

Hi there!



My name is Lulu and I love learning about Anthropology and exploring the world to see how other cultures live.

Join me on my journey as we travel around the globe and learn from other cultures. I'll regularly post a post card and envelope full of fun information, facts, and activities.

This week we're in Turkey to learn about trade, ancient civilization and a rich history of art and tradition.

## Where is Turkey?



Turkey is located partly in Asia and partly in Europe and is also considered to be a part of the Middle East. It is just over the size of the land area of Texas. The capital city is Ankara but Istanbul is the largest city.

There are seven regions in Turkey. The biggest is Eastern Anatolia which covers more than 20% of the country. It is where the highest mountains are located including the highest mountain of Turkey: Mount Ararat at 16,854 ft.!

*Mount Ararat*





## The Most Important Meal of the Day: Breakfast

What do you eat for breakfast? Toast? Cereal? Maybe some pancakes and waffles to be fancy? Well, pancakes and waffles have nothing on a traditional Turkish breakfast.

Turkish breakfast is often a social event where family and friends gather around many plates of different foods to feast together. As the saying goes, breakfast is the most important meal!



Though it shares lots of food with Mediterranean cuisine, Turkey has many of its own foods unique to the country and that originated there.



Yogurt actually originates in Turkey and is a Turkish word.

Simit are another food you may find at breakfast. These are similar to bagels but larger and thinner.



On the table at breakfast you may find olives. Olive trees grow very well in Turkey and at many markets, you'll find a ton of different varieties.



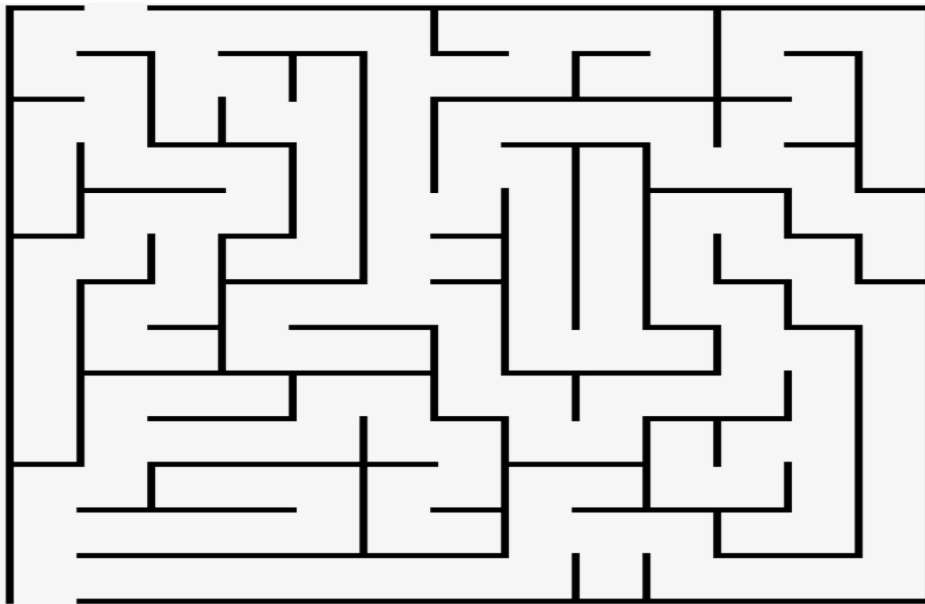
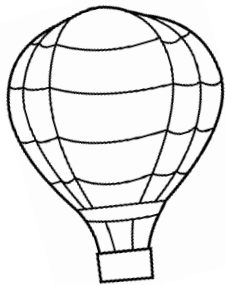


**This is a familiar sight!**

In New Mexico, we have hot air balloons just like this. We only have our hot air balloons at a seasonal festival called balloon fiesta. In Turkey, balloons are flown more frequently.



These photos are from Cappadocia, Turkey which has rocks similar to those in Tent Rocks New Mexico. In these rocks, people in ancient times were able to carve away at them to make homes and temples that are still in use today.



