

## **A GROUNDBREAKING ATTEMPT; ATHLETES TO SWIM FROM RUSSIA TO TURKEY TO SUPPORT HEALTHCARE WORKERS**

Turkish and Russian athletes, who will swim 320 kilometers from Sochi, Russia, to Giresun on June 13 to support healthcare workers, continue their training without slowing down.

In the Open Water Swimming Marathon, which will be organized by Istanbul Yıldızlar Swimming Sports Club and coordinated by the Ministry of Health, Ministry of Youth and Sports and the Ministry of Foreign Affairs and in cooperation with Marmara University, Faculty of Sports Sciences, Giresun Governorship, Giresun Municipality and Turkish Coast Guard Command, ten Turkish and three Russian athletes will swim from the Russian city of Sochi to Giresun on June 13 for healthcare workers who are the heroes of the pandemic period.

In the marathon, which is stated to be a first in swimming, the athletes will swim a distance of 320 kilometers by swimming for 110 hours in the Black Sea waters and entering the water 2 times a day. In this marathon organization, which will be directed by Mustafa Özer, President of Istanbul Yıldızlar Swimming Sports Club, friendship between countries will also be emphasized.

### **10 TURKISH 3 RUSSIANS WILL SWIM**

Former Minister of State Kürşad Tüzmen will take part in the Turkish athlete team in the marathon in addition to Assoc. Prof. Dr. Kubilay Çimen from İstanbul Gelisim University, Deniz Kayadelen, Burçak Tümay Peker, Ahmet Nakkaş, Faruk İlgü, Hamza Bakırcioğlu, Nurettin Ünal, Tarkan Tuzmen and Emre Öztürk. In Russian team athletes, Zhanna Zelenskaya, Anton Vetrov, Pavel Kullinich will swim.

### **“OUR MOTTO: WORLD HEALTH WORKERS AND FRIENDSHIP”**

Open Water Swimming Marathon Organization Consultant and athlete, a member of the Scientific Committee, Assoc. Prof. Dr. Kubilay Çimen from İstanbul Gelisim University said, “The whole world has gone through a very important process in the time period we are in. Health workers experience the biggest marathon. They work

devotedly on many issues and make sacrifices for the health of the people. At this point, we did not want to be insensitive. That's why we have organized the Open Water Swimming Marathon. We will swim from Sochi to Giresun. This will be a world record. It seems 320 kilometers on paper, but we plan to swim a distance of 350-360 kilometers in total. We will swim this marathon with our slogan 'World Health Workers and Friendship'."

#### "IT WILL CONTRIBUTE TO THE INTERNATIONAL LITERATURE"

Stating that the marathon has three dimensions as sports and health, management and organizational as well as scientific research, Çimen said, "When we look at the management and organizational dimension, it is very difficult to organize during the pandemic process. It has dimensions such as bureaucracy, staff, materials and logistics. This organization is carried out with the coordination of the Ministry of Health, the Ministry of Youth and Sports and the Ministry of Foreign Affairs. The owner of the organization is Istanbul Yıldızlar Sports Club. We work with Marmara University Faculty of Sport Sciences and Giresun University Faculty of Sport Sciences in terms of scientific research. As an academic, I am in that group. I am also on the Scientific Board. We will do cortisol values, lactic acid tolerance, genetic tests and psychological tests of the athletes. As such a stage has never been swum before, it will make a very important contribution to the international literature in terms of physical and psychological performance and research."

#### A FIRST IN BLACK SEA WATERS

Reminding that the Black Sea is a difficult sea to swim in, Tarkan Tuzmen said, "In this marathon, which will break the world record and be a first, swimming is very meaningful for us on behalf of the healthcare professionals and friendship who have been suffering for the last 1.5 years. I think we will be more mentally challenged than physically challenged. Because physical strength can take it up to a certain point. Only if the mind accompanies physical strength can one go further. I think we are better prepared in this regard. We worked and trained in the cool waters of the Bosphorus. We have one week left, we are very excited. All our team, especially our Team Captain Kürşat

Tuzmen and Ahmet Nakkaş, and the 5 athletes who took part in the Anamur Cyprus stage, where we swam last year, are ready for this marathon.”

Burçak Tümay Pekel, who will swim as a Turkish athlete in the marathon, said, “It is really proud to be swimming for the world health workers who are running marathons for us during the pandemic. We are very excited. We look forward to the marathon. I hope it will be a good transition for all my fellow athletes.” She wished success to all swimmers.

Faruk İlgüy, who will swim in the marathon as a Turkish athlete, said, “We started training last year. We also went to swimming during the pandemic process, but then we faced the cold in November and December. In the end, we prepared by working and training constantly at sea, and we still continue to prepare. I hope we will reach our goal.”

