

TURKEY ADDENDUM



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Please note all spelling and grammar is in American English. To help make this document UK friendly we have included British English words in brackets and an estimated conversion of all costs in GBP.

1. PROGRAM INFORMATION

A. STAFF

Lindsay Trice, Program Director

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E-mail: turkey@learningenterprises.org

Lindsay Trice recently graduated from Georgetown University with a degree in Theology and Government. She has studied, lived, and traveled all over Turkey, including a stint teaching English in the south-east. As a Frisbee-playing redhead, she tended to stick out, but loved every minute of it. While she hasn't previously had the opportunity to work with LE, she's excited to become part of the organization as a pilot program director this summer, and can't wait to get started. After the group of 4-6 volunteers is selected, Lindsay will be in constant contact with each volunteer to prepare them for their summers in Turkey. She will be available at any time to answer questions and address concerns as they arise. She will meet volunteers in Istanbul for an orientation to prepare them for their summer teaching, and will also accompany them to Adiyaman in the south-east and assist with introductions to the country coordinators, host families, and students. She will remain in Adiyaman for the first week of classes and will be available if there are any problems. Throughout the trip, Lindsay will be checking in on the volunteers regularly through email and will be available by cell phone in case of emergency.

Serdar Tunc, Country Coordinator

Cell Phone: Turkish cell: (coming)

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As one of LE's Turkey Country Coordinators, Serdar Tunc is an English teacher in Adiyaman. Serdar spent the summer of 2009 working with Lindsay and other foreign volunteers at an English Language Camp, facilitating classroom lessons and activities, as well as accompanying the teachers and students on various field trips. Serdar is working months in advance to find suitable host families and schools for the volunteers. He will personally visit each host family before assigning a volunteer to that particular home to make sure that the housing conditions are suitable and the family is caring. He will be in Adiyaman for the duration of the summer program, and will be on hand and reachable by phone should any problems arise. He will also aid in the roundtable discussions on teaching strategy and ideas, with the volunteer and other Turkish English teachers. The Country Coordinator is the top LE official in country during the six weeks of the program and personally handles any issues that may arise. For the most part, however, as in all LE programs, volunteers are expected to be self-reliant as they will be on their own with no LE staff to guide their teaching.

Sertaç Turhan, Country Coordinator

Cell Phone:

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As the second LE Turkey Country Coordinator, Sertaç Turhan is studying to become an English teacher, in Adana. His hometown is Adiyaman, however, and he will serve as a guide around the city and a valuable resource. Along with Serdar, he will be reachable by phone for any emergencies.

B. PROGRAM HISTORY

This will be LE Turkey's first year, as a pilot program. Lindsay participated in the first year of a locally run teaching program in Adiyaman in the summer of 2009, where she met Serdar and Sertaç, as well as many other Education Ministry officials. This program had a great idea: bring foreign English-speaking university students to Adiyaman to teach the language in a summer camp, where forty Turkish students would live and learn with the foreigners. The goal was to teach the language

through a combination of Western-style lessons and interaction-based activities. All the foreign teachers worked hard to create a fun summer, holding classes and planning activities and events. The highlights were a giant haunted house for “Halloween in July,” an appearance by Santa for “Christmas in August,” a fantastic “Valentine’s Day” dance, performances of Cinderella and Snow White skits, and way too many sing-alongs for everyone’s good. Hoping to spread the success of this camp, LE is coming to the city beginning in the summer of 2010, hoping to provide the same fun and educational experience but without the giant funding requirements, and a little more flexibility. We expect a large percentage of the children who participated in the English Camp in the summer of 2009, and are no longer eligible for that, to participate in LE’s classes.

C. PROGRAM SUMMARY

Important Dates

Orientation begins: June 16th

First day of classes: June 21st

Program Ends: July 31st

*Volunteers are encouraged but not required to return to Istanbul after wrap-up to spend a couple of days together before leaving Turkey. Most international flights leave from Istanbul anyway, and volunteers will now be able to enjoy the city with more knowledge of Turkish, and with six weeks of stories to share. Learning Enterprises recommends that they plan to fly out of Istanbul sometime in the first week of August.

