



E-MAGAZINE FROM ICSD

ICSDZINE

Vol #3, AUGUST 2020

20
Pages

What's Inside

Top 8 Destinations in Greece
Greece – Turkey Similarities & Diversities
Travel Yesterday....

www.icsd.gr

TABLE OF CONTENTS

1. Advantages and Disadvantages of Technology

2. National Parks In Greece

3. Top 8 Destinations In Greece

4. Small In Size, But Highly Attractive

5. Two Neighboring Cultures: Greece And Turkey

6. Literacy

7. Is It Worth Traveling? Or Better Travel ... Yesterday!

Articles Editing - Elina Douvli

Magazine Creation - Claire Fragiadaki

ADVANTAGES AND DISADVANTAGES OF TECHNOLOGY

By Melike Kisa



Technology is a human activity. It is a concept that existed in human history before science and engineering. It is considered as the application of science in many ways. Thanks to technology, the necessary tools and equipment for human survival are produced. It is also described as a set of information technologies that allows production methods and talents to come together. Today, life has become quite easy thanks to the technological products that exist in all areas of life. Thanks to technology, production has increased, distances

have been reduced, information has spread around the world, its level of development has increased and people's lives have become easier. Thanks to the studies carried out with the development of science, the developments regarding technology are described as technology. Thanks to the knowledge that humanity has accumulated, science is constantly evolving. Technological products are produced thanks to the development of science and the increase of technical knowledge. Technology is evolving at the same pace as science is evolving.



Technology plays a very important role in human life. Since the beginning of the struggle against humanity, technology has become an essential element of life. Technology is a necessary and complementary part of everyday life, because it facilitates people's lives and saves time. Smart home systems, kitchen appliances, public transportation, cars, smart phones, tablets, computers are some of the technological products that people use in everyday life. Thanks to these technological products, people can survive in more modern conditions, getting rid of the primitive era. Thanks to the advantages of technology, people go about their daily lives without getting tired.



Another technological element that fully influences daily life is the Internet. Thanks to the Internet, many activities such as shopping, information retrieval, education, payment, entertainment and communication can be done easily. The internet has been included in everyday life long enough to make people addicted. The level of development of a country can be assessed by its technological capabilities and the technological products it can produce.

Thanks to technology, production is easier, the level of public works is increased, industrialization is achieved. The level of prosperity of the country is increasing. Many technological breakthroughs bring financial success. Countries can get rid of their dependence on the foreign economy financially by selling technology. Technology has its advantages as well as its disadvantages. Let's look at the benefits and disadvantages of technology in every aspect of our lives.

Benefits of technology

Children who have entered a process of rapid learning from an early age, the more interested and the more they see, the more they increase their IQ and ability. Of course, all these benefits are possible with the right use of technology. On the other hand, we must not forget that excessive stimuli cause distraction.

Development of mental capacity:

Thanks to technology, memory games for children that aim to improve their memory, attention games for children who want to improve their attention, visual games for children who want to improve their visual skills and much more.

Learning to learn:



Thanks to the Internet, there is a huge library in every home. Children can do extensive research on topics they are curious about. Applications that teach foreign languages, animations about the rules of society and ethics, animations of teachers, games and applications that practice mathematical functions applications that give information through the game method are always accessible to children.

Security:

Even if your child is not old enough to use a cell phone, he or she should be able to contact you in an emergency. To meet this need in a healthy way, simple mobile phones (smart children's

watches) were created. Smart watches have many possibilities. For example, you can identify the numbers your child can call.

The most useful field of computer science in education is simulation. Simulation technology is used in life-threatening situations. With this technology, which is used in many fields such as car testing, airplane testing, dangerous training can be provided without loss of life.

The disadvantages of Technology

Spending too much time on state-of-the-art devices such as computers, phones, tablets causes problems such as distraction and reduced concentration. This affects his success in school and lessons. The cause of such problems is the excessive (unconscious) use of technology.

The social skills of the child, who plays too many computer games, are disconnected from real life. The child, who does not have enough communication, interaction and sharing with his environment, tries to meet all these needs in a virtual environment.

Anger and fear:

Children who are not old enough to fully realize the difference between reality and fantasy can experience negative situations such as fear of being alone, nightmares and not being able to go to the toilet alone.



Addiction technology:

Again, technological dependence caused by overuse is a condition that makes a person feel deprived at times when he cannot reach the technological product, and thus be anxious.

Physical problems:

The physical development of the child, who spends the time that should be devoted to activities that support muscle development, such as walking, running, jumping, playing physical games, at the beginning of the technological device, is slowing down. We must also remember that children who do not burn enough calories in such cases are at risk of obesity.

Bullying, abuse and security:

Among the harms of technology are hidden threats that do not depend on overuse. For example, cyberbullying. If we consider that the technologies that children are interested in are generally capable of connecting to the Internet, we should also look at external threats.

As a result, there are unique benefits for children who use technology properly, in the right amount. There are great risks for children who use the wrong amount in the wrong way. It is very important to pay attention especially to children who are the group that is most affected by external factors



NATIONAL PARKS IN GREECE

By Tugce Gulesir



Greece is considered one of the world’s hot spots today and has 10 national parks:

Vikos-Aoös National Park

It has been declared as a geopark by UNESCO because of its geological heritage is of national importance. It has microclimate feature. There are about 1800 plant species. It is known that there are creatures like brown bear in its fauna.



Oeta National Park

It is known that this park, which includes deer, brown bear, wild boar, rabbit and wild bird species, hosts approximately 50 endemic plant species. Veronica oetaea is only an example of endemic plants found in Oeti.



