

33 films from Turkey to the Interuniversity Short Film Competition

The jury evaluations of the International Frankfurt Turkish Film Festival, which will be held in Frankfurt, Germany on November 1-6, with the contributions of the Ministry of Culture and Tourism and the Municipality of Frankfurt, continue. Prizes will be given in 2021 due to the new type of coronavirus (Kovid-19) measures, and the films that receive awards will meet the public with a special screening. Works awarded in the short film and documentary category can be watched online.

“33 MOVIES FROM TURKEY, 11 FILMS FROM UNIVERSITIES IN GERMANY”

The Interuniversity Short Film Competition, which is organized for the 12th time by the festival this year to support the creativity of young people studying cinema at Turkish and German universities and to bring their work to the international platform, attracted great attention from the students. 33 movies from Turkey, 11 from universities in Germany joined the competition.

“5 TURKISH SHORT FILMS AND 5 GERMAN SHORT FILMS WILL BE PRESENTED”

Stating that young people studying in the same field in Turkey and Germany reflect the cultural values of their countries to another culture through the films they shoot, the festival management stated that they will present the first 5 successful Turkish short films and 5 German short films during the festival.

WATCH ONLINE

The short film jury chaired by Prof. Dr. Gülseren Yücel with the participation of Dr. Cengiz Asiltürk, Dr. Çağır Ömerbaş, Özgür Özbalık, Eşan Mert, Zehra Karadağ and the faculty member of Istanbul Gelisim University Asst. Prof. Dr. Özgür Evren Arık evaluates the films submitted from Turkey by watching them online.

THEY WILL BE INVITED TO FRANKFURT

As a result of the decision of the jury the directors of the top films from Germany and Turkey will be invited to Frankfurt as festival guests on the dates of the festival. The winners and the placed ones will be announced on the opening night.

In the top 30 with the project for women entrepreneurial students

The women's entrepreneurship camp, organized in cooperation with TÜBİTAK Marmara Teknokent, KADEM, Informatics Valley and TOBB ETÜ, started. Safiye Top, who participated in the competition with her project for students and qualified to be in the top 30, said: “I would like all women to participate in projects such as "I have an idea, I want to give life to it."

A competition was held to increase the entrepreneurial skills of women with the "Women in Innovation" themed project created in cooperation with TÜBİTAK Marmara Teknokent, KADEM, Informatics Valley and TOBB ETÜ. Res. Asst. Safiye Top from Istanbul Gelisim University School of Applied Sciences, who ranked in the top 30 with the work related to students in the competition, qualified to attend the entrepreneurship camp. In addition, 25 thousand TL will be awarded to five successful project owners selected at the end of the entrepreneurship camp (if they receive support from national and international support programs within a year).

"I WAS DRAWING MARBLING ART TO ATTRACT CUSTOMERS INTO THE SHOP"

Describing the first steps taken towards becoming a woman entrepreneur Res. Asst. Safiye Top said: "I attended many entrepreneurship trainings during my employment. In 2015, I quit my job and opened a store big on our own but physically small selling women's clothes with my brother, we were selling the products we bought by making small changes, and at the same time I was doing marbling art at the entrance of the shop to attract customers to the store. My first dialogue with customers, my entrepreneurship story started here."

"THE OBJECTIVE OF MY PROJECT IS TO MEET THE NEEDS OF STUDENTS WITH A LITTLE COST"

Safiye Top, who deserved to receive education on entrepreneurship with her project for students, said: "As of 2020, there are approximately 7 million university students in Turkey. Every year, millions of students buy materials such as textbooks, stationery materials, clothes, and household items. One of the most common problems in student life is that they do not have the financial strength to meet these needs, my project will ensure that these needs are met with less costs. While the project is being carried out, special attention will be paid to the fact that everyone working within the framework of social responsibility is female students."

"I WANT WOMEN TO PARTICIPATE IN THESE STYLE PROGRAMS"

Stating that every woman should have their own entrepreneurship story, Top also said: "I want all women to participate in programs like 'I have an idea, I want to give life to it'. If that idea truly meets people's needs, it will surely be accepted into a program. Each failure shows what we are doing wrong and will help fill the gaps that will exist in future projects. For this reason, addressing the needs of women to the masses instead of talking in their inner circle will contribute to the economy."

