



ART OF EVS

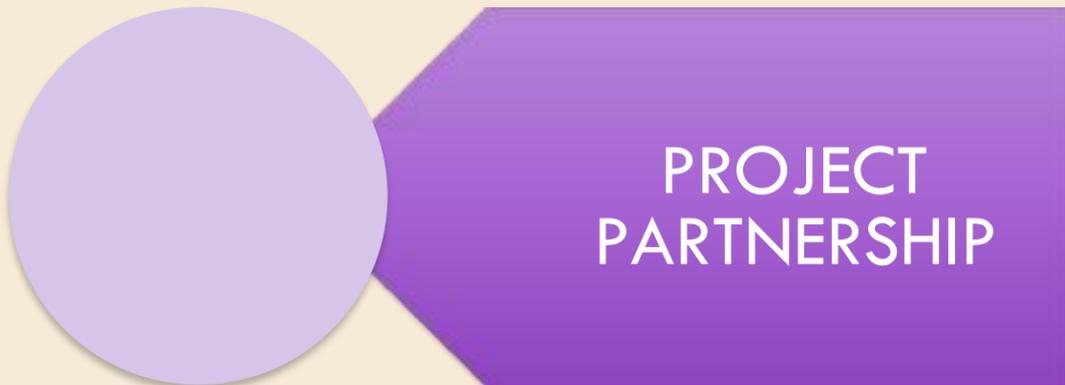
INFOPACK



ABOUT THE
PROJECT



PARTICIPATION
AND GAINS



PROJECT
PARTNERSHIP

ABOUT THE PROJECT

The project is based on the exchange of experiences and good practices between who has got experience and who has not but aims to analyze the various issues that will emerge during the discussions and the work during the week of the course so to lay the foundations for the creation of a manual about the management of an EVS project.

All the partners involved firmly believe that the EVS is one of the most useful projects to sustain the personal development of the young ones and that it might help them sharpen skills useful for their future professional life.

We thought to rally people with experience and people with the desire to learn about the EVS program to reach the following aims:

- exchange experiences that might help managing top-quality EVS , that contribute to the development of the volunteer and that can create a context able to sustain him when he comes back to his country of origin;
 - to identify what elements and figures have the best influence to the good management of the project, analyzing their characteristics and limits and find solutions;
 - transfer skills and knowledge, making the participants able to think, plan and realize quality EVS projects;
 - promote voluntary work as a learning instrument that concretely sustains the youth in their future social life and simplifies the development of the volunteer's skills;
 - establish long-lasting partnerships as part of the Erasmus+ program and develop at least 4 EVS projects in the year following the realization of this project;
 - create a manual about the management of EVS projects;
 - creation of some suggestions for the enhancement of the program to present to the National Agencies and the Executive Agency;
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- sustain the creation and development of new innovative and top-quality EVS projects able to follow the everchanging needs of young people and society;
 - promote the development of the EVS in the Countries involved in the project, above all in the frame of relationship between Turkey and other European Countries; -promote the dialogue and inter-cultural understanding.

The project is in line with the objectives of the ERASMUS+ program since it promotes mobility as an instrument for the development of the young people's skills, helps the collaboration between the youth organizations, simplifies the collaboration between more or less expert organizations, promotes the improvement of the youth projects and facilitates the inclusion of people with less opportunities (the volunteers).

PARTICIPATION AND GAINS

In cooperation with all partners, we have worked in daily program of the activity in order to assure a useful learning process for all participants. The learning process will be based in holistic approach of non-formal education, competencies and all its components (knowledge, skills and attitudes).

The project aims to promote in European Voluntary Service both in terms of project designing and in spreading the activity as an instrument of growth for youngsters, trough skills and competencies that will be beneficial for participants for future initiatives, also helping young people become more aware of opportunity in the field of EVS and volunteering. Coaching and mentoring are also valuable tools which can deliver skills to young people, helping them overcome their lack of experience.

