



**ISTANBUL AYDIN
UNIVERSITY**



**IAU
INTERNATIONAL STUDENT AND
STAFF AFFAIRS (ISSA)**

NOVEMBER BULLETIN

SUCCESS STORY

Hi, my name is Anastasia, I'm 23 years old, I'm a master's student in Economics in Romania and I'm an Erasmus+ Trainee at the Erasmus+ office in Istanbul Aydın University. My journey here started in April. I came without high expectations. For me, Erasmus+ was just a mobility that gives you a grant to work, that's all. But, starting to work with the people from International Relations Directorate of IAU, I understood that being an intern means being a special part of the team, a pillar that contributes to the good of the university. Here I understood that my work actually matters, that everything I do helps other students like me to feel safe and calm in Istanbul. Besides the internship, I am a mentor in the IAU Erasmus Student Club, which helped me to interact better with students, promote events and take responsibility for all my actions and be part of a friendly and proactive team. The biggest impact on me was working at the Erasmus+ office together with My Erasmus Coordinator. Thanks to her, the daily tasks, the thousands of applications for residence permit, outgoing application, I got out of my comfort zone and from a destroyed, closed-in person I became a smiling, active, hard-working person and I understood that only through work I can get to my favorite Turkish phrase "kendini keşfet"(discover yourself). This internship opened the doors for me to the magical world of Istanbul, rich in tasty coffee, Turkish delight, evil eye, the music of mor ve ötesi (music band) and the shores of the sea, which dispelled my doubts about being here. Istanbul Aydın University is a wonderful host for international students, and the staff is the heart of this university and whatever happens, they are the ones who help students find their way in life, as they did for me.

Anastasia RUSANOVSKI - Moldova / Master Degree - Economics (English)



1st of November 2022

Syrian Student Community Day

Introduction to Syrian Student Community has been completed with a great event in the university.
It was a fruitful event for all the participants.



11th of November 2022

Jordan and Palestine Student Community Day

First event of Jordan and Palestine has been completed with a great achievement in the university.
It was a fruitful event for all the participants.



22th of March 2022

Lebanon Student Community Day

Introduction to Lebanese Student Community has been completed with a great event in the university.



24th of November 2022

Türkiye celebrates National Teachers' Day!

Assoc. Dr. Mustafa AYDIN President of Istanbul Aydın University celebrated this important day with all students in campus.



Ψ PSYCHOLOGY CORNER



Improving Self-esteem

-Self-esteem is the opinion we have of ourselves.

When our self-esteem is low, we tend to see ourselves and our life in a more negative and critical light. We also feel less able to take the challenges that life throws at us.

Start to note these negative thoughts and write them on a piece of paper or in a diary. Write some evidence that challenges these negative beliefs, such as, “I am good at cooking”.



Recognise what you are good at

We are all good at something, whether it is cooking, singing, doing puzzles or being a friend. We also tend to enjoy doing the things we are good at, which can help boost your mood.



Give yourself a challenge

Set yourself a goal, such as joining an exercise class or going to a social occasion. Achieving your goals will help to increase your self-esteem.