HOW I JOINED THE 'WOMEN IN INNOVATION' PROJECT?

Finally, Top giving information about the project application and its content to women who want to participate in projects such as 'Women in Innovation' concluded her words with the following: "I applied to the 5th Entrepreneurship Camp for Women in Innovation via <https://www.inovasyondakadin.org> . This application form requires the filling of detailed information about the project such as the description of the project, the project's purpose,

the innovative aspect of the project, the market and competition conditions, the intended outputs and gains at the end of the project. In the trainings that started on 05.10.2020, we receive general information about entrepreneurship and start-up, entrepreneurship-related support, business plan preparation, project management, as well as mentoring by experts in the field for the development of our project twice a week. In the project, we include the points we did not think about before or the points we know wrongly, by using the experiences of our mentors. At the end of the camp, we will try to be among the top 5 projects by presenting the presentations about the final version of the project we have prepared to the jury. If we realize the project when we enter the top 5, we will receive a monetary award of 25,000 TL and the right to use free office in Teknokent. Even if we cannot be in the top 5 in the camp, we will have the opportunity to use the projects we have prepared to apply for TÜBİTAK and KOSGEB support.”

“10 percent of deaths are due to alcohol use”

Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı, who explains the damages caused by alcohol use on the human body, said: “According to the data of the World Health Organization, 10 percent of the deaths in the world occur from alcohol use. Alcohol use increases the risk of mouth, throat, breast, liver, colon ulcers and depression.”

Alcohol use causes immediate and permanent damages in the human body and affects human life very negatively. Explaining the harms of alcohol use on the human body, Faculty Member of Istanbul Gelişim University Department of Exercise and Sports Sciences Assoc. Prof. Dr. Haluk Saçaklı said: “Pregnant women, especially those with alcohol addicts in their families, and those diagnosed with breast and colon cancer should stay away from alcohol. A healthy life is provided by avoiding alcohol, tobacco and substance addictions. If we use our body well, we can live long term.”

“ALCOHOL CONSUMPTION CAUSES 60 DISEASES”

Saying that excessive alcohol consumption decreases sexual performance in men, Saçaklı said: “Alcohol consumption poses a great risk in terms of our health. According to the data of the World Health Organization, 7 percent of deaths occur from alcohol use. When we reduce the rate to the age range of 15-49, deaths increase to 10 percent. Today, alcohol consumption underlies nearly 60 diseases. At the same time, excessive consumption of alcohol decreases sexual performance in men. Since it negatively affects the production that enables sperm development, the male glands also shrink and cause impotence.”

“ALCOHOL USE INCREASES CANCER RISK”

Emphasizing that 'Counterfeit alcohol kills people in a short time while non-counterfeit alcohol kills slowly' Assoc. Prof. Dr. Haluk Saçaklı continued as follows: “Alcohol is linked to the heart,

liver, and brain. Alcohol especially increases the risk of mouth, throat, breast, liver, colon ulcer and depression. At the same time, alcohol causes calcium deficiency as it wears the muscles and causes dehydration. It increases bone fragility, especially in people over middle age. Another harm of alcohol is that it causes weight gain by those who struggle with weight.”

“COUNTERFEIT ALCOHOL APPEARS WITH THESE COMPLAINTS”

After the increase of the number of death to 45 in Turkey due to counterfeit alcohol Assoc. Prof. Dr. Haluk Saçaklı talked about the following complaints after the counterfeit alcohol consumption:

“Fake alcohol use occurs with dizziness, unconscious movements and sleep complaints. When citizens have such symptoms, they should apply to the hospital immediately. To find out if an alcohol is fake or not, the Ministry of Health has a 14-digit code, I suggest they use it. Again, in order to understand the counterfeit alcohol, the numbers on the cap of the alcohol bottle and the numbers on the neck of the bottle must match.”

Danger of Rotavirus in undercooked meat; 200 thousand children die every year

Stating that there are bacteria and viruses that cause disease in meat that is consumed undercooked or raw, Asst. Prof. Dr. Murat Doğan said: “Around 20 percent of the meat of animals in countries such as Argentina and Brazil have been found to have diarrhea, especially in children aged 0-5. Every year, 200 thousand children die from this virus in the world. It is very important to cook döner in hygienic conditions with correct heat treatment.”