Thanks to the Learning Agenda method (salto-youth.net/tools/toolbox/find-a-tool/1274.html), that will be used throughout the course, the participants can assess the singular “effect”

Arrival and accommodation of the participants	Introduction to the course, project's objectives, participants' expectations, presentation of the program Rules and information	What is the European Volunteer service? Who represents what in the EVS process	EVS management : the "must" as per the program EVS management : the "EVS card"	Mid-period evaluation EVS management, learning from the best practice: The importance of communication	From "theory" to "practice" visit to the hosting organization's offices Meeting with EVS volunteers From "theory" to "practice" meeting with local organizations that are, or would like to be, active in the EVS	ERASMUS + Project Corner: ideas and planning	Departure of participants
	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	LUNCH BREAK	
Welcome and first group activities to know each other better Welcome evening	Meeting with local authorities and media Intercultural learning (ICL) and the EVS Introduction to skill learning and to nonnormal education.	"Describing ourselves" - Comparing experiences Countries' situation: what impact the Evs has in your country?	EVS project management: AXA the "almost" unknown the formation EVS management: mentorship assistance	EVS management and best practices Budget management EVS management and best practices: techniques for an effective time management, our's and the volunteer's evaluation	From research to experimentation: basis for the creation of a manual for the management of EVS	Project Corner: presentation of ideas and future projects Summary of a week of work Final evaluation	
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
	Intercultural night	Night in the city	Gallery of organisation			Farewell Party	

FROM ATATÜRK AIRPORT



Taxi: In every part of Istanbul, all taxis have electronic taximeter. By year of 2017, opening fee has been 4 TRY (0.92 €) and you will be charged 2,5 TRY (0.58€) per kilometer. Fees are applied as same for all areas in Istanbul.



Total Distance: 28.8 km



Appx. Taxi Fee: 63.90 TRY (14.8 €)

Journey 29



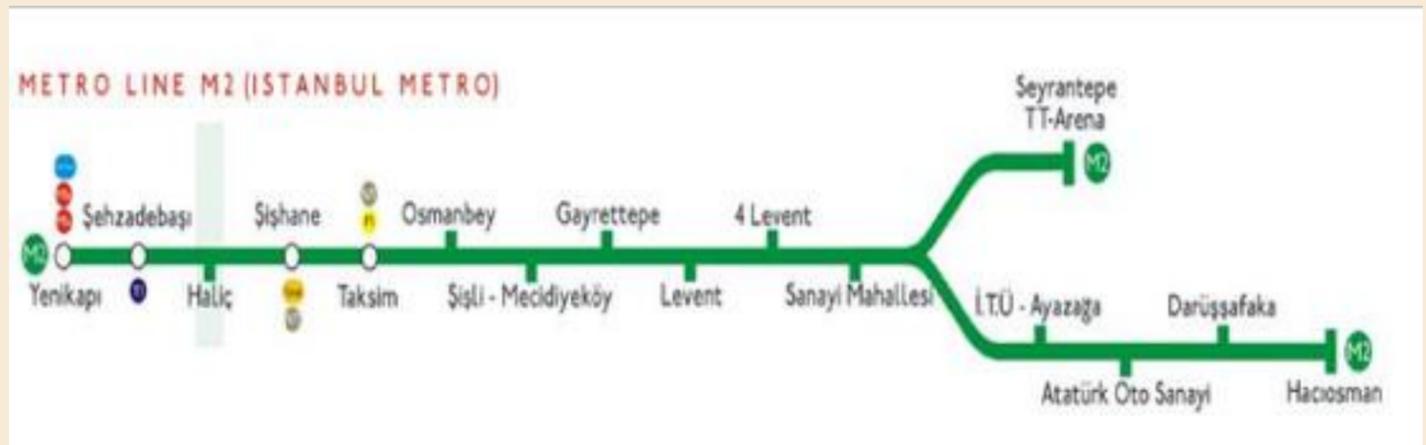
Metro-Metrobus: In order to arrive in Şişli District Governor, you have to take off M1A metro line (depart from Atatürk Airport) in Şirinevler station. You will see the Şirinevler Metrobus Station across the metro and should get on 34BZ or 34AS metrobus line in the direction of Zincirlikuyu or Söğütlüçeşme. Then, you have to get off metrobus at Mecidiyeköy station and walk for 5-10 minutes.

Metro-Metro: For an easiest and fastest way, you can get on M1A metro line from Ata-türk Airport and transfer through M2 metro line in Yenikapı metro station. After you get off metro at Şişli-Mecidiyeköy station, Şişli District Governor is far from 5 minutes walking distance.

Havabüs-Metro: You will arrive Taksim Sqaure if you take Havabüs (shuttles departing from Atatürk Airport for 3€). Then, you should use M2 metro line and get off Şişli-Mecidiyeköy station. Again, Şişli District Governor is far from 5 minutes walking distance.