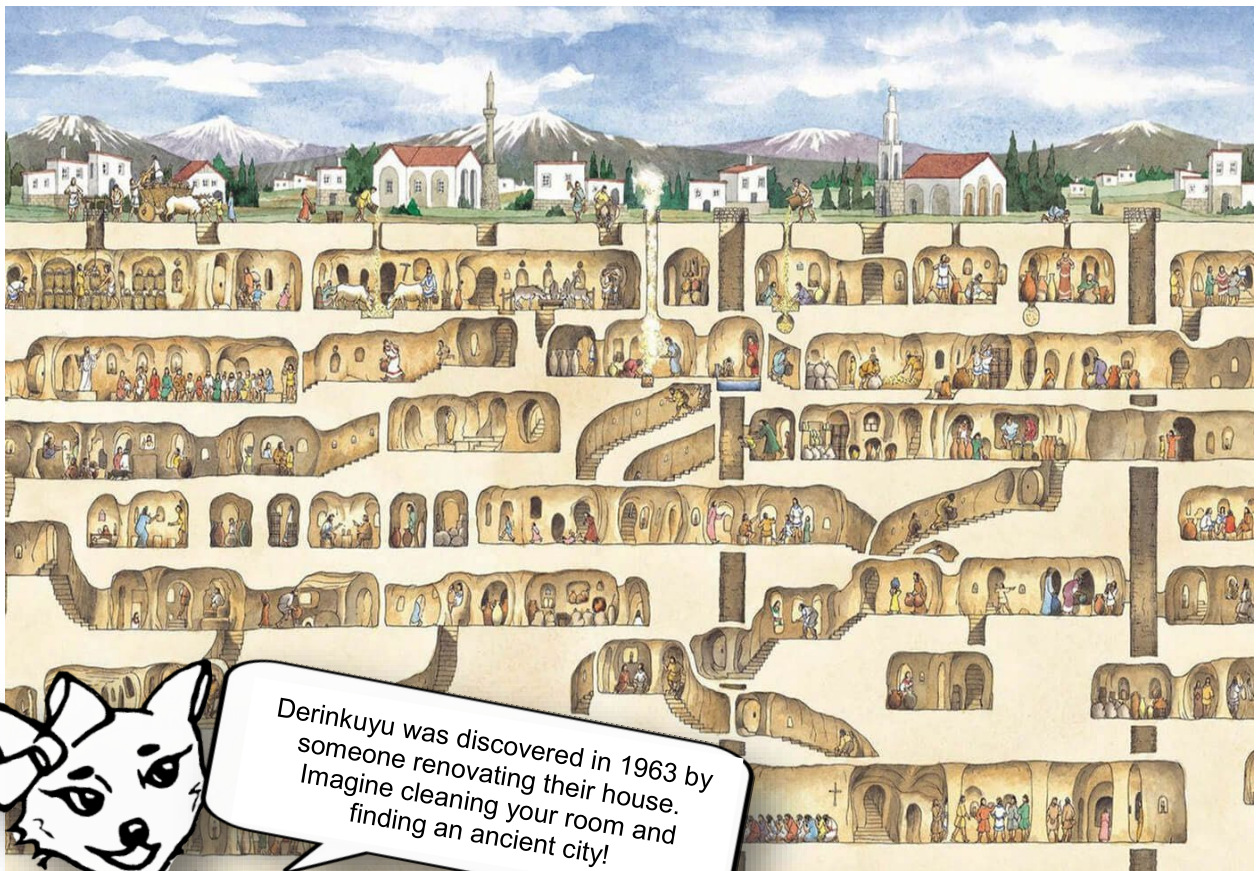
Help the hot air balloon navigate through the winding rocks of Cappadocia



While the rocks of Cappadocia are carved out to make beautiful homes above ground in the rock, Cappadocia is located near an immense underground city as well. Derinkuyu was occupied by around 20,000 people in its prime and was designed to protect its people from outside dangers and invaders.



Inside was everything they could need, independent of the outside world. Food storage, school, even livestock lived in this under ground city! Archeologist still have much to learn from this marvel of human innovation.



Derinkuyu was discovered in 1963 by someone renovating their house. Imagine cleaning your room and finding an ancient city!





Another famous archeological site in Turkey is the **Ruins of Mount Nemrut**. Declared as a World Heritage Site by UNESCO in 1987, the ruins of Mount Nemrut, contain many giant stone reliefs and sculpture for the Tomb-Sanctuary of Antiochus I at the peak of the mountain.

Not much remains of the original sanctuary due to water erosion, earthquakes, and weather that wore them down.



But many heads depicting eagles, lions, and Greek-Persian Gods still remain, making this a very interesting historic archeological site!

## Trade

Turkey has always been an important trade center because of its geological location forming a bridge between Europe and Asia.

Civilizations and societies in Turkey date back to ancient times. Nearly 20,000 years ago, people lived here, building their homes and culture.



Turkey has years of a rich and long history full of many different rulers and culture; many attempting to lay claim to the valuable trade and economy to be had in this crossroad of worlds.

It has been the home of hundreds of great civilizations starting from Lydians, Hittites, Romans, Greeks to Ottomans, bearing thousands of languages before it became the Turkish Republic in 1923.

As trade become more globalized though history, Turkey become very advanced in their development of roads. Known in Turkey as the Uzun Yol (Long Road), or Silk Road as we may know it, this road was a major part of this trade as it runs right through where Turkey currently lies geographically.