Mount Olympus Mountain National Park

This park, which contains 25% of the flora of Greece, hosts approximately 1700 plant species. 26 species in this region are reported to be endemic. Examples of endemic species are Silene oligantha, Potentilla deorum, Ligusticum olympicum and Genista sakellariadis. Its fauna contains many mammals such as wild horses, lynx, wolves, deer, foxes, red squirrels and roe deer. The most striking animal in the region is goats. Nearly 20 animals are under protection because they face the danger of extinction. This park has been declared as a “Biosphere Reserve” by UNESCO.



Zakynthos National Marine Park

This park is used as a spawning area by *Caretta caretta* sea turtles, it also serves as a shelter for Mediterranean monk seals (*Monachus monachus*). These species are taken under protection because they are endangered.



Parnitha National Park

It has one of the richest vegetations in Greece. It contains about 818 plant species.

Samaria National Park

This park has been awarded the European Protected Areas Diploma by the Committee of Ministers of the Council of Europe. The Cretan wild goat (*Capra aegagrus cretica*), the largest mammal of the island of Crete, is the species symbol of the region. The Cretan white-toothed shrew (*Crocidura*

zimmermani) is the only endemic mammal on the island of Crete.

Pindus National Park

It hosts approximately 60 mammal species. Examples include roe deer, wild boar, otter, wolf and bear. In addition, it contains 180 birds, 30 reptiles, 14 amphibians and 17 fish species.

Prespa National Park

The region seasonally hosts many bird species such as wild pelicans and red pelicans. One of the most important features of this park is that 80% of the pruning it has is endemic.

Alonissos National Marine Park

It is the first marine park established in Greece. It is currently Europe's largest marine protected area. There are approximately 300 fish species, Mediterranean monk seals and red corals in this park. It is also a home to 80 bird species such as Aegean gull and hawks.

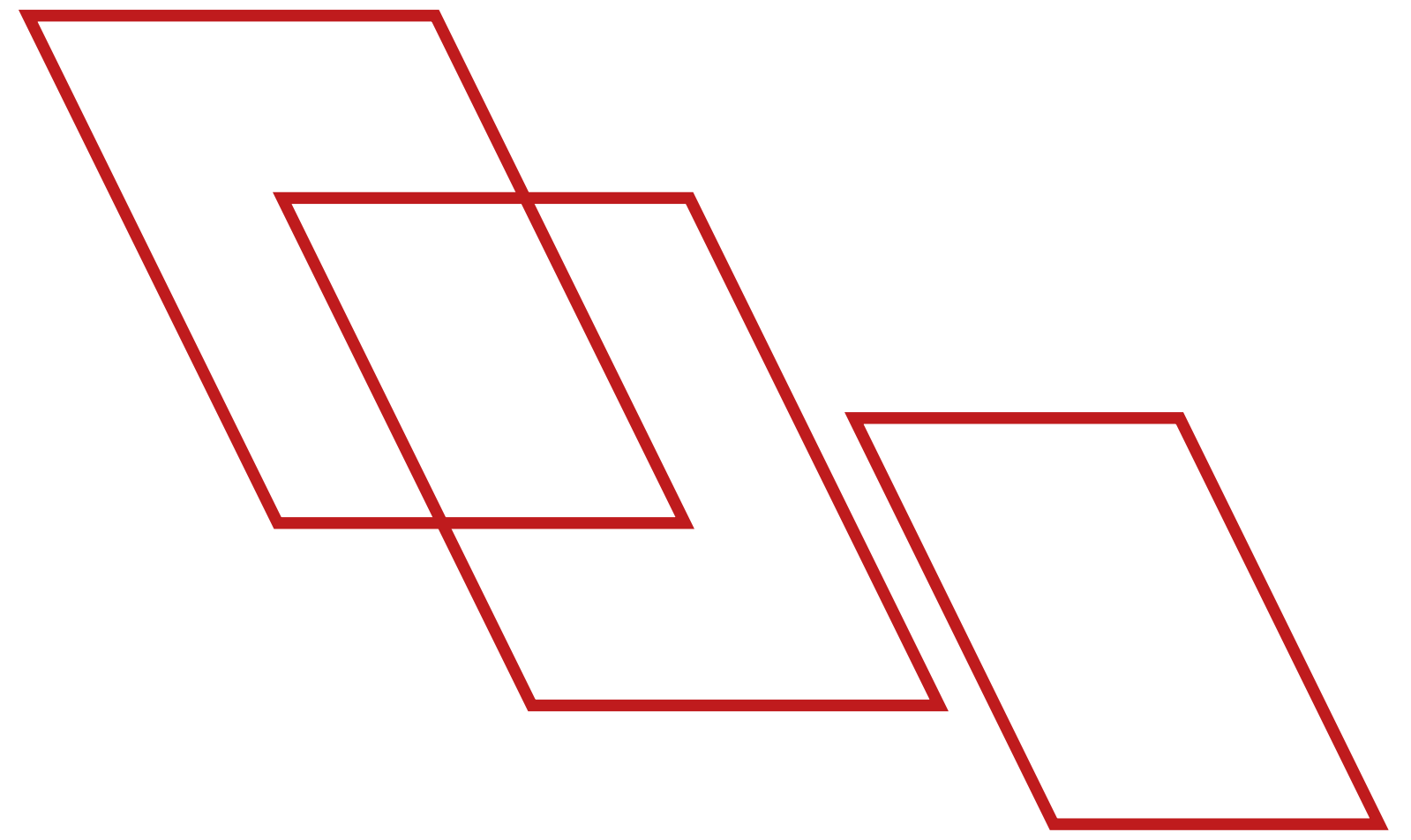
Mt. Ainos National Park

The dominant type of trees in the park are the larch and the fir. It is known that there are trees reaching 200-1600 m.