Orientation Details

Volunteers will arrive in Istanbul on June 15th and get a chance to settle in and meet the other volunteers. Orientation training will start the next day, June 16th. The group will be staying in a local hostel, most likely in Beğolu or Sultanahmet, to be determined. Orientation will include: a meet and greet with other volunteers, information on how and what to teach, how to discipline, your role in the classroom, your role in the city, what to expect, food and water, religious points, host family, what to do in an emergency, how much money to spend for certain things, possible mid-break retreat, communicating with other volunteers/LE leadership/Embassy contacts, etc.

Host Community

All volunteers will be placed nearby or in the city center of Adiyaman and will likely have the opportunity to spend time with one another. While this will be useful for sharing teaching ideas, having inter-class competitions, and socializing, it should be noted that volunteers are also expected to spend considerable time with their host families and students. The city center itself is a bit sprawling, but you should be able to walk to the place where you will teach (alternatively, there are a number of cheap minibuses that run regularly). Adiyaman is sometimes noted as the fastest-growing city in Turkey. Villagers are moving to the city center in search of jobs and education, creating an interesting mix of people who were born and raised in the city, or people who have just come from surrounding villages. Large families are the norm (lots of students to teach!), and many will still have strong ties to their native villages. The city has (mostly) paved roads, running water, and limited air conditioning.

Teaching

Your classroom will be in a local elementary or high school, or a community center. You should expect to teach anywhere from between 20 to 50 students in total depending on the final number of classrooms and volunteers, though we are hoping to keep class sizes down. You will teach with one other LE volunteer. You will be teaching all ages of students from 5 to 60 years old, with the majority falling between 8 and 17. Upon arriving, you will be free to design your own class schedule considering student age-levels, experience, and availability. Most of your students will have some

knowledge of English; however, this may vary and you will have to tailor your classes to the abilities of your students. It is also likely that enough adults will be interested to allow for adult classes. There is a high interest in learning English, and you should expect your classes to be full and your students motivated and excited to learn. Many Turkish elementary schools have begun incorporating English into their curricula, and both the students and their parents recognize that learning from a native speaker is invaluable. Your classroom will have either a chalkboard and chalk or whiteboard with marker. The rest is up to you. You should bring a few other basic teaching supplies and prizes (think stickers, candy, etc) and photos of your life at home. See the Packing List for additional suggestions on what to bring. You will have freedom over your lessons and every opportunity to be creative while teaching. Keeping your classes interested and occupied can be a challenge, but a rewarding challenge.

II. COUNTRY INFORMATION

A. WEATHER & CLIMATE

Summers in Adıyaman are very hot and dry, with temperatures often as high as 115° F. It will not rain very often, though dry thunder and lightning does occur (along with the occasional wind storm). There are mosquitoes, so it is a good idea to bring insect repellent. While it is very hot, you should keep in mind that shorts are rarely worn by locals. Linen pants or longish skirts are recommended.

B. FOOD & DRINK

You will get to eat loads of fresh tomatoes, peppers, cucumbers, bread, cheese and olives. Most meals will include these ingredients in various combinations, along with ten different kinds of meat (usually lamb or chicken) kebab. Dinner is the main meal, where you can expect to sit down and eat with the whole family. Breakfast and lunch are generally smaller and less formal meals. Volunteers who prefer to keep vegetarian will be placed with a host family that will try to accommodate their needs, though vegetarianism will be considered strange. Please note that you should inform LE of your meal accommodations as soon as possible so we can better accommodate you. Many locals drink water from the tap, though it is recommended to drink bottled water when available.

C. LANGUAGE

Turkish is not required for this program, though basic knowledge would be useful. You are expected to attempt to learn some Turkish, out of respect for the language and its speakers, while you are volunteering in Adıyaman. All host families will have one member who has at least a small amount of English knowledge. You will find that the more you try to learn Turkish, however, the more the locals, your host family, and your students will respect you.

D. CULTURE & RELIGION

Just by going to volunteer in eastern Turkey, you have already proven to Turks that you care about their country and culture. Most Turks from Istanbul and other city centers have never traveled to the east, and will be impressed by your initiative. In Adıyaman, a whole rich culture will open up for you. The people will, for the most part, be very warm and inviting, and interested in you. You will inevitably be invited to numerous family outings, and probably at least one local wedding. The majority of people will be Muslim, though people of all faiths are welcome.