Deniz Kayadelen, an athlete from Bakırköy Ataspor Club, who is among the swimmers, stated that the marathon will be a first in the world and said, “We are grateful to the healthcare professionals. They are working day and night for us, risking their lives, to save our lives. To show our gratitude towards them, we will swim from Sochi to Giresun, breaking new ground in the world. No one has ever swum these waters before. It is also a great adventure for us in this respect. Because challenges such as waves, currents and winds await us. I hope mother nature will be with us. This is a marathon that will last 4-5 days. It consists of several tracks. We will swim 320 kilometers. We are a team of 12 people, which includes both the Turkish national team and the Russian national team.” She also added that she has started training.

“THE ORGANIZATION OF SUCH A MEANINGFUL EVENT HAS DEEPLY IMPRESSED US”

Bakırköy Municipality Culture and Social Affairs Manager Sait Babaoğlu said, “Our athlete Deniz Kayadelen came to us with great excitement and enthusiasm recently and said, 'We will participate in a meaningful marathon'.” Babaoğlu wished success to all the athletes by saying, “We were deeply impressed, honored and happy that an event was held especially for healthcare professionals.”

## VISION 2123 “SUMMER SPACE SCHOOL” BEGINS

Prepared with the vision of raising leaders and scientists who will build and manage a future where mankind lives in space, the “Summer SPACE School” awaits its students. Having the motto "We are looking for leaders who will develop science, technology, love and inspiration that will take humanity to other galaxies", the “Summer Space School” is organized by Istanbul Gelisim University.

Organized by Istanbul Gelisim University (IGU) and planned to be prepared with different contents every year, the “Summer SPACE School” begins. Courses in many different fields of science will be held between 5-14 July.

The following statements were included in the statement made by Istanbul Gelisim University for the "Summer Space School", which invites its participants with the motto “How would you like to Build a Life in the Depths of Space?” :

“We are getting more and more excited with the fascinating idea of living in space, under the influence of masterpieces such as Back to the Future, Star Trek, Star Wars and Interstellar. We continue to push the limits of our knowledge, waiting for the day when the idea that will take humanity to the depths of the universe will be open and accessible.

Start your university experience this summer at IGU, with 63 internationally accredited programs, 24th in the World, 1st in Turkey in THE Quality Education (SDG4) ranking, 58th in the "International Academician" category in the QS EECA 2021 ranking!

You will find the answers to such questions as “How to raise business, government and innovation leaders of the future of humanity?” “Who will make the laws that will regulate our relations with intelligent life forms to be discovered in space, and according to what criteria and how? ” and “How can cabin services be planned for the 6-month space journey to the human settlement colony established on Mars?” at the IGU Summer Space School. IGU greets you with the Vulcan salute at Summer Space School. We are waiting for the leader candidates who will develop the inspiration, love, science and technology that will take humanity to other galaxies!”

The courses to be given within the scope of IGU Summer Space School are listed as follows:

“Space-Time: Cosmic Ocean

Towards the Speed of Light: Spacecraft Design and Engineering

Home School Base Factory Construction in Celestial Bodies and Space

Aviation Management in the Milky Way Galaxy and Beyond

How and Where to Get Things in the Galaxy? Logistics Management in Space

Space and Artificial Intelligence: R2D2, Mr. Data and Beyond

Production, Management and Management in Celestial Bodies

Is Passport Required? Dispatch and Administration of Civil and Military Space Stations

The Administration and Politics of Space: Planetary Court, Galaxy Police, Intergalactic Senate Elections

Space Race, Investments and Economics

Technology and the Future Created with Words: Science Fiction Literature

The Future is Now: Teleporting to the Future with Cinema

The Mind and Emotion World of Space Travel

Raising the Children of Universe

First Contact: Communication with Intelligent Creatures

What Planet Are You On Vacation? Space Tourists

Do You Want To Sleep For 6 Months? Cabin and Passenger Services for Interplanetary Travel

Cuisine and Food Menu of Interplanetary Journey: Food in Space, Production, Nutrition

Space Sports: Preparing for the Intergalactic Olympics”

## **SUDDEN HEARING LOSS AFTER CORONAVIRUS**

Making statements about the effects of Covid-19 on the hearing system and sudden hearing loss, Otorhinolaryngology Specialist Dr. Başak Çaypınar Eser said, “While the Covid-19 symptoms were mostly manifested in the form of post-nasal drip, flu and fever, it has recently turned into a form that causes headaches and serious joint pain, especially in young people. The mutated form of the virus can also create serious infections in young people and sudden hearing loss can occur.”