Uber Application: uberXL (affordable SUVs for groups up to 6) will you charged for 100 TRY (23.1 €).

TRANSPORTATION MAPS



FROM SABİHA GÖKÇEN



- Taksi:** In every part of Istanbul, all taxis have electronic taximeter. By year of 2017, opening fee has been 4 TRY (0.92 €) and you will be charged 2,5 TRY (0.58€) per kilometer. Fees are applied as same for all areas in Istanbul.
- Total Distance :** 50.8 km
- Appx. Taxi Fee :** 110.15 TRY (25.7 €)
- Journey Duration :** 43 minutes
- Havabüs-Metro-Marmaray:** You get off Kadıköy Ferry Port and should get on M4 metro line at Kadıköy station to arrive Ayrılık Çeşmesi station; and transfer Marmaray metro line at Yeni-kapı station. Then, you should use M2 metro line and get off Şişli-Mecidiyeköy station. Again, Şişli District Governor is far from 5 minutes walking distance.
- Havabüs-Taksim:** You get off Taksim.(15 TRY,3.47 € price) and transfer M2 metro line you get off ŞişliMecidiyeköy metro station. Again, Şişli District Governor is far from 5 minutes walking distance.
- Uber Application:** uberXL (affordable SUVs for groups up to 6) will you charged for 163 TRY(38.2 €)

ATTENTION



The last train in the night is at 00:00 but metrobuses are available 24/7.

TURKISH	ENGLISH
Merhaba	Hello
Günaydın	Good Morning
İyi Öğlenler	Good afternoon
İyi Akşamlar	Good evening
İyi Geceler	Good night
Tanıştığıma memnun oldum	Nice to meet you

Nasılsınız ?	How are you?
Nerelisiniz ?	Where are you from?
Tren istasyonu nerede ?	Where is the train station?
Otobüs durağı nerede ?	Where is the bus station?
Kaç yaşındasınız ?	How old are you?
Bunun fiyatı ne kadar ?	How much does it cost?
Bir bilet, lütfen	One ticket, please
Tren istasyonuna	To the train station
Otobüs durağına	To the bus station
Bir lira	One TRY
Teşekkürler	Thank you!

FOOD/DESSERT/BEVERAGES



- Baklava → dessert
- Cezerye → dessert
- Balık ekmek → food
- Kebap → food
- Türk kahvesi → beverages
- Mantı → food
- Lahmacun → food
- Tulumba tatlısı → dessert
- Yaprak sarma → food
- Döner → food
- Lokum → dessert
-
- Katmer → dessert
- Maraş dondurma → dessert
- Ayran → beverages

MONEY CURRENCY

- 1 ticket —> 5 TRY (1.15€)
- 1 beer —> 7 TRY (1.62€)
- 1 coffee —> 6 TRY (1.38 €)
- 1 water —> 1 TRY (0.23 €)
- 1 döner kebab —> 10 TRY (2.31 €)

Note that prices are approximate and changes are possible.

1 TRY = 0.22 € 1 € = 4.52 TRY

WHAT TO BRING

We have some things planned both for the training sessions and our free time, so we kindly ask you to bring:

1. Information (in English, if possible) about your organization and its main activities to be presented during the training course. Please be aware that your presentation will be very brief!
2. If possible, information and tools related to EVS and how is implemented in your organization or any other relevant information (working methods, best practices...).
3. Your laptop or tablet in order to follow some of the on-line material we are going to use and work on the on-line EVS platforms.
4. Shampoo, gel, toothpaste, etc , however you don't need to bring towels.
5. Some gastronomic specialties (food and/or drinks) for the International Evening. (Please note that it's not possible to cook or heat up any food at the training center!) If you wish, you can also bring some maps, posters or postcards about your country/region/town to be displayed during the International Evening.

NUMBER OF PARTICIPANTS

In that project there will be 27 participants total. There are 4 participants from Italy, 5 participants from Turkey and 3 participants from Spain, Estonia, Greece, Lithuania, Slovenia, Romania.

ACCOMODATION INFORMATION

The participant will be stay in the My Bade Hotel. There are 8 rooms for 24 participants. The rooms are triple rooms. This is reserved for 10 to 17 March.

