's get to know the most beautiful places of Istanbul, which is home to many civilizations.

**Topkapi Palace**, built by Fatih Sultan Mehmet in Istanbul Sarayburnu in 1478, is the palace used by the Ottoman sultans for 400 years during the Ottoman

Empire's history. There are also hundreds of priceless historical monuments in the same place.

**Hagia Sophia**, built by the Byzantine Emperor Justinian and later converted into a mosque by Fatih Sultan Mehmet, is one of the most important historical places visited by many Prime Ministers during her visit to Istanbul.

**Galata Tower**. A tower located in the Galata district of Istanbul. The building, which was built in 1433 A.D., is among the important symbols of the city.

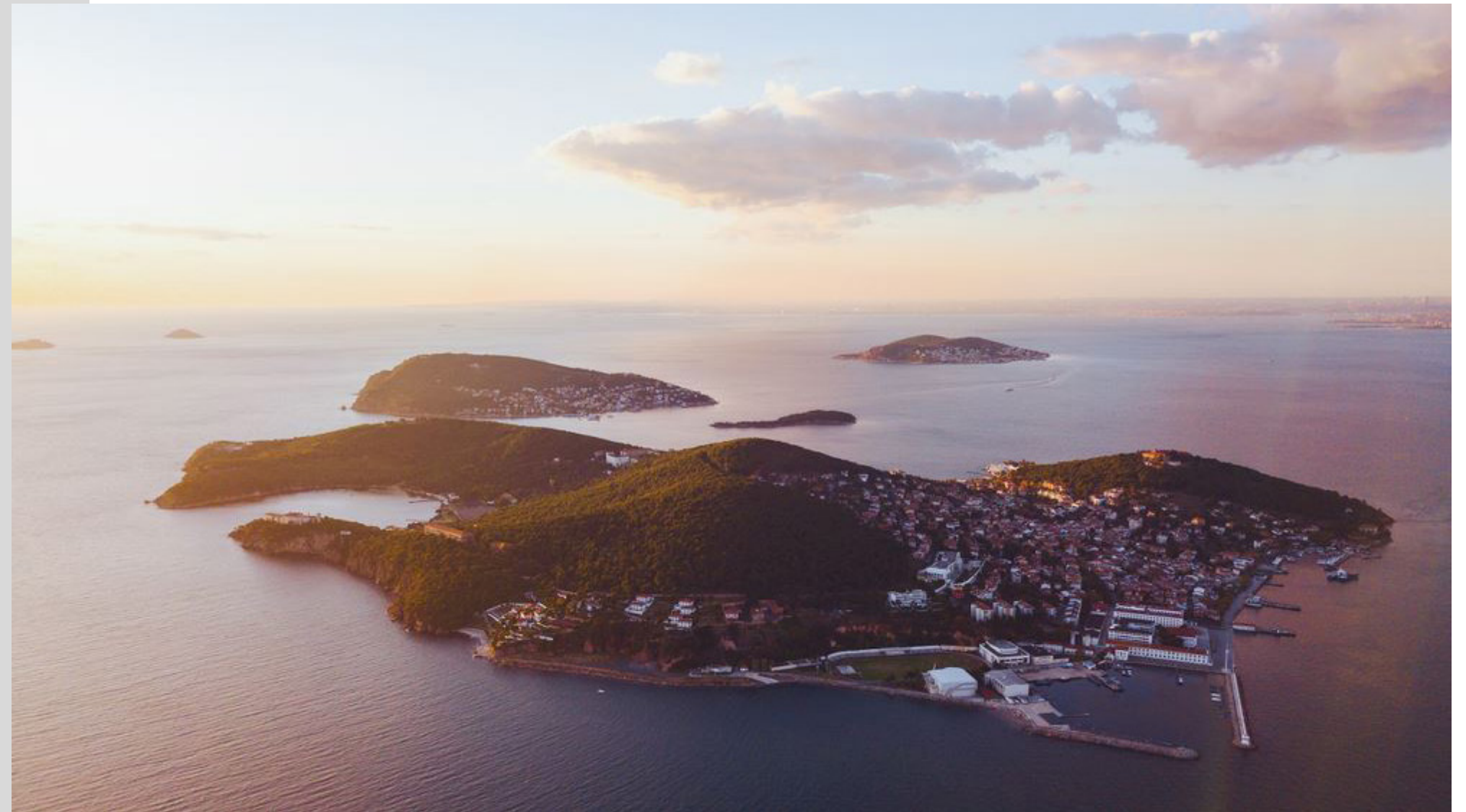


*"If the world was a single state,  
Istanbul would be the capital."*  
*Napoleon*