TOP 8 DESTINATIONS IN GREECE

By Tugce Gulesir



Greece is an important place in the history of philosophy. It is rich in culture and architecture as it has hosted many civilizations over the years. It has 17 different structures protected by UNESCO. With its magnificent nature and cultural heritage, Greece is one of the most active tourism centers in the world. Lawrence Durrell said that for Greece; "You should see the landscape of Greece. It would break your heart."

8 places that must be seen in Greece are compiled for those who want to explore Greece and explained below.

Athens

Athens, the capital of Greece, got its name from the goddess of wisdom Athena. The Acropolis hosts tens of thousands of tourists every year with its tourist areas such as Monastiraki Square, Parliament Building, Syntagma Square and the National Garden. The Acropolis, which has become the symbol of Athens, is included in the UNESCO World World Heritage List.

Thessaloniki

It is the second largest city in Greece after Athens. Because it was once under Ottoman rule, it contains many Ottoman constructions. Various activities and festivals are held in almost every period in this city. Among the most remarkable structures of the city are the Thessaloniki Archeology Museum, the White Tower, the Arch of Galerius (Kamara) and the Museum of Byzantine Culture.





Chios

The island got its name from the gum trees in it. It has become the center of attention for tourists with its virgin beaches and charming villages. At the same time, windmills, which are abundant throughout the island, have become the symbol of the island.



Rhodes

It is the largest of the 12 islands of Dodekanise. Throughout history, it has been home to Romans, Saint John's Knights, Ottomans and Italians. Therefore, the cultural heritage is very rich. It was taken by UNESCO to the World Cultural Heritage High School. The "Statue of Rhodes" on the island is one of the 7 Wonders of the World.

Lefkada

Lefkada is an Ionian sea island. It is considered the Caribbean of Greece. It is connected to the mainland by a thin bridge. The turquoise and clear sea of the island and its magnificent beaches have increased the tourist value of the island. The most famous beaches of the island are Porto Katsiki, Egremni and Kathisma.



Corfu

Like Lefkada, Corfu is an Ionian sea island. In 2007, the old city center was added to the UNESCO World Heritage List. Traces of Venetian, English, French and Greek cultures can be seen all over the island. It is one of the most important tourist destinations for Greece.



Santorini

It is one of the most preferred islands by tourists. It hosts approximately 1.5 million tourists annually. Volcanic eruptions that took place many years ago changed the geological structure of the island and caused it to have a magnificent view. Oia, the second largest village on the island, is a tremendous spot to watch the sunset with its blue and white houses. This situation makes the island romantic and causes honeymoon couples to prefer it.



Meteora

It is located in Kastraki Village of Kalambaka town. Monasteries built on rocks, that are estimated to have formed 60 million years ago constitute an enormous sight. Meteora is derived from the word “Meteoros” and means navigating in the air. Meteora, which was included in the World Heritage List by UNESCO, was used to shoot some episodes of the Game of Thrones series. Only 6 of the monasteries, which have been the escape point of the monks since the 11th century, have survived. At the same time, sports such as rock climbing, mountaineering and canoeing can be done in Meteora.



SMALL IN SIZE, BUT HIGHLY ATTRACTIVE

.....