<http://mybadehotels.com/index.php>

ABOUT TURKEY

History of Turkey

The history of the Turks covers a time frame of more than 4000 years. Turks first lived in Central Asia around 2000 BC. Later, some of them left Central Asia and spread around, establishing many states and empires independent from each other within a vast area of Asia and Europe. These empires included The Great Hun Empire (established during the 3rd Century B.C.), the Göktürk Empire (552- 740), the Uygur Empire (741- 840), the Avar Empire (6-9 Century A.D.), the Hazar Empire (5-10 Century A.D), the Great Seljuk Empire (1040- 1157), and many others.

Turks in Anatolia: The Turks started to settle in Anatolia in the early 11th century by way of continual migrations and incursions. The Malazgirt victory in 1071 against the Byzantines literally opened up the gates of Anatolia to the Turks. It is following this date that the Turks fully conquered the whole of Anatolia and established the Anatolian Seljuk State there (1080-1308). This was the first Turkish State in Anatolia and was sometimes called, after its capital city of many years, the Konya Sultanate.

OTTOMAN AGE 1299–1923: The Seljuk State rapidly declined with the Mongol invasion of Anatolia which started in 1243. During the period of the decline of the Anatolian Seljuk state and after its disappearance, many Turcoman principalities were established in Anatolia towards the end of the thirteenth century. One of these was the Ottoman (in Turkish Osmanli) Beylik (similar to a Principality) named after its founder, a Turkish ruler named Osman in 1299 in the environs of Söğüt in Eskişehir in the northwestern corner of the peninsula. The Ottoman Beylik rapidly expanded throughout the fourteenth century and thus arose the Ottoman Empire, which ruled over a vast territory on three continents and lasted for 623 years until the end of the First World War.



The Ottomans captured Constantinople in 1453, during the reign of Sultan Mehmet II (1451-1481), and the Byzantine Empire fell, which also marked the end of the Middle Ages and the beginning of the New Age. During the reign of Sultan Mehmet II, who assumed the title of "The Conqueror," the Ottoman state entered into an era of rapid development which would last until the end of the sixteenth century. At its height, the Ottomans ruled over what is today Greece, Bulgaria, Yugoslavia, Albania and Romania in the Balkans, over all the islands in the Eastern Mediterranean, and over what is today the Middle East. The borders of the Empire extended from the Crimea in the North to Yemen and Sudan in the South and from Iran and the Caspian Sea in the East to Vienna in the Northwest and Spain in the Southwest. Starting in the 16th century, however, the Ottoman Empire incrementally lost its economic and military

superiority in comparison to Europe, which had developed rapidly with the Renaissance, with its conquest of new territories and its access to raw materials, and with the Industrial Revolution. The Ottoman Empire failed to adapt to these new developments. Thus, the balance of power shifted in favor of the European States. The nationalist movements that started in the nineteenth century and the self-determination movements and rebellions of the Balkan nations, supported by the European powers and Russia, slowly brought the Ottoman Empire to a decline.



WORLD WAR I 1914 –1918: The weakening of the Empire continued until World War I. The Ottoman Empire entered the First World War in 1914 on the side of the allied powers and emerged defeated from the war in 1918, compelled to sign the Mondros Armistice on October 30, 1918. Under the terms of this Armistice, the territories of the Ottoman Empire were occupied by Britain, France, Russia, and Greece. This was the actual end of the Ottoman Empire.

A national resistance and liberation movement emerged as a reaction to this occupation under the leadership of Mustafa Kemal, an Ottoman military commander who mobilized Anatolia in a quest for Turkish self-determination and national independence. He united sporadic and disorganized resistance groups in Anatolia and organized them into a structured army. Under the leadership of Mustafa Kemal—later given the last name Atatürk or "Father of Turks"—the resistance

became cohesive, and the Turks were capable of fighting the war for national liberation.

The Turkish National Liberation War was an effort to create a new state from the ruins of an Empire, which had completed its life. It lasted four years (1919-1922) wherein a small army of volunteers fought and won a war against the leading powers of this time. Atatürk's victory was not only military, but it was also diplomatic. The Turkish military victory was sealed with a diplomatic success with the signing of the Lausanne Peace Treaty on July 24, 1923. Signed with Great Britain, France, Greece, Italy and others, the Treaty recognized the creation and international borders of a Turkish State and guaranteed its complete independence.



REPUBLIC OF TURKEY: The Republic was proclaimed on October 29, 1923. For the first time in centuries, the Turkish people enjoyed self-rule. Mustafa Kemal was elected as the first president of the Republic of Turkey. As president for 15 years, until his death in 1938, Mustafa Kemal Atatürk introduced a broad range of reforms in the political, social, legal, economic, and cultural spheres that were virtually unparalleled in any other country.