**Prince Islands**, Istanbul Islands or Red Islands, are the islands that are located in the northeastern part of the Marmara Sea, which is located off the southern shores of the Anatolian Side of Istanbul, briefly called the Islands.

**Rumeli Hisarı** is the fortress that gave its name to the district in the Bosphorus in Sarıyer district of Istanbul. Rumeli Fortress, which was built to draw ropes from the Anatolian Fortress during the Ottoman period, during the Conquest of Istanbul, is among the indispensable places of today.

**Maiden's Tower** is a tower located on a small islet in Salacak off the Bosphorus. According to the legend, one of the Byzantine kings had a daughter and a prophecy was made about the girl. According to the prophecy, the Princess would die at the age of 18 as a result of snake bite. Hearing this, the king restored the tower on the island in the middle of the sea and turned it into an area where the princess can live. When the princess was 18 years old, the snake hide inside a grape basket brought by the servants and killed the princess. The princess could not escape death even in the middle of the water.





# WHAT IS YOGA?

*Relax and focus on yourself without thinking anything else.*

**Y**oga is one of the most beautiful teachings that rests one's body and soul. Through yoga, you can remove all the bad energy and negative thoughts from your body. The important thing is not only to do yoga once, but also to make it a routine in your life. You can relax both your soul and your body by separating them only 20 minutes every day. All you need is a quiet environment and a mat. If you don't have a yoga mat, you can also do it on the carpet. The most important rule of yoga; relax and focus on yourself without thinking anything else. Another important rule is to breathe. In yoga, breathing is like doing magic. When there is a movement you cannot do, you should take a deep breath and try again.

*"The nature of yoga is to shine the light of awareness into the darkest corners of the body."*

— Jason Crandell

While breathing; Imagine the way your breath takes in your body. Imagine how that breath you take can go up to your muscles and relax you and how much it helps you to do that movement you couldn't do. After breathing, you will realize that you are doing that movement more easily. Yoga movements are varied. But basically all of them are based on balance and flexibility. If a move is difficult for you, do not force your body. Make it to the last level you can and stay in that position and breathe several times. The important thing is not to do it perfectly, but to try and stretch your body. Over time, your body will find its balance and you will be able to gradually do the movements you cannot. One of the best things about yoga is that you can do it yourself at home without the need for a specialist. You can easily access many videos and applications about yoga on the internet to help you.



## THE PRAYER POSITION - "PRANAMASANA"

Yoga usually starts with this position. It is very important that there is no gap between your feet in this position and stand upright. Put your hands together on your chest and close your eyes. Feel the sun reflected on your face and body and greet it. The word "Namaste" is used when greeting the sun in yoga. Namaste is a way of saying "hello" with the inner peace of the person. After saluting to the sun, yoga begins. During the yoga exercises, we come back to the prayer position from time to time and the sun is greeted.



## THE CHAIR POSITION - "UTKATASANA"

Imagine sitting in a chair in this position. There should be no space between your feet and your two arms should be extended to the air as shown. Your head and spine should be upright. You should bend your knees slightly, as if sitting on the chair. This position both keeps the body in balance and increases flexibility. The important thing here is to bend over without disturbing your posture. Don't forget; your hands should always stay in the air as if someone was pulling you from above.



## THE CAT POSITION- "MARJARIASANA"

This position allows you to feel your whole spine and open your vertebrae. After doing the position in the figure 4, you should take a deep breath. First, you should lift your back and push your head through your arms. After breathing several times in this position, you should raise your head up and bend your waist and stretch your spine to the other side (Figure 4). Don't forget to breathe here too. Repeating this movement several times will open your entire spine. The important thing here is that you do not switch quickly from one position to another. You should do the movements quite slowly and breathe abundantly.