E. POTENTIALLY UNCOMFORTABLE SITUATIONS

Volunteers will be living in a generally conservative community. Turkish culture is usually dominated by males, though women are (almost) always shown the utmost respect. Most people in Adıyaman do not drink publicly, so do not expect to go out to bars often, as there aren't really any. Locals may not have extensive contact with people of different ethnicities, and as such, African and Asian volunteers might be looked at with some curiosity. Homosexuality is generally not discussed, and volunteers of any orientation should not have any interactions of concern with locals. It might be prudent to choose not to discuss sexuality with host families, but volunteers are always welcome to discuss concerns with the Program Director (Lindsay) or the Country Coordinator (Serdar or Sertaç).

F. GUIDELINES FOR LIVING WITH A HOST FAMILY

The host families who volunteer their homes to LE volunteers are some of the warmest and most generous people you will ever have the privilege of interacting with. They are very excited to welcome foreign volunteers into their families, and most will have children who will most likely be attending your classes. There are a number of guidelines we ask volunteers to remember as ambassadors and recipients of these wonderful gifts:

- Be kind, considerate, and gracious. Your host family will accommodate you as best as they can, but also remember that you are a guest in their house. You should always insist on helping wherever they will allow, with the dishes, laundry, and cooking.
- Make an effort to communicate and spend time with your host parents and host siblings, even if the language barrier prevents you from having long philosophical conversations. Gestures and facial expressions can get the message across. The time you share in conversation is what will make you a family member, not simply a boarder. Your family will offer you tea at every hour of the day, and it is usual to sit and talk over a few cups. When possible, you should always accept these invitations!
- Ask your host family explicitly what they expect of you, and follow the rules that they supply. Culture shock will hit the hardest inside the home. Do your best to not challenge your host parents if they tell you that you should be home by a certain time, or if you should avoid going to certain locales. Even if you think that something they tell you might be unreasonable, understand that as a visitor to their community you should learn from their customs and wisdoms.
- Make sure that your host family knows about your plans ahead of time. If you accept a student's invitation to dinner at her/his house or plan to spend the weekend traveling, let your host family know, or, even better, consult with them prior to making plans. Turkish culture places a high premium on keeping up with promises, so attempting to break off previously made plans will be uncomfortable at best, and destructive to relationships and trust at worst.
- Remember to be flexible. Plans sometimes come at the last minute, and expect to be taken out of class or whisked away on the weekend for a special family event. Your host family will want to show you the best time that they can, but they will not always consult your opinion before making plans. This is a strong cultural difference that often takes volunteers off guard.
- If you have serious conflicts with your host family, please contact your Program Director immediately!

Living conditions will vary from family to family. Volunteers will receive their own bed, but may have to share a room with host siblings. All houses will have electricity and running water, but possibly no air conditioning or European toilets. Many families have children who live at home, and extended families often live in close proximity to each other. Most host families will treat volunteers as they do their own children, and are warm, welcoming, and protective. Usually, host families want to be as involved as possible in their volunteer's experience, we hope that the home stay will be a

highlight for Turkey volunteers. Living for a long period of time as a part of another family is a truly unique learning experience, and will give you perspective not only on a different culture, but on your own family at home and how to be a better son, daughter, sibling, and parent.

G. EXCURSIONS

You will not be holding classes on the weekends, so you can use this time to relax with your host family, or occasionally travel to surrounding areas. In fact, your family might take you on trips over the weekends, if you agree. There may be a mid-session volunteer trip to Mount Nemrut or another nearby attraction, but this is still to be determined. Most volunteers will find themselves quite busy on the weekends preparing for class, and spending time with host friends and family. It is recommended that volunteers save longer, independent trips for the ends of the summer, as Turkish bus travel, though efficient, is time consuming.