The first Grand National Assembly under the leadership of Atatürk created a new political and legal system based on the principles of parliamentary democracy, human rights, national sovereignty and division of powers, private ownership and secularism, and the separation of religion and state affairs. A new, secular education system was established, the Arabic alphabet was changed into the Latin alphabet, and new civil and criminal codes were adapted from European models. Turkish women received equal rights under the law such as the right to vote and be elected to public office, which put Turkey ahead of many Western nations in terms of women's rights. It was a revolution, unparalleled at its time and even today, to bring a predominantly Muslim nation in line with Western civilization and universal values.



GEOGRAPHY OF TURKEY: The European side of Turkey is mostly a series of rolling hills, while across the Bosphorus Strait into central Turkey, the land rises into an elevated central plateau (Anatolian), surrounded by (and mixed with) high, rugged mountains, including the Taurus, Koroglu and Pontic ranges. Many peaks in Turkey exceed 10,000 feet, and the tallest, most rugged ones, are found in the Eastern Taurus Mountains. Turkey's highest point is Mt. Ararat which peaks at 16,948 ft. (5,166m), Along the Black Sea and Mediterranean coastlines the land is lower and quite fertile. The Tigris, Kizilirmak, Sakarya and Euphrates are the most significant rivers, and Lake Van is the largest lake.

Note: As a geological point-of-interest, the country is positioned on one of the planet's major fault lines, and earthquakes are rather common.

ISTANBUL



HISTORY OF ISTANBUL

First inhabitants of Istanbul are dating back to second millennia BC, they were settled on the Asian side of the city. Its first name comes from Megara king Byzas who took his colonists here in the 7th century BC to establish a colony named Byzantium, the Greek name for a city on the Bosphorus. Byzas chose this spot after consulting an oracle of Delphi who told him to settle across from the "land of the blind". Indeed, Byzas believed that earlier settlers must have been "blind" for overlooking this superb location at the entrance of the Bosphorus strait, only access to the Black Sea. In the 6th century BC Persians ruled the city and then Alexander the Great took it over after 4th century BC, which was a peaceful period until the 2nd century BC.

In 193 AD Roman emperor Septimus Severus conquered the city and it remained under the Roman rule until 4th century AD, when emperor Constantine the Great made Byzantium the capital of entire Roman

Empire and gave it his name: Constantinople, and Eastern Roman Empire was called Byzantine Empire after 5th century. The city was built on seven hills, like Rome. Early Byzantine emperors filled their city with the treasures of the ancient world, especially between 4th and 6th centuries with a population exceeded half a million. In 532 during the reign of Justinian I, riots destroyed the city. But it was rebuilt and outstanding structures such as Hagia Sophia stand as monuments to the golden age of Byzantines. Istanbul's latter history is full intrigues and sieges, it was besieged by the Arabs in the 7th and 8th centuries and by the Barbarians in the 9th and 10th, but ruled by the Fourth Crusade between 1204-1261 who destroyed and sacked all the wealth. After this, Constantinople did not regain its former richness nor strength.

Ottoman Turks led by Sultan Mehmet II conquered Constantinople in 1453. Renamed Islambol, the city became the capital of the Ottoman Empire. Between 15th and 16th centuries, sultans built many mosques and public buildings, topping the population again around half million by the mid 1500's, Istanbul was a major cultural, political, and commercial center. The name "Istanbul" was derived from a combination of "Islambol" ("city of Islam" in Turkish) and "eis tin Polin" ("to the City" in Greek) throughout the centuries.

Ottoman rule lasted until World War I when Istanbul was occupied by the allied troops. After years of struggle led by Ataturk against the occupying forces, the Republic of Turkey was born in 1923 and the capital was moved to Ankara province. But

Istanbul has continued to expand dramatically; today its population is over 13 million and still increases constantly. It continues to be the commercial and cultural center of Turkey.

POPULATION OF ISTANBUL

Istanbul has grown very rapidly over the past one hundred years, although it has always had a large population. Istanbul has remained one of the largest cities in the world for most of its long history. In fact, Istanbul (then Constantinople) had a population between 400,000 and 500,000 in 500 AD, pushing out Rome as the largest ever city in the world at the time.

Istanbul has a very large area, which makes it one of the five most populous world cities, but its metropolitan area does not even rank in the top fifteen, as the metro area is nearly equivalent to the city proper.