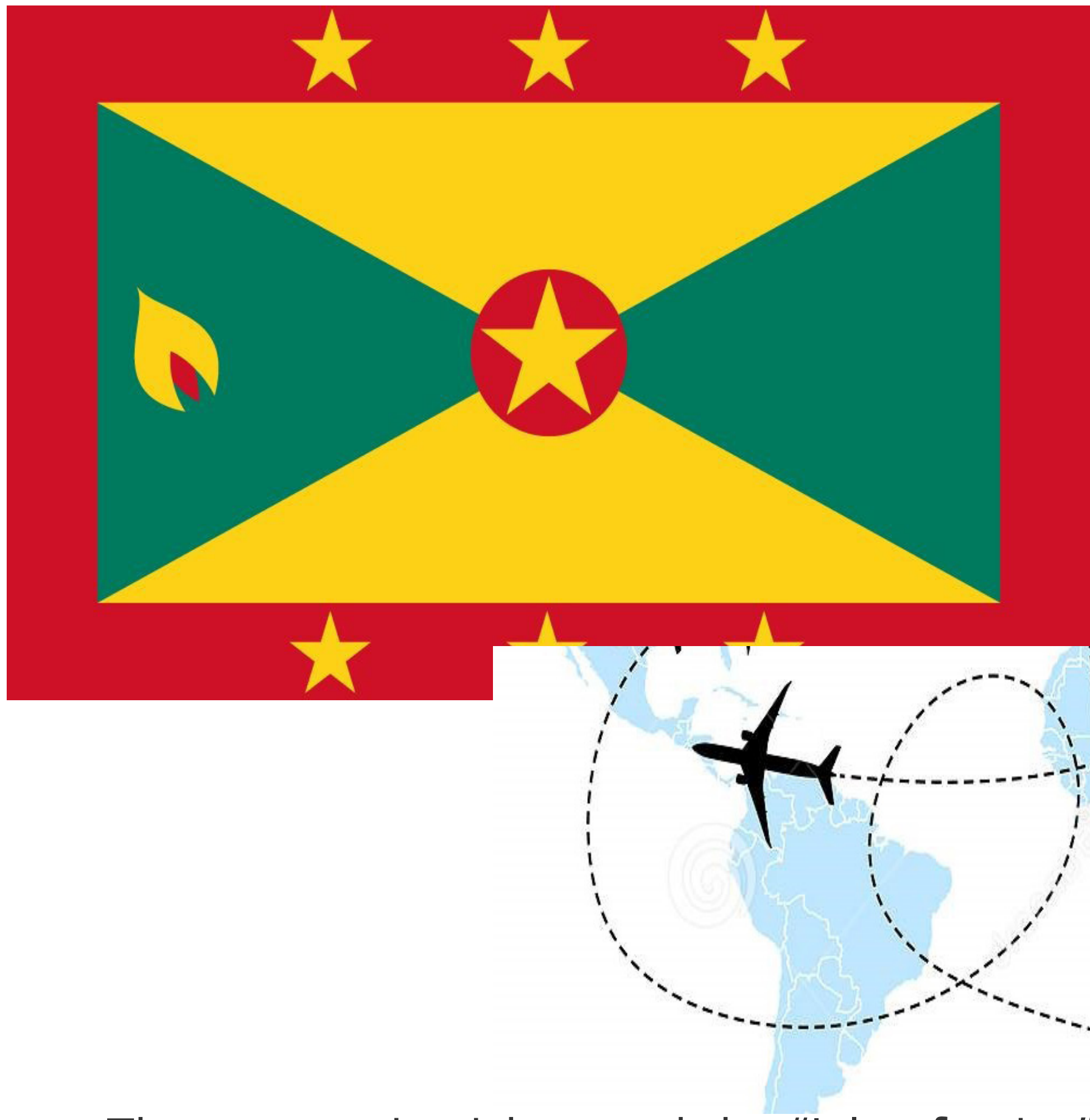
.....
By Susan MANYJO



It is said that it exists more or less 200 countries in the world, except if we count the non-recognized states or the states that are partially recognized or even the non-UN states. Even though it doesn't make it so easy to understand and to count the exact number. As all the situations are different depending on the country it is hard to establish a complete list.

In this article I will depict the unknown and smallest countries in the world. Indeed most of the people only know the countries such as Dubai, USA, Greece... famous for their amazing landscapes or attractions but ignore that there are also smallest destinations interesting as well. In almost all the continents there is a tiny country. Most of these countries are islands or small territories in another country.

The American continent abounds with a lot of islands in the Caribbean sea. Some of these islands are very famous and a lot of tourists go there during the holidays. However among all these territories there are tiny countries that no one ever notice. For example there is Grenada. Grenada is located in the west indies in the north of Trinidad and Tobago. Saint-George's is the capital of the country. Grenada is surrounded by 6 other islands that are part of the country.



The country is nicknamed the "Isle of spice" as it produces cinnamon, cloves and nutmeg. Its independence was given from the UK in 1974.

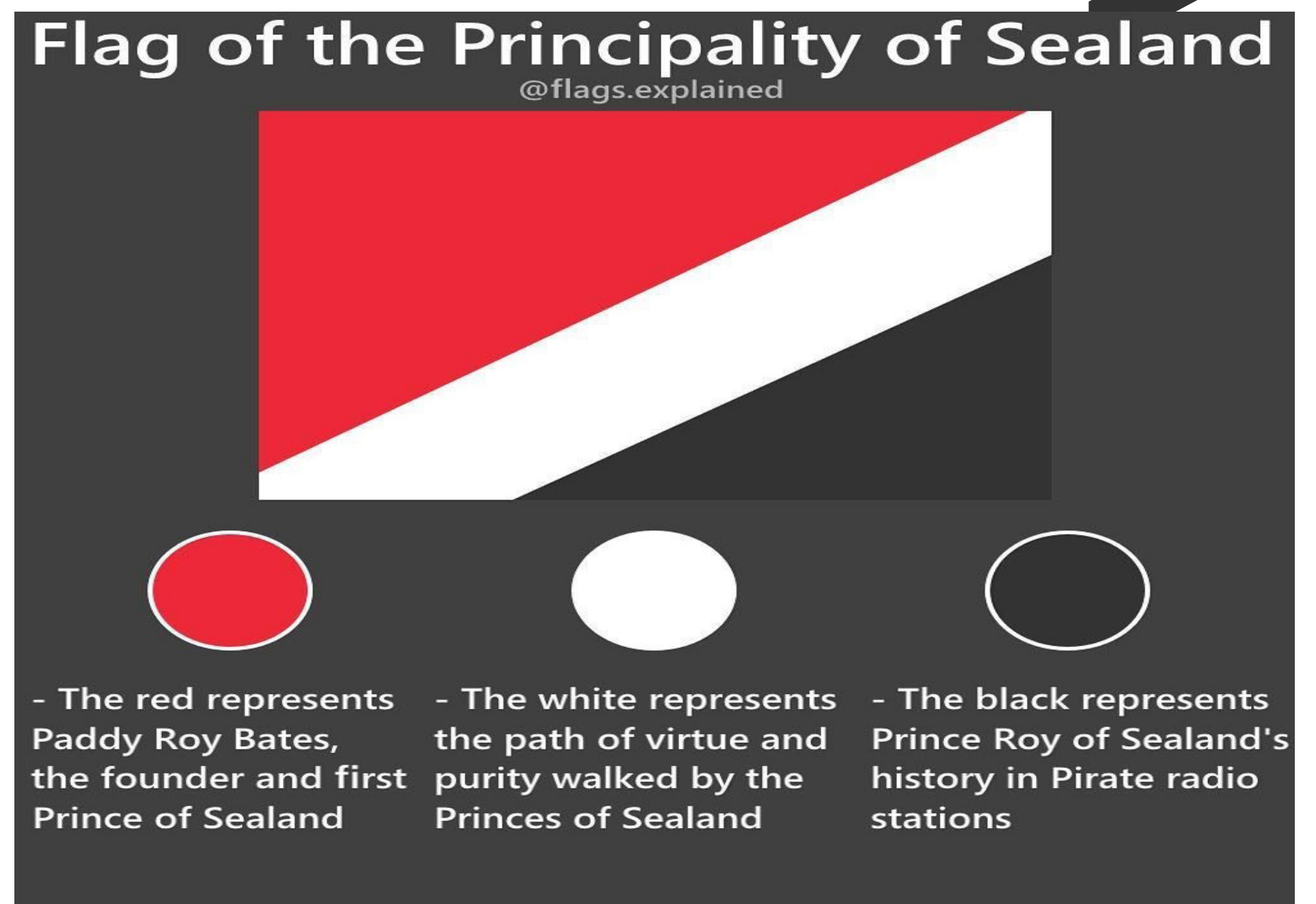
In one of the most beautiful islands of the west indies, you will find beautiful beaches, luxuriant vegetation, waterfalls and lakes. You can do a lot of nautical activities and take the boat to visit the other islands of the archipelago. There are more than forty different beaches in a decor worthy of a post card.

