



THE TREASURE BETWEEN



OUR PAGES





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TURKISH FOLK DANCE

The zeybek is a form of Turkish folk dance particular to Western, Central and southern Anatolia in Turkey. It is named the Zeybeks.



Zeybek outfit; It was shalwar up to the knee, belt embroidered pocket on the top, wired circumference or börk wrapped around a fez a gun holder patterned woolen socks yemani or boots

All zeybek dances have a common characteristic, but the positioning of the terms on the body differ according to the different regions. The rhythm is also very characteristic, a pattern of nine slow beats



Zeybek melodies can be divided according to their tempo: Ağır (slow) and kıvrak (fast).

This dance is popular in Aydın İzmir and Denizli

Zeybeks are seen on national holidays or sometimes in wedding ceremonies. It has a historical memory and, they remind of the old days with the zeybek games they play

HALAY: Indispensable of Turkish Folk Dances

Halay is a regional category of folk dance styles in central and southeastern Anatolia. The dance is part of the Kurdish and Turkish folk dance traditions. The music accompanying the dance is the zurna and davul. It begins slow and speeds up.



Halay is a traditional dance in Middle East it mostly played during wedding on the zurna, supported by a davul, but in the recent years, electronic instruments have started to replace them. Typically, Halay dancers form a circle or a line, while holding each other with the little finger or shoulder to shoulder or even hand to hand with the last and first player holding a piece of cloth.



PAGES OF FLAVOR: A

TURKISH CLASSIC, TURKISH

BREAKFAST:

Different from many other cultures, the Turks treat the breakfast like dinner, with rich tables and serving. Believing the fact that having breakfast is the most important factor in starting a good day, the Turks spend every morning having a well-prepared breakfast.

For Turkish people, breakfast is the most important part of the day. It is a fundamental part of the culture.



The Turkish breakfast indeed is a big deal in Turkey. Just as you may invite friends and family to dinner, the Turks invite friends and family to breakfast as well as dinner. These special occasions obviously have a lot of richer food options than usual. However, the best part is sitting lazily and chat away while drinking tea with all your loved ones.



Having breakfast is something needs to be done as a family. It doesn't matter if you have work or school to go to. Breakfast requires all the family members to be there. The hot Turkish tea is prepared, the table is set, all kinds of food are served, bread is sliced and you are ready to go. The Turkish breakfast has salty, spicy and sweet flavors. Salty and spicy foods are usually eaten first. Then, the sweets are eaten, leaving an amazing after taste. The tea is usually continued to be drunk for a little more while after breakfast.

Let's take a look at some of the dishes that the we, Turks, love having as a part of our breakfast:

Turkish Black Tea

Turkish black tea is the backbone of the Turkish breakfast. It is drunk one after the other, continuously during the entire breakfast. Drinking coffee is traditional Turkish coffee, for usually a beverage to be drunk after breakfast.



Menemen

Menemen is a dish that the Turks love. It is prepared with green peppers, tomato sauce and eggs. After green peppers are slightly cooked in a pan, add in the tomato sauce until it is cooked as well. Then add in the eggs that are whipped in a separate bowl. Make sure to stir everything together until it is cooked. Do not forget to add in some salt as well! Some people also prefer menemen with some onions. Try both and see which one you like.



Sucuklu yumurta is another much-loved dish. It is usually the star of the Sunday breakfast. Sucuk is a type of dried beef sausage with different spices as well as garlic. After the sucuk is chopped and cooked in a pan, several eggs are added to it but not stirred. Sucuk may be spicy but it is definitely worth a try.



YUMMY

Jams

The Turkish breakfast has both salty and sweet flavors. Jams are preferred for the sweet part of it. These jams are usually homemade and they come in many different jams made from different fruits or flowers such as rose, cherry, peach, grapes, apricot, quince, strawberry.



Börek

Börek is a traditional food usually consumed with tea in the afternoon as a snack. However, can also be a part of breakfast. Börek is made of a thin pastry dough filled with all sorts of fillings such as meat, cheese, potato or spinach. It has different shapes according to its type.



Bal Kaymak

Kaymak is something similar to clotted cream and it is also known as Turkish cream. Traditionally it is made by boiling the milk for a long time and the cream on top is skimmed and chilled for hours. It could easily be one of the most delicious things you can taste. Kaymak is usually eaten with honey. You cannot imagine how good it tastes until you try it. Make sure you to give it a try!



Olives and Cheese
Black and green olives are usually served together. Black olives add in a salty flavor while the green olives are sour.