## THE CHILD POSITION - "BALASANA"

It is one of the most basic movements of yoga. This is a resting position. You can come to this position at any time and wait for a while. You should make sure you do not put pressure on your spine. You should stretch your arms forward. You should not forget to breathe. This position will both lengthen and rest your spine and relax your body. At the same time, it makes the person feel safe because it resembles the position of the baby in the womb.



## DOWNWARD FACING DOG POSITION - "ADHO MUKHA SVANASANA"

This movement may force some of the beginner. But when you progress, you will see that; Actually, "Downward Facing Dog Position" is an opportunity to rest. When you take the position in the figure, the important thing is that your spine is upright. Initially, your feet may not be able to step fully on the ground. If you have difficulty in this position, you can raise your legs by lifting your heels. Imagine you have just turned the pedal with your feet. You can gradually accustom your body to this position.



## CORPSE POSITION - "SHAVASANA"

This is the end position of all yoga exercises. Here, you should lie still, opening your hands and feet. Maybe you made very difficult movements, but now it's all over. At this point, you should feel relaxation in your body and rest. You can stay as long as you want in this position. When you feel enough rest, gently move your hands and feet. Then slowly turn to your right and get up.





By Tuğçe GÜLEŞİR



**A**ny effort will pay you back. But by doing yoga, you can achieve much more. Thanks to yoga, you can find both the stretching and relaxation in your body and your peace of mind in time. In the hustle and bustle of life, you have 20 minutes to spare for yourself without thinking anything. You don't forget; this is your life.

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**NAMASTE !**



# ASHURA DESSERT



By Melike Kisa

Ashura (Noah's pudding/Türkish name Aşure) has a very important place in today's culinary culture. When Turkish culinary culture is examined, it is seen that many dishes have many sociological and artistic functions that appeal to people's eyes, ears and inner world, but also meet their physiological needs. Ashura is very important for Turkish culinary culture because it is shaped by many social, cultural and artistic formations and contains a serious religious ritual.



The Qur'an of Muharram is one of the four months in which Qur'an is valued. All Muslims must fast this month. This fasting lasts twelve days. Ashura is made on the tenth day of fasting. On this day, it is stated that even the wolf is fasting. The ashura made with at least 13 varieties is distributed to 40 people. The main thing in Ashura is to share the dessert made. Its purpose is to ask for the forgiveness of all sins from God.

## HOW TO COOK?

First, boil the chickpeas and beans separately. After washing the wheat, put it in the pot, pour boiling water over it and boil for 10 minutes. Add the cooked chickpeas, soft beans, chopped apricots and raisins to the boiling wheat and boil them for 15 more minutes. Boil a little more by adding milk, sugar, nuts. And serve.

## EMERGENCE STORY

The Ashura dessert has biblical roots with Noah and his Ark. The legend tells that food supplies started diminishing after many long days on the ark, so the little bits of what was left over from grains, nuts, and dried fruits were put into a pot and cooked together. The outcome was a pudding that has traveled through the ages. Today, many cooks in modern kitchens are familiar with the celebratory dish.



# BORDEAUX, A CITY DRAWN WITH LOVE\*

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Bordeaux is a city located in the southwestern France. It is the capital of the Nouvelle-Aquitaine region, in the Gironde department.



By Susan MANYJO



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*\* A sentence from the famous french writer and novelist, who was born in Bordeaux: François Mauriac. It is an extract from the book "D'autres et moi" published in 1966. In this small passage, Mauriac praises his hometown proclaiming the benefits of the city*

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It is one of the most beautiful french city, and is the 9th most populated french city. In 2015, it was even elected as the 1st European city. The entire city is listed by the UNESCO in the world heritage list, and is by the way my hometown.

I will say that whoever wants to travel to France, that is the city you must visit if you are in a transit. This city is very quiet and simple. You will find a beautiful architecture and style, all the monuments you will see will leave you speechless. The city has also a very famous port which was used for commercial activities in the past. It is also the 7th french port, and is very big. Now the city tries to ally transport of goods and environmental compliance.