The other particularity of the country is that the culture is a mix of European African and Indian influences. You will find this mix in the language, the gastronomy and the social life. It is a very interesting destination in order to cut off from the world, you will see ideal places and you will be delighted by the beauty of the west indies.

In Europe there are a lot of small famous territories such as Vatican or Monaco but there is a special country in Europe that is considered as a micro-nation but not recognized at all.

It is about the Principality of Sealand.

Sealand is located in the north sea and is not a country like the others. Indeed the country is an old military platform built by the British in the international waters and the population is around 5 people. The platform was made for



militaries in the WW2 but was then abandoned once the war was over.

Alexander G. Achenbach, a professor who was named minister, wrote the constitution of the territory. The capital is fort roughs, the old name of this platform.

There is only 550 m that are habitable and which makes it the tiniest country in the world.

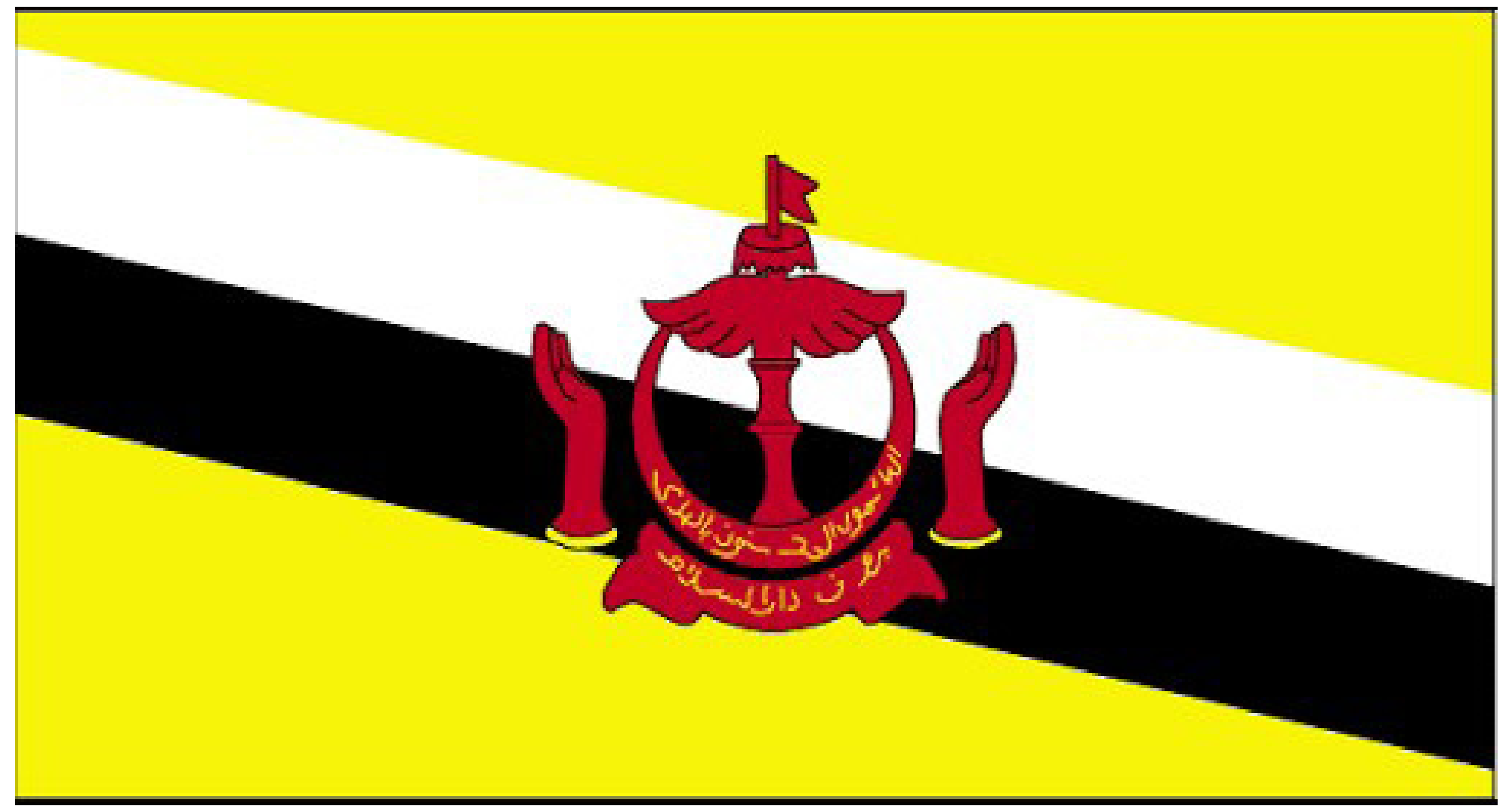
It was first inhabited by the prince Roy and the princess Joan Bates. And was later inherited to their son Michael Bates. The two towers that make up the country are shaped in different rooms.