Istanbul has a population density of 2,523 people per square kilometer (6,530/sq mi), far greater than Turkey's density of 102 people per square kilometer. The most densely populated areas are the southwest, west and northwest of the city center as well as the European side, while the most densely populated district is the Asian side, Uskudar. Istanbul's 2017 population is now estimated at 14,557,000. In 1950, the population of Istanbul was 967,000. Istanbul has grown by 393,000 in the last year, which represents a 2.80% change. These population estimates and projections come from the latest revision of the UN World Urbanization Prospects. These estimates represent the Urban agglomeration of Istanbul, which typically includes Istanbul's population in addition to adjacent suburban areas.

CULTURE AND PEDESTRIAN AREAS



Hagia Sofia

It's said that when the Byzantine Emperor Justinian entered his finished church for the first time in AD 536, he cried out "Glory to God that I have been judged worthy of such a work. Oh Solomon, I have outdone you!" The Aya Sofya (formerly the Hagia Sophia) was the emperor's swaggering statement to the world of the wealth and technical ability of his empire. Tradition maintained that the area surrounding the emperor's throne within the church was the official center of the world. Through its conversion to a mosque, after the Ottoman armies conquered Constantinople, to its further conversion into a museum in the 20th century, the Aya Sofya has remained one of Istanbul's most cherished landmarks.



Topkapi Palace

First built by Mehmet the Conqueror in the 15th century, the sultans of the Ottoman Empire ruled over their dominions from this glorious palace beside the Bosphorus up until the 19th century. The vast complex is a dazzling display of Islamic art, with opulent courtyards lined with intricate hand-painted tile-work, linking a warren of sumptuously decorated rooms, all bounded by battlemented walls and towers. Of the many highlights here, the most popular are the Harem (where the sultan's many concubines and children would spend their days); the Second Court, where you can walk through the vast Palace Kitchens and stand in awe at the dazzling interior of the Imperial Council Chamber; and the Third Court, which contained the sultan's private rooms. The Third Court also displays an impressive collection of relics of the Prophet Muhammad in the Sacred Safekeeping Room and is home to the Imperial Treasury, where you're greeted with a cache of glittering gold objects and precious gems that will make your eyes water. To fully see Topkapi Palace you'll need at least half a day.



Blue Mosque

Sultan Ahmet I's grand architectural gift to his capital was this beautiful mosque, commonly known as the Blue Mosque today. Built between 1609 and 1616, the mosque caused a furore throughout the Muslim world when it was finished as it had six minarets (the same number as the Great Mosque of Mecca). A seventh minaret was eventually gifted to Mecca to stem the dissent. The mosque gets its nickname

from its interior decoration of tens of thousands of İznik tiles. The entire spatial and color effect of the interior make the mosque one of the finest achievements of Ottoman architecture. A great sightseeing joy of a trip to Istanbul is wandering amid the gardens sandwiched between the Blue Mosque and the Aya Sofya to experience their dueling domes in twin glory. Come at dusk as the call to prayer echoes out from the Blue Mosque's minaret for extra ambience. Directly behind the Blue Mosque is the Arasta Bazaar; a great place for a shopping stop as the handicraft shops here sell high-quality souvenirs. Even if you're not interested in a browse, head here to see the Great Palace Mosaic Museum, which is tucked between the Arasta Bazaar and the mosque. This small museum displays the 250-square-meter fragment of mosaic pavement that was unearthed in the 1950s here. Excellent information panels explain the mosaic floor's recovery and subsequent rescue.



Grand Bazaar: For many visitors, sightseeing in Istanbul is as much about shopping as

as museums and monumental attractions, and the Grand Bazaar is where everyone comes. This massive covered market is basically the world's first shopping mall; taking up a whole city quarter, surrounded by thick walls, between the Nure Osmaniye Mosque and Beyazıt Mosque. The Beyazıt Mosque (built in 1498-1505) itself occupies the site of Theodosius I's Forum and has architecture inspired by the Aya Sofya. Entrance to the bazaar is through one of 11 gates from where a maze of vaulted-ceiling laneways, lined by shops and stalls selling every Turkish souvenir and handicraft you could imagine, cover the area. The various trades are still mostly segregated into particular sections, which makes browsing easier. Near the bazaar's Divanyolu Caddesi entrance is the Burned Column. This stump (still 40 meters high) of a porphyry column was set up by Constantine the Great in his forum. Until 1105 it bore a bronze statue of Constantine.



