



NEWSLETTER

May 2021

ONLINE SOCIAL AND CULTURAL EXCHANGE WEBINAR FOR INTERNATIONAL STUDENTS

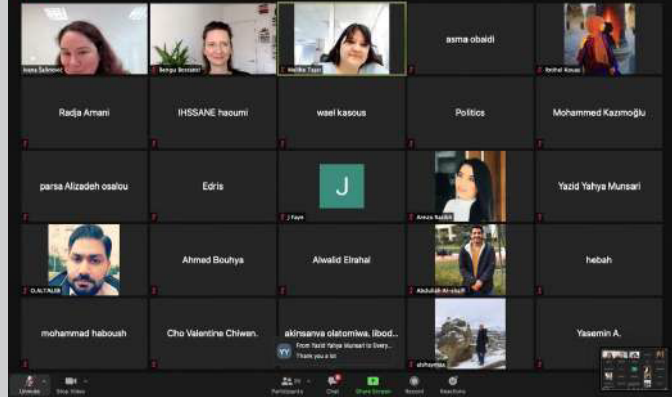


The online Social and Cultural Exchange Webinar for international students was held between Istanbul Aydin University of Turkey, Aspira University of Croatia, and the Matej Bel University of Slovakia. As part of the social and Cultural Exchange, International students from Istanbul Aydin University met with international students from Aspira University of Croatia and Matej Bel University of Slovakia. At the webinar, students expressed what they experienced during the covid19- and exchanged the cultural and social activities prior to the pandemic. The social and cultural webinar was welcomed by university students and the continuation of such a cultural activity was requested to be held in the future.



WEBINAR FOR INTERNATIONAL STUDENTS ON ACADEMIC WRITING

The Academic activity for our International students under the title of Academic Writing took place on 11.05.2021. The virtual academic Webinar which was hosted by Ivana Salinovic for Aspira University was very effective for our international students.




DR. MINA BEIGI
ASSOC. PROF. OF ORGANISATIONAL BEHAVIOUR AND HUMAN RESOURCE MANAGEMENT
SOUTHAMPTON BUSINESS SCHOOL
UK

POST-COVID WORLD OF WORK

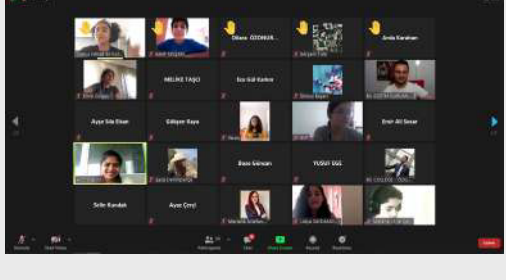
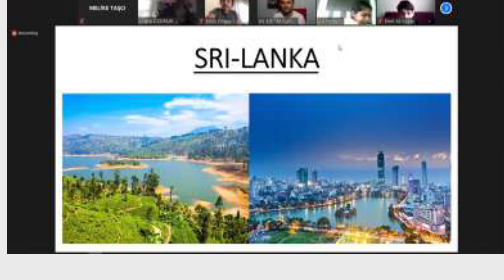
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WEBINAR FOR INTERNATIONAL STUDENTS ON POST COVID19- WORLD OF WORK

Dr. Mina Beigi the Associate Professor of OB and HRM in Southampton Business School, Co-Director of Work Futures Research Centre, and Research Integrity Champion in Faculty of Social Sciences, from Southampton Business School of UK, discussed the impact of the Post- Covid World of Work with the International students of Istanbul Aydin University



INTERNATIONAL STUDENT MEET UP BIL COLLEGE STUDENT



Every month we are organizing International Meet Up of our International students (IAU) with Turkish students (Bil College). Last two week our International students from Nigeria, Italy, Sri Lanka, France, Sweden, Palestine and Pakistan have attended meet up with Bil College in which presentations were made by our student and Bil College Turkish students. We feel it is very important for our students to know the Turkish culture and different cities of Turkey, once Pandemic is over we will organize cultural trips for our International students all over Turkey.



SUCCESS STORY

My name is Oumaima Wardane. I am a third-year student in the department of Aviation Management at Istanbul Aydin University. For me, I have always loved Turkey and specially Istanbul. In 2018, I started searching for universities there. This was the beginning of how I found IAU which is one of the best universities in the country. From the structure of the program to the technology of the equipment with qualified and experienced instructors. From my first year in IAU, I realized that the studying environment was great at the university. The instructors and the international office staff guided me from the beginning, and they are still taking me hand by hand to achieve my goals and get my bachelor's degree. In these three years, I have learned many things and I participated in many social activities like blood donation and cultural activities such as the international cultural day, that gave me the opportunity to discover many cultures of other countries. I have made new friends from different nationalities. Every time, I am trying to participate in the events organized by my university because it is always interesting. IAU helped me to build my personality from the activities and the clubs where I am always ready to join. By participating in these events, I got the chance to be proudly representing my country in Istanbul Aydin University. The university staff are always thinking of students; therefore, they organize some parties like the Spring Break in the campus, just to help us to relax before our exams. Unfortunately, we all had to leave the atmosphere of our campus because of the Covid 19 virus, but we always hope to return back as soon as possible and celebrate this as always. The university is more than just a study program. The more time and effort you give to the university, the more you will get back from it. For me, IAU is the right place to achieve my utmost goals.

OUMAIMA WARDANE - MOROCCO
Department - Undergraduate, AVIATION MANAGEMENT (English)

IAU INTERNATIONAL WEBINARS

PSYCHOLOGY CORNER

There are some moments when you feel alone. Sometimes it's like no one understands you and supports you. In a situation like this, there are things you should remember;

Accept that it's not wrong to feel that way. Consider and use loneliness as a guide for yourself.

"To get / somewhere, you first need to know where we are." The questions you ask yourself and the answers you give to them in moments when you feel alone are false and pure answers from the depths of your soul. Remember, life contains much more than we feel.

Realize that loneliness is an opportunity to confront yourself.

Loneliness cuts the connection between us and situations that you don't want to dwell on, and forces you to deal with the real problem at your disposal. You have to see loneliness as a tool to fix everything.

Remember that you have more control than you think.

Typically, moments when we feel alone give us very valid excuses to approach everything from a negative point of view. How you react to situations you encounter when you are alone is your strength.

Embrace the freedom that the feeling of being alone can offer.

Most people in your life, sometimes you need the approval of others to continue your own will. But no one's approval or opinion will mean anything to you when you are alone. "But remember, whether you're alone or not, you don't need someone's approval." "Accept who you are as you are".

Remember, these times when you are struggling are quite valuable.

When you start to struggle in a sea of loneliness and loss, it's easy to blame yourself for the decisions you've made, constantly thinking about your past mistakes. Instead of drawing yourself deeper into regrets, think about the positive decisions you make throughout your life.

Make a habit of keeping a diary in the process.

Keeping a diary is very useful when you experience a feeling of loneliness. So at the end of the process, you can look back at your records of what you've been through, how you've overcome and be proud of yourself. Now you can even have a roadmap for how you feel, how you deal with these feelings

Covid-19 Last Updates from Turkey:

- The Lockdown (Curfew) is taking place during the weekends. (Supermarkets are open from 10am till 5 pm)
- The lockdown will be happening from 9pm in the evening, until 5am in the morning.
- Cafes, restaurants are going to be closed.(take away and online orders are available)
- The rule of wearing a mask still continues.



We will be happy to hear you!
If you have further query please let us know via
issa@aydin.edu.tr