With or without oil, over rice, wraps, bread, potatoes, buttermilk or alone... Everyone has a different choice. Döner, one of the indispensable tastes of the Turks, threatens human health if not cooked under appropriate conditions. Asst. Prof. Dr. Murat Doğan from Istanbul Gelisim University, drawing attention to the hygiene conditions and cooking time while making döner, warned against bacteria and viruses such as rota virus, Salmonella, E.coli, which are found in raw meat and especially threaten the health of children.

“EVERY YEAR IN THE WORLD, 200 THOUSAND CHILDREN LOSE LIVES”

Stating that rota virus infection manifests itself with diarrhea in children aged 0-5, Doğan said: “The animal takes these bacteria and viruses from the water it drinks and the food it eats. If the raw meat is not heat treated correctly, bacteria and viruses can pass to humans. Especially in South America, around 20 percent of the rota virus was found in the meat of animals in Argentina, Venezuela and Brazil. Disease-causing viruses cause health problems, especially in children. In the studies conducted, 200 thousand children die every year in the world due to the rota virus.”

MEAT SHOULD BE COOKED AT MINIMUM 70-72 DEGREES

Emphasizing that while preparing döner, it is important to make a correct heat treatment, Doğan said: “The internal temperature of the meat should be minimum 72 degrees. Harmful bacteria and viruses will disappear at this temperature. There are bacteria we call 'E.coli', 'Salmonella', 'Staphylococcus Aureus' in raw meat. These are all disease-causing bacteria. Meat must be subjected to a correct heat treatment in order to completely destroy these bacteria. Even if the customer wants the meat undercooked, the internal temperature of the meat should be 70 degrees.”

SYMPTOMS OF ROUTE VIRUS: DIARRHEA

Stating that diarrhea is a clear symptom, Doğan said: “We will pay attention to hygiene conditions, we will wash our hands properly. The virus does not have a permanent effect on the child, there is no known cure, but there is a vaccine. The risk of getting caught decreases after the vaccination. The animal can get such viruses and bacteria from the water it drinks and the food it eats. The main problem is that the meat processed in the slaughterhouse is not made under the right conditions. If production is carried out without paying attention to hygiene rules, there may be rota virus in addition to bacteria such as E.coli and Salmonelle in raw meat.”

“WILL NOT DIRECTLY CONTACT FIRE”

15-year-old döner master Fahrettin Çakmak stating that good döner should be cooked well and said: “Well cooked meat has no taste. Meat must not come into direct contact with the fire, you must not eat very cheap döner. Half a loaf of bread is 15 lira at our cafe; the price should be roughly like this. Meat less than 15 lira is not eaten because the price of meat suitable for döner kebab is 50-60 lira.”

“100 GRAM DÖNER IS 30 LIRAS”

Deniz Kuzu, the owner of the döner business, stated that the customers usually want well cooked meat and said: “We pay attention to where we buy the meat, we take care of hygiene conditions. Döner is sold very cheaply in the market. Places that sell 100 grams for less than 30 lira often cheat. Because the cost of meat is certain, 1 kilo of döner does not come out of 1 kilo of meat. Places that sell döner for less than 30 lira usually add soy, offal and white chicken into the meat. If you say you will eat 100 percent meat, 100 grams of meat should be 30 liras.”

“DÖNER CANNOT COST 6 LIRAS”

Indicating that he does not eat meat from unknown places, Saim Yağar said: “I prefer the döner to be cooked well. Some döner kebab restaurants write "döner 6 liras". The weight of

meat is 70-80 lira. It can't be at this price. It necessarily adds something to it. Döner should not cost less than 10-15 liras"

DİNÇ: I MAKE MY CHILDREN EAT WELL COOKED MEAT

Büşra Dinç, who has 3 children, said, "Maybe I feed my kids döner twice a year. We prefer it as well cooked. Since there is a risk of infection in uncooked meat, children are also sensitive and I make sure that the meat is well cooked. We eat not from everywhere but from certain places we know."