Dolmabahçe Palace: The sumptuous and ornate Dolmabahçe Palace shows the clear influence of European decoration and architecture on the Ottoman Empire in the 19th century. Built by Sultan Abdülmecid I in 1854, it replaced Topkapı Palace as the main residence of the sultans. The formal gardens are punctuated with fountains, ornamental basins, and blooming flower beds, while inside the sheer splendor and pomp of the Turkish Renaissance style is dazzling. The interiors mix Rococo, Baroque, Neoclassical and Ottoman elements, with mammoth crystal chandeliers, liberal use of gold, French-style furniture, and dazzling frescoed ceilings.



Galata Tower: This Genoese tower was built in the 14th century and is one of Istanbul's most recognisable landmarks. There are great panoramic views over the city from the top balcony.

Eminönü: The transportation hub of Old Istanbul, Eminönü teems with activity. There are docks for traditional ferryboats (including both short and daylong Bosphorus cruises) and faster "sea bus" catamarans that cross the Bosphorus, as well as the Eminönü tram stop, the Sirkeci train station, and the departure area for buses headed to Istanbul's western districts. Thousands of people and vehicles rush through this bustling, frenetic neighborhood by the hour, and the many street traders here do a quick business selling everything from trinkets to designer knockoffs. From Eminönü, you can cross the Galata Bridge on foot or via the tramway to Karaköy, the gateway to the "new town."



Istiklal Caddesi: Running for almost a mile between Taksim Square and Tünel

Square, İstiklal Caddesi is the heart of modern Istanbul. The street was once known as "La Grande Rue de Péra," after the Pera neighborhood. (The name "Pera" means "across" in Greek, and it was used because the area was on the other side of the Golden Horn from the city proper.) In the 19th century, palatial European embassies were built here, away from the dirt and chaos of the Old City. The wealthy city folk soon followed, particularly after the short funicular called the Tünel—the first underground urban rail line in continental Europe—was built in 1875 to carry them up the hill from their workplaces in the banks and trading houses of Karaköy. The area was traditionally non-Muslim, and the Greek, Armenian, Catholic, and Protestant churches here are more prominent than the mosques. The impressive building behind the massive iron gates halfway down the street is Galatasaray, a French-language high school founded in 1868 that for a time was the most prestigious institution of learning in the Ottoman Empire. Today İstiklal is a lively pedestrian thoroughfare, filled with shops (an increasing number of them international chains), restaurants, cafés, and a handful of cinemas. Turks love to promenade here, and at times it can turn into one great flow of humanity; even in the wee hours of the morning it's still alive with people. This is the Istanbul that never sleeps.



Kız Kulesi (The Maiden's Tower): Fortified since Byzantine times, this little islet off the Asian shore guarded the busy shipping lanes and, now, restored and lit up, it's the star of the lower Bosphorus. The name Leander's Tower, as it was known in antiquity, associates the island with the legend of Leander, who was said to have swum the strait each night guided by the lamp of his lover, Hero—though this myth in fact took place in the Dardanelles to the southwest. The Turkish name "Maiden's Tower" comes from a legend associated with several offshore castles: as the story goes, a princess is placed on an island after a prophecy that she will die of a snakebite, but it happens anyway, when a snake comes ashore in a basket of fruit. The current tower, which dates to the 18th century, now houses an expensive but not all that impressive café and restaurant. Boats ferry visitors at regular intervals from Kabataş on the European side and Salacak (near Üsküdar) on the Asian shore.



Ortaköy: The charming neighborhood of Ortaköy is popular with both locals and visitors and is a lovely spot to spend a summer afternoon or evening. Restaurants and cafés are clustered around the small square on the European-side waterfront, which is dominated by the iconic silhouette of Ortaköy Camii, an elegant 19th-century Ottoman mosque designed by the same Armenian architects who built the Dolmabahçe Palace. The mosque is perched directly overlooking the water, with the imposing sight of the Bosphorus Bridge (built 1973) looming behind it. On Sundays, the narrow, cobblestoned surrounding streets are lined with stalls selling jewelry, scarves, trinkets, and small antique items. Ortaköy is also considered the best place in Istanbul to try the street food called kumpir (basically giant baked potatoes for which you can choose all sorts of fillings): look for the row of about a dozen food stands—selling kumpir, waffles, and other snacks—all competing for customers' attention.

HOPE TO SEE YOU SOON IN ISTANBUL.