My city is very touristic, because it has a nice climate and there are a lot of different places to visit. It is not too big and not too small. You can spend time visiting the monuments, or enjoy the nice weather resting in a park or even shop in the street "sainte-catherine", the most famous street in the city and the longest street of Europe. It has mainly shops, and there is something for every taste and all the budgets. The street crosses 3 different neighbourhoods. The transportation is also well-developed as you can easily cross the whole city, by the streetcar or the bus. The buses often operate and the hours are very flexible. Since 2017 the bus n° 1 goes from the railway station to the airport, which is a good thing as you don't need to pay a special shuttle to go to the airport as in many french cities.

The beaches are very accessible, and are one hour away from the downtown. You can access the beaches by taking several



*"Le monument aux Girondins"*



buses from the Transgironde network. You have to book the tickets online and a roundtrip will cost you 4-5€. The departures are from the railway station.

If you are a food lover you will find your happiness as the city abounds in culinary richness. You can find dishes mostly with meat, but also vegetables. We have many good pastries like "les canelés" which are small baked goods with vanilla, rum and a caramelized crust. It is a special and very famous pastry which is typical in our city. In addition to that, we are internationally recognized for our wine. It is considered as the best wines of the planet. Most people who think about Bordeaux, think about our good wines. We have big and a lot of wineries around the city.





Bordeaux is a very multicultural city, indeed there is a strong African community. People who are originated from Algeria, Morocco, Tunisia and subsaharian Africa. We can also easily find many Portuguese or Spanish people. The Turkish community is also very present. Bulgarians and Romanians are also a part of this melting pot. We can mostly find foreigners in the "Saint-Michel" neighborhood which is very famous for its huge market. Many sellers come from different parts of the world and sell different goods.





*Besides this all, Bordeaux has another particularity. We have special linguistic expressions, that you can only hear from our city and region and nowhere else.*

**Gavé** - probably the most famous expression used by people from Bordeaux, this word means "a lot" or "too much".

**Poche** - this word is basically a french word, but the way people in Bordeaux use it, is very different from its original meaning. In Bordeaux it is used to ask for a plastic bag when you finish your shopping for example, while for the rest of France it will only refer to a jean pocket.

**Chocolatine** - this one is a very famous and funny one. Indeed it is the name given to one of the famous bakeries you can eat in France, it is a kind of croissant with chocolate inside. But for the rest of France, it is only called "Pain au chocolat" which literally means bread with chocolate. There is a huge debate about the name given to this famous viennoiserie, as some experts say that the way of doing a "chocolatine" and a "pain au chocolat" is different, however for the inhabitants of bordeaux it will stay "chocolatine" no matter what!

