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Self awareness: Embrace Yourself, Embrace the World

CUSTOMS AND ETIQUETTE IN MY COUNTRY





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SUPERSTITIONS

TINNITUS

In Turkey, right tinnitus means they talk well about you, left tinnitus means they talk bad about you.

ITCHING OF THE HANDS

Itching of the right hand means you'll make money. Itching of the left hand means you'll lose money.

EVIL EYE

If someone who has blue eyes wants something you have and jealous of it, you'll lose that. According to a belief using evil eye bead protects you from evil eye.





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RAMADAN FEAST

In Ramadan, which is the 9th month according to the Islamic calendar, Muslims do not eat or drink anything from sunrise to sunset for 1 month and it's called fasting. People visit relatives for 3 days after this month. Candy, traditional dishes and desserts are offered to guests who come to the house. Another name of the Ramadan feast is candy feast.





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APRIL 23 NATIONAL SOVEREIGNTY AND CHILDREN'S DAY

23 April 1920 is the founding day of the Turkish Grand National Assembly. This day is a gift from the great leader Mustafa Kemal Atatürk to all children in the world. It is the only holiday in the world that is gifted to children. It has been celebrated with great enthusiasm and joy for over 100 years with the participation of children from all over the world.





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OCTOBER 29 REPUBLIC DAY

The Republic Day is a national holiday celebrated in Turkey every year on October 29, in memory of the proclamation of the Republic on October 29, 1923 by the Turkish Grand National Assembly. It is celebrated with great enthusiasm all over Turkey. All schools are decorated with flags and balloons. Ceremonies are held to explain the meaning and importance of the day.





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NOVEMBER 10

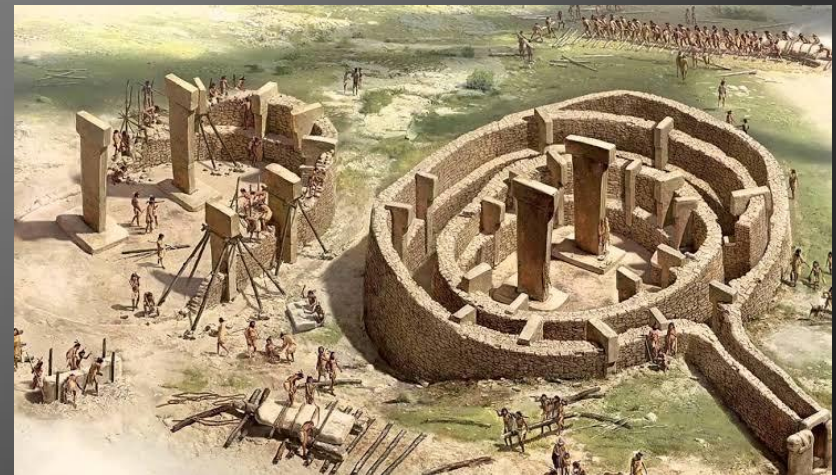
November 10, 1938 at 09.05 ; the founder of the Turkish Republic the great leader Mustafa Kemal Atatürk passed away. Every year, on November 10 at 09.05, everybody goes to a minute of silence with the sirens ringing all over the country. All the flags in our country are lowered in half.

57 years of life: 11 battles ,24 medals ,3937 books, 1 country and millions of free people. More than a leader... It is 9.05... Siren sound. A heavy heartbreak. Tears rushing to the eyes...



GÖBEKLİTEPE

Göbeklitepe is the world's first settlement and worship place located in the city of Şanlıurfa. This place, which has a history of 12,000 years, sheds light on the history of humanity. While people were thought to have lived as nomads 12000 years ago, Göbeklitepe shaped perception of history.

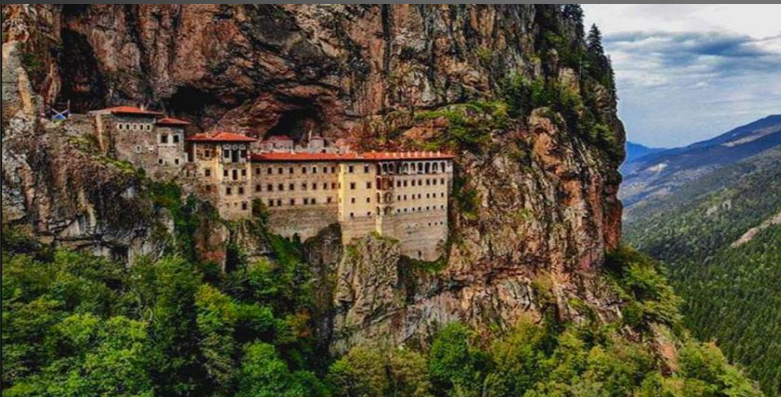




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SÜMELA MONESTERY

According to a legend told among the Greeks of the Black Sea, two monks of Athens, Barnabas and Sophronios, had the same dream; In his dreams, he saw the place of Sümela as the place where Mary held the baby Jesus in her arms from the three Panagia icons made by St. Luke, one of the disciples of Jesus. Thereupon, unaware of each other, they came to Trabzon by sea, told each other about the dreams they encountered there and laid the foundation of the first church. However, Trabzon Emperor III. Alexios (1349-1390) is believed to be the true founder of the monastery.





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AYNALI LAKE CAVE

In Mersin, Aydıncık; the emergence of Aynalı lake, which has a 60-million-year formation and contains formations belonging to the glacial period, begins with a shepherd desperate in search of hedgehogs. Discovered by the shepherd who followed the footsteps of the hedgehogs to find hedgehog blood for the treatment of his sick child in 1999, the cave was declared as a natural monument. He can examine formations such as travertine.



BAKLAVA

Baklava is known with the city of Gaziantep in Turkey. Melted butter is applied between the thin doughs and continues for 20 times. Pistachios are placed and covered between 20 layers of thin dough. It is sent to the oven and after it is cooked, the syrup prepared with sugar and water is poured over it. Enjoy it.





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TURKISH DELIGHT

Delight, which has been consumed fondly since the 15th century, is a healthy alternative for sugar needs. Turks love to consume Turkish delight and Turkish coffee together. Turkish delight is a Turkish dessert made with water, sugar and starch. In addition, it is also used locally where Turkish delight is still wrapped for wound and boil treatment.



TURKISH COFFEE WITH TURKISH DELIGHT

An indispensable part of special days, which is included in the list of Unesco cultural heritage and is the subject of proverbs and idioms, turkish coffee; broughten by Yemen Governor Özdemir Pasha, who tasted the coffee and love it in 1543.

Making Turkish coffee:

Water and coffee is poured into the copper pot, taken to the stove and served to cups when it boils. Turkish coffee is bitter so it is served with Turkish delight.





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LAHMACUN

The history of Lahmacun goes back to ancient times, to Babylon. It is an oriental dish and has a history of approximately 5000 years. Lahmacun is called Turkish Pizza in some places.

Making lahmacun:

A mixture prepared with minced meat, tomato, pepper, tomato paste, garlic, parsley and spices is placed on the thinly rolled dough and it is cooked in the oven. It is served with lemon and fresh parsley





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THANKS FOR YOUR ATTENTION



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