Pointing out that a serious infections can occur due to Covid-19 in young people and sudden hearing loss can occur as a result, Istanbul Gelisim University Faculty of Health Sciences Audiology Department Asst. Prof. Dr. Başak Çaypınar Eser said, “Sudden hearing loss due to nerve damage in the otolaryngology system can be seen in Covid-19 patients, like other viral infections. The patient may come to the clinic with the complaint of sudden hearing loss, decrease in hearing or ringing in the ear, buzzing. Apart from this, we can see patients with facial paralysis, that is, peripheral facial nerve damage. In fact, some of the patients can continue their daily lives with these symptoms without knowing that they have Covid-19.”

### **“WE ARE UNEASY ABOUT TREATMENT”**

Speaking about the sudden hearing loss treatment applied in Covid-19 patients, Eser used the following statements:

“There is no clarity on a protocol regarding whether cortisone treatment is appropriate yet. While cortisone treatment starts at 1 mg/kg in patients presenting with normal sudden hearing loss, we may be uneasy about starting treatment in this way in Covid-19 patients. As a result, we need to learn to live with this disease, which will continue until the mutated form of this disease mutates again and loses its power, perhaps for years.”

### **“MANAGING THE EXCITEMENT BEFORE YKS IS VITAL”**

Counseling Specialist Elif Alu Gülşen said, “With the thought of the exam, which will become more concrete with the announcement of the exam saloons, the excited waiting will be replaced by anxiety. Therefore, it is very important for students to manage this process well” and added “50 percent of the success to be achieved in YKS will be achieved by studying and 50 percent by managing the pre and post exam period.”

There are only a few days left for the Higher Education Institutions Exam (YKS), which more than two and a half million students will take. YKS, which is awaited with excitement and stress by families as well as students who will take the exam, will take place on June 26-27. The exam to be held consists of three sessions, the sessions are as follows:

The first session of the exam is Basic Proficiency Test (TYT) on Saturday, June 26 at 10.15, the second session is Field Proficiency Test (AYT) on Sunday, June 27 at 10.15, and the third session is Foreign Language Test (YDT) on Sunday, June 27 at 15.45.

#### “CONTINUE TO TAKE PRACTICE EXAMS”

Stating that students should continue to solve practice exams during this period when the subject studies are completed, from Istanbul Gelisim University Counselling Specialist Elif Alu Gülşen said, “It is important to start the practice exams at the time the exam will take place and to end it during the actual exam period, both in terms of setting the biological clock and in terms of establishing the exam idea. It is useful not to worry about the mistakes in the questions in the practice exams, because it should be taken into account that the students have time to complete their deficiencies, since the real exam has not yet taken place.”

#### “LET GO OF NEGATIVE THOUGHTS”

Stating that there may sometimes be concerns about the exam, Gülşen used the following statements:

“Instead of worrying about what will happen after the exam, keep in mind the way you've come so far. Think about how much progress you have achieved, how much effort you put in. Stay away from discussions where negative ideas about the exam



are produced, such conversations will not benefit you and it is likely to increase your level of anxiety. What you actually need to focus is that you will get the reward of your long-term work and this marathon will come to a good end after the exam. This feeling of relaxation will motivate you.”

#### “CREATE A ROUTINE”

Emphasizing that it is important to create a routine about what to do on the exam day, Gülşen said, "It is important to go to sleep at a certain time and wake up at a certain time, to have your breakfast at a certain time and to start solving the test at the actual exam time in order to rehearse the exam day."

#### “STOP INTENSIVE STUDYING TWO DAYS BEFORE THE EXAM”

Stating that continuing to work hard will cause you to be tired for the exam, Gülşen said, “Being worried that you cannot finish your studies will also increase your level of anxiety. For this reason, you should spend the last two days resting and getting motivated. Since your body will be sensitive during this period, take care to eat your meals at home for the last two days in order not to cause food poisoning. “Stay away from intense sports and pranks as any injury since injury will reduce your motivation.”

#### TRY THESE METHODS TO CONTROL YOUR ANXIETY

Indicating that it is normal to experience excitement when the exam starts, Gülşen said, “You may not understand the first questions even though you read them. Immediately put down the pen and paper, close your eyes and take a deep breath. Reassure yourself that you will succeed. Your exam excitement will not continue until the end of the exam. Being aware of this, spend the first minutes of the exam starting with the test you are the best at. This will save you time as well as allow you to get more points in a short time. Read all of the questions carefully, don't memorize them. Long questions are questions that students are biased towards. Don't be afraid of long questions, they're usually well-explained questions. When you are distracted, rest your mind by closing your eyes for 10-15 seconds.”