**Ça daille** - this expression is also very used in Bordeaux and it means "it sucks" or "it is annoying".





# BIODIVERSITY IN ANATOLIA

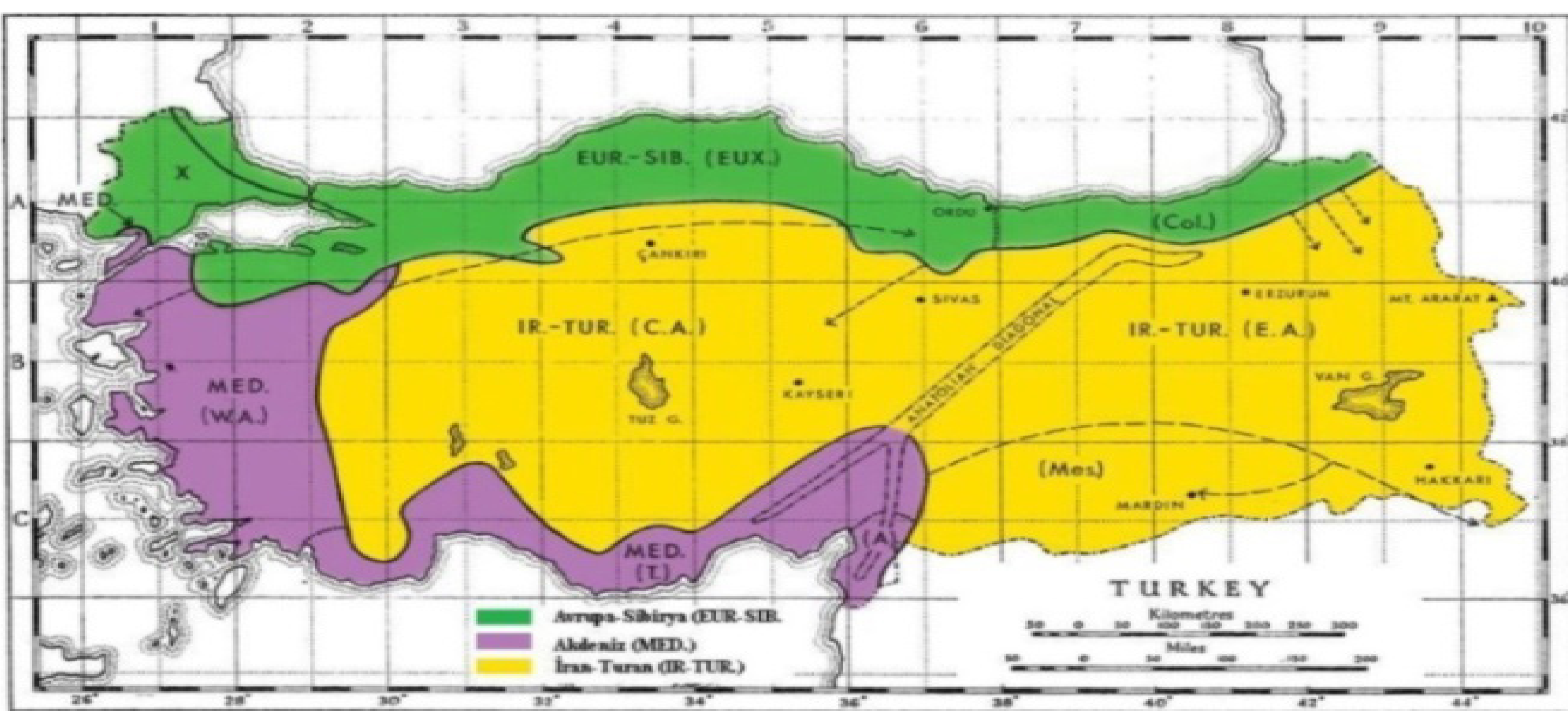
Biological resources form the basis of life and liveliness. The diversity of living things in a region constitutes the biodiversity of that region. Biodiversity is addressed under 4 main headings: Genetic diversity, species diversity, ecosystem diversity and ecological diversity. People should be aware of the biodiversity of their environment and protect biodiversity.



Anatolia is a peninsula that has hosted many creatures due to its geographical location. This has greatly increased the biodiversity of Anatolia. Continental movements during the separation of "Pangea" caused Anatolia to remain between Europe and Asia and to serve as a bridge for many living things, which also increased the endemism of Anatolia. Endemism is one of the most important factors that increase the biodiversity of a region. Anatolia; It is home to 178 mammals, over 400 birds, 156 reptiles, 42 dual-living and about 100 fish species. Some of these species are endemic and only live in Anatolia. The *Rana holtzi* (Verner, 1898) and the *Panthera pardus tulliana* (Valenciennes, 1856) are such examples. According to the latest research there are 406 freshwater fish species in Turkey. 153 of these fish species are endemic. For example; *Capoeta angorae* (Hankó, 1925), *Capoeta tinca* (Heckel, 1843), *Hemigrammocapoeta kemali* (Hankó,