There are a lot of different types of cheese specifically made in Turkey. The most common one is what is called "beyaz peynir" in Turkish, literally translates into "white cheese".



**WE, TURKISH TEAM,
GUARANTEE THAT YOU
WILL TASTE ALL
THESE FLAVORS :)**





Cappadocia ; a natural wonder

The Cappadocia region is the place where nature and history are most beautifully integrated in the world. While geographical events were creating the Fairy Chimneys, people also carved houses and churches inside these fairy chimneys, decorated them with frescoes, and carried the traces of thousands of years old civilizations to the present day.



**You can visit open air
museums and
underground cities**

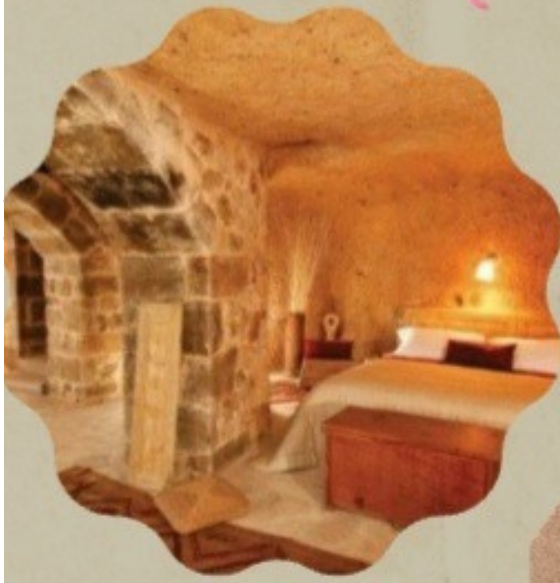
**Ride around with ATV
& take a hot air baloon
tour at sunrise**



...y and fell in love with it.
...ild the village as a holiday



Accommodation



You can stay at one of these amazing cave hotels and enjoy the magnificent view of Cappadocia.



'Testi kebab' is one of the traditional meal you should taste.



Remember to try to make 'çömlek' in Avanos.

There are lots of things to do and historical places to visit in Cappadocia but it is much to write here. So we recommend you to come and see this amazing place.



HOPSCOTCH

(SEK SEK)

How to Play Hopscotch

There can be any number of players, and a stone is the only object you need to play it. If you are the first player, you draw a figure on the floor with a piece of chalk.

Then you throw the stone inside square one. After that, you have to hop into each square, starting with square 1 and ending in square eight.

If there are two squares together, you jump landing with one foot in each square; but if there is only one square, you must hop on one foot.

When you reach squares 7 and 8, you have to turn back jumping again until square 1. Then you continue playing the next level. This time you begin by throwing the stone into square number 2. In the next level, you throw it into square number 3. You continue until level 8.

The first player who does all the levels is the winner. The most important thing is that the player has to skip the square where the stone is.

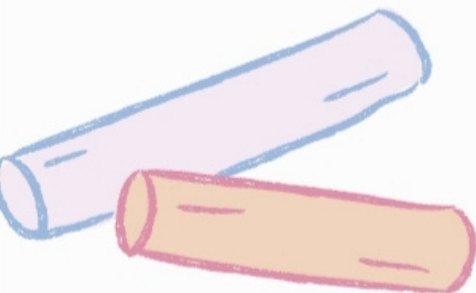
Special Rules of the Game

The game has some rules. If any of the following things happen, the player has to stop and another player takes a turn.

The player can't put his/her foot or feet on the lines of the square.

The player can't jump with two feet in squares 1, 2, 3, and 6.

The player can't fall down.



A POPULAR GAME IN TURKEY; İSİM, ŞEHİR, HAYVAN

What is the game named; İsim, Şehir, Hayvan

The game " isim, şehir, hayvan" which means "name-city-animal " is a kind of knowledge based game that originated in Turkey and still played by mostly children today.

The number of the players : At least 3

The materials for the play : a paper and a pencil

How to play :

Each player draws seven columns on their paper. Players write names, cities, plants, animals, goods, countries and artists as titles in the columns. Each player takes turns counting the alphabet and stops at the command of the player next to him. He says the letter he stopped. Each player finds words (name, city, plant, animal, object, country, artist) starting with the spoken letter and writes them in the columns on the paper. Players have to write the appropriate words in all columns within the time they have determined (like 1, 2 minutes).