The territory has its own football team but as it is not an official country the team cannot take part in any championships or world competitions. It has also its own money and economy.

Even if is not recognized it is has its own government and is led by the crown prince: Michael Bates.

It is a country that is out of the ordinary and that not a lot of people know about. It is very difficult to travel to Sealand as you need a visa and there are only few information about it. There are no embassies or consulates only a website where you can have deeper information.

All the international organizations and some countries are still discussing the sovereignty of the country.



.....
The prince tried to sell the territory as he didn't really know what to do about it but never really find a serious buyer and finally decided to reorganize his small nation.

Africa is a very big continent and most of the people know the majority of the countries. However there are some places such as São Tomé and Príncipe that deserve some light. São Tomé is the capital.

São Tomé and Príncipe consists of two main islands and surrounded by small islands. It is a small territory in the western part of Cameroon.

The island has a huge common history with Portugal as it was one of the Portugal's colony and kept the cultural influence. The country got its independence in 1975.

Portuguese is the official language but there is a variety of creole.

The island is not a famous destination but the tourism raised since 2016.

There are a lot of natural treasures to discover in São Tomé and Príncipe and a very rich culture.

A small country, a warmful population, natural beauties, the ocean and a huge culture: the perfect recipe for an authentic trip.

Do you know Brunei? Brunei forms an enclave with Malaysia. It is sharing the Bornéo island with Malaysia. Its capital is Bandar Seri Begawan. You probably hear that it is a dictatorship and also one of the richest country in the world. Indeed in this region it is one of the richest country. Agriculture is the main activity. The real name is Negara Brunei Darussalam. It is independent since 1984 but still part of the commonwealth.

In Brunei there are a lot of ethnic groups. In the capital, there is the Istana Nurul Iman, which is the palace of the sultan. The sultan is said to be one of the richest man in the world. The palace is not open to the public except for the end of Ramadan where thousand of people come to celebrate. There are very beautiful mosques in Brunei. One of the most famous is the Sultan Omar Ali Saifuddin mosque. When it is the sunset, you can see a beautiful show of bright colors.

Among all these buildings you will find a water village where you can travel to see other parts of the capital. There are also important forests and rivers. This duality of the landscape adds a lot of charm to this place. So if one day you can, come to discover the smallest sultanate of the world.

When people think about Oceania they mostly think about Australia and New Zealand. There are islands that are part of the continent and interesting to discover. Let's focus on Nauru

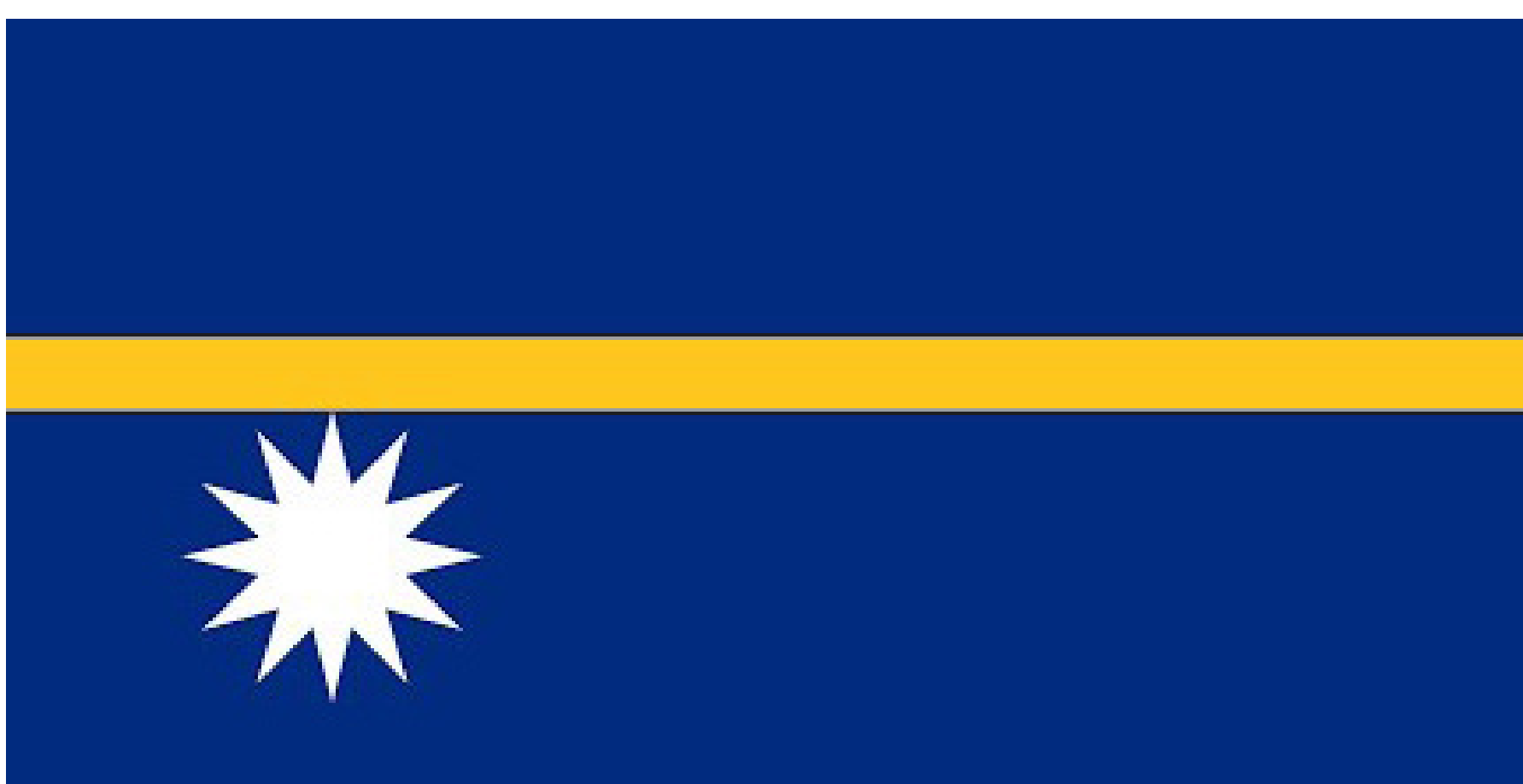
Nauru is the third smallest country in the world. It is located in the south of the Marshall islands. Got their independence from Australia in 1968. It is one of the less touristic destination in the world as approximately 200 tourists come every year. The country doesn't have an official capital.