Turkey is home to what has been referred to as “The world's first shopping center,” or the Grand Bazaar, built to revive the city of Istanbul. It became the most important part of trade for the Ottoman and is still of great importance today.



Not just innovators of trade, the world’s first ever coins originated in the area, invented by the Lydians, some of Turkey's oldest inhabitants.





***Activity: Make Your Own Original Coin***



Check out the Lydian Coin pictured above. The Lydians placed a lion on the coin because it was symbolically important to them. Their coins were called the Stater. If you had to design a coin, what would you put on the front and back? Draw your own coin design in the box and write an explanation if you like!

***My coin is called:*** \_\_\_\_\_

***The image on the front of my coin explained:***

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***The image on the back of my coin explained:***

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Front

Back

## ***Activity: Make A Mosaic Inspired by the Hagia Sophia***

The Hagia Sophia is a mosque located in Istanbul Turkey today, but it has stood there long before Turkey was even a country. It was originally built to be the central cathedral of the Roman Empire in the year 532 and it has been reconstructed 3 different times. The Hagia Sophia is known as a place of great architectural history decorated with beautiful mosaics and Turkish art. Today, it is one of the most visited places in Turkey.



### ***You will need:***

- ***Plain background paper***
- ***Multiple colors of paper***
- ***Glue stick***
- ***Scissors***
- ***Drawing utensil***



### ***Instructions***

1. On your plain piece of paper draw something you like and make sure the drawing isn't too complicated. A simple rough sketch will do. Try to imagine what colors you want to put down on your mosaic.
2. To make the tiles, use the scissors to cut the brightly colored paper into small squares. This can get messy so make sure you have a plate or surface to keep all your tiles neat and together.



3. Once you have your rough sketch and your tiles, you're ready to start gluing. Mark a glue line where your darker colors will be. Use a little glue at a time so what you don't use, doesn't dry out or go to waste.

4. Fill in the color blocks one by one until you've completed your masterpiece. It might take a while so be patient.

5. Display your completed mosaic!

For inspiration and to explore some of the Hagia Sophia mosaics, use this guide and visit the galleries to learn about each one!

<https://hagiasophiaturkey.com/category/hagia-sophia/mosaics-of-hagia-sophia/>





I met a friend from Turkey while traveling! I asked her all about what it was like to live in Turkey as a kid! Naz lives in New York now and was able to tell me all about living there and her family's cultural traditions.

### **Here is my interview with Naz!**

#### **Where did you grow up?**

I grew up in Istanbul on the Asian side (although I still have relatives on the European side and people usually go back and forth quite often. It's kind of like going between Manhattan & Brooklyn but if they were based on two different continents?)



#### **Which languages did you speak growing up?**

Turkish but I did start taking English as a language class in 4th grade school.

#### **Could you describe going to school in your country?**

I went to a public elementary school in our neighborhood 1st-3rd grade so my mom would walk me to school every morning (like a 10min walk). In 4th grade, I transferred to a private school (mainly because they offered better English classes) that I went to on a school bus. Both the public schools & the private schools in Turkey had uniforms when I was younger, although I think the public schools have since gotten rid of them.

### **What types of foods were your favorite to eat growing up?**

Oh man, Turkey has AMAZING food. First of all, almost everything is locally sourced so it is super fresh and delicious - think of figs the size of your fist and the sweetest and the juiciest peaches you can imagine. We're also the world's largest producer of apricots which straight up taste like candy. I think I miss the fruits the most because the fruit I've had in North America have never measured up to it but other than that Turkey is generally known for its baked goods (like the simit) and meats like doners, kebabs and shawarmas. But probably my favorite Turkish food is the breakfast which is an institution onto itself - we usually deck out the table with different types of olives, cheeses, jams, breads, and tomatoes and cucumbers dressed in olive oil and thyme etc. And tea is drunk with almost every meal (we're apparently the world's largest tea-consuming country in the world, with a per capita tea consumption of approximately 6.96 pounds per year.)

### **What did you do for fun?**

I played with Barbies and played the same games like most children do but probably the most traditional game most children learn how to play in Turkey is the backgammon. My grandfather taught me when I was very young and to this day it's hard to meet someone who doesn't know how to play it and you'll often see old men hanging around coffee shops, playing backgammon all day.

### **What was your favorite celebration or festival from Turkey?**

We have the regular Muslim festivals like the Eid al-Fitr, which is the "Feast of Breaking the Fast" (the one you have after Ramadan), and then the Eid al-Adha, which is the "Feast of the Sacrifice" (the one where you sacrifice an animal to honor Abraham's willingness to sacrifice his son) - they're both kind of similar in that they mainly involve getting together with family and eating lots of food which I think is a universal experience when it comes to festivals.