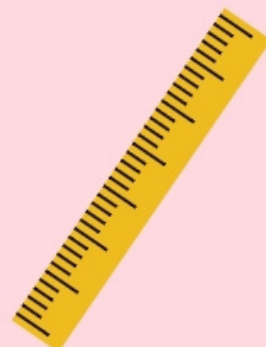
When the time is up, the players say the words they find.

10 points are for each correct word and 5 points for common words. If one of the players writes a different word from all other players, he/she gets 15 points and all others who write the same word get 5 point. Player with the most points at the end of the game wins the game.

P.S. : You need to decide how many letters will be chosen at the beginning of the game. For example ; 10 / 15 letters

Instead of name, city etc. names, you can add other things such as a name of book, element or occupation... It is up to age ,imagination and knowledge of the players.

Name	City	Animal	Plant	Goods



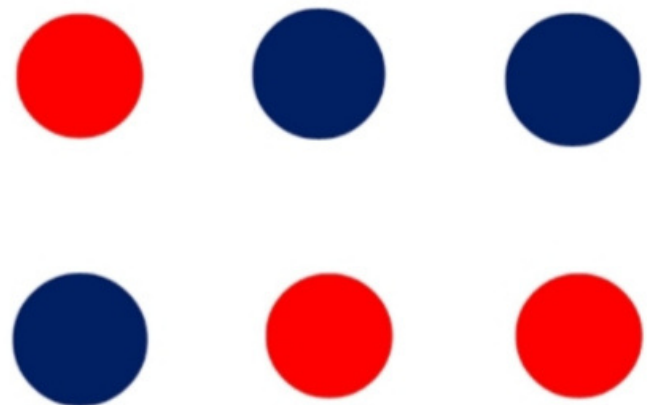
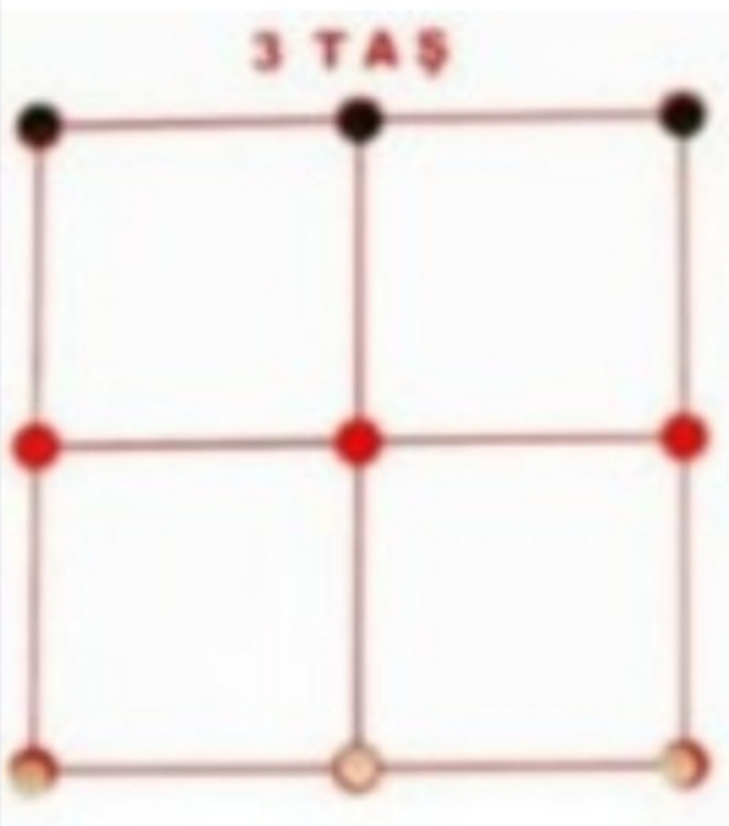
A kind of enjoyable Intelligence Game; There Stones

The game is for 2 players. The person who will start the game is determined by drawing lots.

The aim of the game is that each player tries to bring 3 pieces side by side, horizontally or vertically. In addition, the opponent must be prevented from bringing 3 pieces together. Triple rows made diagonally are invalid. The player who wins at the end of the draw starts the game by placing the first stone. Then his opponent lays a stone. They place the stones on the game board in turn until the 3 stones in the hands of both players are finished.



Players cannot move any stone on the playing field without leaving all 3 stones in their hands on the playing field. So they can't move. Players have to play the stone they touch. The player who makes the first 3 on the same line wins the game.



P.S You can also play it with 9 stone with the same rules. You may put some other things instead of stones