1925), *Seminemacheilus lendlii* (Hankó, 1925) and *Capoeta* fish (Turan, Kottelat, Ekmekçi & İmamoğlu, 2006) all over Anatolia, *Capoeta antalyensis* (Battalgil, 1943) in Aksu and Köprüçay Rivers, *Alburnus baliki* (Bogutskaya, Küçük & Ünlü, 2000) in Manavgat River Basin, *Chondrostoma angorense* (Elvira, 1987) in Sapanca Lake, Sakarya and Kızılırmak River Basins, *Chondrostoma beysehirense* (Bogutskaya, 1997) in Beyşehir Lake (Konya), *Pseudophoxinus crassus* (Ladiges, 1960) in the arms of Salt Lake, *Pseudophoxinus egridiri* (Karaman, 1972) are endemic fish species found in Egirdir Lake and *Aphanius burduricus* (Ermin, 1946) in Burdur Lake. While endemic species are scientifically named, their names usually originate from the location where they are detected. For example; Since *Aphanius burduricus* is an endemic species in Burdur Lake, its name has been determined as "burduricus" in binominal nomenclature.

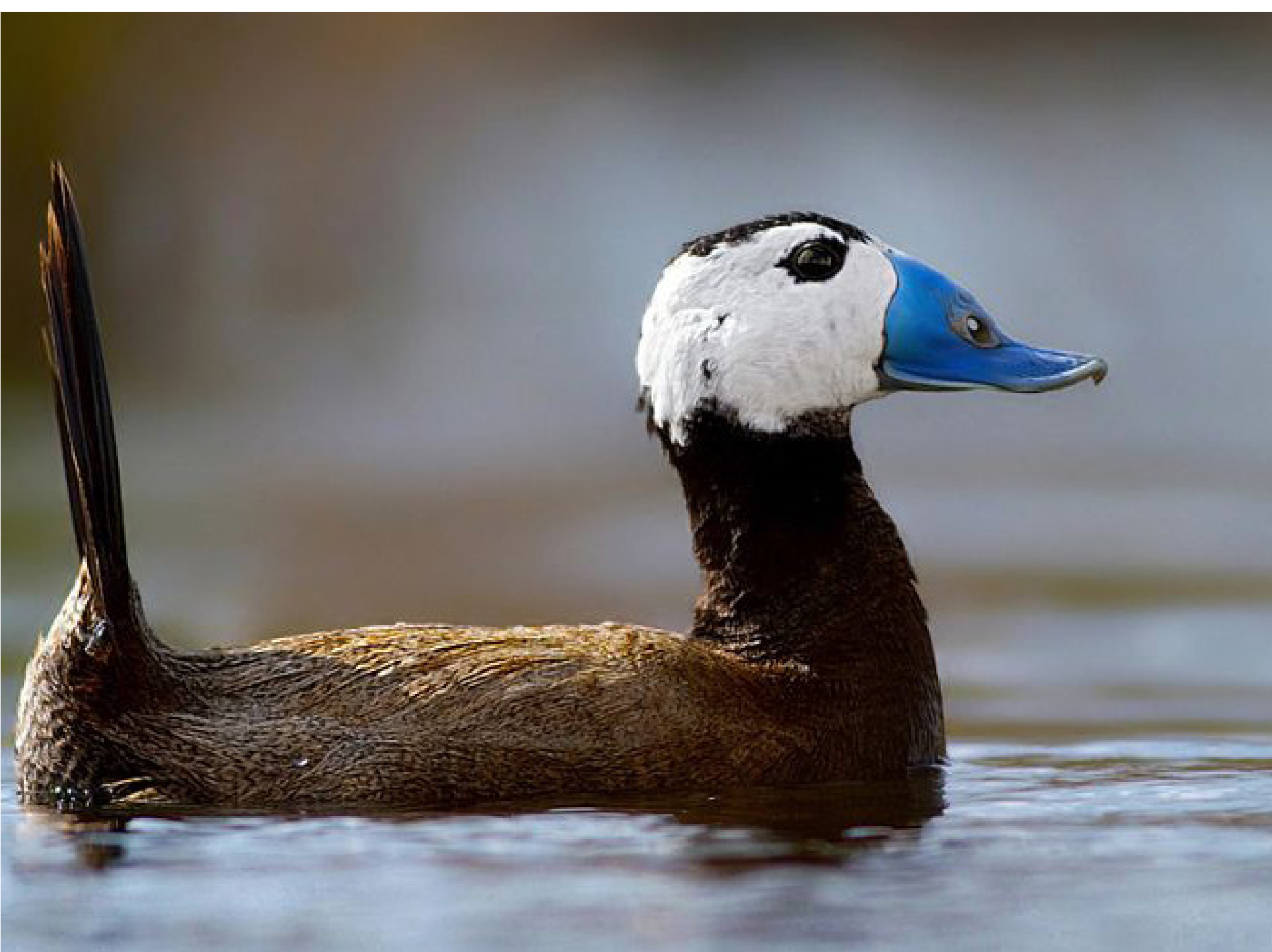




Anatolia is under the influence of the three floristic region in the holoarctic flora realm. These biogeographical regions on Anatolia that divide Anatolia into 3 different regions in terms of plant species; Iran-Turan Region, Mediterranean Region and Europe-Siberia Region.

While there are approximately 12500 plant species in all of Europe, this number is approximately 11707 in Anatolia although it is geographically smaller. Approximately 1/3 of the total plant species in Anatolia are endemic plants; *Lathyrus undulatus* (Boiss) in Trabzon, Rize, Bolu, Bursa and Sakarya, *Rhaponticoides iconiensis* (Hub.-Mor.) in Konya, *Munzur Cigdem* (*Colchicum munzurenses* K. Persson) in Munzur River Valley, *Astragalus polemoniicus* (Bunge) in Tokat, Samsun, Amasya and Kirikkale; can be given as examples.

Anatolia lived the Ice Age, which occurred millions of years ago. This is of great importance in the formation of landforms. Collapsement in some regions formed special contidiontions for the devolopment of microclimate regions, which also have affected the biodiversity. There are many microclimate regions



in Anatolia. Some of those; Ihlara Valley, Coruh Valley, Yusufeli and Iğdır. Yusufeli (Artvin) is very suitable for cultivating olives, a plant unique to the Mediterranean Region, as it is isolated by staying among the high mountains despite being in the Black Sea Region. There are approximately 559 bird species in Anatolia. However, Anatolia hosts many more bird species seasonally due to the bird migration routes. For example, Anatolia is one of the most important habitats for the white-head duck (*Oxyura leucocephala*). More than half of the white-head ducks in the world spend the winter in Burdur Lake.