The island is only 21 km long which makes it easier to visit it but as it is near to the equator it becomes warm very fast.

As it is not well developed in terms of tourism due to the isolation and the lack of advertisement, the information are hard to find about the island as there are not so many flights going there. Only 2 airlines fly to Nauru.

However if you have the chance to plan a trip, there you can do nautical activities, observe its huge fauna and flora and discover the old mines of phosphate that used to make the country very rich before the poor management of the resources makes it one of the poorest country in the world...

Despite this tragic fate, Nauru remains a wonderful place with a lot of natural treasures to find out.



TWO NEIGHBORING CULTURES: GREECE AND TURKEY

By Melike Kisa



Turks and Greeks have lived together for many years. They had made a very good impression on both everyday life and language. Although relations between the Turks and the Greeks had begun much earlier than the Ottoman Empire, most of the interaction undoubtedly took place during this period. Today, many of the names of cities in Turkish, the names of fruits and vegetables and some names of animals have passed directly or indirectly from Greek into Turkish. Apart from language, there are many other interactions between Turks

and Greeks. Turkish and Greek music are very close and there are many songs and folk songs that are sung in both languages. The musical instruments used in the songs are similar. In addition, the culture of Greek cuisine and the culture of Turkish cuisine are similar. In particular, the cuisines of the Aegean, Mediterranean and Thrace are very close to Turkish cuisine. Many food names are common. Let us mention in detail the similarities and differences in Turkish Greek cultures..



Food culture

Ouzo and Raki

The national drink of Greece is ouzo. It has been said that ouzo is lighter than raki. The differences between the drinks are small and not big. Raki is a Turkish national drink and it is a bit strong.

Musakka and Mousakas

Moussaka, which is found in both Arabic cuisine and cuisines of both countries, is a very popular dish in Greece. In particular, it belongs to the meals that are not missing from large family tables. They differ from the Turkish moussaka. Greek moussaka contains more vegetables, potatoes and creamy parmesan sauce on the plate. The final form of Greek moussaka looks more like eggplant lasagna.



Tzatziki and Cacık

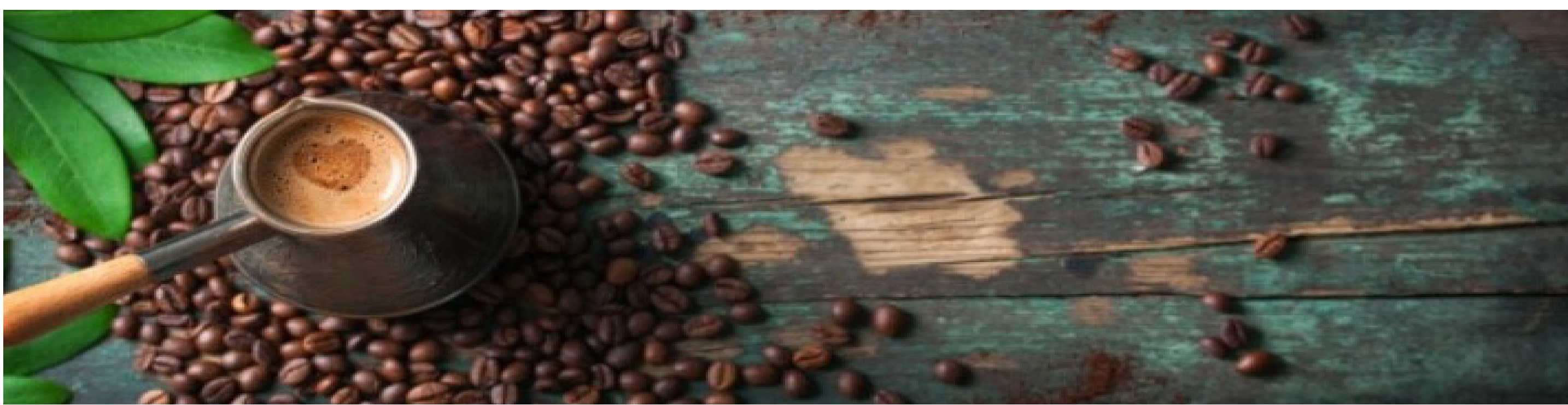
It is found more often in Greek culture and is consumed more in the summer. In Turkey, tzatziki is not consumed as often.