III. PREPARING FOR YOUR TRIP

A. FINDING A FLIGHT

Buy your ticket as early as possible, as prices tend to increase rapidly. Let your fellow volunteers know about any cheap flights you find. Though there are probably as many sites as there are flights you can take, some good places to start looking for cheap student flights include: kayak.com, studentuniverse.com, statravel.com, discountfares.com, ba.co.uk, virginatlatnic.co.uk, or skyscanner.com

B. PASSPORTS & VISAS

US and UK citizens must have a valid passport to travel to Turkey. If you do not have a passport, or if your passport has expired, please start the process as soon as possible as they take a while to process and the rush fee is exorbitant if you wait until the last second. US and UK citizens will need to purchase visas upon entry to Turkey. Make sure you have at least \$20 cash in hand for this; they will stick the visa in your passport, and it will be good for three months (single-entry).

If you are not a US or UK citizen, please let us know when you are accepted into the program, since you may need to obtain a visa to prior to travel. Each volunteer is responsible for researching and obtaining their own visa. Learning Enterprises can supply any additional documents. Some places to start research include: Continental Airlines online database tells you all documents required for traveling into any country with a passport from any country. <https://www.continental.com/web/en-US/apps/travel/passport/default.aspx> You should also be able to find most visa information on your consulate, ministry of foreign affairs, or embassy websites.

C. HEALTH & SAFETY

Insurance

Learning Enterprises requires that all participants have valid insurance coverage that will cover them in-country. Check your existing plans (ask your parents or call your insurance company) and many of you will find that you already have international travel insurance - or at least an international coverage policy called "airlift", or "international evacuation coverage." Basically, this policy means that you are covered should something serious happen to you and you need to be flown either back home or to a nearby hospital facility in your volunteer region. If you do not have international coverage, you might investigate temporary travel insurance plans, some of which are STA

international student travelers insurance (www.statravel.com or www.statravel.co.uk), CISI international student travelers insurance, or www.imglobal.com. Please shop around for the plan that best fits you, however. Most importantly, we don't want to see anyone stuck in a situation where they have no way of covering medical treatment. Be smart - get an international insurance plan.

Let us know if you have any problems and we'll be happy to provide whatever advice and answers we can. Many international travel insurance plans may include a toll-free number that you can call in the event of an emergency, to speak to a medical representative regarding symptoms, how you should be treated, and how to get compensated. That said, it is not uncommon to be in a medical situation where you cannot activate your insurance coverage at the time of treatment. If you pay for these treatments yourself, keep the receipt, and then file for a reimbursement with your insurance company. It is because of this possibility that it is important to bring a credit card with at least \$500-1000 to cover potential medical/emergency expenses in-country. Better safe than sorry!

Vaccinations

<http://wwwnc.cdc.gov/travel/destinations/turkey.aspx>

The Center for Disease Control and Prevention suggests vaccinations for the following diseases:

- Routine (measles/mumps/rubella (MMR), diphtheria/pertussis/tetanus (DPT), poliovirus)
- Hepatitis A
- Hepatitis B
- Typhoid
- Rabies (optional)

The CDC also notes that malaria can be a problem near the border of Syria, which may include Adıyaman. Please consult the CDC website, and a physician regarding your options. One of the easiest ways to obtain all your vaccinations is to visit a travel clinic. Most universities have these in their health facility. You can also see your primary care doctor.

Prescription Medications

Bring all of your prescription medications for the summer. It will be difficult to obtain refills. While there is no shortage of pharmacies in Adıyaman, you will find it will be easier if you anticipate what you will need, and just bring it rather than having to explain your ailment to a host family member. Definitely bring an over-the-counter or prescription version of traveler's diarrhea meds. Cipro is one of the strongest and most common. Many people will fall ill within the first few days or weeks of living in Turkey, though this may be due more to dietary changes than anything else. Along with any prescription meds, it would be wise to bring TUMS and Imodium AD as well.

For additional information, consult the Center for Disease Control website (www.cdc.gov/travel/) and State Department Travel website (http://travel.state.gov/travel/cis_pa_tw/cis/cis_970.html).