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In order to determine the diversity of all livings in Anatolia by the Ministry of Agriculture and Forestry of the Republic of Turkey in 2007, “Noah’s Ark National Biodiversity Database” project was launched. In this project; it is aimed to gather all studies on biodiversity in Anatolia on a single database. According to the data obtained from this project; it is determined that Antalya (3247), Konya (3210) and Artvin (3000) are at the top of the provinces with the most taxon.

Biodiversity is very important socially, culturally, aesthetically and economically. The “Thrace Biological Diversity Museum” opened in Thrace and the “Hacettepe University Biodiversity Museum”, the foundations of which are laid in Ankara, contain many examples of the diversity of Anatolia and contribute to the cultural value of Anatolia.

All living things, including humans, need biodiversity due to the flow of food and energy. Problems that cause global impacts such as climate change, population change, habitat loss, overgrazing, pesticide use and urbanization cause reduction of biodiversity. It is celebrated every year by the United Nations (UN) on May 22, as the “International Day of Biological

Diversity” to encourage people to protect nature for a sustainable World. People need to be aware of the importance of biodiversity and be aware of what they need to do to protect it. We must protect the diversity that nature offers us and appreciate it.



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By Tuğçe GÜLEŞİR







I CSD now has a web radio too. Tune in!

Every Wendsday the European Solidarity Corps' volunteers take the mic and talk about important topics and play their favorite music.

[https://studio24.radiolize.com/public/icsd\\_radio](https://studio24.radiolize.com/public/icsd_radio)

.....  
**THANK YOU!**





WE BELIEVE IN

# EQUALITY - SOLIDARITY - DEVELOPMENT

“

*Democracy arises out of the notion that those who are equal in any respect are equal in all respects; because men are equally free, they claim to be absolutely equal.*

*Aristotele*

”