Baklava and Baklava

Baklava made in Greece differs from Turkish baklava in taste. It is usually served with ice cream. The Greeks put cloves in baklava, which greatly changes the taste of the dessert. Although it causes tensions between the two countries at times, the important thing is not who owns the baklava but that both countries know and love this taste.

Turkish Coffee and Greek Coffee

Turkish and Greek coffee are similar. It is a fact that the people of both countries consume a lot of these coffees.



Common Words

Apart from meals, there are many other similarities in Turkey and Greece. With the research entitled "Common expressions in Greek and Turkish", there are currently 1200 of Greek origin in the Turkish language. It turns out that 870 words of Turkish origin are used in the Greek language. In other words, Turkish and Greek speakers inadvertently use words of the language spoken by the neighboring country, even if it does not mean the same thing sometimes. Some examples of common words.

Levent (Levendis), Dayı (Dais), Tembel (tembelis), Merak (meraki), Kavga (kavğas), Pabuç (paputsi), soya (soi), felek (feleksi), karpuz (karpuzi), İnsaf (nisafi), Hüner (Art), Haraç (Haratsi), Peşkeş (Peskesi), Bacanak (Bacanaki), Rüşvet (Rusfeti), Rezillik (Rezilikya).

Music Culture

Kemençe is used by Greeks who went to Greece with the exchange of 1923 in immigrant villages in Northern Greece, especially in Thessaloniki. There are also many common songs. Here we have Sezen Aksu, Haris Alexiou sang many songs in both Greek and Turkish. The musical culture of the two cultures is very close to each other

Folk Dances

Almost identical music has also influenced folk dances. Folk dances in Greece and Turkey are similar. The only difference is in the names. These are Greecesirtaki, zeimbekiko, tsifteteli and Turkey halay, zeybek, çifttelli.

LITERACY

By Elina DOUVLI

Literacy is defined as the love of books and reading, characteristics of a future consistent reader. The risk of mental illness is reduced as the reader's mind is alert. Helps fight insomnia and improves the way the brain processes visual information. It also improves our listening ability, sharpens the imagination and expands creativity. It gives courage through the plot of the texts and cultivates optimism for the future. We learn many things about the world, cultures, customs and people completely different from us in any era they lived in. Our skills are developed and we are given the opportunity to calm down and reduce the stress of everyday life, through the solutions offered for a variety of issues. It accompanies us in times of boredom and loneliness, while at the same time entertaining us.



It contributes to the maturation of the mental, aesthetic and socio-emotional level of people. In particular, children who have been exposed to reading since infancy and preschool are more likely to perform satisfactorily in all aspects of non-formal and formal education.

Moreover, literacy increases social understanding and strengthens empathy. We monitor behavioral patterns that we can emulate. Free time is used qualitatively and is not wasted. Literature usually defends and promotes important values that accompany man throughout his life. More specifically, friendship, love, honesty, devotion, justice, honesty, the supremacy of good, militancy, humanity, democracy, freedom.

Stress is significantly reduced and the ability to concentrate and study lessons is improved as the focus is around an object.

Reading becomes part of a person's daily habits, from preschool to adulthood.

In preschool the child first comes in contact with bibliography and books. At this age he is distinguished from the rest of the world and learns to project and be projected, to recognize and identify, to distinguish the true from the false and the right from the wrong. Thus, preschool age is considered the ideal period for the appearance of the literary book in the life of the child. The most important thing is to show understanding and respect for children's particularities and preferences regarding literature.

IS IT WORTH TRAVELING? OR BETTER TRAVEL ... YESTERDAY!



By Gianna KOTROUPA

The period of quarantine was long ... The new everyday life to which we are called to respond is also difficult! It is July ... the pre-eminent month of the holidays, and, of course, all our minds run to beaches, Greek islands (and not only), distant places, new places, sights, and cultures... Memories, experiences that we lived, but also experiences that we want to continue living through travels, excursions. After all, no matter how many books we read, no matter how many travel shows we watch, no matter how many documentaries we are stuck, on every kind of screen, nothing compares to our own small or large, personal album of memories that we create each time through the places we visit!

So is it worth traveling? Or better, to take the risk of continue traveling through the awful times we are going through? The answer is easy, as long as one considers how much travel affects our psychosynthesis, how much it affects our character, our health, our interpersonal relationships, and our “indicators” of happiness. How do we achieve this?





The most immediate offer of “traveling” is exactly the possibility of escaping from everyday life, relaxation, and gaining new experiences, to return to your work routine with a completely renewed mood. The person returns from his vacation feeling that he saw and knew new places and that he lived unprecedented situations that enriched his spiritual and psychic world. They give the opportunity to rest, relax, release from the stress and intensity of daily life, while with all kinds of emotions they offer, they take away the worries and the routine of everyday life.

In general, they create a happy mood and help us face the difficulties of life with optimism and strength.

Also, they allow getting to know other places with different customs and traditions, way of life, perceptions, and to discover their various historical, archaeological, and natural beauties. Thus they broaden our spiritual horizons and enrich our experiences. They are also a great opportunity to make new acquaintances and make new friends. We come across other ethnicities, whom we have not had the opportunity to meet, we can appreciate their

special qualities and in this way to eliminate possible prejudices or wrong impressions that we had about them. This results in cultural communication that is particularly important in removing racist perceptions.

Finally, should we reevaluate the data? Should we follow the paths of mental health, self-confidence, empathy, all kinds of education that open before us? Do not stress the world is wonderful in every season ... We have plenty of time to explore it! As long as we start traveling ... yesterday !!!



WE BELIEVE

EQUALITY - SOLIDARITY - DEVELOPMENT

“

*Volunteers do not necessarily have the time; They
just have the heart.*

Elizabeth Andrew

”