## **THE NUMBER OF CHILD WORKERS HAS INCREASED BY 8.4 MILLION IN THE LAST 4 YEARS TO 160 MILLION**

According to the “Child Labour: 2020 Global Forecasts, Trends and The Road Ahead” report published by the International Labor Organization (ILO), the number of child workers has increased by 8.4 million in the last 4 years and reached 160 million worldwide. Commenting on the subject, Prof. Dr. İsmet Galip Yolcuoğlu said, “Child labor has an emotional and economic exploitation dimension. Studies show that there is a vicious circle relationship between almost all underdevelopment criteria and child employment. As long as the problems such as lack of education, structural economic problems, poverty and unemployment in the countries cannot be resolved, the problem of child employment will inevitably continue.

The International Labor Organization (ILO) and UNICEF have released the updated data of the report 'Child Labour: 2020 Global Forecasts, Trends and The Road Ahead' for the June 12th World Day Against Child Labour. According to the report, the number of child workers in the world increased by 8.4 million in the last 4 years, from 152 million to 160 million. The report, which stated that Covid-19 also had an impact on the increase, warned that it reversed the downward trend achieved by the 94 million decrease in the number of child workers between 2000 and 2016.

Making evaluations on the subject, from Istanbul Gelisim University School of Applied Sciences Department of Social Services Lect. Prof. Dr. İsmet Galip Yolcuoğlu stated that child labor is most prevalent in Africa, Asia and the Pacific, and emotional and economic exploitation is among the biggest reasons for this increase.

## **THE NUMBER OF CHILD LABOR INCREASED 8.4 MILLION IN 4 YEARS**

Expressing that child labor, as a major social problem, started to come to the fore in the whole world, with the realization of poor children who were working 15 hours a day without food or water during the Industrial Revolution period, which first started in England in the 1800s, Prof. Dr. Yolcuoğlu said, “Family's inability to make a living due to 'poverty and unemployment' for the last two centuries is the most fundamental reason for child labour. According to TURKSTAT's 2020 'Children with Statistics' report, the rate of employment of children aged 15-17 in our country is 16.2%.

According to the 'World Labor Report' published by the International Labor Organization, it has been determined that child employment is related to the following variables: Children start to be employed at a very young age, they are employed for long periods of time, they operate in conditions that challenge their physical and psychological capacities, they are employed for a very low wage. They are employed in monotonous jobs that prevent their physical, mental and psychological development and consist of constant repetition, they are worked under pressure, fear and threat, they are worked on the streets.”

#### "CHILDREN ARE EXPLOITED EMOTIONALLY AND ECONOMICALLY"

Stating that there is an emotional and economic exploitation dimension in child labor, Prof. Dr. Yolcuoğlu said, “Children are exploited emotionally and economically. Today, the situation is even more dire. Because millions of children are at risk with the effects of Covid-19. Four years ago, the number of child workers was 152 million in the world. In Turkey, this number was estimated to be around 800,000. When we look at the current data of the report 'Child Labour: 2020 Global Forecasts, Trends and The Way Ahead', published by the International Labor Organization (ILO) and UNICEF before the World Day Against Child Labour, on 12 June, the number of child laborers has increased by 8.4 million in the last 4 years. We see that it has increased to 160 million in the world.”

#### THERE IS A VICIOUS CIRCLE BETWEEN UNDERDEVELOPMENT CRITERIAS AND CHILD EMPLOYMENT

Stating that child labor is prevalent in Africa with 72 million, followed by 62 million in Asia and the Pacific, Prof. Dr. Yolcuoğlu said, “The fact that child labor is more common in underdeveloped countries' economies brings up the connection of this problem with the 'underdevelopment criteria'. Studies show that there is a vicious circle relationship between almost all underdevelopment criteria and child employment. Moreover, this relationship leads to the perpetuation and institutionalization of underdevelopment in those countries. The problem of child labor cannot be separated from the socio-economic and economic-political problems that the country is in in general, and it turns

out that the measures for the solution require 'social policies' that cover all the weak and vulnerable population on a large scale.”

## WHAT PRECAUTIONS DO THE INTERNATIONAL ORGANIZATIONS AND OTHER COUNTRIES TAKE?

Regarding the roadmap followed by international organizations and countries in the world in the fight against child labour, Prof. Dr. Yolcuoğlu said, “The Convention on the Rights of the Child was accepted at the UN in November 1989, and the party countries stated that all children of the world have the right to 'life, development, health, education, care, protection'. Our country ratified this convention in 1995. However, as long as the lack of education, structural economic problems, poverty and unemployment in the countries cannot be resolved, the problem of child employment will inevitably continue. There is no country that can solve this issue radically.”