D. COMMUNICATION

The easiest way to keep in touch with people is through email. Most host families (though probably not all) will have some sort of Internet access, and Internet cafes are dotted around the city, and are cheap. If you want to call, either bring a Skype headset, or expect to use international calling cards (which can be purchased in Turkey). Most host families will have landlines, though like the States, Turkey is finding that many people are choosing to use cell phones as their primary method of communication. We do not require volunteers to have mobile phones, however, they are cheap and can make life much easier. Learning Enterprises is not responsible for knowing where you are at all times and getting your parents this information. The ONLY way to ensure this kind of security is to have a mobile phone. Some of your phones may already be able to take international SIM cards or

may have an international service that you can turn on before leaving. Talk to your mobile phone service provider to find out your exact options. If your phone does not have this feature, you would need to buy an international mobile phone, a Turkish SIM card, and kontor (“points”) card. Lindsay or Serdar can assist volunteers with this once they reach Istanbul or Adıyaman.

E. PACKING LIST

We suggest that you pack in a large backpack or rolling suitcase. You will do some walking to and from buses and airports with your luggage. Additionally, pack extra clothing, all prescriptions, cash, and eyewear in your carry-on whenever traveling. Simplicity is key: lay out what you think you need, and then take half as much. Take the kinds of clothes that you would be comfortable wearing for days on end: basic pants, t-shirts, skirts, sandals... Do not take anything fancy or anything that is not compact and easy to wash in a sink (which you very well might be doing all summer).

While you are in your host community, you should dress conservatively. While it will be hot, most Turks don’t wear shorts. That said, guys will probably be comfortable wearing shorts, but girls should try to at least cover down to their knees. For your own comfort and safety, female volunteers shouldn’t wear anything that draws a lot of attention (i.e. low-cut shirts, short dresses or skirts). Many (though not all) Turkish women in Adıyaman will dress in full pants or skirts, long sleeve shirts, headscarves, and full-length jackets. You are a teacher and ambassador, and should dress appropriately.

What to bring:

The Basics:

- Five or six t-shirts
- One or two pairs of pants/a long skirt
- Socks/underwear
- Pajamas
- A pair of shoes to wear everyday. Make sure that you have shoes that are sturdy and comfortable enough for sightseeing and walks around the city (probably either sneakers, or hiking sandals)
- A pair of sandals you don’t mind getting wet (Take care of this and the above by bringing waterproof Teva-type sandals!)
- One formal outfit (a button-down shirt to go with your pants for the guys, a skirt for the girls). You will be expected to look nice for your opening day of classes and for any formal events, such as weddings, you attend
- A swimsuit (Note: in eastern Turkey women will go into rivers fully clothes – jeans and all! Unlike the Aegean/Mediterranean coast, it is not appropriate for women to wear bikinis without shorts or a t-shirt on top. There is an enclosed pool at a hotel in Adıyaman that host families might arrange to take you to, but don’t expect this... expect to go swimming in remote swimming holes in tributaries of the Euphrates.)
- A towel

Hygiene/Medical Items

Keep in mind that most brands available at American or UK pharmacy are also available in-country, at least in the larger cities. Unless you have a very strong attachment to a specific kind of shampoo only sold at the salon near your grandmother’s house, you do not have to (and should not) bring a supply of toiletries for the entire summer. Sample sizes will last you through orientation, and afterwards you can stock up at local stores. You should bring:

- Toothbrush & toothpaste
- Razor & shaving cream

- Deodorant/antiperspirant (this you might want enough of for the whole summer... they don't really sell it in Adiyaman)
- Shampoo, conditioner, soap
- Hand sanitizer
- A roll of toilet paper or pack of tissues for public restrooms (Do not assume that toilet paper will be there!)
- Feminine Products (tampons are nonexistent in Adiyaman)
- Sunscreen
- Mosquito repellent
- Glasses, contact lenses, contact lens solution (as well as a copy of your prescription)

Basic first aid kit:

- Aspirin/Advil/Tylenol (Paracetamol/ Ibuprofen)
- Neosporin
- Band Aids (plasters)
- Dayquil (Day Nurse)
- Tums (Gaviscon)
- Diarrhea or upset-stomach medication
- Allergy medication
- Prescription medications (see Health & Safety)

Teaching Materials:

Adiyaman does have a large number of book stores/office supply stores, and you will be able to find paper, markers, glue, tape, etc... But you might want to bring some things from home. We recommend:

- Notebook (for lesson plans and other notes)
- Map of the world and/or your home country
- Small ball or Frisbee for classroom games
- Something small to give away as prizes. Students tend to love little things such as stickers with English phrases or American candy.
- Anything else that is fun, not bulky, and can be used in a lesson
- Second hand children's books, especially picture-books where the story is evident without the words. There are English-language children's books available in Adiyaman, but the English is usually horrendous and you'll just laugh at yourself for trying to use them in any lessons.
- Magazines from the U.S. (UK). Try to get magazines with pictures of celebrities (Tiger Beat, Teen People, etc) (The Beano, Dandy, Twinkle etc)
- Photos from home. These can be used in class and can be shared with people in the village and with your host family. They will ask for these all the time!
- Read over the teaching manual and see if any of the games/activities you would like to do require additional materials.
- Be creative with this one. Extra items like globes, maps, stickers, puppets, and fun scissors can add a lot to your lessons.

General Items:

- A small, school-sized backpack/messenger bag: This is nice for carrying teaching supplies and when traveling
- Gifts for your host families. Your host family will be giving you all your room and board as a gift, and you should plan to bring them something in return. A small token of appreciation from your family or hometown works especially well.
- A bilingual dictionary (or you can get one in Adiyaman)

- A power/voltage converter if needed
- A journal
- A camera. You will want to record all of your wonderful memories from this summer! If you have a film camera, try to buy all your film at home. It is a lot cheaper, especially if you buy it bulk. If you have a digital camera, make sure that your memory chip has enough memory
- An iPod and mini speakers: you can use English-language songs all the time in lessons!
- A musical instrument: They can be inconvenient to carry, but will help your host family engage with you on a personal level and add a ton to your classes.
- A laptop. Only if you really, really can't live without it. Be aware that you might not be able to connect to wireless anywhere.

Documents

- Passport
- Student ID: Good for occasional discounts. If you have an ISIC (International Student Identity Card), bring it. If not, do not get it unless you have to. It is also possible to get one abroad if you find that you do indeed need one.
- Your insurance card/phone numbers
- Itineraries: Make sure to print all of your itineraries (and send them to Lindsay!)
- Make sure that your parents have copies of all the documents that you plan to take with you (in case they're lost or stolen). You should also have copies for yourself that travel with you in case the originals are lost or stolen. It is especially important to travel with a copy of your passport. If you can scan them and email them to yourself, you will always have a copy easily accessible.

Things Not To Bring

Please do not bring anything on any LE program that you would be devastated to lose or damage. You should not bring expensive jewelry or valuable clothing. iPods, cell phones, and digital cameras are okay, but could be risky if you do not keep them with you. Be careful about leaving valuable objects out in the open. Furthermore, do not carry valuable objects on your person outside or in back pockets, as they may be stolen when traveling in a city.

Money and Banking

- Alert your bank that you will be traveling, as some banks put a hold on accounts when cards are used abroad.
- Do not bring travelers checks! They are hard to cash (especially if you are outside of major metropolitan areas), and most places will charge you exorbitant fees to cash them
- The best way to get local currency is through ATMs. You may be charged a fee of \$1 to \$5 (~£2) per transaction, but the exchange rate is much better than what you would get from a currency exchange booth.
- It is a good idea to bring some cash as well (~\$100/ £50). This can be your emergency backup money, and you will also need about \$20 to buy a visa upon entering the country. If you get in a pinch, most people are willing to take dollars (pounds) instead of the local currency. Make sure the bills (notes) are not torn, dirty, etc., or people won't take them. You might also want to buy a money belt from a travel store/agency in order to carry around some backup cash.
- Plan on spending at least \$200 (£100) at orientation. (\$150 (£75) for lodging, materials, and transportation and about \$50 (£25) more for food and fun).
- In case of emergency, have an extra \$500-1000 (£250-500) available to you in a current checking account. If you don't have this kind of money, we encourage you to get a credit card for emergencies only. If you get caught in an emergency, it is better to have a means to buy ticket out (and deal with the costs when you get home) than be stuck in country.

F. ADDITIONAL RESOURCES

History of Adıyaman (Wikipedia)
Center for Disease Control and Prevention
State Department: Turkey Information